

A COMPARATIVE CLINICAL STUDY ON RASNAGAIKADI LEPA AND PURANA GHRTHA LEPA IN THE MANAGEMENT OF VATAJA OSTAKOPA vis-à-vis CRACKED LIP (CHAPPED LIP)

Dr. JASITH MANZOOR KALLANGODAN, PG Scholar, Dept of Shalakya tantra, Ashwini Ayurvedic Medical College and Research center, Tumkur,

Dr.NAGARAJ J. M, Professor Department of Shalakya tantra Ashwini Ayurvedic Medical College and Research center, Tumkur.

ABSTRACT

Chapped lips or cracked lips are characterised by cracking, fissuring, and peeling of the skin of the lips. While both lips may be affected, the lower lip is the most common site. In India more than 10 million cases of chapped lips are reported per year. . Hence it is a condition demanding medical attention with early intervention. The clinical picture of chapped Lip has similarities with the symptomatology of Vataja Ostakopa. The study yoga selected is Rasnagairikadi Lepa and Purana Grutha lepa .Analysis of the clinical study revealed that Purana Grutha Lepa is more effective than Rasnagairikadi Lepa in reducing symptoms.

Keywords : chapped lip, Vataja Ostakopa, Rasnagairikadi Lepa, Purana Grutha Lepa.

INTRODUCTION

Ostakopa is one among the mukharoga occurs commonly in most of the people, hence most of the acharyas highlighted the importance of this disorder. Ayurveda classics mentions about eight types of Ostakopa Viz Vata, Pitta, Kapha, Sannipata, Raktaja, Medaja, Kshataja and abigathaja, among these Vatajaostakopa is most common.

Chapped lip is the condition of the lip characterized by Dryness, Redness, Cracking and Itching. People suffering from chapped lips often experience cracks, dryness of lips , sores, flaking of skin, swelling and sometime bleeding. People of all ages and sex can be affected by this ailment. In India more than 10 million cases of chapped lips are reported per year. However it is most commonly observed in people having dry skin, suffering from dehydration and malnutrition. Chapped lips are often a result of weather condition, licking of lips, dehydration, exposure to sun, certain products and medication causing allergies.

Increased consciousness about one's beauty and busy life schedule demands for the need of a safe, effective, short term, easily available and at the same time easily applicable remedy to maintain the lips.

Thus Rasnagairikadilepa is selected for the present study to evaluate it's role in management of Vatajaostakopa. Rasnagairikadilepa includes drugs like Rasna, Gairika, Sarjarasa, Siktha, Guda, Saindhava, Taila and Grtha. As these drugs have the properties like VranaShodhanaRopana, Varnya, Snigdha and Vatavisphotajith, it is selected for the present study. Since Purana Ghrtha has the property of VranashodhanaRopana, it has been selected (as control group) for the comparative study with Rasnagairikadilepa.

The present objective is to evaluate the effect of Rasnagairikadilepa and purana gruthalepa in vatajaostakopa. In order to gain acceptance in the present era, its efficacy has to be proved statistically, which is being tried here.

METHODOLOGY

Objectives of the study:

- *To evaluate the effect of Rasnagairikadilepa in vatajaoshtakopa
- * To evaluate the effect of Purana Gruthalepa in vatajaoshtakopa
- * To compare efficacy of both the groups

Study drugs :

- Rasnagairikadilepa
- Purana gruthalepa

Study setting:

Outpatient and inpatient section of Department of Salakyatantra, Aswini Ayurveda college and Research centre, Tumkuru.

Study population:

Patients those who registered in outpatient department of Salakyatantra and diagnosed as having chapped lips were selected as study population.

Criteria for the selection of patients:**Inclusion criteria :**

1. The patient presenting with classical features of vatajaostakopa
2. The patient presenting with the clinical features of chapped lips.
3. Irrespective of sex will be selected
4. Patient aged between 15 to 50 years

Exclusion criteria :

1. Ostakopa as a part of any systemic disease
2. Due to any infective cause
3. Who are under medication (hormonal)

Data collection :

1. Clinical case Performa

OBSERVATIONS

In the present study 50 patients suffering from vatajaostakopa, fulfilling inclusion criteria were taken for clinical study. Patients were randomly categorized under following groups.

Group G1 : RasnaGairikadilepa – 25 patients

Group G2 : Purana Grutha lepa – 25 patietnts

The observations for present study were done in the Following stages:

Section A - Generalized observation for overall patients

Section B - Observations for individual group

Section C - Result related observation for individual group

DATA ANALYSIS

Data will be collected using case report form designed by incorporating all aspects (Ayurveda & modern medicine) for the study. Such collected data will be tabulated and analyzed using SPSS (Statistical package for social sciences) version 20 by using appropriate statistical test. Demographic data and other relevant information will be analyzed with descriptive statistics. Continuous

data will be expressed in mean \pm standard deviation, and nominal and ordinal data will be expressed in percentage. Obtained data will be analyzed statistically with Un Paired T test.

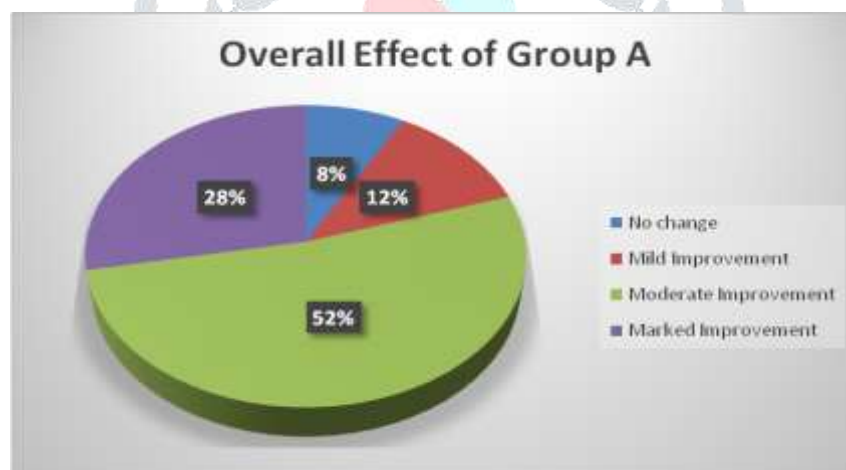
RESULTS

ASSESSMENT OF TOTAL EFFECT OF THERAPY

TABLE NO. 29. Overall effect of Rasnagairikadilepain Group-A

EFFECT OF TREATMENT IN GROUP - A		
Class	Grading	No of patients
0-25%	No change	2
26%-50%	Mild Improvement	3
51% - 75%	Moderate Improvement	13
76% - 100%	Marked Improvement	7

Figure. 15 Result on Group A



Effects of Purana Grutha in Group-B**ASSESSMENT OF TOTAL EFFECT OF THERAPY****TABLE NO. 30 Overall effect of Group-B**

EFFECT OF TREATMENT IN GROUP - B		
Class	Grading	No of patients
0-25%	No change	2
26%-50%	Mild Improvement	4
51% - 75%	Moderate Improvement	9
76% - 100%	Marked Improvement	10

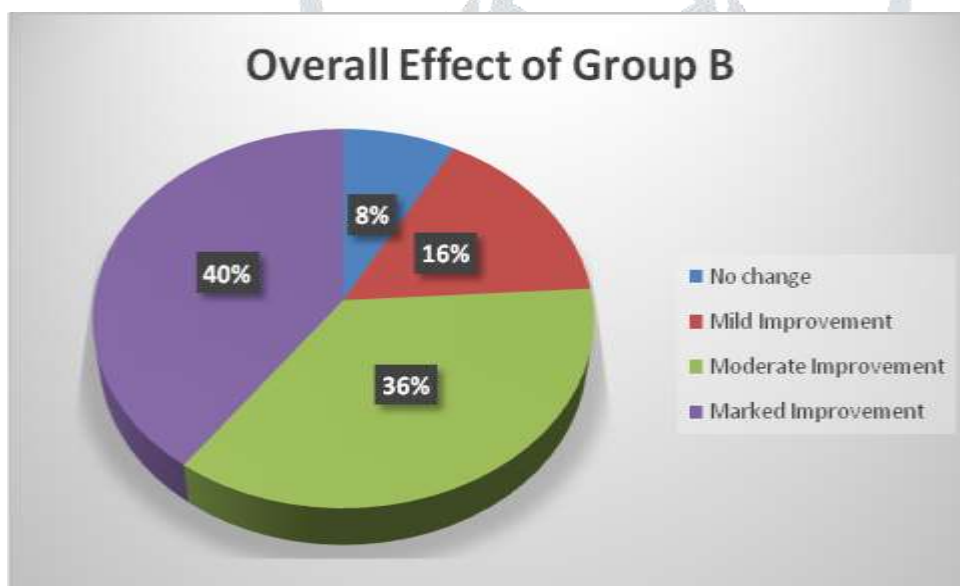
Figure NO.16 Result on Group B

TABLE NO.32 Comparative results of Group A and Group B

Signs and Symptoms	Group A (Mean Score)	Group B (Mean Score)	T Value	P Value
Karkasha	0.81	0.89	0.53	>0.05
Parusha	0.35	0.39	0.30	>0.05
Krishna	0.07	0.13	0.77	>0.05
TheevraRuja	0.31	0.25	0.40	>0.05
Dalyathe	0.84	0.41	2.68	<0.05
Paripatana	0.12	0.25	1.54	>0.05

Comparative analysis of the overall effect of the treatments in both the groups was done by statistically with Un Paired test. The test shows that the treatment is no significant in Group A when compared to Group B. Group A overall result is 66.08% and Group B overall result is 73.92%.

DISCUSSION

Discussion on Probable mode of action of the RasnaGirikadi Lepa :

The yoga RasnaGairikadi Lepa consists of the drugs vis Taila , Grutha, Sarja , Siktha, Rasna , Guda, Saindhava , Gairika. Among these drugs the, Taila , Grutha, Sarja and Siktha is taken as the base of this RasnaGairikadi lepa. In these thila taila has the properties such as Guru, Snigdha, vyavayi, and samskarath sarva rogapaham. Due to snigdhatha it helps in the deduction of aggravated Vatha dosha and by which it can helps in the deduction of the karkasha of Vataja Osta roga. As it is having samskarath sarvaroganuth property it is going to alleviate all the rogas based on the property of the other constituents of formulaton. Also thila taila abundantly contains VIT E as an antioxidant , which helps to penetrate the skin easily.

Grutha is considered as best in snehadravya. Grutha has snigdha guna which subsides vata dosha. Grutha has such a tremendous capacity to absorb and carry properties of drug with which it is processed. It is lipophilic and this property facilitates transportation of ingredients of formulations inside the cell. Also grutha is a natural moisturizer and which can helps in the deduction of karkasha and parushatha of vataja ostakopa.

Sarja is having snigdha guna and kasaya tiktha rasa , katu vipaka and which mitigates vata and pitta. Due to these properties sarja can helps in the deductuion of parushatha , ruja and karkasha of Osta.

Siktha is having madhura rasa and vipaka and having snigdha guna with vranaropana and varnya property, which may helps in the deduction of Krishna varna, dalyathe and paripatana of vataja osta kopa.

The remaining drugs such as Rasna , Guda , Saindhava , Gairika , in which the drug Rasna is considered as agroushadhi for vatha roga, where as Guda contains 3-6% moisture, and having snighdha guna, by these properties they may helps to deduct the karkasha and parusha of vataja osta kopa. Due to the sookshmatva property of saindhava it acts as vatahara. Also it has madhura rasa and laghu and snighdha guna with vranadosa vibanthajith action it may helps in the deduction of dalyathe , paripatana, and karksha of Osta. Gairika having snigdhadha property and madhura as rasa and kasaya as vipaka by it can help in the deductions of parushatha of vataja osta kopa.

Discussion on Probable mode of action of the Purana Grutha Lepa :

Acharya vaghbata particularly mentions about the VranaShodhana and Ropana action of purana grutha, with which it can helps in the deduction of ruja, dalyathe and paripatana. Also it has snigdha, teekshna and laghu guna , it may help to reduce the karkasha of Osta. Purana grutha has varnya as its special property by which it can helps to reduce the Krishna varna of vataja osta kopa. By its tvachya action purana grutha can act on the lip skin and there by it can helps to deduct the karkasha of osta.

Discussion on overall assessment of treatments

Comparative analysis of the overall effect of the treatments in both the groups was done by statistically with Un Paired test. The test shows that the treatment is no significant in Group A when compared to Group B. Group A overall result is 66.08% and Group B overall result is 73.92%.

CONCLUSION

- Result of Group A shows mild to moderate improvement in the clinical features such as Karkasha(57.58%), Parushatha(4.71%), Krishnavarna(66.67%), TheevraRuja(81.25%), Dalyathe(70.27%), Paripatana(85.71%) of the disease VatajaOstakopa.
- The result of Group B shows mild to moderate improvement in the clinical features such as Karkasha (69.44%), Parushatha(83.33%), Krishnavarna(66.67%), TheevraRuja(60%), Dalyathe(64.71%) and Paripatana(85.71%).
- Lepana with Purana Grutha is found to be more effective in providing symptomatic relief than the trial drug RasnaGairikadilepa.
- It doesn't provide long lasting effect.
- There is no adverse effect reported during the treatment period.

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