



AN OPEN LABELLED CLINICAL STUDY ON THE EFFECT OF VIRECHANA KARMA FOLLOWED BY SHAMANA WITH TRIPHALADIKWATHA ORALLY & EDAGAJADI LEPA IN THE MANAGEMENT OF DADRU

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Abstract:-

According to Ayurvedic texts, the skin is extremely compound organ. It is *Adhithana* of *Sparshan Gyanendriya*ⁱ, which is responsible for *Sparshgyan* or Tactile sensation. *Kushtha* has been taken as the supreme word for all the skin diseases in Ayurveda. In other word, it can be listed as Ayurvedic dermatology. It can cover up all dermatological manifestations Under 18 subtypes of *Kushtha*. **Aims & Objectives:** To evaluate the efficacy of *Virechana Karma* followed by *Shamana* with *Triphaladi_Kwatha* orally and *Edagajadi lepa* in the management of *Dadru*.. **Material and Methods:** In this trial, 15 patients were registered and completed the treatment. The data shows 100% Patients of *Dadru* were suffering from *Kandu*. *Raga* werefound on the skin of 86.66 % patients. 100% were suffering from *Pidika* & 100% patients were suffering from *Mandal*. **Results:** The total effect of the therapy show that out of 15 Patients (*Triphaladi Kwatha* + *Edagajadi Lapa*) 40 % patients had moderate relief and 60 % patients had mild relief in symptoms of *Dadru*.. **Conclusion:** The study shows that *Virechana Karma* followed by *Shamana* with *Triphaladi Kwath* orally and *Edagajadi Lepa* is more effective in the management of *Dadru*.

Keywords:- *Dadru, Virechan Karma, Edagajadi Lepa*

INTRODUCTION:-

According to Ayurvedic texts, the skin is extremely compound organ. It is *Adhithana* of *Sparshan Gyanendriya*ⁱ, which is responsible for *Sparshgyan* or Tactile sensation. Skin is the largest organ of body. It is in terms of both weight between 6 and 9 pounds and surface area about 2 sq.yd.ⁱⁱ At present era, skin diseases are becoming a major hazard for mental health more than physical harm as skin distributes the cosmetic harmony.

Kushtha has been taken as the supreme word for all the skin diseases in Ayurveda. In other word, it can be listed as Ayurvedic dermatology. It can cover up all dermatological manifestations Under 18 subtypes of *Kushtha*. It is said to be the greatest among all chronic disease and is classified as “*Maha Kustha*” and “*Kshudra Kustha*”.

Dadru is one of the serious problem of mankind even in the highly advanced era of sophisticated treatment, which has been counted under *Kshudra Kustha*.

The parameters of diagnosis would be on the platform of classical symptoms of *Dadru* from Ayurvedic aspects as *Kandu, Raga, Pidika, Mandal Dadru* is *Rasagata (Twakgata)* manifestations of *Kushtha*. That means very superficial & limited to a depth of just 1 or 2 mm. Acharya Sushruta while prescribing treatment for *Kushtha* according to *Dhatugatatwa* mentioned *Shodhana Alepa*ⁱⁱ as first choice of modality for *Twakgata Kushtha*. Hence *Lepan Karma* has been considered as an ideal therapeutic measure for these diseases. Acharya Charaka has labeled *Lepan Karma* as '*Sadyah Siddhi Karaka*'. Modern science also justifies the role of topical therapy in superficial fungal infections of the skin.

AIM & OBJECTIVES: -

To evaluate the efficacy of *Virechana Karma* followed by *Shamana* with *Triphaladi Kwatha* orally and *Edagajadi lepa* in the management of *Dadru*.

MATERIALS AND METHODS:-

Inclusion Criteria:-

1. Patient having age between 18 to 60 years were included.
2. Duration of disease <1 year.
3. Patient having symptoms of *Dadru* like *Kandu, Raga, Pidika, Mandal*, were included.
4. *Virechana Yoga* as per Ayurvedic classics.

Exclusion Criteria:-

1. Age below 18 to above 60 years
2. Known case of Disease like D.M, Cancer, AIDS, STD, T.B, and other disorders which lead to fatal condition during *Virechan Karma*.
3. Virechana Ayogya person as per Ayurvedic classics.
4. Other concomitant skin disease with *Dadru*.

Laboratory Investigations :-

1. Blood –Hb%, T.L.C., D.L.C., E.S.R.
2. Urine - Routine and Microscopic examinations

CTRI Registration:-

This clinical trial was registered under CTRI (Clinical Trials Registry of India) with CTRI no CTRI/2021/07/034711.

Pathya-Apathya:-

All the patients was advised to follow the diet described as Pathya-Apathya for *Kustha* and instructed to avoid the causes of *Dadru* during the whole treatment.

Pathya: - Lagu Ahara, Tikta Shak, Puran Dhanya, Mudga, Patol, Nimba, Triphala. Apathya: - Guru and Amala Dravya, Dugha, Dadhi, Guda, Tila, Aanup Matsya.

Follow Up:-

Follow up study was taken after the completion of the treatment for 4 weeks.

Criteria For Assessment:-

Observation of clinical improvement in signs of the disease like *Kandu*, *Raga*, *Pidaka*, *Mandal* was assessed by gradation method.

Statistical Analysis:

The information gathered on the basis of above observations was subjected to statistical analysis. The Wilcoxon's Signed-Rank Test was carried out for all non-parametric data (i.e. for subjective criteria) to analyze the effect of individual therapy in the single group. The obtained results were interpreted as-

Insignificant – $P > 0.05$, Significant – $P < 0.05$, Highly Significant – $P < 0.001$.

RESULT:-

Table 1:Effect of Therapy in Chief complain-

Complaints	Mean		Mean Diff.	% Relief	SD	SE	W	P	S
	BT	AT							
<i>Kandu</i>	3.13	1.60	1.60	51.06 %	0.50	0.13	120	<0.0001	HS
<i>RAAG</i>	2.80	1.60	1.20	42.85 %	0.41	0.10	120	<0.0001	HS
<i>PIDAKA</i>	2.86	1.40	1.46	48.83 %	0.68	0.16	120	<0.0001	HS
<i>NO. Of Mandal</i>	3.66	2.00	1.66	45.45 %	0.61	0.15	120	<0.0001	HS
<i>Nature of lesion</i>	2.26	1.26	1.00	44.11 %	0.37	0.09	105	0.0001	HS

Effect of Therapy on *Kandu* Score:

No of 15 Patients the mean Score before treatment was 3.13 which lowered down to 1.60 after treatment which giving 51.06 % relief & result was highly significant.

Effect of Therapy on *Raag* Score :

No of 15 patients the mean Score before treatment was 2.80 which lowered down to 1.60 after treatment which giving 42.85 % relief & result was highly significant.

Effect of Therapy on *Pidaka* Score:

No of 15 patients the mean Score before treatment was 2.86 which lowered down to 1.40 after treatment which giving 48.83 % relief & result was highly significant.

Effect of Therapy on No. of *Mandal* Score:

No of 15 patients the mean Score before treatment was 3.66 which lowered down to 2.00 after treatment which giving 45.45 % relief & result was highly significant.

Effect of Therapy on nature of lesion Score:

No of 15 patients the mean Score before treatment was 2.26 which lowered down to 1.26 after treatment which giving 44.11 % relief & result was highly significant.

Table 2: Total effect of the therapy:

Result	No Of Patient	Relief
Cured	0	0
Marked Relief	0	0
Moderate Relief	6	40%
Mild Relief	9	60%
Unchanged	0	0
Total	15	100%

The table above represents total effect of the therapy.No of 15 Patients (*Triphaladi Kwatha + Edagajadi Lapa*) 40 % patients had moderate relief and 60 % patients had mild relief in symptoms of *Dadru*.

Probable Mode of Action of Shamana Drug (Triphaladi Kwatha):

On visualizing the tabulations, it can be deduced that most of the drugs of *Triphaladi Kwatha* are *Tikta and Kashaya* in *Rasa*, having *Laghu* and *Ruksha Guna* and *Katu Vipaka*, which are antagonistic to the properties of *Kapha* and *Pitta*. Good majority of them possess *KaphaPittashamaka* properties also.

All Kushtha are Tridoshaja Vyadhi while *Dadru* is *KaphaPitta* dominant *Tridoshaj Kushtha*. Total nine drugs are mentioned in *Triphaladi Kwatha* among them *Tikta* and *Kashaya Rasa* are very much *dominant*, which possess the *Kapha-Pitta Shamaka* property. Due to *Katu+Tikta Rasa*, combination of *Katu+Madhura Vipaka* and *Ushna+ Sheeta Virya* properties, *Triphaladi kwatha* is *Kapha+Pitta Shamaka*. During of its preparation, due to *Agni Sansakara*; it is *Vata Shamak* also. It is evident from the table of *Doshagnata*, majority of drugs are *KaphaPitta Shamak* and others are *Tridosha Shamak*. *Twak, Rakta, Mamsa* and *Lasika* are *Dushya* of *Dadru (kushtha)*. Whereas, *Twak, Lasika* are related with *Rasadhatu*. Symptoms of *Rasavruddhi* are just same as *kaphavruddhi*, *Langhana* is mentioned for treatment of *Rasadushti*. The drugs, which have *Laghu, Ushna, Ruksha* properties are called *Langhana dravya*.

Triphaladi Kwatha has *Laghu, Ruksha, Guna; Tikta, Kashaya Rasa* and *Ushna Virya* so it works as *Kaphahara* and it have the properties of *Deepana* and *Pachana*, which are types of *Langhana*, so it may causes *Rasa Shuddhi*.

Triphaladi Kwatha helps to break the pathogenesis by its *Tikta Kashaya Rasa, Anushna Virya, Madhura Vipaka, Ruksha, Laghu Guna*, as well as blood purifying activity. *Triphala* is also said for treatment of *Kushtha*ⁱⁱ. It has *Anuloman* property which helps to purify body by regular bowel excretion. Regular *Virechana* is mentioned in skin disorders^{iv}. *Nimba, Vacha, Patola* and *Rajani* also mentioned having *Kushthaghna* properties. So, the combination exclusively becomes drug of choice in the treatment of *Kushtha* (skin disorders).

Katuki & Triphala are mainly *Virechaka dravya*. Many other drugs also have minor function of *Vatanulomana*. This *Virechaka* property is useful in destroying *Doshasanghata* which is the main factor in disease formation. So, *Triphaladi Kwatha* plays a major role by its mild purgative action. Thus, different properties of drugs of *Triphaladi Kwatha* help in breaking the chain of *Samprapti* of *Dadru*.

Probable Mode of Action of Shamana Drug (Edagajadi Lepa):

Edagajadi Lepa consist 5 drugs. i.e., *Chakramarda* Seeds, *Kushtha, Sarshapa, Vidanga, Saindhava*. Among them *Katu Tikta* and *Kashaya Rasa* are very much dominant, which possess the *Kapha-Pitta Shamaka* property. Majority of the drugs have *Katu Vipaka* and *Ushna Virya Pradhanyata* each factor works as *Kaphashamak*.

Twak and *Lasika* are related with *Rasadhatu*. Symptoms of *Rasavrudhhi* are just same as *Kapha Vrudhhi*. Majority of the drugs of *Edagajadi lepa* are *Katu* and *Tikta Rasa Pradhana* which help in pacification of *Kapha*. *Ushna Virya* enhances the effect of *Kapha Shamana* along with *Katu Vipaka*. Maximum drugs have *Laghu* and *Ruksha Guna* which gives *Kaphashamaka* effect.

Chakramarda seed have antifungal & antimicrobial properties. *Chakramarda* is a well-known *Kushthaghna, Kandughna, Dadrughna*. Its seed is anti-inflammatory, anti-fungal, anti bacterial and effective in skin diseases.

Kushtha and *Sarshapa* is *Vata-Kapha Shamaka*. There is vitiation of *Vata & Kapha* in *Dadru* So, *Kushtha* and *Sarshapa* helps in breaking *samprapti* of disease. *Vidanga* is *Vata-Kapha Shamaka*, and *Krimighna* function so very effect on the disease. *Saindhava lavana* cleanses the skin and opens up clogged pores and removes dead cells from the skin.

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Conflicts of interest:-

There are no conflicts of interest.

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