



A CLINICAL EVALUATION OF NAVA KASHAYA IN THE MANAGEMENT OF VICHARCHIKA W.S.R TO ECZEMA

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ABSTRACT

Skin disorders cause greater difficulties to the sufferers both psychologically and physically. Mostly by the approach of other members of the society as well as family members towards the patient. All these factors contribute negatively in successful management of the condition. Ayurvedic science included all the skin disorders under the heading of kusta, which is considered as grave and difficult to manage (*astamahagadas*). Apart from the classical method of managing the condition using different *shodana*(purificatory) procedure many shamana yogas explained in classics proves to safe, effective and more compatable treatment in current scenario. This study also aims to evaluate the efficacy of one of such a classical preperation using standard scientific study protocol.

Key words: *Vicharchika, Nava kashaya, Eczema, Kushta, Skin disorders.*

INTRODUCTION

Kusta affecting the *Sapta Dushyas* (*Twak, Lasika, rakta, mamsa and tridoshas*) is considered as one of the *Astamahagadas*. *Vicharchika* is one among *Astadasha Kusta*. It is categorized in different ways i.e. *Kshudra Kustha, Kshudra roga* and *Sadhya Kustha*. It is characterized by *Kandu, Pidaka, Shyava Varna, and Bahusrava*. *Vicharchika* can be taken as eczema in modern parlance. Incidence of eczema is 40%. Incidence is further increasing due to usage of synthetic products in the name of fashion.

Nowadays, whole world is gradually turning towards holistic Ayurveda for safe and complete cure of diseases. Especially in the field of skin problems Ayurveda can contribute remarkably. Formulation NAVA KASHAYA used in this study is taken from Chakra Dutta comprising of nine ingredients *Triphala, Patola, Rajani, Manjista, Katurohini, Vaca, and Nimba*. This drug has been selected for trial to assess its efficacy in reliving one from complaints of *Vicharchika*.

The objectives of study:

1. To conduct a comprehensive study on the concept of *Vicharchika* mentioned in Ayurvedic classics.
2. To evaluate the efficacy of Nava Kashaya in the management of *Vicharchika*.
3. To have a review of the disease *Vicharchika* and its parlance with eczema in Modern literature.

MATERIAL AND METHODS

STUDY DESIGN:

The study conducted was a single strand open clinical study on patients of *Vicharchika*. Clinical study design uses pre-test and post test data for analysing the obtained results. Sample size includes 30 patients who have been diagnosed as *Vicharchika* coming under the age group of 16- 60 years. The parameters assessed through the classical symptoms viz, *Kandu, Pidaka, Shyava Varna, Bahusrava*. For the assessment of complaints, scoring was given to all the clinical features from 0-3 marks, according to the severity and documented properly before and after treatment. Study designed to collect responses from the patients at every 15th day for duration of two months and also after a follow up period of 30 days.

THE CLASSICAL SYMPTOMS

Table no. 1

1) KANDU 0- No itching 1-mild / occasional 2- itching disturbs normal activity 3-continuous itching with disturbed sleep	4) SHYAVA VARNA 0- Normal skin color. 1-Brownish red discoloration. 2- Blackish red discoloration. 3- Blackish discoloration.
2) PIDAKA 0- No Pidaka 1- Few in whole affected area 2- > 5 cm ² and < than 10 cm ² 3- Many, uncountable in affected area.	5) ROOKSHATHA 0- No dryness. 1- Dryness with rough skin. 2- Dryness with scaling. 3- Dryness with cracking.
3) SRAVA 0- No discharge 1- Moisture on skin lesion 2- Weeping from skin lesion 3- Continuous discharge followed by Crusting.	6) DAHA 0- No burning sensation. 1- Mild burning sensation. 2- Burning sensation disturbs daily activities. 3-Continuous burning sensation.

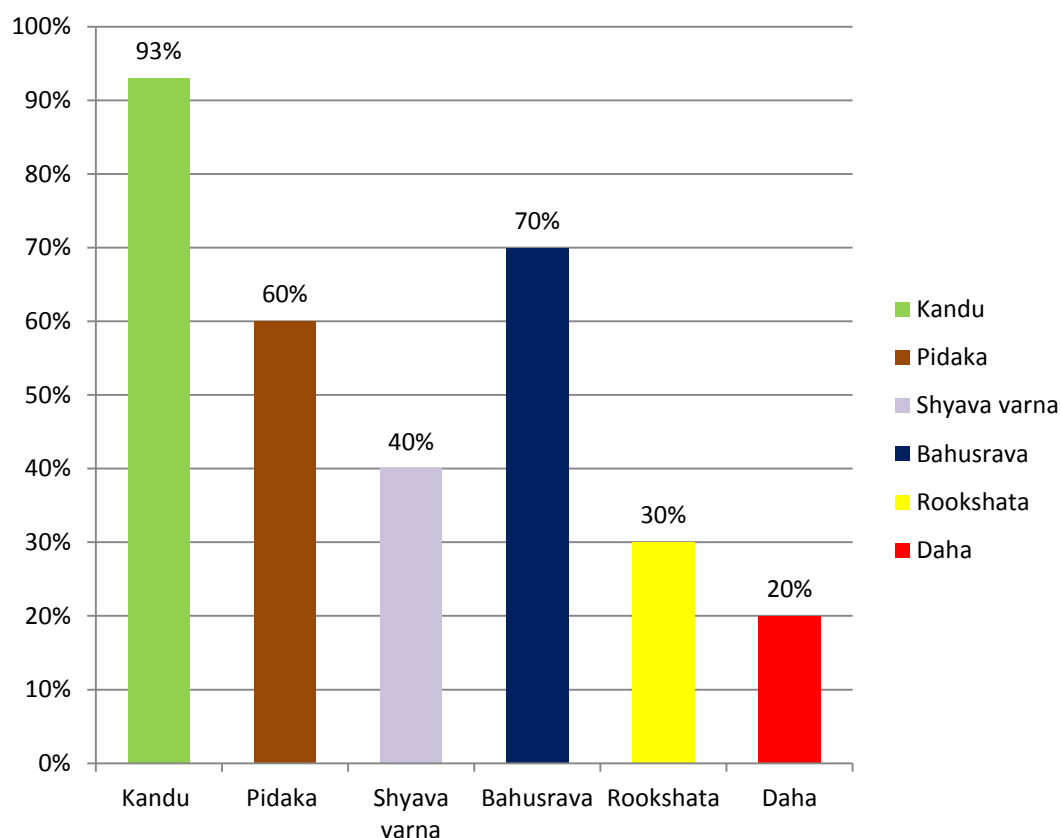
Trial group:

30 patients were administered with the trial drug Nava kashaya 25ml (50ml *Ushna jala* as *sahapana*) before food twice daily for duration of 60 days.

Study duration:

Clinical trial conducted for 60 days. Followed the collection of responses after 30 days follow up

SYMPTOMATOLOGY WISE DISTRIBUTION OF 30 PATIENTS OF VICHARCHIKA



Graph No.1

Follow up:

30 days after trial period (final date of drug administration). The parameters assessed through the classical Lakshanas viz, *Kandu*, *Pidaka*, *Shyava Varna*, *Bahusrava*. For the assessment of complaints, scoring was given to all the clinical features from 0-3 marks,

according to the severity and documented properly before and after treatment. Statistical analysis was done by paired 't' test.

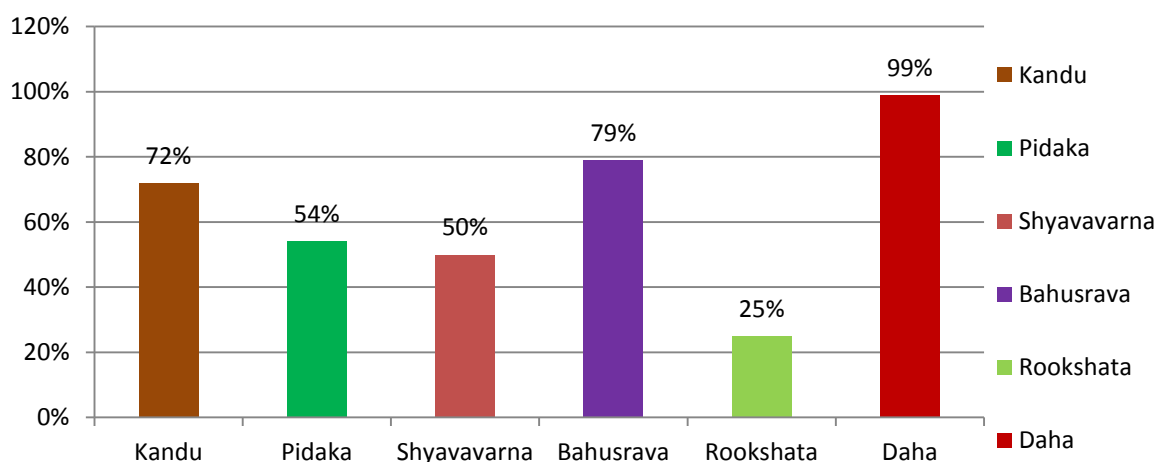
INTERPRETATION AND RESULTS:

At the end of treatment schedule of 60 days, the results were collected and

statistically analyzed. It was found that trial drug was effective and significant in combating the lakshanas Kandu, Pidaka, Shyava Varna and Bahusrava both statistically and percentage wise after completion of treatment (AT4).

Further analysis was done after 30 days of follow up, where no recurrence of the condition was seen along with maintenance of percentage of improvement in the individual parameters was noted

EFFECT OF NAVA KASHAYA ON VICHARCHIKA AFTER 60 DAYS



Graph No.2

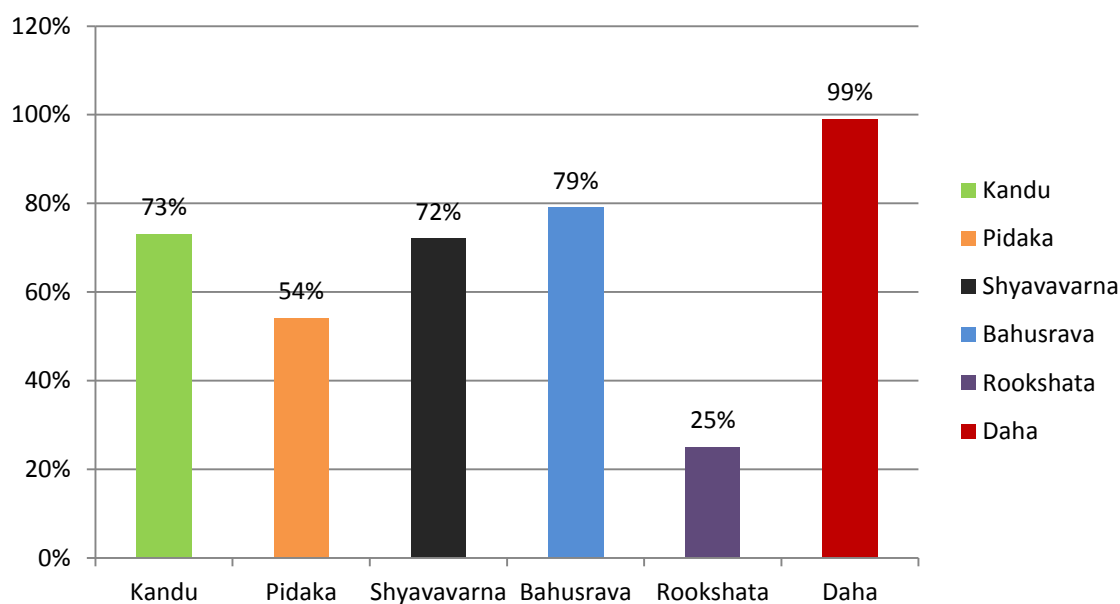
STATISTICAL DATA OF EFFECT OF NAVA KASHAYA ON VICHARCHIKA AFTER 60 DAYS

Table No.2

No.	Symptoms	Mean		%	S.D	S.E	T	P
		BT	AT					
1	Kandu	2.0	0.567	72%	0.504	0.0920	8.394	P<0.001
2	Pidaka	0.800	0.367	54%	0.490	0.0895	4.709	P<0.001
3	Shyava varna	1.667	0.833	50%	0.531	0.0969	7.047	P<0.001
4	Bahusrava	1.400	0.300	79%	0.466	0.0851	6.810	P<0.001
5	Rookshata	0.400	0.300	25%	0.466	0.0851	1.795	P>0.05

6	Daha	0.467	0.001	99%	0.001	0.001	3.751	P<0.0001
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EFFECT OF NAVA KASHAYA ON VICHARCHIKA AFU*



Graph No.1

*AFU- After follow up period

STATISTICAL DATA OF EFFECT OF NAVA KASHAYA ON VICHARCHIKA AFU

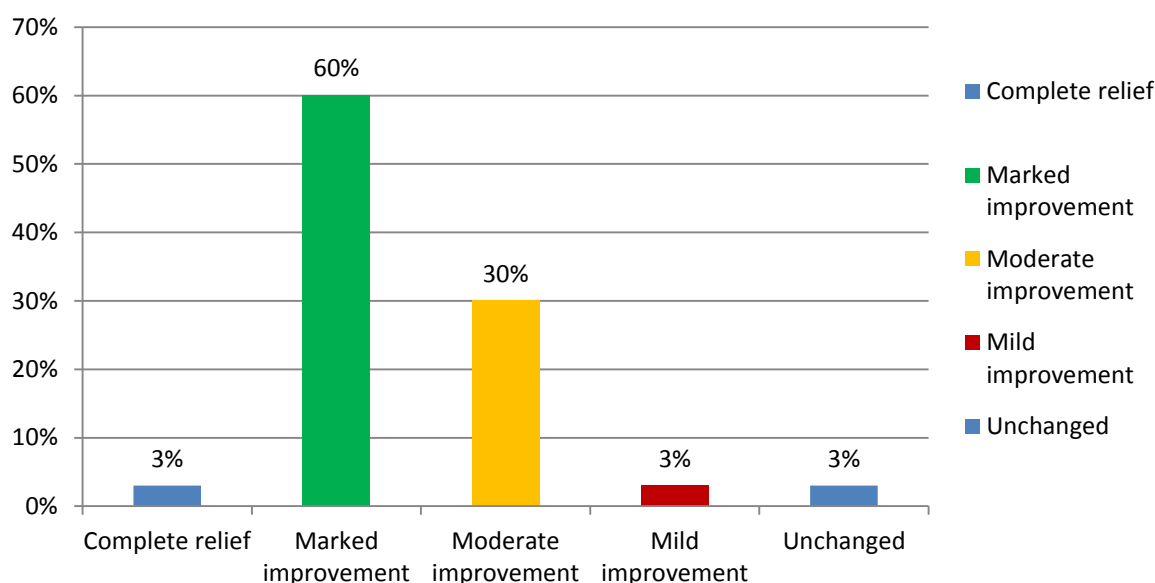
Table No.3

No.	Symptoms	Mean		%	S.D	S.E	T	P
		BT	AT					
1	Kandu	2.0	0.533	73%	0.507	0.0926	8.254	P<0.001
2	Pidaka	0.800	0.367	54%	0.490	0.0895	4.709	P<0.001
3	Shyava varna	1.667	0.467	72%	0.507	0.0926	8.163	P<0.001
4	Bahusrava	1.400	0.300	79%	0.466	0.0851	6.810	P<0.001

5	Rookshata	0.400	0.300	25%	0.466	0.0851	1.795	P>0.05
6	Daha	0.467	0.001	99%	0.001	0.001	3.751	P<0.001

OVERALL EFFECT OF THERAPIES BY TRAIL DRUG NAVA KASHAYA ON PATIENTS OF VICHARCHIKA AFU

Graph no.



DISCUSSION:

In the present study Nava kashaya was tested for its Vyadhi Harana property by administering in 30 patients. Combination contains nine drugs with ushna jala(warm water) as Sahapana. Ingredients are Hareetaki, Amlaki, Vibheetaki (Triphala), Patola, Rajani, Manjista, Katurohini, Vaca and Nimba. Among the ingredients most of which are Tikta in rasa, followed by katu and kashaya rasa. Rooksha Laghu gunas, ushna Veerya, then come Sita Veerya, Madura and katu vipaka, some of the ingredients are Kustaghna and Tridosha Shamaka also. Thus the combined effect of these factors helps in relieving the complaints of the disease Vicharchika

Kandu is caused by vitiated Kapha. Majority of the drugs present in the formulation was having katu pradhanata Tikta kashaya rasa, Laghu rooksha guna, ushna veerya, katu vipaka, and also the sahapana madhu helps to mitigate Kapha dosha. Due to these properties Nava kashaya pacify Kapha dosha and patients got relief from kandu.

Acharya Charaka in 'Trishothiya Adhyaya' has explained that the vitiated Pitta gets accumulated in Tvacha and Rakta, creates inflammation and redness and is called as Pidaka. Tikta, kashaya rasas, sita veerya as well as Madura vipaka of drugs helps to mitigate pitta dosha. It also supports to normalize Pitta and Rakta. As a result of this combined effect patients got relief from the symptom Pidaka

Shyava varna is mainly due to the vitiation of vata dosha. The ingredients of Nava kashaya like *Manjista*, *Nimba*, and *katurhini* having *varnya* effect. Also *Triphala* is having effect over the skin. *Triphala* is having *Tvachya Rasayana* property, so it may be helpful for normalization of skin from all points of view i.e., color, lustier, complexion etc and *Triphala* is very good antioxidant which initiates growth of healthy granulation tissue, thus gives relief to the patients

According to Charaka Samhita, 'Srava' is produced by the vitiated *Pitta* and *Kapha*. *Madhura kashaya rasas*, *sheetha veerya*, as well as *Madhura vipaka* of drugs helps to mitigate pitta and. It also supports to normalize *Pitta*. At the same time due to *kashaya Tikta* and *katu rasa* are *Kapha hara* in nature it also have effect over the vitiated pitta dosha. *Laghu rooksha guna*, *ushna*

Ushna jala is having the property of action over the *vata dosha*, and also kindle the digestive fire, being administered before food it will help to maintain the homeostasis inside the body and thus helps in proper absorption of medicine. Being *ushna guna* it will not vitiate the pitta dosha when administered along with the medicine.

CONCLUSION:

- The trial drug Nava kashaya is effective in the management of vicharchika with respect to its different symptoms, particularly *kandu*, *Pidaka*, *Shyava Varna*, *Bahu Srava* and *Daha*.
- Trial drug Nava kashaya was proved to be a safe and effective oral formulation, which helps in the management of *Vicharchika*, when the disease is not too advanced and not associated with complications and when used as per the recommended dosage with the following of *Pathyapathyas*.
- Based on the observations and results obtained from the scientific study conducted

veerya, *katu vipaka* of the formulation, and *kaphaghna* property also helps to mitigate *Kapha dosha*.

Rookshata is produced by the vitiated *Vata dosha*. Most of the drugs are having *Laghu*, *Rooksha* and *Teekshna guna* along with that patient is advised to take trial drug for 60 days. These all factors may result in the aggravation in the *Rookshata*. Hence the result remained unchanged before and after treatment.

Daha is mainly due to the vitiated pitta dosha. *Tikta rasa* 41% *kashaya rasa* 21%, *Madhura rasa* 10% all these have negative effect over the *prakupita pitta dosha* *Sita Veerya* as well as *madhura vipaka* of drugs helps to mitigate *pitta* as well. Few drugs like *Patola* is having eliminative capacity of pitta dosha by *virechana*. It also helps to normalize *Pitta* and *Rakta*. As a result of this combined effect patients got relief from the symptom *Daha*.

on 30 patients of *Vicharchika* the null hypothesis is rejected and scientific hypothesis is accepted.

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