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A CLINICAL STUDY OF YASHDAMRIT MALHAR IN THE MANAGEMENT OF VICHARCHIKA

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ABSTRACT

The study of Indian medical classics reveals that all skin diseases were considered as one of the broad headings of Kustha, which is divided into *Maha Kustha* & *Kshudra Kustha*. Out of them, *Vicharchika* is one disease that is described under *Kshudra Kustha* in *Ayurvedic* texts. In these texts, *Vicharchika* is mentioned as a curable disease, yet the relapsing nature of this makes it much harassment for patients. *Vicharchika* is not life-threatening, but it makes worried the patient due to its appearance, severe itching, disturbed routine & its nature susceptible to being chronic. According to *Acharya Sushruta*, the skin disease, which is spreading in nature, papules with a bluish tint or copper colour is known as *Vicharchika*. In modern science, signs & symptoms of *Vicharchika* show close similarity with Eczema infection or Dermatitis. In the management of *Vicharchika*, *Yashdamrit Malhar* plays an important role in *Ayurveda* and hence there is a wide scope of research to find out the safest remedy for *Vicharchika*.

Key words: *Vicharchika, Maha Kustha, Kshudra Kustha, Yashdamrit Malhar*

INTRODUCTION

Vicharchika has been mentioned under *Kshudra Kushtha* and is a curable disease, yet successful treatment is still not possible in any system of medicine. The complicated etiopathogenesis and relapsing nature of this disease make it a difficult problem for patients and doctors as well. *Nidana Parivarjana* is the first line of treatment, but in *Vicharchika* tracing out the exact *Nidana* in every patient is always a dif-

ficult task. Modern science justifies the role of topical therapy in superficial fungal infections of the skin. External application of the drug in skin disease is an important internal medicament as it helps in providing better and quicker relief of the symptoms. Also, the patient has not had to bother with the bitter and pungent taste of drugs and decoctions, in case of external application. Considering all the above points, *Yashdamrit Malhar* was selected as an external application for the present study to evaluate its role in the management of *Vicharchika*.

AIMS AND OBJECTIVE:

1. To analyse the clinical efficacy of the drug *Yashdamrit Malhar* on *Vicharchika*.
2. To analyse the observations and to present statistical data on drug activity in *Vicharchika*.

MATERIALS AND METHODS

A. Criteria for selection of Patients: Patients with characteristic signs & symptoms of *Vicharchika* were randomly selected from the O.P.D. and I.P.D. sections of *Govt. Ayurvedic College & Hospital*, *Patna* irrespective of age, sex, religion, occupation, etc.

B. Criteria for exclusion:

The following patients were excluded from the study:
Patients of age less than 7 yrs. and more than 70 yrs.

Table 1: Statistical Analysis as follows:

Irregular & complicated patients having H/o diabetes, asthma, etc.
Patients on corticosteroid therapy.

C. Duration of Treatment:

The duration of treatment was 90 days with every 15 days follow-up. The record of patients was maintained for three months.

D. Criteria for assessment:

All the patients were examined every 15 days during the treatment. To observe the relief in signs and symptoms of the disease, scoring for the signs and symptoms was done. Observations were taken before and after the treatment. The intensity of symptoms was indicated by Grade 0- Normal 1- Mild 2- Moderate 3- Severe

E. Assessment of the total effect of therapy:

The observations of signs and symptoms and other clinical parameters were recorded before and after the treatment. The data obtained were analysed statistically and the assessment of therapy was made as follows:

Cured: 100 % relief

Marked Improvement: ≥ 75 % Relief.

Moderate Improvement: 50% to 75% relief

Partial Improvement: < 25% or No relief

Non-Significant	Significant	Highly Significant
P> 0.05	P < 0.05, P < 0.01	P < 0.001

MANAGEMENT OF THE PATIENTS:

All the patients selected for the clinical trial have been studied in the following way. Patients were treated with Yashdamrit Malhar. A number of patients–30 patients was selected.

Drop out- 2, Duration- 03 months, Dose- As per need & Apply Twice daily.

OBSERVATIONS & RESULTS

The results so obtained were assessed and analysed statistically mainly on the recorded scores of signs and symptoms and also the routine investigations of blood before and after the treatment.

Table 2: Age-wise distribution-

Age (Years)	No. Of Patients	%
10-20	1	3.75
20-30	10	35.71
30-40	7	25
40-50	2	7.14
50-60	5	17.85
60-70	3	10.71

Table 3: Sex-wise distribution-

Sex	No. of Patients	%
Male	20	71.42
Female	8	28.75

Table 4: Occupation-wise distribution-

Occupation	No. Of patients	%
Servicemen	10	35.71
Businessmen	7	25
Housewife	5	17.85
Labour	1	3.57
Others	5	17.86

Table 5: Residential Area wise distribution-

Residential area	No. Of Patients	%
Rural	10	35.71
Urban	18	64.28

Table 6: Socio-economic status-wise distribution-

Socio – economic Status	No. Of Patients	%
Low	9	32.14
Middle	16	57.14
High	3	10.71

Table 7: Smoking-wise distribution-

Smoking	No. Of Patients	%
Never	15	53.57
Occasionally	11	39.28
Almost daily	2	7.14

Table 8: *Sharira Prakriti* wise distribution-

Sharira Prakriti	No. of patients	%
Vata-Pitta	10	35.71
Pitta-Kapha	7	25
Kapha-Vata	11	39.28

Table 9: *Satva*-wise distribution-

Satva	No. of patients	%
Heena	6	21.42
Madhya	16	57.14
Uttama	6	21.43

Table 10: *Desha*-wise distribution-

Desha	No. of patients	%
Jangala	0	00.00
Anupa	7	25
Sadharana	21	75

Table11: *Dosha*-wise distribution-

Dosha	No. of Patients	%
Vata	9	32.14
Pitta	9	32.14
Kapha	10	35.71

Table12: *Vyayam* wise distribution-

Exercise	No. of patients	%
Medium	10	35.71
Moderate	10	35.71
Hard	7	25
Nil	1	3.57

Table 13: Diet-wise distribution-

Diet	No. of patients	%
Vegetarian	7	25
Non - Vegetarian	21	75

Table 14: *Dushya*-wise distribution-

Dushya	No. of patients	%
Twaka	9	32.14
Mamsa	8	28.57
Rakta	11	39.28

Table 15: *Roga Bala* wise distribution-

Roga Bala	No. of patients	%
Heena	7	25
Madhya	14	50
Uttama	7	25

Table 16*: Rogi Bala* wise distribution-

Rogi Bala	No. of patients	%
Heena	7	25
Madhya	15	53.57
Uttama	6	21.43

Table 17: Duration-wise distribution-

Duration	No. of patients	%
Acute	16	57.14
Chronic	12	42.86

Table 18: Past history-wise distribution-

Past history	No. of patients	%
Positive	10	35.71
Negative	18	64.29

Table 19: Family history-wise distribution-

Family history	No. of patients	%
Positive	17	60.71
Negative	11	39.29

Table 20: Covered & Exposed area-wise distribution-

Area	No. of patients	%
Covered	11	39.28
Exposed	17	60.72

Table 21: Part of lesion-wise distribution-

Part of lesion	No. of patients	%
Head & Neck	3	10.71
Trunk	2	7.14
Upper extremities	9	32.14
Lower extremities	14	50
Whole body	0	00.00

Table 22: Cardinal sign & symptoms (*Rupa*) wise distribution-

Sign & Symptoms	No. of patients	%
Pidika	20	71.42
Kandu	26	92.86
Srava	24	85.71
Rukshta	19	67.86
Raktima	11	39.28
Paka	21	75
Vrana	15	53.57
Ruja	24	85.71
Shyavata	9	32.14

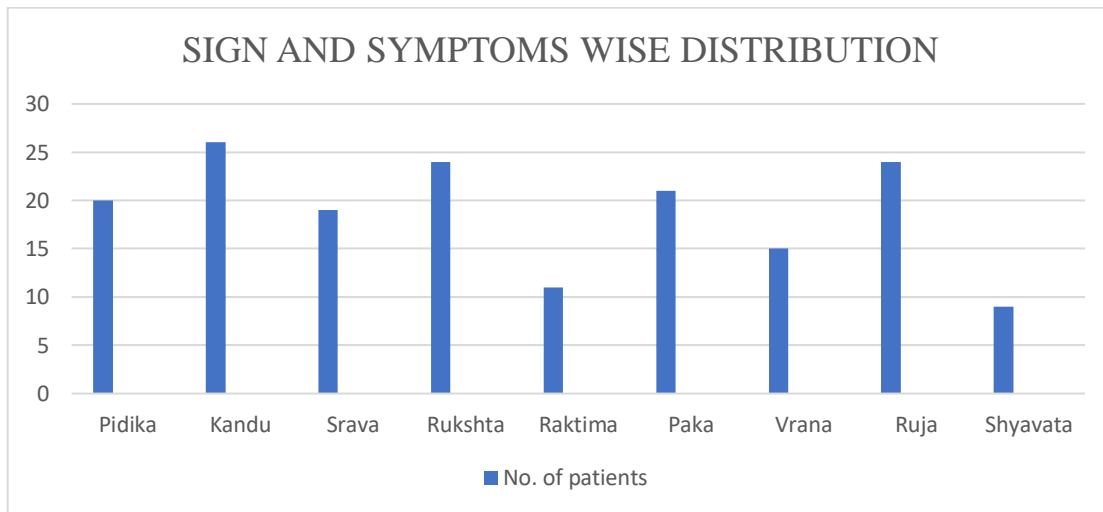

Table 23: Showing Statistical analysis of the effect of *Yashdamrit Malhar* on the cardinal sign and symptoms of *Vicharchika*-

Signs & Symptoms	Mean		%	S.D. ±	S.E.±	"t" value	"P" value
	BT	AT					
PIDIKA	1.89	0.57	69.84	0.94	0.18	7.4	<0.001
KANDU	2.36	1.53	34.85	0.48	0.09	9.14	<0.001
SRAVA	1.46	0.32	75.60	0.79	0.15	7.45	<0.001
RUKSHTA	1.39	0.6	56.12	0.63	0.12	6.6	<0.001
RAKTIMA	0.71	0.18	74.64	0.74	0.14	3.8	<0.001
PAKA	1.03	0.43	58.25	0.49	0.09	6.45	<0.001
VRANA	0.96	0.14	85.41	0.94	0.18	4.6	<0.001
RUJA	2.14	1.32	38.32	0.48	0.09	9.13	<0.001
SHYAVATA	0.43	0.32	25.58	0.31	0.06	1.8	<0.05

From the above table it can be observed that the effect of *Yashdamrit Malhar* is highly significant at the level of P<0.001 in *Pidika, Kandu, Srava, Rukshta, Raktima, Paka, Vrana* and *Ruja* and % relief is 69.84%, 34.85%,

56.12%, 75.60%, 74.64%, 58.25%, 85.41% and 38.32% respectively. It is significant at the level of P<0.05 in *Shyavata* and the % relief is 25.58%.
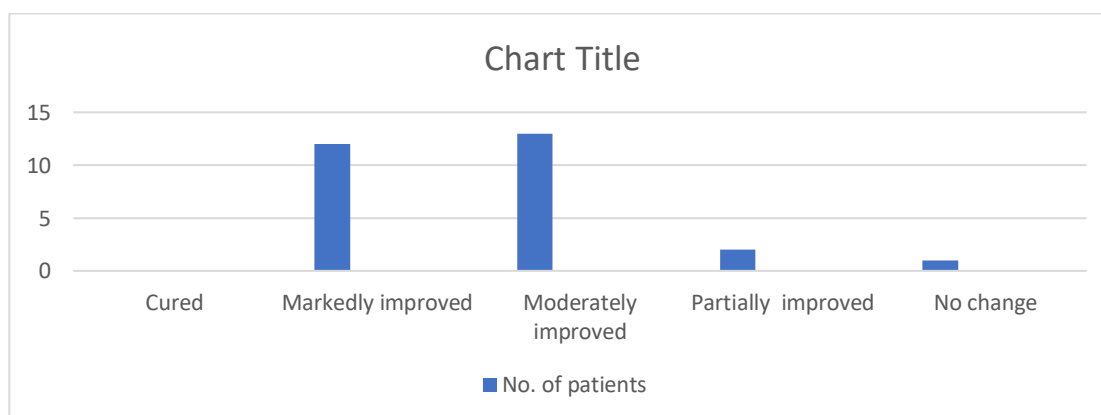
Table 24: Effect of the therapy on hematological Parameters-

Haematological Parameters	Mean		%	S.D. ±	S.E.±	"t" value	"P" value
	BT	AT					
Hb%	12.55	12.57	-0.16	0.16	0.03	-0.68	P>0.05
TLC	7214.8	6981.4	3.32	527.69	99.62	2.29	P>0.05
Neutrophils	58	57.37	1.08	3.48	0.66	0.93	P>0.05
Lymphocytes	32.66	33.07	-1.24	3.54	0.67	-0.59	P>0.05
Eosinophils	3.33	3.22	3.33	1.15	0.22	0.5	P>0.05
Monocytes	3.59	3.51	2.06	0.72	0.14	0.52	P>0.05
SGPT	18.68	18.51	0.93	2.04	0.39	0.44	P>0.05
SGOT	23.18	23.03	0.63	1.13	0.21	0.67	P>0.05
ESR	19	19.4	-0.19	2.69	0.51	-0.07	P>0.05

On observing the above table, it is noted that the effect of the drug on haematological parameters was found to be statistically insignificant.

Table 25: Total effect of the Therapy-

Effect of therapy	No. of patients	%
Cured	0	00.00
Markedly improved	12	42.85
Moderately improved	13	46.42
Partially improved	2	7.14
No change	1	03.57

Regarding the total effect of therapy, it is evident from the above table that no patients were completely cured, 42.85% of patients were markedly improved, 46.42% of patients were moderately improved and 7.14% were partially improved with the treatment.

Fig 1- BEFORE TREATMENT

FIG 2- AFTER TREATMENT

FIG 3- BEFORE TREATMENT

FIG 4- AFTER TREATMENT

FIG 5- AFTER TREATMENT

FIG 6- AFTER TREATMENT

CONCLUSION

In the present study, the trial drug *Yashdamrit Malhar* which is developed by *the Malhar Kalpana* process mentioned in *Rasatarangini* 19th chapter (*sholka* 146-147). The ingredients of the drug contain effective *vicharchikaghan* properties. 25.58% to 85.41% relief in signs and symptoms were seen in a clinical trial of *Yashdamrit Malhar*, with or without any relapse for a period of three months. *Yashdamrit Malhar* was only described in the textbook *Rasatarangini*. *Yashdamrit Malhar* is observed highly significant in symptoms of *Pidika, Rukshata, Raktima,*

& Vrana. Based on these observations, we may conclude that the drugs used in the study showed marked improvement in the symptomatic features of *Vicharchika*. It is more significant in *Sravi* (wet) Vicharchika in comparison to *Ruksha* (dry) *Vicharchika*. A treatment schedule lasting continuously up to 3 months is necessary to avoid relapse. Some patients having *Vicharchika* have wounds also. As *Yashdamrit Malhar* is indicated in *Vrana* and *Dagda Vrana* also, this drug is also tried on patients having a wound. *Yashdamrit Malhar* showed markable improvement in the healing of wounds. As *Yashada* has *sheeta* properties it shows the best result in

Dagda Vrana. External application is the shortest route to reach the skin; hence the drug shows a good effect when applied externally. No adverse effects were observed in patients. Lastly, it may be concluded that this was a pilot study done with the help of very limited sources, yet it has been tried up to the best effort to perform all studies very scientifically and carefully.

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