

RESEARCH STUDY ON THE COMBINED EFFECT OF RASAMANIKYA, KAMDUDHA RAS, GANDHAKA RASAYAN AND AROGYAVARDHINI VATI ON VARIOUS SYMPTOMS OF SKIN DISORDER

Babulal Saini¹, Ramesh Kumar Chaturvedi²

¹Associate Professor, PG Department of Rasa Shastra & Bhaishajya Kalpana
Madan Mohan Malviya Govt. Ayurved College Udaipur, Rajasthan, India

²Ayurved Medical Officer, Ayurved Dispensary Pratappur, Satna, Madhya Pradesh, India

Email: rameshchaturvedi36@gmail.com

ABSTRACT

Various skin related disorders are explained in classical ayurvedic texts by name '*kushtha roga*'. Eighteen types of '*kushtha roga*' with various names and different signs and symptoms are mentioned in most of the classics. Because of changing food habits, lifestyle and intake of different types of chemicals, internal flora and environment of the body of most of the people have changed that leads to origin of different types of disorders. It seems very rare OPD day when no patient with skin disease comes for treatment. Skin disorders are of 18 types as mentioned in classics and are very tough to treat when become chronic. They remain hidden till medicine continues and recurrence is reported after some days in most of the cases. Reason of recurrence after discussion with patients was found that treatment advised is discontinued whenever patient gets relief in symptoms. After becoming chronic, duration of treatment is to be increased for which patient seems impatience. Panchakarma procedures are found quite effective in treating chronic disorders but these procedures are not easy to perform at OPD level and patient too does not want to go through any procedure until the condition becomes unavoidable. During practice it was found that almost all patients have taken modern medication that too self medication initially. After taking modern medicine for some duration patient turned towards AYUSH system of medicine. Some patients usually come with prescriptions of ayurvedic practitioner wishing to repeat medicine. Out of such patient a common pattern or selection of medicines was found even for disease with different sign and symptoms. This made to observe the effect of such set of medicine on various sign and symptoms of skin diseases. Three patients were selected for the study. They had different kinds of skin diseases and were given same medication for 30 days. Observation of effect of medication on different sign and symptoms are collected for comparative study.

Keywords: Skin disease, *Kushtha roga*

INTRODUCTION

Since last decades incidence of skin diseases has been increased exponentially. Hectic schedule, life style and food habit has changed internal flora of the body leading to various complications, different types of

skin diseases are kind of such complications. Its severity of rate of incidence may be understood by the fact that most of the patients having any disease agree that their family had member with skin disorder. Ayurvedic classics along with mentioning various types of skin diseases have also clearly explained principles and formulations for the treatment of such skin diseases. Some of such commonly used formulations as *Rasamanikya*, *Gandhaka Rasayan*, *Kamdudha Ras* and *Arogyavardhini Vati* are used in this study. *Rasamanikya (R.T.)*, *Gandhaka rasayan (Y.R.)*, *Kamdudha ras (R.Y.S.)* and *Arogyavardhini vati(R.R.S.)* all are drug of choice of skin disorder and shows their different therapeutic effect on different symptoms of nearly most of the skin disorders. As these are part of prescription of most of the practitioners for most of the skin disorders having nodules, itching, skin shedding, secretion it was decided to observe combined clinical effect of above mentioned formulations on *Dadru*, *Vicharchika* and *Vipadika*. *Dadru* is *pitta-kaphaj* dominant disease, *Vicharchika* is *kaphaj* and *Vipadika* is *vata-kaphaj* dominant disorder. Patient were given above mentioned formulations combined and told to clean the affected body part using warm solution of *sphatika* (Potash alum) in water twice a day, after cleaning teeth at morning and before sleeping at night.

AIM AND OBJECTIVE OF THE STUDY

- To observe the clinical efficacy of the above mentioned combination of formulations on various symptoms of skin diseases.

IMPORTANCE OF THE STUDY

- To establish cheaper and effective medication for various symptoms of skin diseases.
- Due to very fast changing life style, food habits and self medication there is increased incidence of so many complications, skin diseases are one of them and are not easily controlled (or cured) through modern as well as other alternative system of medicines.
- Such comparative study is needed to establish a kit of medicines for various types of skin disorders

METHOD OF STUDY

For this comparative study three patients with skin disease having different sign and symptoms were selected. The selected patients were given same medication for 30 days.

➤ *Source of patients:*

Patients were selected from the OPD of Ayush wing District hospital, Satna (M.P.)

➤ *Plan of treatment:*

Selected patients were given above mentioned formulations in further explained dose for 30 days. After 30 days of treatment patients were asked about selected parameters which are mention ahead. Medicines were given before meal.

➤ *Dose and timing of medicines given:*

Rasamanikya – 125 mg

Kamdudha ras – 250 mg

Gandhaka rasayan – 1 gm

Arogyavardhini vati – 250 mg

Anupan used was water.

Patients were told to clean the affected body part using warm solution of *sphatika* (Potash alum) in water twice a day, at morning and before sleeping at night.

SELECTION CRITERIA OF PATIENTS

Patients were selected on the basis of sign and symptoms that should be different from the other one in some aspects.

WITHDRAWAL CRITERIA OF THE PATIENTS

- During treatment/study period if any serious condition or any serious disease is found in patient.
- Patients do not come to OPD when called.

PARAMETERS FOR ASSESSMENT

1. Granulation
2. Itching
3. Burning sensation
4. Pain
5. Secretion
6. Colour of granules
7. Spread
8. Size of the patch
9. Colour of the patch
10. Margin of the patch

Table 1: BASIC INFORMATION ABOUT PATIENTS SELECTED FOR STUDY:-

S.No.	Sign/Symptom	Patient-1	Patient-2	Patient-3
1.	Age	34 Yr	46 Yr	76 Yr
2.	Gender	F	F	M
3.	Religion	Hindu	Hindu	Hindu
4.	Education	Graduate	Primary	Primary
5.	Marital status	Married	Married	Married
6.	Occupation	Teacher	HW	Farmer
7.	Social status	Middle class	Middle class	Middle class
8.	Family history	NS	NS	NS
9.	Food habit	Veg.	Veg.	Veg.
10.	Dominant ras	<i>Amla,lavan</i>	<i>Amla,lavan</i>	<i>Madhur</i>
11.	Bowel	Normal	Constipated	Constipated
12.	<i>Prakriti</i>	<i>VK</i>	<i>PV</i>	<i>VP</i>
13.	<i>Satva</i>	<i>Madhyam</i>	<i>Heen</i>	<i>Madhyam</i>
14.	Addiction	NS	Tea	Tobacco

Table 2: CRITERIAS FOR ASSESSMENT OF SIGNS AND SYMPTOMS

S.No.	Sign/Symptom	Patient-1 <i>Dadru (PK)</i>	Patient-2 <i>Vicharchika(K)</i>	Patient-3 <i>Vipadika (VK)</i>
1.	Granulation	Yes	Yes	Only cracks
2.	Itching	Yes	Yes	No
3.	Burning sensation	Yes	No	No
4.	Pain	No	No	Yes
5.	Secretion		Yes	
6.	Colour of granules	Red	Black	No
7.	Spread	Yes	Yes	No
8.	Size of the patches	8cm	14cm	--
9.	Colour of the patches	Red	Red	--
10.	Margin of the patches	Inflamed	Inflamed	No
11.	Chronicity	4 months	18 months	2 months
12.	Body site	Left side of face and both hands	Abdomen	Heel of both legs
13.	Previous medication	Modern medicine	Self medication	No treatment taken

Table 3: AFTER TREATMENT OBSERVATIONS:

S.No.	Sign/Symptom	Patient-1	Patient-2	Patient-3
1.	Granulation	Erased 80%	Erased 80%	NS
2.	Itching	Relief 80%	Relief 60%	--
3.	Burning sensation	Ended completely	--	--
4.	Pain	--	--	NS
5.	Secretion	--	Ended completely	--
6.	Colour of granules	Light Black	Black	--
7.	Spread	Stopped	Stopped	
8.	Size of the patches	8cm	14cm	--
9.	Colour of the patches	Nearly skin like	Mild red and black	--

10.	Margin of the patches	Not separable	Not inflamed	--
-----	-----------------------	---------------	--------------	----

All above observations are based on the questionnaire asked to patients as most of the parameters selected are either subjective or subjective and objective both. As per response of the patients it was found that the combined effect of *Rasamanikya*, *Kamdudha ras*, *Arogyavardhini vati* and *Gandhaka rasayan* was quite effective for treating itching, secretion from the patches and burning sensation and hence inflammation of the margin, colour of the patch get normalized. Relief was reported from the second week of the treatment and treatment was made continue for one month. Cracked heel did not get significant changes.

COMPARATIVE OBSERVATION

Relief from *Dadru* and *Vicharchika* are quite comparable but no significant relief in cracked heel was observed.

DISCUSSION

DISCUSSION ON MODE OF ACTION OF COMBINATION

As per food habit dominant *ras* might be aggravating factor for *Pitta* so it was decided to normalize *Pitta* and hence *Kamdudha ras* was selected. As *Tikta ras* subsides effect of *Pitta* so *Arogyavardhini vati* was selected as it is also mentioned as medicine to treat '*Kushtha roga*'. *Rasamanikya* and *Gandhaka rasayan* were selected to treat disease symptomatically.

DISCUSSION BEHIND SELECTION OF MEDICINE

Selection of medicines for the study was based on the prescription of Ayurvedic medicine practitioner. It is found that most of the practitioner follows a mindset of combination of formulations for particular type of diseases. For skin disorders some of such combinations are as follow:

Rasamanikya + *Kamdudha ras* + *Arogyavardhini vati* + *Gandhaka rasayan*

Rasamanikya + *Arogyavardhini vati* + *Gandhaka rasayan*

It was found that most of the time same combination is recommended for most of the skin disease without differentiating them. So it was decided to observe the

therapeutic effect of the above mentioned combination for various sign and symptoms of the skin diseases.

CONCLUSION

Merely oral medication and cleanliness of the patches can be used for medication of *Dadru* and *Vicharchika* but cracked heel requires application of any medicine locally. Clinical study with more number of patients should be done, so that findings can be reviewed. This comparative case study shows a mindset of giving common medication for the treatment of a disease is not as per principles of ayurved. Type of disease and associated sign and symptoms always influence direction of treatment.

ABBREVIATIONS

Y.R. – *Yogaratanakar*, *R.T.* – *Rastarangini*,
R.Y.S. – *Rasayogsagar*, *R.R.S.* – *Rasaratnasamuchhaya*, *PK* – *Pitta kaphaj*, *K* – *Kaphaj*,
VK – *Vata kaphaj*, *PV* – *Pitta vataj*,
VP – *Vata pittaj*, *NS* – Not significant

REFERENCES

1. Sharma Hariprapannaji; Rasayogasagara; Volume I; Chowkhamba Krishnadas Academy, Varanasi, Reprint 2004;260
2. Vagbhatta; Rasratnasamuchhaya; With 'Suratnojwala' Hindi commentary by Kaviraj Shri Ambikadutta Shastri; Chaukhambha Amarbharti Prakashan, Varanasi; Edition 2015;435
3. Yogratnakar; 'Vidyotini' commentary by Vaidya Shri Lakshmiapati Shastri; Chaukhambha Sanskrit Prakashan, reprint 2004;501
4. Sharma Sadananda; Rastarangini; With 'Rasvignana' Hindi commentary by Dharmananda Shastri; Motilal Banarasidas, Varanasi, Reprint 2014;257

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Babulal Saini & Ramesh Kumar Chaturvedi: Case Study On The Combined Effect Of Rasamanikya, Kamdudha Ras, Gandhaka Rasayan And Arogyavardhini Vati On Various Symptoms Of Skin Disorder. International Ayurvedic Medical Journal {online} 2019 {cited June, 2019} Available from: http://www.iamj.in/posts/images/upload/869_872.pdf