

**TO ASSESS EFFECT OF KSHARA LEPA APPLICATION AND
SALICYLIC ACID ON CHARMAKEELA (WARTS)”****¹Dr. Chauhan Vikas and ²*Dr. Sharma Ankit**

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ABSTRACT

The skin, an important organ has much to do with personal appearance. It covers muscles, bones and all other organs of the body hence is known as “Twaka” or “charma” or covering of the body. Skin health deserves a broader interpretations then merely the absence of disease. Appearance of the skin projects status, influences and creates impression on other, thereby promoting self-confidence and personal satisfaction. Acharya have described skin diseases under the heading of kshudra roga and kushta rogas and Acharya Sushruta has described fourty four kshudra rogas: charmakeela is one among them. According to alternative system of medicine, a clinical entity, in resemblance with that of charmakeela is wart. Wart of verruca is a benign neoplasm of the skin and adjacent mucous membrane, caused by human papilloma

virus and said to be infectious. In medical practice, warts are extremely common. Warts have no specific sites. They occur in certain areas with a different appearance. Warts are circumscribed papillary growth presenting a sessile or pedunculated base and a flat or horny top. So far as the methods of the treatment in modern medical science are concerned it consist of cauterization of the infected tissue either with chemical or electric device, electro surgery, fluorinated cortico-steroids, liquid nitrogen therapy, x-ray therapy etc. But the results are uncertain and recurrence and disfigurement of the area is common. So such treatment was planned to carry out to reduce the recurrence of the disease and effective as well as cheaper without any side-effect. **Method:** In this study treatment was planned in such a way to compare the Ayurvedic treatment and alternative system of medicine. In both group

assessment was done on 1st day, 5th day 7th day and 21st of follow up. Results: There were statistically highly significant improvement ($p < 0.05$) observed. Conclusion: kshara which is prepared classically showed a significant result in all the parameters. Kaphavatashamaka property of all the drugs it helped in relieving pain, reduction in size and removal of charmakeela. Hence, the efficacy of Apamarga kshara lepa is more than salicylic acid is effective in Charmakeela.

KEYWORDS: Wart, Charmakeela, Kaphavatashamaka, Apamarga kshara lepa.

INTRODUCTION

A wart is generally a small, rough growth, typically on a human's hands or feet but often other locations that can resemble a cauliflower or a solid blister. They are caused by a viral infection, specifically by one of the many types of human papilloma virus. Warts are non-cancerous (benign) skin growths that develop on different parts of the body and come in various forms. Warts are contagious and very common: Most people will have one at some point in their lives. Although they can affect people at any age, warts are most common among children and teenagers.^[1] Warts may be present in with lesions of many sizes, shapes, colors and configuration on various parts of body, diagnosis is usually based on clinical manifestations. Prakupitta vyana vayu aggravated in association with kapha gives rise to pey or nail shaped immovable prouts in the exterior of the skin, these are called as charmakeela^[2] Binding or keela(nail) formed on the charma of guhya pradesha like anus(guda) is known as charmakeela.^[3] Acharya Sushruta has described in detail about samprapti, laxnas and chikitsa of charmakeela.^[4]

Most warts are harmless and will go away on their own within a few weeks or months. It affects the patient cosmetically and patient don't prefer hospital stay and surgery, so in such circumstances, there is a need to find out simple and patient friendly treatment.

Ksharas are derivatives of plant drug ashes in the form of solutions, powder or crystals, all of which have the basic quality of being alkaline According to AFI. According to Sushruta, the substance is called Kshara, because it causes Ksharana to mamsa etc. dhatus.^[5] Acharya charaka has mentioned eighteen parts of herbal plants which can be used in medicinal purpose and Kshara is one among them.^[6] Sushruta has narrated Kshara in scope of shalyatantra.^[7] According to Yogaratnakar, Charmakeela should be excised with knife and then cauterized with alkali and fire. kshara plays a vital role in the regions where shalaks and

shastras cannot reach such areas can be handled easily by KSHARA.^[8]

Apamarga kshara Lepa is the best drug with kaphavatashamaka, lekhana, ropan amapachana properties.^[9] Hence, apamarga kshara lepa is preferred in Charmakeela. And a drug of choice mentioned in sushruta samhita for Charmakeela.^[10] Considering the above facts, an attempt is made to evaluate the clinical efficacy of apamarga kshara lepa in the management of Charmakeela.

AIM AND OBJECTIVES

- To make the comparative study of Charmakeela in Ayurveda and Warts in Modern medicine.
- To evaluate the role of Apamarga kshara and Salicylic Acid in the management of Charmakeela.

MATERIALS AND METHODS

Source of data

40 patients attending the OPD and IPD of Prakash Institute of Ayurvedic Medical Science And Research, Jhajhar, Bulandshahr, Uttar Pradesh were selected for the study. Detailed clinical examination was done prior to the treatment.

Method of collection of data

Patients were screened and selected based on the screening form prepared for the said purpose. A case report form was prepared with all points of history taking, physical signs and symptoms of Charmakeela (Warts). The selected patients were subjected to detail clinical history and complete physical examination before undergoing the clinical study.

Research Design

Randomized, open labelled, active controlled clinical study was carried out in two groups with sample size of 20 patients in each group.

INCLUSION CRITERIA

Patients been the age group of 10-40 years having sign and symptoms of charmakeela as well as warts as roughness, blackish in color dry, oily, hard in nature, Tenderness.

EXCLUSION CRITERIA

1) Warts having broad base, deeply seated warts, associated with any other skin, have carcinomatous appearance manifestations, Genital wart, HIV, Diabetes, and STD.

Treatment Plan

External application of apamarga kshara lepa and salicylic acid was done for 7 days, 1 times a day. They were subjected to external application of apamarga kshaar lepa and salicylic acid locally wherever lesions is there once in a day on 1st, 5th and 7th day. pt are advised to follow up after 21 days and observation were made.

Assessment criteria

Assessment was done based on the improvement in the signs and symptoms by using the following scales on 1st, 5th and 7th day of the treatment protocol. And after 21st day of follow up.

SUBJECTIVE PARAMETERS

A) ROUGHNES B) TENDERNESS (scale of measuring tenderness).

Roughness Grade	Tenderness Grade
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No roughness 0	Absent 0
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Roughness present 1	Present 1
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OBJECTIVE PARAMETERS

A) SIZE

Size Grade

Less than 0.25 0

0.25 to 0.5cm 1

0.5 to 1.0cm 2

1.0 to 1.5cm 3

1.5 to 2.0cm

RESULTS AND OBSERVATION

The effects of the therapy in 40 patients are being shown here for statistical analysis Wilcoxon Signed Rank test, Mann-whitney test were done to assess the signs and symptoms as parameters to interpret the time of significant change.

Table: Wilcoxon signed rank test for subjective parameter.

Sl No.	PARAMETER	Group A				Group B			
		BT to AT		BT to AF		BT to AT		BT to AF	
		P	R	P	R	P	R	P	R
1.	TENDERNESS	<0.001	HS	<0.001	HS	<0.01	S	0.01	S
2.	ROUGHNESS	<0.001	HS	<0.001	HS	<0.01	S	0.01	S

Table: Mann- whitney for subjective parameter.

SL NO	PARAMETER	BETWEEN THE GROUP			
		AFTER TREATMENT		AFTER FOLLOW UP	
		P	R	P	R
1	TENDERNESS	<0.05	IS	>0.05	MS
2.	ROUGHNESS	<0.05	IS	>0.05	MS

Table: Effect of treatment on size in cm within the group.

SL NO.	GROUP	PAIRED T-TEST FINDING	
		P	R
1	GROUP A AT	<0.001	HS
	GROUP A AF	<0.001	HS
2	GROUP B AT	<0.001	HS
	GROUP B AF	<0.001	HS

Table: OVER ALL RESPONSE OF THE TREATMENT.

Group	Response	After treatment				After follow up			
		GROUP A		GROUP B		GROUP A		GROUP B	
		N	%	N	%	N	%	N	%
0 – 25	POOR	0	0	4	20	0	0	0	0
25 – 50	MILD	2	10	8	40	1	5	8	25
50 – 75	MODERATE	6	30	6	30	3	15	12	60
75 – 99	MARKED	10	50	2	10	4	20	3	15
>99	COMPLETE	2	10	0	0	12	60	0	01

DISCUSSION

Today the increasing burden of cost on the healthcare sector demand to search simple cost effective, non recurrent with no adverse effect, acceptable effective therapy. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like chedana, bhedana, lekhana and patna karma. Kshara acts as a corrosive or caustic agent and generate healthy base for healing. Pratisaraniya kshara ie. topical kshara is recommended for charmakeela and it has been successfully practiced among Ayurvedic physician.

Apamarga kshara contains drugs like Bhallataka, These all drugs have kaphavatashamak properties and vata is the main cause for pain. So these drugs helped in subsiding of pain. Roughness is one of the gunas of vata so all the vatashamaka drugs have helped in subsiding

vata.

Salicylic acid is having corticosteroid penetration, and antiinflammatory property and keratolytic at higher concentration. It penetrates the skin and helps in the removal of warts. Mild skin peeling, dryness and local irritation as the common adverse effect Apamarga kshara is considered as a satisfactory approach to treat wart(charmkeela) instead of salicylic acid in which chance of recurrences and complication.

CONCLUSION

Warts are clinical entity which has troubled the humans since antiquity. Warts cause disfigurement by occurring on the area which cause loss of beauty like on face on hands etc. Aggressive therapies which are often quite painful and may be followed by scarring are usually to be avoided because the natural history of cutaneous HPV infections is far spontaneous resolution in month or a few year the parasurgical methods which are described by our Acharya are effective, easily practicable and can avoid the recurrence.

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