

CONCEPTUAL STUDY ON GANDHAKA KALPA AND PATHYADI LEPA IN THE MANAGEMENT OF VICHARCHIKA W.S.R ECZEMA**Suhasini R. D¹, Shankar Gouda²**¹Final Year PG Scholar, ²Professor & H.O.D

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Article Received: 18/09/2020 - **Peer Reviewed:** 29/09/2020 - **Accepted for Publication:** 04/10/2020**ABSTRACT**

Vicharchika is described under *Kshudra Kustha* by most of the *Acharya's*. *Kashyapa* described *Vicharchika* in *Sadhya Kustha*. In ancient time also skin diseases were very common. *Acharya's* described skin diseases and their treatment in detail. In present era also, skin diseases are very common in all age group, especially paediatric age group. One among them is eczema. Eczema is most common chronic relapsing skin disease seen in infancy and childhood. Despite of great advance in dermatology and the advent of higher potency antibiotics, antifungal as well as steroids, Eczema continues to defy the best effect of dermatologists. Drug (*Dravya*) is one among the *Chikitsa Catuspada* and is having the next place after the physician. Medication is considered as *Karana* (means) for producing *Dhatusamyā* and defined as "Anything which is utilized by the physician for restoring the equilibrium of body elements". Anything besides the source of action, endeavour, place and time which sub serves the same purpose, is also medication. Management of *Vicharchika* includes *Shodhana*, *Shamana* and *Bahirparimarjana Chikitsa* among them *Shamana* in the form of *khalvi Rasayana* & *Bahirparimarjana Chikitsa as Lepa* has shown appreciable result in many previous researches. So, need of time is to go for cost effective, safe and efficient treatment of *Vicharchika*. Although, there are many drugs available in modern medical science for the treatment of eczema which is found to be effective but is unsatisfactory for long term prophylaxis, so there is need of the hour to look into the safe, efficient & satisfactory remedy which not only treat the above ailments, but also ensure reduction in the episodes of relapse of the disease. Keeping all the above points in mind *Gandhaka Kalpa* & *Pathyadi*

lepa has been selected to know its efficacy in treating Vicharchika. Gandhaka Kalpa & Pathyadi lepa consists of 9 drugs with different properties which includes Gandhaka, Amalaki, Haritaki, karanja, Siddhartha, Haridra, Bakuchi, SaindhavaLavana, Vidanga.

Keyword: Vicharchika; Eczema; Kustha, Gandhaka kalpa, Pathyadi Lepa

INTRODUCTION

In the recent time, we can see and feel how adversely the impact of modern life is damaging lives and the natural environment. Day by day changes in lifestyle, food habits, behavioural pattern and environmental pollution, industrial and occupational hazards are adversely affecting human race. All these factors are resulting in low human immunity. It is giving rise to new challenges in front of medical system, because it is resulting in number of new diseases and also increasing the susceptibility to get affected by uncommon diseases. Skin diseases are very common among these days. In Ayurveda the main causes for any disease are use of Mitya ahara, Vihara and Achar (Improper food habits and activities). Vicharchika (Eczema) is one of the common skin diseases. Which affects all age group right from neonate to the elderly and cause bad effects in a number of ways, such as discomfort, disfigurement, disability etc. Skin disease especially chronic skin manifestation like eczema is associated with significant morbidity in the form of physical discomfort and impairment of patient's quality of life. In Ayurveda, all types of skin diseases come under the one broad heading kushta. Vicharchika is considered as Kshudra kushta. Vicharchika is generally compared with Eczema due to its resemblance with it. Eczema is most commonly chronic relapsing skin disease seen in infancy and childhood.¹ Despite of recent great advancement in dermatology and the emergence of potent antibiotics, anti-fungal as well as steroids, Eczema continues to confront the best effect of dermatologists. These drugs also have serious side effects. Long term uses of tropical steroids have side effects like skin atrophy, stria and telangiectasia. Ayurveda can play a vital role in safe and effective management for Vicharchika. The special treatment methods and therapies of Ayurveda provide long lasting results by treating the disease and also by preventing reoccurrence. Finally, it results in a better

quality of life. The drug definition given by WHO is: "A drug is any substance or product that is used or intended to be used to modify or to explore physiological systems or pathological status for the benefit of recipient". After going through the details of the Etiopathology of Vicharchika and Eczema, it can be said that Vicharchika is a chronic Tridoshaja Vyadhi especially Kapha- vata dominance and allergy is one of the main causes according to modern science. So, both formulations were selected for keep in these factors in mind i.e. Gandhaka Kalpa and Pathyadi lepa was selected for present study. Drugs of both these formulations are Kusthaghna (cures skin diseases), Kandughna (reduce itching), Varnya (provides complexion), Krimighna (anthelmintic), Rasayana (promotes strength), Rakta-shodhaka (blood purifier) and Tridosha Nashaka activity and also having anti-allergic, immunomodulatory, antihistaminic, immunosuppressive, anti-inflammatory, antioxidant and antibacterial properties.

Aim and Objectives

To evaluate the role of Gandhaka Kalapa and Pathyadi Lepa in the management of Vicharchika with special reference to Eczema.

Material and Methods

Ayurvedic textbooks were referred to collect the relevant materials. The index, non-index medical journals were referred to collect relevant information.

Drug Review: Even the ancient sages were well aware of skin conditions like Vicharchika and various descriptions regarding the disease have been mentioned in different classical textbooks by different Acharya's. Moreover, the Acharya's have mentioned several herbs and formulation in the management of Vicharchika. They all are potent in its own way in the management of Vicharchika. Out of many such formulations, the aforesaid combinations were selected for the study.

*Gandhaka Kalpa*² Ingredients of *Gandhaka Kalpa* are mentioned in Table 1.

Gandhaka Shodhana

Method of Preparation: The *Gandhaka(sulphur)* is taken weighed and pounded in stone mortar. A vessel containing adequate amount of milk (500ml) so that all the *sulphur* can be immersed in it is taken and white thin cloth is covered on its mouth and tied. In an iron ladle or a vessel equal amount of ghee is added to it and heated on mild fire. When ghee melts, powdered sulphur is added and sulphur is melted then, it is poured in a vessel containing milk through the cloth, in order to filter the impurities, present in the sulphur. Each time this sulphur which gets solidified into the milk is washed with warm water and then pat dry and again pounded into powder and this procedure is repeated for 2 times with the same quantity of ingredients. The observations and colour changes were noted.

Preparation of Gandhaka Kalapa

Ingredients

Shodhita Gandhaka – 1 part, *Amalaki swarasa* – as per required.

Method of preparation: *Shodhita Gandhaka* is taken in a clean *khalwa yantra*, finely powdered, to this *amalaki swarasa* is added such that it gets immersed completely and *mardana* is carried out for 7 days. after completion of *mardhana* the *gandhaka* is dried, weighed and stored in airtight container. This compound is called as *Gandhaka Kalpa*.

Pathyadi Lepa³

Ingredients of *pathyadi Lepa* are mentioned in Table 2.

Preparation of Pathyadi lepa

The dry ingredients 1-7 were collected in required amount and grinded into fine powder separately. Then all powders were mixed in the *khalva yantra* to facilitate the homogenous mixture.

Table 1: Quantity of Ingredients taken for preparation of *Gandhaka kalpa*

S.L	Drugs	Quantity
1	<i>Gandhaka</i>	1 part
2	<i>Godugdha</i>	As per required
3	<i>Goghrita</i>	As per required
4	<i>Amalaki swarasa</i>	As per required

Table 2: Quantity of Ingredients taken for preparation of *Pathyadi lepa*

S.no	Drug (Sanskrit)	Botanical name	Part used	Quantity
1	<i>Haritaki</i>	<i>Terminalia chebula</i>	Fruit	1 part
2	<i>Karanja</i>	<i>Pongamia pinnate</i>	Seed	1 part
3	<i>Siddhartaka</i>	<i>Brassica campestris</i>	Seed	1 part
4.	<i>Haridra</i>	<i>Curcuma longa</i> Linn	Rhizome	1 part
5	<i>Bakuchi</i>	<i>Psoralea corylifolia</i>	Seeds	1 part
6	<i>Vidanga</i>	<i>Embelia ribes</i>	Fruits	1 part
7	<i>Saindhava lavana</i>	-	-	1 part

Table 3: Showing properties and Pharmacological action of ingredients of *Gandhaka kalpa* & *Pathyadi lepa*

Drugs	Rasa	Guna	Virya	Vipaka	Doshaghnatha	Karma
<i>ShGandhaka</i>	<i>Katu</i> <i>Tiktha</i> <i>Kashaya</i>	<i>Ushna</i> <i>Sara</i> <i>snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>	<i>Kandughna</i> <i>Deepna</i> <i>Vishahara</i>
<i>Amalaki</i>	<i>Pancharasa</i> <i>(amla pra-</i> <i>dhana)</i>	<i>Ruksha,</i> <i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>	<i>Kushtaghna,</i> <i>Rasayana</i>
<i>Godugdha</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>vatapittaghna</i>	<i>Rasayana,</i>

		<i>snigdha</i>				<i>hridya, Medhya</i>
<i>Goghrita</i>	<i>Madhura</i>	<i>Snigdha Sheeta guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>vatapittashamaka</i>	<i>Rasavardhaka, buddhivardhaka</i>
<i>Haritaki⁴</i>	<i>Pancharasa (lavana varjita)</i>	<i>Ruksah, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>	<i>Shotahara, Vedanahara, kushtaghna, rasayana</i>
<i>Karanja⁵</i>	<i>Tiktha, katu Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>	<i>Kushtagna</i>
<i>Siddharta⁶</i>	<i>Katu, tikta</i>	<i>Laghu snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>	<i>Varnya, Vedanasthapana</i>
<i>Haridra⁷</i>	<i>Tiktha</i>	<i>Ruksha Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata Shamaka</i>	<i>Lekhana, Varanya, kushtaghna</i>
<i>Bakuchi⁸</i>	<i>Katu Tiktha</i>	<i>Laghu ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakapha Shamaka</i>	<i>Kusthaghana, Jantughna, Vranashodhana, Krimighna</i>
<i>Saindhava⁹</i>	<i>Madhura</i>	<i>Laghu snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>	<i>Deepana Vranashodhana Rochana vrushya</i>
<i>Vidanga¹⁰</i>	<i>Katu Kashaya</i>	<i>Laghu ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakapha shamaka</i>	<i>Krimighna</i>

DISCUSSION

Gandhaka Kalapa is one of the herbo- Mineral formulation which contains *Gandhaka* (sulphur) as the main ingredient. Sulphur has a tremendous therapeutic value in *Ayurveda*. Hence, it's important to use it after purification. To get desired therapeutic effect and to lessen the untoward, toxic or harmful effect caused after its internal administration. The process followed for the purification of it is very simple, less time consuming and easy to perform. After the purification of sulphur, it can be used safely for internal administration, can be used as an ingredient in any herbo mineral formulations. During purification of Sulphur it was powdered because it increases effective surface area which facilitates quick melting. Crystalline sulphur after purification turned to amorphous nature. Loss of its translucency and lustre represent its amorphous nature. The repeated heating, melting and sudden cooling of sulphur by pouring it into liquid media may cause the loosening of the bonds between the molecules, making it

amorphous in nature. This loosening of the bonds may be helpful in dissolving the impurities in the media thus separating it from the sulphur, making it pure. With each procedure it changes from orange colour to bright yellow colour suggesting removal of impurities. Also, during heating the sulphur until it melts some of the impurities might have removed through oxidation process. Ghee¹¹ and milk¹² both are *Madhura Rasa* and *Jeevaniya Dravya*, purification in these drugs might have removed *Visha Dosha* present in sulphur and thus incorporating the unctuous property in it, thus dissolving the fat-soluble impurities present in sulphur. Milk is generally considered as cooling, nutritive, strengthening and vitalizing, also demulcent and emollient. These properties might have incorporated into the sulphur after poring it into the milk thus making it therapeutically more potent. Milk containing various salts and minerals like calcium sulphates, potassium, magnesium phosphates, sodium chloride and trace of phosphate & and mineral salts as compounds of calcium,

potassium, sodium, phosphorous, iron and chlorine present in the milk might have reacted with the constituents present in sulphur thus separating out the impurities or toxic matter from it¹³.

Shodhita Gandhaka is considered to have potent *Rasayana* activity, *Ratkashodhaka*, it is *Garahara*, *Vishahara*, *kushtahara* and *kaphavatahara*. After *shodhana*, *Gandhaka* was subjected to *mardana* with *amalaki swarasa* for 7 days. As liquid (*swarasa*) is mentioned for *mardhana* it can be taken as *bhavana*. *Bhavana* that can be correlated with wet triturating in modern concept which were given benefits such as finer particle size, eliminates the dust hazards. Energy which was generated by trituration helped to increase extraction of medicinal properties from *Bhavana dravya* and reduce particle size: it refers to increase bioavailability of *Gandhaka Kalpa*. Meanwhile, Phytochemical screening of *Amalaki*¹⁴ fruits indicates the presence of alkaloids, Flavonoids, phenols and tannins, proteins, amino-acids and suggested that it is an important source of bioactive compounds that may supply novel medicine. It is also richer in antioxidants which are helpful in counteracting the free radicals of the disease.

Pathyadi Lepa

Pathyadi lepa is combination of herbal drugs. *Vicharchika* is *Twakgata*, that means, extremely superficial. Hence, here, in this study, *Lepa Karma* is selected for the treatment as per the indication by *Acharya Sushruta*. *Acharya Charaka* has described *Lepana* as "*Sadya Siddhi Karaka*" because external applications play a key role in the treatment of *Kushtha*. All the drugs are having *tikta*, *katu*, and *ushna virya* shows *Kaphavatahara karma*, *Krimighna*, *Kushtaghna* action. And also due to *Laghu & Ruksha* guna helps to minimize the *srava*. *Haridra* with its *lekhana* property is found to have deeper cleansing action on local site of lesion. The active principles of the lepa reach to the deeper tissues through *siramukha* in *swedavahi srotas* & stains it with its *sukshma & tikshna* property. Due to its *ushna*, *vishada* & *sukshma* properties it deblocks the obstruction in *swedavahi srotas* and allows the local toxins to flow out through *sweda*, thus clearing out the micro channels. Hence, all these potential drugs will help in reducing the symptoms of *Vicharchika* like

Kandu, *Vaivarnya* (discolouration), *Pidika* (papules/nodules), *Rukshata* (dryness), *Srava* (oozing), *Daha* (burning sensation), *Raji* (lichenification) and *Ruja* (pain), and finally in breaking the pathogenesis of *Vicharchika*

So, we can draw a conclusion that both the above said yoga's have *Tridoshaghna* property and were equally effective in reducing the signs and symptoms of *Vicharchika*, also in preventing the reoccurrence of disease.

CONCLUSION

Conclusion is the determination established by investigating in various ways and deducting by means of various reasons. On the basis of the present study, following conclusions can be drawn. *Vicharchika* is a chronic relapsing type of disorder. *Vicharchika* is *Kapha-vatha* predominant *Tridoshaja Kushtha*. *Vicharchika* can be treated effectively by *Gandhaka Kalpa and Pathyadi Lepa* as it is having properties like *Kusthaghna*, *Kandughna*, *Krimighna*, *Raktashodhaka*, *Raktaprasadaka*, *Rasayana*, *Shothahara*, *Srotoshodhana* etc. and also having proved anti-inflammatory, antiallergic, antioxidant, immunomodulatory, cytoprotective, antibacterial effect, antimicrobial, antitumor and immunosuppressive activity etc. these properties help in better cure of disease.

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