

EFFICACY OF CHEDANA KARMA AND PRATISARANEEYA KSHARA IN THE THERAPEUTIC MANAGEMENT OF CHARMKEELA – COMPARATIVE CASE STUDY

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ABSTRACT

Charmakeela, commonly known as cutaneous warts, is a dermatological condition that can significantly impact the quality of life. Ayurveda offers traditional treatment modalities such as Chedana Karma (excision therapy) and Pratisaraneeya Kshara (alkaline cauterization). This study compares the efficacy of Chedana Karma and Tilvaka Teekshna Pratisaraneeya Kshara in managing Charmakeela. **Objective:** The objective is to evaluate and compare the effectiveness of these two treatments in reducing the size and symptoms of Charmakeela. **Methods:** A total of 10 patients aged 16-60, presenting with classical signs of Charmakeela, were randomly assigned to two groups. Group A received Chedana Karma, while Group B was treated with Tilvaka Teekshna Pratisaraneeya Kshara. Observations were made before treatment, immediately after, and on the 7th and 14th days post-treatment. The study excluded patients with contraindications to the procedures, systemic disorders, venereal warts, or warts in sensitive areas. **Results:** Both treatments effectively

managed Charmakeela, with Chedana Karma providing immediate results and Tilvaka Kshara demonstrating a lower recurrence rate. Patient satisfaction was high for both

treatments. **Conclusion:** The study concludes that both Chedana Karma and Tilvaka Kshara are effective in treating Charmakeela, with each method offering distinct advantages.

KEYWORDS: Charmakeela, Chedana Karma, Tilvaka Kshara, Cutaneous Warts, Ayurvedic Treatment.

INTRODUCTION

Ayurveda the science of the life' has a well recorded a history of 5000 years ago which mainly aim to maintain the health of the healthy person and cure the disease from the disease person^[1] *charmakeela*. is the one among *kshudra rogas* in which small finger like growths are seen the skin, which gives irritating appearance to the body. In such condition it is necessary to remove those lesions.^[2]

Charmakeela can be compared with wart in morden as per modern surgical texts book warts are the usually multiple hyperkeratotic skin patches with finger like projection common in children and adolescents. they are common in fingertips, face, axilla, and sole and feet it may be familial but often stimulated by Human Papilloma virus.^[3]

Acharya sushrutha explained the excited *Vyanavayu* united with the aggravated *kapha Dosha* and producing a kind of hard growth on the skin which is called *Charmakeela* or *Twsharsha*. According to Acharya Vagbhata, has explained painless, sprouts on the skin with projection like know has a *Charmakeela* which may be either dark black or white in colour.^[4] Salicylic acid podophyllin cream applications are also used laser ablation of warts is commonly advocated and excision is done if other methods are fail.^[5]

Acharya Vagbhata and Acharya *Sushrutha*.^[6] explained Chedana^[7] and *Ksharakarma*^[8] for the management of *charmakeela*. *Kshara* is very important among *Anushastra*, and does *Chedana*, *Bhedana*, *Lekhana*, *karma* and *Tridosha hara* and *Tilvaka kshara*.^[9] is *Theekshna*. this study is mainly meant to evaluate the efficacy of *chedana karma* and *Tilvaka kshara* application in the management of *Charmakeela*.

AIM

- To compare the Efficacy of Chedana karma and Tilvaka Kshara karma in the Charmakeela

MATERIALS AND METHODS

Inclusion Criteria

1. Patients of age 16- 60 years irrespective of sex, religion and occupation and social – economic status of patients.
2. Patient with the classical signs and symptoms of *Charmakeela* and Warts.

Exclusion Criteria

1. Patient with Contraindicated to *Chedana karma and Ksharakarma*.^[10]
2. Wart's present over the sensitive area like eye lids, lips, etc.
3. Patient with Systemic disorder.
4. Patient with *Venereal warts*.

TREATMENT PLANS

10 Patients shall be randomly selected based on signs and symptoms explained in the classics

GROUP A: 05 Patients will be treated with *Chedana karma* on Single sitting and observation on same day and follow up on 7th and 14th days.

GROUP B: 05 patients will be treated with *Kshara karma* on single sitting and observation on same day and follow up on 7th and 14th days.

PROCEDURE**CHEDANA KARMA**

1. **Poorva Karma:** Selected patient will be placed in a suitable position depending on the site of the lesion and the area of lesion is clean with (5 % iodine solution). Xylocaine 2% Injection sensitivity test will be done. Injection TT 0.5ml IM will be administered before the procedure pre medications will be administered according to the need.
2. **Pradhana Karma:** The lesion will be removed with scalpel and the utmost care will be taken that the surface should be removed. And area will be cleaned with cotton.
3. **Paschat Karma:** After packed with dry gauze piece and cover with bandage.

TILVAKA TEEKSHNA PRATISARANEEYA IN THE CHARMAKEELA

1. **Poorva karma:** Selected patient will be placed in a suitable position on depending the site of the lesion and the area of lesion is clean (5% iodine solution).
2. **Pradhana karma:** The lesion will be scrapped with scalpel and the utmost care will be taken that the surface should not bleed this will followed by application of *Tilvaka*

Teekshna Pratisaraneeya Kshara. *kshara* will be smeared until the covered completely and left for *shatamatra kala*.

3. **Paschat karma:** After ascertaining *Samyak dagadha lakshana*. Then the site will be washed with *nimbu swarasa* and dressing is done with *ysahti madhu ghritha* The patient will be advised to maintain local cleanliness and advised not to apply any other local application or to take any oral medication and come after 7 days for observation.

ASSESSMENT CRITERIA

Keelavath Arsha

- 0: No growth
- 1: Mild growth
- 2: Moderate growth
- 3: Severe growth

Itching

- 0: No itching
- 1: Mild itching
- 2: Moderate itching
- 3: Severe itching

Size of the Warts

- 0: No wart
- 1: < 0.5 cm
- 2: 0.5 - 1.5 cm
- 3: > 1.5 cm

Number of Warts

- 0: None
- 1: 1-2 warts
- 2: 3-5 warts
- 3: > 5 warts

Observation and recording of data

1. Chedana karma

Treatment - on the first day.

First observation – before treatment

Second observation – after the treatment

Follow up observation on 7th and 14th days.

2. Tilvaka Teekshna pratisaraneeya Kshara

Treatment - on first day.

First observation – before treatment.

Second observation – after the treatment.

Follow up observation – on 7th and 14th days.

OBSERVATION AND RESULTS

Master Chart: Patient Data and Treatment Outcomes

Patient	Age	Sex	Occupation	Agni	Pre-Treatment Assessment Score	Post-Treatment Assessment Score	Group	Treatment
1	28	Male	Office Worker	Vishama	8	2	A	Chedana Karma
2	45	Female	Teacher	Tikshna	7	1	B	Tilvaka Teekshna Kshara
3	35	Male	Manual Laborer	Mandagni	9	3	A	Chedana Karma
4	60	Female	Retired	Vishama	8	2	B	Tilvaka Teekshna Kshara
5	22	Female	Student	Samagni	7	1	A	Chedana Karma
6	50	Male	Farmer	Tikshna	9	3	B	Tilvaka Teekshna Kshara
7	40	Female	Housewife	Vishama	8	2	A	Chedana Karma
8	33	Male	Engineer	Samagni	6	1	B	Tilvaka Teekshna Kshara
9	55	Female	Shopkeeper	Mandagni	8	3	A	Chedana Karma
10	26	Male	Student	Tikshna	7	1	B	Tilvaka Teekshna Kshara

OBSERVATION

The study involved 10 patients, divided into two groups (A and B), with each group receiving either Chedana Karma or Tilvaka Teekshna Pratisaraneeya Kshara as a treatment for Charmakeela. The observations were recorded on the day of treatment, and follow-up observations were made on the 7th and 14th days.

Group A: Chedana Karma

- **First Observation (Before Treatment):** Patients exhibited classical signs and symptoms of Charmakeela, including growths similar to Keelavath Arsha and associated itching. The size of the warts was measured.
- **Second Observation (After Treatment):** Post-treatment, the warts were excised, and the area was clean and covered. Minimal bleeding was observed, and the area was packed with dry gauze.
- **Follow-Up Observation (7th and 14th Days):** By the 7th day, the treated area showed signs of healing, with reduced redness and swelling. By the 14th day, most patients had complete healing with no significant recurrence or complications. Minimal scarring was observed.

Group B: Tilvaka Teekshna Pratisaraneeya Kshara

- **First Observation (Before Treatment):** Similar to Group A, patients exhibited classical signs and symptoms of Charmakeela. The size of the warts was measured.
- **Second Observation (After Treatment):** After the application of Tilvaka Teekshna Kshara, the warts were gradually disintegrated, and the surrounding tissue showed signs of mild irritation, which was expected and managed.
- **Follow-Up Observation (7th and 14th Days):** By the 7th day, the treated area showed signs of controlled necrosis, with the warts reducing in size or disappearing entirely. By the 14th day, the necrotic tissue had sloughed off, leaving behind clear skin with no recurrence observed. Some mild hyperpigmentation was noted but was expected to fade over time.

Results Based on Assessment Criteria**1. Subjective Parameters**

- **Keelavath Arsha:** Both treatments effectively reduced or removed the growths associated with Charmakeela. Patients in Group B reported a more gradual reduction in wart size, while Group A experienced immediate removal.
- **Itching:** Itching was significantly reduced in both groups post-treatment, with Group B patients experiencing a slightly longer duration of mild itching due to the application of Kshara.

2. OBJECTIVE PARAMETERS

- **Size:** The size of the warts was effectively reduced in both groups. Group A saw immediate removal, while Group B saw a gradual reduction over 7-14 days.

DISCUSSION

The comparative analysis of Chedana Karma and Tilvaka Teekshna Pratisaraneeya Kshara in the management of Charmakeela demonstrates that both treatments are effective, each offering unique benefits.

- **Chedana Karma** provides immediate results by surgically excising the wart, making it suitable for larger or more prominent growths. The healing process is quick, with minimal complications such as scarring. However, it requires a minor surgical procedure and may involve moderate pain.
- **Tilvaka Teekshna Pratisaraneeya Kshara** is less invasive and works through chemical cauterization, gradually reducing the wart. This method is particularly advantageous for patients who prefer a non-surgical approach. It also demonstrates a low recurrence rate, but it may cause mild hyperpigmentation and a slower healing process.

CONCLUSION

Both Chedana Karma and Tilvaka Teekshna Pratisaraneeya Kshara are effective in managing Charmakeela. Chedana Karma is ideal for patients seeking immediate results, while Tilvaka Kshara Karma is better suited for those preferring a non-invasive treatment with a lower recurrence rate. The choice of treatment should be individualized based on patient preference, the size and location of the lesion, and clinical considerations. Further studies with larger sample sizes are recommended to refine these treatment protocols and confirm their efficacy.

Treatment Photographs



Before Treatment



7 days After Treatment

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