

**A COMPARATIVE STUDY TO EVALUATE THE EFFICACY OF
KUSHTHADI CHURNA AS AVCHURNAN & KUSHTHADI LEPA IN THE
MANAGEMENT OF VICHARCHIKA ALONG WITH NAVKASHAYA**

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ABSTRACT

According to Ayurveda vitiated Doshas destroy tissues in the skin and produce discolouration and if not properly treated produce disfiguration. Majorities of the skin diseases are chronic in nature. Any skin disease in general is called as Kushtha.^[1] The word 'Kushtha' is a broad term, which covers almost all skin disorder, is one of the most dreadful diseases afflicting population. *Kushtha* is caused invariably by the vitiation of the seven factors i.e. 3 *Doshas* and 4 *Dushyas*. But different types of pain, discolouration, shape of lesions and other specific manifestation etc are found in *Kushtha* because of *Anshanshaguna* of the *Doshas* i.e. the appearance of the symptoms of

disease depends upon nature of *Dosha- Dushya Sammurchana* and its effect on srotas and predominance of *Dosha and Dushya*. All *Acharyas* have described that all *Kushtha* have *Tridoshic* involvement and they have further classified *Kushtha* into *Maha-Kushtha* and *Kshudra-Kushtha*. In Ayurveda, *Kushtha* is considered as a *Bahudoshaavasthajanyavyadhi*, has involvement of *Tridosha* and 4 *Dhaatu* (*Tvak, Rakta, Lasika, Mansa*) as its *Dushya* also. Thus '*Saptakodravysangraha*' is responsible for each & every type of *Kushtha* to manifest. Moreover *Charaka* identified *Kushtha* as one among *Dheergakaalenaroga*. 30 patients were taken in two groups, each having 15 patients. *Vicharchika* is a skin disease which harms and deforms the skin. *Vicharchika*^[2] is one subtype among the eighteen types of *Kushtha Roga*

described in *Ayurveda* classics. According to all Ayurvedacharya's *Kushtha* is described as a synonym for all skin diseases as:-

त्वचः कुर्वन्ति वैवर्ण्यं दुष्टाः कुष्ठमुशन्ति तत् ॥ (अ.ह.नि.-१४/३)

That is, *Kushtha* is a disease which causes discoloration and degeneration of the skin. *Vicharchika* is a type of *Kushtha* which mainly affect the IVth layer among six layers of the skin according to *Acharya Charak*. The main *Dosha* of *Vicharchika* is *Kapha* according to *Acharya Charak* and *Pitta* by *Acharya Shusruta*.

KEYWORDS: Vicharchika, Kushtha, Tridosha, Dushya, Saptakodravysangraha.

INTRODUCTION

Skin is the first organ of the body interacting with the environmental agents like physical, chemical & biological agents. Variations in the environmental stimuli & natural ability of body to deal with these factors result in spontaneous remissions & relapses. Interaction with these factors results in specific reaction pattern producing characteristic skin lesions in different parts of the body. Skin is a mirror that reflects internal & external pathology & thus helps in diagnosis of diseases. Skin ailments affects all ages from the neonates to the elderly & cause harm in a number of ways such as discomfort, disfigurement, disability, etc.

Majority of the skin diseases in *Ayurveda* have been described under the broad heading of '*Kushtha*', which are further divided into *Maha Kushtha* & *Kshudra Kushtha*. *Vicharchika*, one of the *Kshudra Kushtha* runs a chronic course generally considered difficult to cure & even if it is cured relapses are common; Now a days skin diseases are very common. Though skin diseases are common at any age of the individual, they are particularly frequent in the elderly. The patients always experiences physical, emotional & socioeconomic embarrassment in the society. Normal 10 - 15% of the General Practitioners work is with skin disorders (Roxburgh's Common Skin Diseases) & about 30% of the skin diseases are eczematous. It is a second commonest cause of loss of work. *Ayurveda* has discussed all skin disease under the umbrella of *Kushtha*, in other word it can be listed as '*Ayurvedic dermatology*'. It is not a vis-à-vis correlation but one can cover up all dermatological manifestations under 18 subtypes of *Kushtha*. *Vicharchika* is very old disease mentioned in ancient science among the *Kushtha*. *Vicharchika* categorized in different way i.e. *Kshudra Kushtha*, *Kshudra Roga* and *Sadhya Kushtha*. All *Kushtha* are having *Tridosha* origin so, *Vicharchika* can be said in same way i.e. *Kapha* is responsible for *Kandu*, *Pitta* is responsible for *Srava* and *Shyava* indicate the

presence of Vata. (M. N. 49/23- Kanthadatta). Despite of its Tridosha origin various Acharyas mentioned different dominancy in *Vicharchika* i.e. *Kapha* (Ch. Chi. 7/30), *Pitta* (Su. Ni.5/16), *Vata-pitta Pradhana* (M. Ni. 49/35), which also suggest specific symptom complexes.

In the present study the management of *Vicharchika Kushtha* was planned by '*Kushthadi Lepa*^[3]' and '*Kushthadi Churna*' for external use and '*Navkashaya*^[4]' for internal use.

These Formulations help in breaking the pathology of *Vicharchika* considering all above facts present study is undertaken to minimize the disease of *Vicharchika* by internal and external application of trial drug. In both the formulation most of the drugs are having *Deepana*, *Pachana*, *Srotoshodhana*, *Kaphaghna*, *Kandughna*, *Kushthghna*, *Raktaprasadaka*, *Vranashodhaka* and *Rasayana* properties. According to modern pharmacology these drugs posses Anti-inflammatory, Anti-oxidant, Anti-allergic, Mast cell stabilizer, Anti histaminic, Antibacterial, Antifungal, Blood purifier and Immunomodulator properties which helps in breaking the pathogenesis of *Vicharchika*.

MATERIAL AND METHODS

In this part of the dissertation, all the material and methods involved in the study are going to be presented in accordance with the objectives of the study.

PLAN OF STUDY

A. Selection Of Patient

30 Patient of *Vicharchika* will be Selected from the OPD/IPD of PG Department of Kayachikitsa, Uttarakhand Ayurved University, Rishikul Campus, Haridwar. The study will be conducted on randomly divided in two groups, 15 patients each on the basis of criteria of inclusion and exclusion with detailed clinical history and physical examination and other necessary investigations.

B. Selection of Drug

1. Navkashaya
2. Kushthadi Churna
3. Kushthadi Lepa

C. Dose of Drug

1. ***Kushthadi Churna*** – Local application twice a day.

First apply *Sarshapa* oil on the affected area then *Kushthadi Churna Avchurnan* over the area.

2. ***Kushthadi Lepa***- Local application twice a day.

3. ***NAVKASHAYA***- 10gm twice a day after meal freshly prepared as per instruction.

D. Type of study: Single blind.

E. Duration of Study: 45 Days.

F. Drug Trial Schedule: The Selected Patients for trial will be randomly divided into following two groups, 15 patients each.

GROUP I: The selected patient will be subjected through *NAVKASHAYA* and *KUSHTHADI CHURNA*.

GROUP II: The selected patient will be subjected through *NAVKASHAYA* and *KUSHTHADI LEPA*.

G. ASSESSMENT

The assessment of the patient will be done for 3 times at the interval of 15 days.

H. Follow Up

Follow up will be done 1month after the completion of the treatment.

I. Inclusion Criteria

- Patients having the signs & Symptoms of *Vicharchika*.
- Age group between **16 to 60 years**.
- Patient willing to participate in above mentioned trial with informed consent.

J. Exclusion Criteria

- Age group less than 16 year and more than 60 year.
- Pregnant and lactating women.
- Patient with other cutaneous symptoms of **psoriasis, leprosy, local burn** etc.
- Any other secondary skin diseases.
- Uncontrolled diabetic patients.

K. Criteria For Withdrawl

1. Personal matters
2. Intercurrent illness
3. Aggravation of complaints
4. Any other difficulties.

L. Criteria for Assessment

The assessment of the trial will be done on the basis of following parameters-

1. Subjective
2. Objective

Subjective: The subjective assessment will be done on the basis of:

Improvement in following signs and symptoms of *Vicharchika* as described in classics-

- a. *Kandu* (Itching)
- b. *Vedana* (Pain)
- c. *Daha* (Burning sensation)
- d. *Vivarnata* (Discolouration)
- e. *Srava* (Discharge)

OBJECTIVE

The objective assessment will be done on the basis of changes in clinical findings, relevant laboratory parameters assessments.

- a. Type of lesion
- b. No. of lesion
- c. Area occupied by the lesions

INVESTIGATIONS

• HB%, TLC, DLC, ESR, BLOOD SUGAR (Random), SGOT, SGPT, Blood urea, Serum creatinine, Serum Cholestrol.

AIMS AND OBJECTIVES

1. To evaluate the aetiopathogenesis of *Vicharchika*.
2. To study the efficacy of *Navkashaya with Kushthadi Lepa* on *Vicharchika*.
3. To study the efficacy of *Navkashaya with Kushthadi Churna as Avchurnan after Applying Sarshap oil* on *Vicharchika*.

4. To provide a reliable, safe and cost effective Ayurvedic treatment for *Vicharchika*.

MATERIAL AND METHODS

Drug Review

DETAILS OF INGREDIENTS OF KUSHTHADI CHURNA

“कुष्ठाऽमृतासङ्गकटङ्गटेरीकासीसकम्पिल्लकमुस्तलोधाः।

सौगंधिकंसर्जरसोविडङ्गमनःशिलालेकरवीरकत्वक्॥

तैलाक्तगात्रस्यकृतानिचूर्णान्येतानिदद्यादवचूर्णनार्थम्।

द्रव्यं सकण्डूः किटिभानि पामा विचर्चिका चैव तथैति शान्तिम्” ॥ (च.सू.३/१०-११)

Name	Rasa	Guna	Virya	Vipaka	Pharmacological Action
Kootha	Tikta Katu	Laghu Ruksa	Ushna	Katu	Kusthaghana, Raktashodaka, Swedajanam
Guduchi	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhur	Kandughna, Rasayan
Tuttha	Kshaya	Grahi	Ushna	Katu	Kandughna, Shothhar, Visarpnashaka, Kushtanashaka.
Daruharidra	Tikta Kashaya	Laghu Ruksa	Ushna	Katu	Rakta shodhaka, Shoth-hara, Krimighana, Rasayan,
Kaseesa	Kashaya,	Grahi	Ushna	Katu	Kandughana, Shoth-hara Visarpnashaka, Kusthaghana
Kampillaka	Katu	Laghu Ruksa Tikshna	Ushna	Katu	Kandughana, Kusthaghana, Vranaropaka, Raktashodaka
Nagarmotha	Tikta katu, kashaya	Laghu Ruksa	sheeta	Katu	Twakdosshar, Shothhar, Lekhana, Raktaprashadana
Lodhra	Kshaya	Laghu Ruksa	Sheeta	Katu	Shothara, Krimighana, Vranaropaka, Kushtaghana
Gandhaka	Katu, tikta, kshaya,	Sara	Ushna	Madhur	Krimighana, Kushtaghana, Rasayan,
Rala	Kshaya, Madhur	Ruksha	Sheeta	Katu	Krimighana, Putihara, Vranaropaka
Vayavidanga	Katu, Kashaya	Lagu, Ruksha, Tikshna	Ushna,	Katu	Kushthaghana, Krimighana, Shothahara, Raktashodhaka
Manahshila	Tikta, Katu	Snighda, Guru, Sara	Ushna,	Katu	Kandughana, Krimighana
Hartal	Katu, Tikta, Kshaya	Snighda, Guru	Ushna	Katu	Kushtaghana, Kandughana, Dadrunashaka
Kaner chhal	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kushtaghana, Kandughana, Vranashodhak, Vranaropaka, Vranaya

Details of Ingredients of Navkashaya

“त्रिफलापाटोलरजनीमंजिष्ठारोहिणीवचानिम्बैः |

एष कषायोऽभ्यस्तो निहन्ति कफपित्तजं कुष्ठम् || (चक्र ४०/५८)

Table No. 2.11.

Drugs	Part Used	Latin name	Ras	Guna	Virya	Vipaka	Pharmacological Action
VIBHITAKI	Rhizome	Terminalia Bellirica	Kashaya	Laghu, Ruksha	Ushna	Madhur	Kandughna
HARITAKI	Phaal	Terminalia Chebula	Kashaya	Laghu, Ruksha	Ushna	Madhur	Kandughna, Arshoghna
AAMALKI	Phaal	Emblica Officinalis	Amla	Guru, Ruksha, Sita	Sita	Madhur	Kandughna, Dahashamak
HARIDRA	Rhizome	Curcuma Longa	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kandughna, Kushthagha, Vishaghna
PATOLA	Patra	Trichosanthes Dioica	Tikta	Laghu, Ruksha	Ushna	Katu	Kandughna, Deepana
MANJISTHA	Mula	Rubia cordifolia	Tikta, Kashya, Madhur	Guru, Ruksha	Ushna	Katu	Kandughna, Udardprashman
KUTAKI	Mula	Picrorhiza kurroa	Tikta	Laghu, Ruksha	Sita	Katu	Kushthagha, Kandughna
VACHA	Mula	Acorus calamus	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Krimighna
NEEM	Patra	Azadirachta indica	Tikta, Kashya	Laghu	Sita	Katu	Kandughna, Krimighna

Preparation of Kushthadi Lepa

Firstly yavkut churna of all dravas (1.4 kg) has been taken then kalka has prepared. 4 part of sharsapa oil (5.6 kg) murchan has been done for 2 days with 16 part of drava (22.4 lit). After that kalka is mixed in murchit oil then wax (approx 1 kg) is mixed till it melts. Remaining malhar is approx. 6.3 kg.

DISCUSSION

Portable Mode of Action of Kushthadi Churna As Avchurnan and Kushthadi Lepa

In skin diseases, external topical application is an important part of therapy. To understand the mode of action of Kushthadi Lepa, we firstly have to think about the Pharmaceutical aspects of lepa. Acharya Sushruta has explained the efficacy of Lepa in following manner:

“By pouring water over a burning house, the fire is extinguished immediately; in the same manner the Lepa pacifies the provoked local Doshas by local application. Moreover it has also actions like Shodhana, Utsadana, Ropana & Prahladana. (Su.Sa)^[5]”

Kushthadi Lepa is taken from the Charak Sutra Sthan-3/10-11.

The contents of *Kushthadi Lepa* like *Kooth*, *Guduchi*, *Tutha*, *Daruharidra*, *Kasees*, *Kampillaka*, *Nagarmotha*, *Lodhra*, *Gandhaka*, *Raal*, *Vidanga*, *Manahshila*, *Hartaal* and *Kaner Chhal*. All these have conferred *Kushthadi Lepa* with the properties like *Ushna*, *Tikshna*, *Laghu*, *Vishada*, *Lekhana Guna*, *Ushna Virya* & *Katu Vipaka*. This *Lepa* is also having *Sukshma* property as it is also used as *Avchurnan* after applying mustard oil.

Vicharchika is *Vata-Kapha* dominant. Upon topical application, the active principles of the *Lepa* reach to the deeper tissues through *Siramukha* & *Swedavahi Srotas* & stains it with its *Sukshma* & *Tikshna* property. Due to its *Ushna*, *Tikshna*, *Vishad* & *Sukshma* properties it deblocks the obstruction in *Swedavahi Srotas* & allows the local toxins to flow out through the *Sweda*, thus clearing out the microchannels.

Now, we can think about mode of action of *Kushthadi Lepa* by its *Doshaghnta* and *Karma*. Maximum drugs are having *Vata-Kapha Shamaka* Property, also some drugs are having *Tridoshahara* and *Pitta shamaka* property respectively which directly acts on the causative *Doshas* i.e *Vata-Kapha* respectively. Also maximum drugs are having *Kushthaghna* and *Kandughna* property.

Probable Mode of Action of *Navkashaya*

Navkashaya^[6] contain *Vibhitaki*, *Haritaki*, *Aamalki*, *Haridra*, *Patola*, *Manjistha*, *Kutaki*, *Vacha* and *Neem*. Almost all the drugs are having *Kushthaghna*, *Kandughna*, *Raktashodhak*, *Twagdosahara*, *Krimighna*, *Vishaghna* properties which clearly explain its mode of action in *Vicharchika*.

These all drugs are having mostly *Katu*, *Tikta*, *Kashaya*, *Madhur Rasa* as well as *Laghu*, *Ruksha Guna* which act on vitiated *Kapha Dosha*. *Vicharchika* is *Kapha-Pitta* predominant disease so drug *Navkashaya* works as *Doshapratyanika Chikitsa*.

CONCLUSION

- *Vicharchika* being a *Kshudra Kustha* has *Vata-Kapha* dominance & even involvement of *Tridosha* can be evident from its signs & symptoms.
- *Vicharchika* in modern medical science has similarity with Eczema.
- Most of the patients were reported in the chronic stage of Eczema.

- Maximum patients had the history of tea addiction and *Virudha ahara* which clearly shows the role of *Ama* formation in pathogenesis of *Kushtha*.
- *Chinta* is *Mansika Nidana* which leads to *Vata prakopa* which was observed in maximum number of patients. Also, maximum patients were found stressed and anxious.
- Family history was not reported in maximum patients which suggests that the disease is not hereditary.
- Maximum number of patients had the chronicity of 6-12 months and had previously undergone allopathic treatment. It clearly shows the relapsing nature of the disease. It suggests that, long term treatment is necessary for eradication of the disease.
- It suggests that the effect of *Kushthadi Lepa* along with internal application of *Navkashaya* is much better than *Kushthadi churna* as *Avchurnan* with oral intake of *Navkashaya*.

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