

## A SCIENTIFIC CASE STUDY ON EFFECTIVENESS OF ARKADI TAILA APPLICATION IN THE TREATMENT OF ECZEMA

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Article Received on  
21 August 2022,

Revised on 11 Sept. 2022,  
Accepted on 01 October 2022

DOI: 10.20959/wjpr202213-26102

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### ABSTRACT

*Vicharchikais characterized as one of the assortments of astadasha kshudra kusta, in which the skin creates Shyavavarna, Pidakas related with Srava and Kandu. The three doshas - Vata, Pitta and Kapha get vitiated first and later they exasperate and distress the four dushyas - Twak, Rakta, Mansa and Ambu. These seven are the Sapta Dravyas Sangraha of Kushtha. In view of this complex of seven body components, eighteen sorts of Kushtas are delivered. Viruddhahara is considered as the major nidana for Kushta. A 50 years male patient and independently employed approached the short term division with boss protests of Kandu (tingling) pidikas (rashes), Shava varnata (pale blue dark staining), srava (release) on lower appendages since 30-40 days. Patient was analyzed as Vicharchika and controlled the lepa karma witharka taila which was applied two times every day for 30 days and the follow up was finished on 45th day.*

**KEYWORDS:** case study, vicharchika, arka taila, kushta.

### INTRODUCTION

Skin problems might be ordered into two gatherings, first in which abrupt and fast spreading sore are trademark as in Visarpa and other gathering might have a place with bit by bit and gradually creating injury as seen in Kushtha.<sup>[1]</sup> In this manner Vicharchika being one of the Kshudra Kushtha has a place with the last option bunch.<sup>[2]</sup> Vicharchika is characterized as one of the assortment of astadasha kshudra kusta, in which the skin creates Shyavavarna, Pidakas related with Srava and Kandu.<sup>[3]</sup> Creators like Charaka, Vagbhatta, Madhavkara and Bhava Mishra have enrolled the elements of Vicharchika as Kandu, Shyava pidika and Srava.

Srikanthdatta ascribes these highlights to Kapha, Vata and Pitta individually.<sup>[4]</sup> Sushruta has depicted the clinical introductions of Vicharchika as extreme tingling, torment and stamped linings, which has been credited to Pitta by commentators.<sup>[5]</sup> The three doshas - Vata, Pitta and Kapha get vitiated first and later they bother and distress the four dushyas - Twak, Rakta, Mansa and Ambu. These seven are the Sapta Dravyas Sangraha of Kushtha. With his complex of seven body components, eighteen sorts of Kushthas are produced. Viruddhahara is considered as major nidana for Kushta. Pundit Dalhana specifies that viruddhahara is the vyadhi hetu for Kushta.<sup>[6]</sup> Exorbitant ingestion of dadhi (curd), matsya(fish) and diwaswapna(day rest) are supposed to be the nidana of vicharchika.

## A CASE REPORT

A 50 years male patient of independently employed drew closer the out patient branch of with boss grievances of Kandu (tingling) pidikas (rashes), shyava varnata (somewhat blue dark staining), srava (release) on lower appendages since 30-40 days. There was no past history of skin signs and furthermore no family background of skin infections.

### Description of Patient

Age: 50 years

Sex: Male

Occupation: Self employed

Religion: Hindu

Diet: Mixed

Drug History: No history

Family history: No history

Past history: No history

### Personal History

<b>Agni</b>	Manda	<b>Vyasana</b>	Tabacco chewing
<b>Koshta</b>	Madyama	<b>Sweda pravrutti</b>	Prakruta
<b>Nidra</b>	Khandita nidra		

### Examination

<b>Built</b>	moderate	<b>Pulse</b>	72/ min
<b>BP</b>	130/90 mm /hg	<b>RS</b>	18/Min
<b>CVS</b>	S1,S2 (Normal)	<b>CNS</b>	Conscious and oriented
<b>P/A</b>	Soft and non tender	<b>Urine</b>	Normal
<b>Stool</b>	Unsatisfactory		

**Lab Investigations:** HB % - 13.5 gm%, AEC – 300 cu/mm, ESR - 17 mm/hr.

### Dasha Vidha Pareeksha

<b>Prakruti</b>	kapha pitta	<b>Samhahana</b>	madhyam
<b>Vikruti</b>	--	<b>Satmyata</b>	madhyam
<b>Sara</b>	madyam	<b>Ahara shakti</b>	madhyam
<b>Satva</b>	madyam	<b>Vyayam shakti</b>	avara
<b>Pramanata</b>	madyam	<b>Vaya</b>	yuva

### Selection of patient

Patient with the protests of kandu, pidika, shyava varnata and srava moved toward OPD In light of clinical show, assessment and research centre discoveries patient was analyzed as vicharchika.

<b>Subjective parameters</b>	<b>Objective parameters</b>
<i>Kandu</i>	No of patches
<i>Pidika</i>	Area of patches
<i>Srava</i>	
<i>Vaivarnya</i>	
<i>Rukshata</i>	
<i>Daha</i>	

### Treatment given

Patient was managed the lepa karma with Arka Taila<sup>[7]</sup> twice day to day for 30 days and follow up was finished on 45th day. Patient was instructed to stay away from the unnecessary admission concerning curd, fish and furthermore day rest.

### Pathya pathya<sup>[8]</sup>

#### Pathya

*Laghu ahara, Purana dhanya, Jangala mansa Tikta shaka and Grita.*

#### Apathya

*Dadhi, Dudgha, Guru anna, Amla rasa, Anupa mansa, Matsya, Mansa, Vasa, Ikshu vikara, Masha, Kulatha, Madya, Vidahi ahara, Abhishyandi ahara etc.*

### RESULTS

Moderate improvement in signs and symptoms was observed after 15 days of the treatment and better improvement in *kandu*, *pidika*, *vaivarnya*, *srava* and *rukshata* was found after 30 days.

Table no 1: Results before and after treatment.

Sl.No	Subjective parameters	Before treatment	After treatment
1	<i>Kandu</i>	++	-
2	<i>Pidika</i>	++	-
3	<i>Srava</i>	++	-
4.	<i>Vaivarnya</i>	++	+
5.	<i>Rukshata</i>	+	-
6	<i>Daha</i>	+	-

Sl no	Objective parameters	Before treatment	After treatment
1	No of patches	++	-
2	Area of patches	+	-

Abbreviations: + Mild symptoms, ++ Moderate symptoms, - No symptoms.

## DISCUSSION

In classical texts, the detailed description regarding the *samprapti* of *vicharchikais* not available. As *Vicharchika* is a type of *kushta*, here the *kushta samprapti* was considered.

### Samprapti Ghatakas<sup>[9]</sup>

<b>Dosha</b>	<i>Tridosha, kapha pradhana</i>
<b>Dushya</b>	<i>Twaka, rakta, mansa, lasika (ambu)</i>
<b>Srotus</b>	<i>Rasa, Rakta, Mansa, Udaka</i>
<b>Agni</b>	<i>Jatharagni and dhatwagni mandya</i>
<b>Srotodushti</b>	<i>Sanga and vimarga gamana</i>
<b>Adhistan</b>	<i>Twaka</i>
<b>Rogamarga</b>	<i>Bahya</i>

After the thorough examination, Patient was known to have the dominance of *kapha pitta* as main *dosha*, *rasa* and *rakta* as *dhatu*s and *mandagni*. *Mandagni* causes *ama* formation. *Acharya vagbhata*<sup>[10]</sup> quotes the *virudda ahara* as the *nidana* and *gara visha* which is the fatal one. The patient was treated with application of *arka taila* application.

Table No. 2: Botanical description of contents of *arka taila*.<sup>[11]</sup>

Drugs name	Botanical name	Family	Part used
<i>Arka</i>	<i>Calotropis procera</i>	Asclepiadaceae	Leaves
<i>Haridra</i>	<i>Curcuma longa</i>	Scitamineae	Rhizome
<i>Sarshapa</i>	<i>Brassica campestris</i>	Cruciferae	Seeds

Table No. 3: Properties of contents of *arka taila*.<sup>[12]</sup>

Drugs name	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Doshagnata</i>
<i>Arka</i>	<i>Katu, Tikta</i>	<i>Ruksha, laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha shamaka</i>
<i>Haridra</i>	<i>Tikta</i>	<i>Ruksha laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata shamaka, pitta rechaka, pitta shamaka</i>
<i>Sarshapa</i>	<i>Katu, Tikta</i>	<i>Snigdha, ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata shamaka</i>

**Table No. 4: Proportionate distribution of *rasa* in *arka taila*.**

<i>Rasa</i>	No of drugs	Proportion
<i>Tikta rasa</i>	3	100
<i>Katu rasa</i>	2	66

Regarding *rasa*, *arka taila* contains 100% *tikta rasa* and 66% of *katu rasa*.

**Table No. 5: Shows proportionate *doshaghnata* of *arka taila*.<sup>[13]</sup>**

<i>Doshaghnata</i>	No of drugs	Proportion
<i>Kapha shamaka</i>	3	100
<i>Vata shamaka</i>	2	66
<i>Pitta shamaka</i>	1	33

Plausible method of activity of medications relies upon *Rasa*, *guna*, *virya*, *vipaka* and *prabhava*. As per Acharya Charaka, Vagbhata, Madhava, Sharangadhara, Vicharchika is a kapha prevailing sickness. However, Acharya Sushruta portrays it as a pitta predominant. In the current case kapha pitta doshas were prevailing.

Laghu, Ruksha *guna*, *katu vipaka* and *ushna virya* of *arka taila* mitigates kapha dosha. *Tikta rasa* of *arka taila* helps in relieving the pitta dosha and *snigdha guna* mitigates vata. *Haridra* is *varnya* which eliminates *vaivarnata* (pale blue dark discoloration). and likewise pitta rechaka. Taking into account this, the overall impact was kapha pitta shamaka.

## CONCLUSION

*Vicharchika* is sickness portrayed under *kshudra kushta*. *Arka taila* is a compelling medication in *vicharchika*. The current contextual analysis showed better improvement in diminishing *kandu*, *pidika*, *shyavavarnata* and *srava* of *Vicharchika* and accordingly the adequacy of *Arka taila lepa*. Staying away from the *nidan*s ought to likewise be continued in administration of *Vicharchika*.

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