ORIGINAL RESEARCH ARTICLE - CLINICAL STUDY

Effect of Arka Tail and Panchnimba Ghana Vati in The Management of Vicharchika

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ABSTRACT

Skin is the largest protective organ of the body. A healthy skin is the mirror image of good health. Skin diseases though afflicts bodily but gives lot of psychological conflicts and can harm affected individual in a number of ways like discomfort, disfigurement, disability and death. Though the disease, Vicharchika is not a life threatening, it makes the patient worried due to its appearance, severe itching, disturbing routine and its chronic nature. In this clinical study efficacy of ‘Panchnimba Ghana Vati (orally 500mg BD) and Arka Tail (Local Application)’ has been assessed in the management of Vicharchika. Thirty patients without single dropout were selected from Arogyashala hospital Jaipur, with classical symptom of Vicharchika for 30 days with regular 07 days of follow up without any single relapse. The assessing symptoms are Kandu, Srava, Pidikotpatti, Vaivaranyata, Ruja and Sweda Pravruti by Darshana and Prashna pariksha followed by haematological test. For statistical analysis we applied the ‘Wilcoxon signed rank sum test’ for evaluation of subjective data and paired ‘t’ test for evaluation of objective data. The symptoms like Kandu, Srava, Pidikot patti had very significant results (p<0.01) and Ruja had significant results (p<0.05). The objective parameter had significant result (p<0.05) in ESR and Neutrophils. Conclusion shows that, Panchnimba Ghana Vati and Arka Tail can be used as safe and effective ‘Therapeutic Agent’ in the management of Vicharchika.

Keywords: Vicharchika, Panchnimba Ghana Vati, Arka Tail

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Introduction:

Skin is the largest protective organ of the body. A healthy skin is the mirror image of a good health. The colour of the skin is important biologically, cosmetically and socially. The unbroken skin is the nature’s dressing over the body. It acts as an effective barrier against the entry of diseases. Skin diseases though afflicts bodily but gives lot of psychological conflicts and can harm
affected individual in a number of ways like discomfort, disfigurement, disability and death. Though the disease, Vicharchika is not a life threatening, it makes the patient worried due to its appearance, severe itching, disturbing routine and its chronic nature. Almost all the scholars of Ayurveda of modern era consider Vicharchika as eczema in modern parlance. Vicharchika is described under Kshudra-Kustha\(^1\) in Ayurveda textual also mentioned as a curable disease, yet the relapsing nature of this disease makes it much harassment for patient and troubles some for physician too.

The global burden of diseases (GBD) Study 2010 estimated the GBD attributable to 15 categories of skin disease from 1992 to 2010 for 187 countries and eczema fell in to top 50 diseases. Globally eczema affected approximately 230 million people (3.5\% of population as of 2010). The burden of skin conditions was high in both high and low income countries, these results argue strongly to include skin disease prevention and treatment in future global health strategies as a matter of urgency.

In this clinical study efficacy of ‘Panchnimba Ghana Vati\(^2\) (orally) and Arka Tail\(^3\) (Local Application)’ has been assessed in the management of Vicharchika.

**Materials & Methodology -**

**Selection of Patients**

The study will be conducted on 30 clinically and pathologically diagnosed patients of Vicharchika from OPD/IPD of Aarogyashala NIA Jaipur, and Seth Surjmal Bambaiwala hospital.

**Ethical Clearance –** Institutional ethical committee

**Approval number –** F10 (5)/EC/2014/7223

**Approval Date –** 07/11/2014

**Inclusion Criteria**

- Age between 16- 70yr.
- Either sex
- Patients having clinical sign & symptoms of Vicharchika according to Ayurveda and Eczema according to modern system of medicine.
  - Patients who are ready to sign the consent form.
  - Patients having complaints less than 5 year of duration.

**Exclusion criteria**

- Patients below the age of 16 years and above 70 years.
- Patients with long term steroid end cytotoxic treatment.
- Patients is suffering from serious illness of any of system.

**Scoring criteria for Vicharchika Sign and Symptoms\(^4\):**

1. **Kandu** (pruritis)
   
   0. No itching
   1. Mild itching not disturbing normal activity
   2. Occasional itching disturbs normal activity
   3. Itching present continuously & even disturbing sleep

2. **Srava** (oozing)
   
   0. No discharge
   1. Occasional discharge after itching.
   2. Occasional oozing without itching.
   3. Excessive oozing making clothes wet

3. **Pidikot patti** (eruption)
   
   0. No eruption in the lesion
   1. Scanty eruptions in few lesions
   2. Scanty eruptions in at least half of the lesion
   3. All the lesions full of eruption

4. **Vaivaranyata** (Discolouration)
   
   0. Nearly normal skin colour
   1. Brownish red discolouration
   2. Blackish red discolouration
   3. Blackish discolouration
5. Ruja (Pain)
   0. No pain
   1. Mild pain
   2. Moderate pain
   3. Severe pain

6. Sweda Pravruti (Sweating)
   0. No / less sweating
   1. Normal sweating (no wetting of cloths)
   2. Mild sweating (wet cloths + No foul odour)
   3. Severe sweating (wet cloths + foul odour + stain cloths)

Assessment Criteria

Effect of the therapy was assessing on the individual signs and symptoms of Vicharchika. The overall effect of the therapy was derived by a specially designed scoring system by considering some of main subjective parameters of Vicharchika for assessment.

Objective Criteria

The general routine laboratory investigation CBC and ESR were performed before and after treatment.

Selection of Drug

Panch Nimba Ghana Vati (from Madanpal Nighantu) and Arka Taila (from Vangsen Samhita) were used for the treatment of Vicharchika in this study.

Drug Dose

- Panch Nimba Ghana Vati- 500mg two times in a day (orally)
- Arka Taila - Local Application (As per Requirement)

Duration - 1 Month

Follow up - 7 days

Statistical Analysis

‘Wilcoxon signed rank sum test’ was applied for evaluation of subjective data and paired; t-test (using Instat Graph Pad 3) was applied for evaluation of objective data. The obtained results were interpreted as P>0.05 - insignificant (NS), P<0.05 - significant (S), P<0.01 - very significant (VS).

Table No. - I Effect of Arka Tail & Panch Nimba Ghana Vati” On Clinical Features

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Mean</th>
<th>AT</th>
<th>Diff.</th>
<th>% of Change</th>
<th>SD</th>
<th>SE</th>
<th>P</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kandu (pruritis)</td>
<td>1.80</td>
<td>1.27</td>
<td>0.53</td>
<td>29.44</td>
<td>0.68</td>
<td>0.12</td>
<td>0.0039</td>
<td>VS</td>
</tr>
<tr>
<td>Srava (oozing)</td>
<td>1.10</td>
<td>0.53</td>
<td>0.56</td>
<td>50.9</td>
<td>0.81</td>
<td>0.14</td>
<td>0.0023</td>
<td>VS</td>
</tr>
<tr>
<td>Pidikotpatti (eruption)</td>
<td>1.56</td>
<td>1.16</td>
<td>0.40</td>
<td>25.64</td>
<td>0.56</td>
<td>0.10</td>
<td>0.0023</td>
<td>VS</td>
</tr>
<tr>
<td>Vaivaranyata (Discolouration)</td>
<td>1.7</td>
<td>1.5</td>
<td>0.20</td>
<td>11.76</td>
<td>0.48</td>
<td>0.088</td>
<td>0.0547</td>
<td>NS</td>
</tr>
<tr>
<td>Ruja(Pain)</td>
<td>0.93</td>
<td>0.63</td>
<td>0.30</td>
<td>32.15</td>
<td>0.53</td>
<td>0.097</td>
<td>0.0137</td>
<td>S</td>
</tr>
</tbody>
</table>
Table No - II Effect Of Therapy On Laboratory Investigations

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Mean</th>
<th>Diff</th>
<th>% of Change</th>
<th>SD</th>
<th>SE</th>
<th>‘t’ value</th>
<th>P value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BT</td>
<td>AT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hb%</td>
<td>13.33</td>
<td>13.11</td>
<td>0.22</td>
<td>1.65</td>
<td>0.63</td>
<td>1.90</td>
<td>0.067</td>
<td>NS</td>
</tr>
<tr>
<td>TLC</td>
<td>6736.7</td>
<td>6660.0</td>
<td>76.66</td>
<td>1.13</td>
<td>228.46</td>
<td>41.71</td>
<td>1.838</td>
<td>0.076</td>
</tr>
<tr>
<td>ESR</td>
<td>12.80</td>
<td>11.76</td>
<td>1.03</td>
<td>8.04</td>
<td>2.60</td>
<td>2.172</td>
<td>0.038</td>
<td>S</td>
</tr>
<tr>
<td>Neutrophils</td>
<td>57.90</td>
<td>58.83</td>
<td>-0.93</td>
<td>1.60</td>
<td>2.243</td>
<td>0.4095</td>
<td>2.279</td>
<td>0.0302</td>
</tr>
<tr>
<td>Lymphocyte</td>
<td>35.53</td>
<td>34.86</td>
<td>0.66</td>
<td>1.85</td>
<td>1.788</td>
<td>0.3264</td>
<td>2.043</td>
<td>0.0503</td>
</tr>
<tr>
<td>Eosinophils</td>
<td>3.66</td>
<td>3.90</td>
<td>-0.23</td>
<td>6.28</td>
<td>0.773</td>
<td>0.141</td>
<td>1.651</td>
<td>0.1094</td>
</tr>
<tr>
<td>Monocytes</td>
<td>3.60</td>
<td>3.50</td>
<td>0.10</td>
<td>2.77</td>
<td>0.6074</td>
<td>0.1109</td>
<td>0.901</td>
<td>0.3746</td>
</tr>
<tr>
<td>Basophiles</td>
<td>0.100</td>
<td>0.033</td>
<td>0.066</td>
<td>66.00</td>
<td>0.3651</td>
<td>0.0666</td>
<td>1.00</td>
<td>0.3256</td>
</tr>
</tbody>
</table>

(Hb – Haemoglobin, TLC – Total Leucocytes count, ESR – Erythrocyte sedimentation rate)

Discussion:

As per the description available in Ayurveda texts, therapeutic effect of a drug depends on certain pharmacodynamics properties of its particular content. These pharmacodynamics properties are- Rasa, Guna, Virya, Vipaka and Prabhava.

According to Ayurveda Pharmacodynamics, the action of drug is not endowed to any one of the pharmacodynamics properties. A drug performs its action partially due to Rasa, Guna, Veerya and so on respectively.

In pharmacodynamic study of Panchnimba Ghana Vati reveals that it has dominance of Tikta-Kasaya Rasa; Ruksha & Laghu Guna; Sheeta Virya; Katu Vipaka & Kapha-Vatashamaka properties. The ingredients of Arka- Taila are Arka, Haridra and Sarshapa Tail and it is observed that the majority of ingredients of Arka Tail having Tikta-Katu Rasa(100%), Laghu (100%)-Ruksha(66.67%) Guna, Ushna Virya (100%), Katu Vipaka(6)[1] (100%).

This implies that these medications have therapeutic effects like Kusthaghna, Kandughna, Lekhaniya and Varnya[7].

This process explains the symptomatic relief from Vicharchika. The Katu, Tikta-Kasaya Rasa and Ruksha Guna reduces Srava. Ushna Virya and Kandughna property reduces Kandu and Vrana-Shodhaka, Ropaka and Antibacterial property helps in management of Pidika.

Probable mode of action of panchnimb Ghanvati

Nidana sevana ↔ Nidana parivarjana

Agnimandya ↔ Deepana, Pachana, by Tikta, Katu rasa

Dominancy of Panchnimba ghanvati

Ama formation

Dosha dushti
Tridosha prakopa
(Vata-kapha mainly)

Rasensaha mishribhuya

Tiryagisira gamana

Dushya dushti and dosha dushya
sammurchana

Srotodushti
(Rasavaha, Rakthavaha,
Mamsavaha and Swedavaha)

Vyadhi uttpati

Tikta, Katu rasa, Ushna veerya and Laghu,
Ruksha guna of Vati will arrest Ama formation

Breaks pathogenesis Kapha-vatahara proper
the trial drug.

Clearing of srotas by Srotoshodhaka guna,
Katu, tikta rasa, laghu and ushna guna of drug.

Maintain equilibirium through kaphavata
shamaka property of the drug..

Dilates srotas by ushna veerya and
Srotoshodhaka property of katu rasa

Helps in management of Vicharchika Kushthaghna
kandughana prabhava of the drug

**Hypothetical action of Oil on textual references:** –

Tail application

Release of active principles

Entry at proper site in skin\(^8\) (Su. Su. 18/4)

Absorption

Pachana by Bhrajakagni\(^9\)

(AH.Su.12/14. Arundutta)

New metabolites formation
Conclusion:

- According to Acharya Charak Vicharchika disease is caused mainly by Kapha dosha. It has the symptoms like Kandu (Itching) and Bahushrava (excessive secretion) etc.

- Administration of Panchnimba Ghana Vati relieves symptoms due to its properties like Tikta-Kasaya Rasa; Ruksha & Laghu Guna; Sheeta Virya; Katu Vipaka and Abhyanga of Arka Tail relieves symptoms due to its properties like Katu-Tikta Rasa; Ruksha-Laghu Guna; Ushana Virya; Katu Vipaka in Vicharchika and increased Vishada Guna.

- Trial drug (Panchnimba Ghana Vati and Arka Tail) has very significant result in Kandu, Srava, Pidikotpatti. Significant result in Ruja. It has insignificant result in Vicharchika and increased Vishada Guna.

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