

CLINICAL EFFICACY OF *ARK TAILA* IN THE MANAGMENT OF *VICHARCHIKA*

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Abstract: Skin diseases are common at any ages and patient always experiences physical, psychological, socio-economic embarrassment in the society due to it. *Vicharchika* is one of the most commonly seen skin disorders. It can be co-related to eczema in modern science. According to Ayurveda *Vicharchika* has *Tridoshaja* origin. *Acharya Shargdhara* has mentioned *Ark Tail* for the treatment of *Vicharchika*. In present study an effort was made to see efficacy of *Ark Tail* in the treatment of *Vicharchika*. Total 15 patients were selected from OPD and IPD fulfilling inclusion and exclusion criteria and were advised for local application of *Ark Taila* two times a day in quantity sufficient amount. Highly significant result was obtained in *Kandu, Daha, Vaivarnyata*. From present study it was concluded that *Ark Taila* was effective in the management of *Vicharchika*.

Key words: *Vicharchika, Ark Taila, Kandu, Daha, Vaivarnyata.*

Introduction:

The healthy skin is the primary requirement for the attractiveness as well as having an attractive personality. It has a visible pathology, so any weakness at the skin becomes a great handicap for a person in the civilization. Skin diseases are common at any age, but they are particularly frequent in the elderly. The patient always experience physical, psychological and socioeconomic embarrassment in the society. Normal 10 - 15% of the general practitioners work is with skin disorders & about 30% of all the skin diseases are eczematous. and is estimated to affect 245 million people globally in 2015ⁱ. *Vicharchika* is one of the *Kshudra kustha* which can be co-related with eczema in modern science. *Vicharchika* have *Tridoshaja* origin, *Kapha* is responsible for *Kandu*, *Pitta* responsible for *Srava* and *Vata* is responsible for *Shyavata*. *Acharya Sharangdhar* had depicted one such formulation "*Arkⁱ Taila*" for treating *Vicharchika*. Oils as external medication for skin diseases are used since the *Vedic* ages and are still popular due to the immediate soothing and relaxing properties of oils on the skin and the subcutaneous tissues. Here an attempt is done to see the effect of *Ark Taila* on *Vicharchika* on the clinical basis.

Aims and Objectives: To know the efficacy of *Ark Taila* in *Vicharchika* w.s.r to eczema.

The Study was started after obtaining Ethical clearance from the Institutional Ethics Committee, UAU, Dehradun **IEC no. : UAU/RC/IEC/2017-18/05**. The study was registered in CTRI as **CTRI/2018/04/013255**

Material and Methods: Patients were selected from O.P.D. and I.P.D of Dept of *Rasashastra* and *Bhaishajya Kalpana, Kayachikitsa* fulfilling the clinical criteria of diagnosis of *Vicharchika* irrespective of gender, religion, socio-economic status etc.

Criteria of Diagnosis: The patients were diagnosed on the basis of as classical signs and symptoms of *Vicharchika* described in *Ayurvedic* classics.

Inclusion criteria:

- Age group between 20-70 years.
- Chronicity not more than 10 years.
- Classical symptoms of *Vicharchika* as described as *Kandu, Srava, Vaivarnya, Daha. Rukshata, Pidikotpatti.*

Exclusion criteria:

- a. Age not less than 20 & more than 70 years.
- b. Diabetes mellitus.
- c. Hypertension
- d. Thyroid.

Assessment Criteria: It was made on the basis of subjective parameters. Conclusion was drawn on the basis of suitable statistical analysis.

Subjective parameters: *Kandu, Daha, Pidika, Srava, Rukshata, Pidikotpatti, Vaivarnya.*

Criteria of total effect of therapy:

- **Complete improvement:** 75-100% relief in sign and symptoms.
- **Markedly improved** : 50-75% relief in sign and symptoms.
- **Moderately improved:** 25%-50% relief in sign and symptoms.
- **Mild Improved:** 10%-25% relief in sign and symptoms.
- **Unchanged:** 0% – 10% relief in sign and symptoms.

Composition of testing drug: *Ark* (*Calotropis gigantea*) *Haridra* (*Curcuma longa*) *Sarshapa Taila* (*Brassica Campestris*).

Sample size: a minimum of 15 patients were selected for the present study.

Posology: *Ark Taila* for external application, two times a day.

Duration of the study: 60 days and follow-up after completion of the treatment.

Pathya and Apathya in the Vicharchika:

Pathyaⁱⁱⁱ: The list of “*Pathya*” for *Vicharchika* are *Laghu Anna*, *Tikta Shaka*, *Purana Dhanya*, *Jangala Mansa*, *Ghrita*, *Mudaga*, *Triphala*, *Bhallatak*, *Nimba*, *Patola*, *Parisheka Avagaha of Khadir*.

Apathya^{iv}: *Guru Anna*, *Dugdha*, *Dadhi*, *Amla rasa*, *Guda*, *Tila*, *Anupa Mansa*, *Matsya* etc.

Observations:**TABLE: 1 AGE WISE DISTRIBUTIONS**

S.No	Age	No. of Patients
1.	20-30 yrs	5
2.	31-40 yrs	2
3.	41-50 yrs	4
4.	51-60 yrs	4
5.	61-70 yrs	1
6.	TOTAL	16

TABLE: 2 GENDER WISE DISTRIBUTIONS

S.No	Sex	No. of Patients
1.	Male	10
2.	Female	6
3.	TOTAL	16

TABLE: 3 RELIGION WISE DISTRIBUTIONS

S.No	Religion	No. of Patients
1.	Hindu	14
2.	Muslim	2
3.	TOTAL	16

TABLE: 4 MARRITAL STATUS WISE DISTRIBUTION

S.No	Marital Status	No. of Patients
1.	Married	14
2.	Unmarried	2
3.	TOTAL	16

TABLE NO: 5 EDUCATION WISE DISTRIBUTIONS

S.No	Education	No. of Patients
1.	Educated	13
2.	Uneducated	3
3.	TOTAL	16

TABLE NO: 6 OCCUPATION WISE DISTRIBUTIONS

S.NO	Occupation	No. of Patients
1	Housewife	3
2	Service	9
3	Student	3
4	Unemployed	1
5	TOTAL	16

TABLE NO: 7 BOWEL HABITS WISE DISTRIBUTION

S.NO	Bowel	No. of Patients
1	Constipated	3
2	Regular	4
3	Loose	2
4	Irregular	7
5	TOTAL	16

TABLE NO: 8 SLEEP PATTERN WISE DISTRIBUTION

S.No	Education	No. of Patients
1.	Disturbed	12
2.	Sound	4
3.	TOTAL	16

TABLE NO: 9 FAMILY HISTORY WISE DISTRIBUTION

S.No	Family History	No. of Patients
1.	Present	4
2.	Absent	12
3.	Total	16

TABLE NO: 10 PRAKRITI WISE DISTRIBUTIONS

S.No	Prakriti	No. of Patients
1.	Vata-Pittaja	6
2.	Pitta-Kaphaja	5
3.	Vata-Kaphaja	5
4	TOTAL	16

TABLE NO: 11 SARA WISE DISTRIBUTIONS

S.No	Sara	No. of Patients
1.	Avara	4
2.	Madhyam	8
3.	Pravara	4
4	TOTAL	16

TABLE NO: 12 SAMHANANA WISE DISTRIBUTIONS

S.No	Samhanana	No. of Patients
1.	Avara	4
2.	Madhyam	8
3.	Pravara	4
4	TOTAL	16

TABLE NO: 13 PRAMAN WISE DISTRIBUTIONS

S.No	PRAMAN	No. of Patients
1.	Avara	02
2.	Madhyam	12
3.	Pravara	02
4	TOTAL	16

TABLE NO: 14 SATMYA WISE DISTRIBUTIONS

S.No	SATMYA	No. of Patients
1.	<i>Avara</i>	05
2.	<i>Madhyam</i>	07
3.	<i>Pravara</i>	04
4	TOTAL	16

TABLE NO: 15 SATVA WISE DISTRIBUTIONS

S.No	SATVA	No. of Patients
1.	<i>Avara</i>	02
2.	<i>Madhyam</i>	13
3.	<i>Pravara</i>	01
4	TOTAL	16

TABLE NO: 16 ABHYAVARANA SHAKTI WISE DISTRIBUTION

S.No	<i>Abhyavarana Shakti</i>	No. of Patients
1.	<i>Avara</i>	02
2.	<i>Madhyam</i>	12
3.	<i>Pravara</i>	02
4	TOTAL	16

TABLE NO: 17 JARANA SHAKTI WISE DISTRIBUTION

S.No	<i>Jaran Shakti</i>	No. of Patients
1.	<i>Avara</i>	02
2.	<i>Madhyam</i>	12
3.	<i>Pravara</i>	02
4	TOTAL	16

TABLE NO: 18 VYAYAMA SHAKTI WISE DISTRIBUTION

S.No	<i>Vayam Shakti</i>	No. of Patients
1.	<i>Avara</i>	02
2.	<i>Madhyam</i>	12
3.	<i>Pravara</i>	02
4	TOTAL	16

EFFECT OF THERAPY:

S.N	N	SYMPTOMS	Median		Wilcoxon Sign Rank W	P-Value	% Effect	Result
			BT	AT				
1.	15	<i>Kandu</i>	2	1	105	<0.001	66.66	Highly Significant
2.	15	<i>Daha</i>	2	0	91	<0.001	100	Highly Significant
3.	15	<i>Srava</i>	1	0	21	<0.01	87.5	Significant
4.	15	<i>Rukshta</i>	2	1	28	<0.01	42	Significant
5.	15	<i>Pidikotpatti</i>	1	0	45	<0.05	78.57	Significant
6.	15	<i>Vaivarnya</i>	2	1	66	<0.001	41.37	Highly Significant

Discussion:

Vicharchika is one of *Kshudra Kushtha* which is closest clinical entity to eczema in modern science. The symptoms of *Vicharchika* can be correlated with eczema like *Kandu* (Itching) *Daha* (Burning sensation), *Srava* (Discharge), *Rukshta* (Dry lesion), *Pidika* (Macules, Papules, Vessicles, pustules), *Vaivarnya* (Discoloration). The *Ark Taila* contains *Ark patra Swarasa*, *Haridra Kalka*, *Sarshapa Taila*. These all ingredients are having *Kandughana*, *Kushthghana* property. *Ark Taila* due to its *Katu-Tikta ras* reduces *Kandu* and *Pidika*., *Vranashodhaka* property is due to *Katu-Tikta ras*. Due to its *Laghu*, *Ruksha guna* it penetrates deeply in skin and subsides the disease symptoms. Due to *Vishaghna* property it subsides allergies causing allergic contact dermatitis. Anti-oxidant property is due to flavonoids. *Ark Taila* also possesses anti-bacterial, anti-microbial property.

Age: majority of patients were found in age group of 20-30 years because this was the age group when the individual is indulging in the various *Mithaya & Viruddhahar Sevana*.

Sex, Religion, Marital Status: There was role of sex, religion, marital status in manifestation of *Vicharchika* or Eczema.

Education: Maximum of the patients i.e. 81.25% were educated followed by 18.75% that were uneducated. All people may be affected from eczema either uneducated due to ignorance to healthy life style or educated burdened by heavy work and stressful life.

Occupation: Maximum numbers of patients i.e. 56.25 % were doing Service. Service men like teachers, engineers were having job with continuous standing may prone to stasis eczema.

Bowel habits: Maximum numbers of patients had irregular bowel habits (**43.75 %**) followed by constipated (**18.75%**). Due to irregular bowel habit *Ama dosh* was not removed properly which promote the accumulation Of toxins in body. This would hamper the immunity and make body susceptible to the diseases.

Sleep: Maximum no. of patients 75% had disturbed sound and 25% had sound sleep. Disturbed sleep was perhaps a result of the persistent itching caused due to the Eczema. Also most of the patients were worried of their skin condition which causes stress due to which the patient had disturbed sleep.

Family history: revealed that 75% of the patients had negative family history of eczema or other allergic diseases like asthma.

Prakriti: 37.5% were having *Vata-Pittaja Prakriti*.

Sara: *Sara* gives indirect idea of general body constituent, strength and immunity of body. Maximum numbers of patients i.e. 50% were of *Madhyama Sara*. The co-relation between disease and this factor influence was not scientifically proved.

Samhana: Maximum numbers of patients i.e. 50% were of *Madhyama Samhanana*. It gives an idea about general body built. The co-relation between disease and this factor influence was not scientifically proved.

Pramana: Maximum numbers of patients i.e. 75% were of *Madhyama Pramana*.

Satmya: Maximum numbers of patients i.e. 43.75% were of *Madhyama Satmya*.

Satva: Maximum numbers of the patients were having *Madhyama Satva* 81.25%, 12.5% with *Avara Satva* . *Madhyama and Avara Satva* patients cannot handle the excessive mental burden and they strongly react upon it. Sometimes patients became victim of depression, anxiety, stress etc. All these factors influence the immunity and general health of the patients.

Abhyavarana Shakti : In present study 75% patients were having *Madhyama Abhyavaharana Shakti*.

Jarana shakti: Maximum numbers of patients i.e. 75% were having *Madhyama jarana Shakti*.

Vyayama Shakti: 75% were having *Madhyama Vyayama Shakti*.

Clinically the symptoms of *Vicharchika* were improved in *Kandu* 66.66%, *Daha* 100%, *Srava* 87.5%, *Rukshta* 42%, *Pidika* 78.57%, *Vaivarnya* 41.37%.

Conclusion:

Vicharchika is *Tridoshaja Pradhan Vyadhi*. Statistically the result of *Ark Taila* was highly significant in symptoms of *Kandu*, *Daha*, *Vaivarnya* while significant results were found in *Srava*, *Rukshta*, *Pidikotpatti*. It can be concluded that if patient follows *Pathya Ahara Vihara* along with application of *Ark Taila* has significant effect in improvement of *Vicharchika*.



Before treatment



After treatment



Before treatment



After treatment

ⁱ www.wikipedia.org

ⁱⁱ SharangdharSamhita commentator PanditParsuramaShastri, Chaukhamba Publication, Varanasi, 2012, MadhyamKhand 9/156, page-228

ⁱⁱⁱ Agniveśa, "Charaka Samhitā", revised by Charaka and Dridhabala with "Ayurveda Deepika" commentary, by Chakrapāṇi Datta, edited by Vd. Yadavaji Trikamaji Acharya, Chaukhamba Surbharati Publications, Varanasi-221001, (India), reprint 2002, chikitsasthan 7/82, pg no 317.

^{iv} CharkSamhita commentator Ambikaduttshastri, ChaukhambaPublication Chikitsasthan 7/9,10 page no 301 Agniveśa, "Charaka Samhitā", revised by Charaka and Dridhabala with "Ayurveda Deepika" commentary, by Chakrapāṇi Datta, edited by Vd. Yadavaji Trikamaji Acharya, Chaukhamba Surbharati Publications, Varanasi-221001, (India), reprint 2002, chikitsasthan 7/83, pg no 317.