



A CLINICAL STUDY ON ROLE OF *EKAVINSHATIKA GUGGULU* IN THE MANAGEMENT OF *VICHARCHIKA*

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ABSTRACT

Vicharchika, a *Kshudra Kushtha*, is *Kapha* dominant *Tridoshaja Vyadhi*. In present study *Vicharchika* is correlated with eczema because the symptomatology of eczema is more similar with *Vicharchika*. In modern medical science there is no specific cure for eczema, but symptomatic treatments like steroids are used, but they produce serious side effects like nephrotoxicity, osteoporosis, skin cancer etc. Eczema also has tendency of recurrence which pose problems to the physician. Present study was undertaken to provide safe and effective remedy for *Vicharchika* from *Ayurvedic* medicaments. For this purpose, 20 patients were selected from O.P.D. and I.P.D. of Akhandanand Ayurved Hospital, Ahmedabad and divided in two groups. *Ekavinshatika Guggulu* was given as internal medicine and *Ekavinshatika Taila* for external application in Group – A, while in Group – B *Kaishora Guggulu* was given as internal medicine and *Ekavinshatika Taila* for external application. Both groups showed highly significant results on characteristics (*Kandu*, *Pidika*, *Vaivarnya* and *Srava*) and *Daha*, while showed insignificant result in *Vedana* with 100% of relief. From obtained results it was concluded that Group – A and Group – B are equally effective on *Vicharchika*.

KEYWORDS: *Vicharchika*, Eczema, *Ekavinshatika Guggulu*, *Kaishora Guggulu*, *Ekavinshatika Taila*.

INTRODUCTION

The integument covers the whole body and also protects internal organs. Now a day due to *Viruddhahara*, *Diwaswapna*, *Mithyahara*, *Vegavidharana*, polluted environment and mental stress people are more prone to many diseases including skin diseases. Skin diseases are hazardous for physical as well as mental health because they disturb cosmetic harmony.

According to classical texts, *Vicharchika* is a *Khudra Kushtha* and has cardinal symptoms e.g. *Kandu*, *Pidika* (*Pitika*), *Shyavata*, *Srava*^[1] (*Lasikadhya*)^[2], or *Rukshata* and *Raji*^[3]. The symptomatology of *Vicharchika* is similar to eczema i.e. *Kandu* (Excessive itching), *Pidika* (Vesicle/ Boil/ Pustule), *Shyavata* (Discoloration), *Bahusrava* (Profuse oozing) and later *Raji* (Marked lining/ Lichenification), *Ruja* (Pain), *Rukshata* (Excessive dryness).

Eczema has very complex pathophysiology and unknown etiology. It has nature of relapse and remission. In modern medical science, there is no specific medicament for eczema and the main aim of treatment is to control rather than cure. The medicines which are

available to treat the disease are not very effective and cannot be used for long term management because of their local and systemic side effects as well as toxicity. In *Ayurvedic* texts, there are hundreds of medicaments as a successful and safer remedy for the chronic derma problems including *Vicharchika*.

According to *Ayurveda*, *Vicharchika* is *Kapha Pradhana Tridoshaja Vyadhi*^[4] and *Rasa* (*Twak*), *Rakta*, *Mamsa* and *Kleda* (*Ambu*) are *Dushya*^[5] of it. The main causative factor for all the *Roga* is *Agnimandhya*^[6]. Thus, in these condition drugs which correct *Dosha* vitiation, *Agnivaishamya* and *Dhatu dushti* seems to play an important role in its management. For this purpose, *Ekavinshatika Guggulu* from *Chakradatta*^[7] was selected as trial drug and *Kaishora Guggulu* as standard drug from *Yogaratanakara*^[8]. Both of the compounds have *Deepana*, *Pachana*, *Tridoshahara* especially *Kaphahara*, *Langhana*, *Pitta-Rechaka*, Blood purifier, *Lekhana*, *Krumighna*, *Kandughna*, *Kushthaghna* and *Rasayana* etc properties. Hence *Vicharchika* is manifested in *Twacha* and *Ayurveda* equally emphasis on treating the *Sthana*, *Ekavinshatika Taila* was prepared from ingredients of *Ekavinshatika Guggulu*.

AIMS AND OBJECTIVES

- 1) To study etiopathogenesis and symptoms of *Vicharchika* and eczema as per *Ayurveda* and modern medical science.
- 2) To compare the clinical study of *Ekavinshatika Guggulu* and *Kaishora Guggulu* in the management of *Vicharchika*.
- 3) To assess the effect of *Ekavinshatika Taila*.

MATERIAL AND METHOD*Selection of Patients*

The 20 patients of uncomplicated *Vicharchika* (eczema) were selected for present study from O.P.D. and I.P.D. of Govt. Akhandanand Ayurved College & Hospital, Ahmedabad.

Criteria for Diagnosis

The patients were diagnosed on the basis of classical signs and symptoms of *Vicharchika* described in *Ayurvedic* classics. A specific proforma was prepared and the patients of the present study were examined in detail as per proforma.

Inclusion Criteria

The patients, between age of 16 to 70 years, having clinical signs and symptoms of *Vicharchika* (eczema) as per *Ayurvedic* and modern medical texts were selected.

Exclusion Criteria

The patients having age less than 16years or more than 70years and/or having systemic disorders like, D.M., AIDS, Tuberculosis, etc. were excluded.

Investigation

- 1) Hematological investigations for Hb%, TLC, DC, E.S.R.
- 2) Routine and Microscopic examination of urine and stool.
- 3) Biochemical examination for FBS, S.Cholesterol.

Scoring criteria**1. KANDU (Itching)**

Grade	Score
Absent	0
Mild or occasional itching (1 -2 times in a day)	1
Itching on and off	2
Continuous itching without disturbance in routine	3
Continuous itching with disturbance in routine even in sleep and blood spot came out	4

2. PIDIKA (Eruption)

Grade	Score
No eruption in the lesion	0
Scanty eruption in few lesion	1
Scanty eruption in at least half of the lesion	2
All the lesions full of eruption	3

Management of the Patients

Grouping: Selected patients were randomly divided into two groups.

Group – A: in this group, 10 patients of *Vicharchika* were treated internally with *Ekavinshatika Guggulu* and *Ekavinshatika Taila* was applied externally.

Dose: *Ekavinshatika Guggulu* - 6000mg/day in three equally divided doses

Ekavinshatika Taila – thrice a day, according to affected area

Group – B: in this group, 10 patients of *Vicharchika* were treated internally with *Kaishora Guggulu* and *Ekavinshatika Taila* was applied externally.

Dose: *Kaishora Guggulu* - 6000mg/day in three equally divided doses

Ekavinshatika Taila – thrice a day, according to affected area

Duration: Eight weeks

Anupana: *Ushnodaka*

Assessment of the effect of therapy**Criteria for Assessment**

- By observing clinical improvement in signs and symptoms of the disease as per proforma.
- By comparing photographs of each groups before and after treatment.
- Blood, Stool and Urine (Routine and Microscopic) Examination will also be repeated after treatment.
- The results thus obtained have been tabulated statistically, analyzed by scientific critics.

3. VAIVARNYA (Depigmentation)

Grade	Score
Nearly normal skin color	0
Brownish red discoloration (<i>Rakta</i> or <i>Aruna varna</i>)	1
Blackish red discoloration (<i>Shyava varna</i>)	2
Blackish discoloration (<i>Krushna varna</i>)	3

4. SRAVA (Discharge)

Grade	Score
Absent	0
Moisture on the skin lesion	1
Weeping from the skin after itching	2
Weeping from the skin	3
Profuse Weeping making cloths wet	4

5. DAHA (Burning sensation)

Grade	Score
No burning sensation even after rubbing	0
Sometimes burning sensation even after rubbing	1
Often burning sensation even after rubbing	2
Continuous burning sensation even after rubbing without disturbing routine	3
Continuous burning sensation even after rubbing with disturbed routine	4

6. SHOTHA (Oedema)

Grade	Score
Absent	0
Present in <25% of area	1
Present in 25-50% of area	2
Present in 50-75% of area	3
Present in >75% of area	4

7. VEDANA (Pain)

Grade	Score
Absent	0
Mild <i>Vedna</i> (After itching)	1
Moderate <i>Vedana</i> (Continuous <i>Vedana</i> without disturbance in sleep)	2
Severe <i>Vedana</i> (Continuous <i>Vedana</i> with disturbed sleep)	3

The overall effect of the treatment was assessed as follow:

- **Complete remission:** 100% relief in the signs and symptoms with plain skin surface and significant changes in color of the affected skin lesion towards normal were considered as complete remission.
- **Marked improvement:** More than 75% relief in the signs and symptoms were recorded as marked improvement with marked improvement in pigmentation and thickening of the skin.
- **Moderate improvement:** 50 – 75% relief in signs and symptoms were considered as moderately improved with moderate improvement in pigmentation and thickening of the skin.
- **Mild improvement:** Patients showing improvement in between 25 – 50% in signs and symptoms with slight improvement of pigmentation and thickening of the skin was taken as improvement.

- **Unchanged:** Below 25% relief in signs and symptoms was considered as unchanged.

Statistical Analysis: Students “t” test for paired and unpaired data has been used for analyzing the data generated during the study. A ‘p’ value less than 0.05 is considered as statistically significant, the value of $p < 0.01$ or $p < 0.001$ is considered statistically highly significant. Level of significance was noted and interpreted accordingly.

OBSERVATION AND RESULT

The maximum patients i.e. 25% were in the age group of 31-40 years, 65% were male, 25% were housewives and 25% were doing service, while 80% were married, 85% were Hindu, 65% were belonging to lower middle class, 65% were vegetarian, 50% were having *Vishmaggni*, 55% were with lesions on both extremity.

The effect of both groups in signs and symptoms of *Vicharchika* e.g. *Kandu*, *Pidaka*, *Vaivarnya*, *Srava*, *Shotha* and *Vedana* have been shown in Table no 1, 2 and Figure 1. The effect of therapy in both groups on

hematological biochemical investigations have been presented in Table no 3 and 4. The next table no 5 depicts the overall effect of therapy.

Table No. 1: Effect on signs & symptoms in Group – A.

Symptoms (n=10)	Mean score		X	%	S.D. +	S.E. +	‘t’	‘p’
	B.T.	A.T.						
<i>Kandu</i>	3.7	1.1	2.6	70.27	0.5164	0.1633	15.92	<0.001
<i>Pidaka</i>	2.8	0.5	2.3	82.14	0.6749	0.2134	10.78	<0.001
<i>Vaivarnya</i>	2	0.8	1.2	60	0.4216	0.1333	9	<0.001
<i>Srava</i>	3.3	0.5	2.8	84.85	0.7888	0.2494	11.22	<0.001
<i>Daha</i> (n=6)	2.33	0.17	2.17	92.86	0.7528	0.3073	7.05	<0.001
<i>Shotha</i> (n=2)	1.5	0	1.5	100	0.7071	0.5	3	>0.10
<i>Vedana</i> (n=2)	1.5	0	1.5	100	0.7071	0.5	3	>0.10

Table No. 2: Effect on signs & symptoms in Group – B.

Symptoms (n=10)	Mean score		X	%	S.D. +	S.E. +	‘t’	‘p’
	B.T.	A.T.						
<i>Kandu</i>	3.7	1.1	2.6	70.27	0.5164	0.1633	15.92	<0.001
<i>Pidaka</i>	2.9	0.5	2.4	82.75	0.5163	0.1633	14.70	<0.001
<i>Vaivarnya</i>	2	0.9	1.1	55	0.5676	0.1795	6.13	<0.001
<i>Srava</i>	3.5	0.7	2.8	80	0.4216	0.1333	21	<0.001
<i>Daha</i> (n=9)	2.44	0.11	2.33	95.45	0.8660	0.2887	8.08	<0.001
<i>Shotha</i> (n=0)	-	-	-	-	-	-	-	-
<i>Vedana</i> (n=3)	1.33	0	1.33	100	0.5773	0.3333	4	>0.10

Table No 3: Effect on Hematological & Biochemical investigations in Group –A.

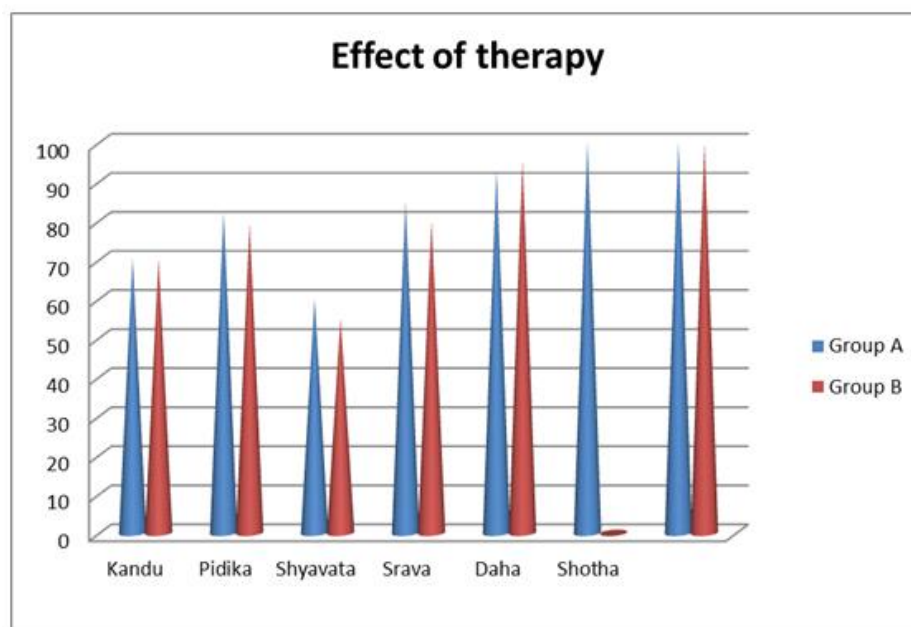
Symptoms (n=10)	Mean score		X	%	S.D. +	S.E. +	‘t’	‘p’
	B.T.	A.T.						
Hb%	11.91	13.05	-1.14	-9.57	1.1226	0.3550	3.21	<0.05
TLC/cmm	6040	6130	-90	-1.49	1890	597.67	0.15	>0.1
ESR (1st hr.)	18.4	12.1	6.3	34.24	15.58	4.93	1.28	>0.1
S.cholesterole	187.25	169.7	17.25	9.37	19.99	6.32	2.78	<0.05

Table No 4: Effect on Hematological & Biochemical investigations in Group –B.

Symptoms (n=10)	Mean score		X	%	S.D. +	S.E. +	‘t’	‘p’
	B.T.	A.T.						
Hb%	12.55	14.13	-1.58	-12.59	0.9307	0.2943	5.37	<0.001
TLC/cmm	6850	6720	130	1.90	1022.03	323.20	0.4022	>0.1
ESR (1st hr.)	26.9	10.3	16.6	61.71	19.10	6.039	2.75	<0.05
S.cholesterole	174.74	167.79	6.95	3.98	8.42	2.66	2.61	<0.05

Table No 5: Total effect of the therapy in both groups.

Results	Group-A		Group-B		Total	
	No.	(%)	No.	(%)	No.	(%)
Complete remission (100%)	1	10 %	0	0 %	1	5%
Marked improvement (>75%)	4	40 %	3	30 %	7	35%
Moderate improvement (50– 75%)	5	50 %	7	70 %	12	60%
Mild improvement (25 – 50%)	0	0%	0	0 %	0	0%
Unchanged (<25%)	0	0%	0	0 %	0	0%



In Group – A, highly significant results ($p < 0.001$) were obtained in 4 chief complaints, i.e. *Kandu* was relieved by 70.27 %, *Pidika* were decline by 82.14 %, *Vaivarnya* was reduced by 60 %, *Srava* was diminished by 84.85 %. Highly significant result ($p < 0.001$) was also obtained in *Daha* with 92.86 % relief. Insignificant results ($p > 0.1$) with 100% relief was observed in *Shotha* and *Vedana*.

In Group – B, highly significant results ($p < 0.001$) were obtained in 4 chief complaints, i.e. *Kandu* was relieved by 70.27%, *Pidika* were decline by 82.75 %, *Vaivarnya* was reduced by 55 %, *Srava* was diminished by 80%. Highly significant result ($p < 0.001$) was also obtained in *Daha* with 95.45% relief. Insignificant results ($p > 0.1$) with 100% relief was observed in *Vedana*.

In Group – A, 10% patients were completely cured, 40% patients got marked relief and 50% patients got moderate relief.

In Group – B, complete remission had not been found in any patient, 30% patients were achieved marked improvement and the rest i.e. 70% patient attained moderate improvement.

Comparative study

Though Unpaired ‘t’ test was unable to provide significance on all the symptoms (*Kandu*, *Pidika*, *Vaivarnya*, *Srava*, *Daha*, *Vedana*) of *Vicharchika*, but on the basis of obtained result it can be concluded that overall efficacy of both groups i.e. *Ekavinshatika Guggulu* and *Kaishora Guggulu* along with *Ekavinshatika Taila* are approximately equal.

DISCUSSION

The Group – A showed statistically highly significant effect on *Kandu*, *Pidika*, *Vaivarnya*, *Srava* and *Daha*,

while insignificant effect was noted on *Vedana* and *Shotha*.

In Group – B, highly significant effect was observed on *Kandu*, *Pidika*, *Vaivarnya*, *Srava* and *Daha*, while insignificant effect was seen on *Vedana*.

Unpaired ‘t’ test was done to compare the efficacy of both groups, but it was unable to provide significance on all the symptoms (*Kandu*, *Pidika*, *Vaivarnya*, *Srava*, *Daha*, *Vedana*) of *Vicharchika*. So, on the basis of obtained result it can be said that overall efficacy of both groups i.e. *Ekavinshatika Guggulu* and *Kaishora Guggulu* along with *Ekavinshatika Taila* are approximately equal.

Probable mode of Action of Drug

Ekavinshatika Guggulu: this drug is mainly having *Katu* and *Tikta Rasa*; *Laghu*, *Ruksha*, *Tikshna* and *Sukshma Guna*; *Ushna Virya*; *Katu Vipaka*; *Deepana*, *Pachana*, *Kushthaghna*, *Kandughna*, *Krumighna*, *Rasayana*, *Lekhana* Properties.

Katu and *Tikta Rasa*, *Laghu*, *Ruksha*, *Tikshna* and *Sukshma Guna*, *Ushna Virya* and *Katu Vipaka* are having *Kaphahara* properties.

Laghu, *Ruksha*, *Tikshna*, *Sukshma Guna* and *Pachana* properties cause *Langhana* and *Rasashuddhi* in this way. *Deepana* and *Pachana* properties cause *Yakruta uttejana* hence *Pittarechana*. So, it corrects vitiated *Pachaka Pitta* and helps in purifying *Raktadhatu*. *Pachaka Pitta* controls the other *Pitta* in the body including *Bhrajaka Pitta* which is also vitiated in *Vicharchika*. *Katu* and *Tikta Rasa* and *Lekhana* property cause *Lekhana* of *Malarupa Mamsa dhatu*. *Katu Rasa* has *Kledaupahanana* property and *Tikta Rasa* have *Kledopashoshana* property and so they correct vitiated

Kleda. *Katu Rasa* and *Tikta Rasa*, *Laghu*, *Ruksha*, *Ushna*, and *Tikshna Guna*, *Deepana*, *Pachana* and *Lekhana* properties do *Aampachan* and also remove *Sanga* from *Srotasa* and do *Srotomukha Vishodhana*. *Rasayana* give strength to vitiated *Twak*, *Rakta*, *Mamsa* and *Lasika*, work as a *Naimittika Rasayana*, enhances the nature of relief & stop the recurrences.

Kaishora Guggulu: this drug is mainly having *Katu*, *Madhura*, *Kashaya* and *Tikta Rasa*; *Laghu*, *Ruksha*, *Tikshna* and *Sukshma Guna*; *Ushna Virya*; *Madhura Vipaka*; *Deepana*, *Pachana*, *Kushthaghna*, *Kandughna*, *Krumighna*, *Rasayana* and *Lekhana* Properties.

Katu, *Kashaya* and *Tikta Rasa*, *Laghu*, *Ruksha*, *Tikshna* and *Sukshma Guna*, and *Ushna Virya* are having *Kaphahara* properties.

Laghu, *Ruksha*, *Tikshna*, *Sukshma Guna* and *Pachana* properties cause *Langhana* and thus *Rasashuddhi* in this way. *Deepana* and *Pachana* properties cause *Yakruta uttejana* hence *Pittarechaka*. So, it corrects vitiated *Pachaka Pitta* and helps in purifying *Raktadhatu*. *Danti*, *Trivruta* and *Triphala* are best *Virechana* which also cause *Pitta Rechana* and *Raktashuddhi*. *Pachaka Pitta* controls the other *Pitta* in the body including *Bhrajaka Pitta* which is also vitiated in *Vicharchika*. *Katu* and *Tikta Rasa* and *Lekhan* property cause *Lekhana* of *Malarupa Mamsa dhatu*. *Katu Rasa* has *Kledaupahanana* property and *Tikta Rasa* have *Kledopashoshana* property and correct vitiated *Kleda*. *Katu Rasa* and *Tikta Rasa*, *Laghu*, *Ruksha*, *Ushna*, and *Tikshna Guna*, *Deepana*, *Pachana* and *Lekhana* properties do *Aampachan* and also remove *Sanga* from *Srotasa* and do *Srotomukha Vishodhana*. *Madhura Rasa* and *Madhura Vipaka* work as *Rasayana*. *Rasayana* give strength to vitiated *Twak*, *Rakta*, *Mamsa* and *Lasika*, work as a *Naimittika Rasayana*, enhances the nature of relief & stop the recurrences.

CONCLUSION

Vicharchika is mentioned as a type of *Kshudra Kushtha* & also a *Sadhya Kushtha* by all *acharya*, but *Kushtha* is one among *Ashta Mahagada*. So, it is difficult to cure. In present study *Vicharchika* is correlated with eczema on the basis of similarities of signs & symptoms. *Aharaja Nidana* like *Garishtha Ahara*, *Viruddha Ahara*, *Asatmya Ahara* and excessive intake of *Madhura*, *Amla* and *Lavana Rasa* are common causative factors for *Vicharchika*. *Viharaja Nidana* like *Vegavidharana* and *Diwaswapna* are common contributory factors for *Vicharchika*. *Chinta* was observed in remarkable number of patients, which indicates the psychosomatic nature of the disease. Hands and feet (*Pani – Pada*) are main culprits of the disease.

Both groups show highly significant results on the symptoms *Kandu*, *Pidika*, *Vaivarnya*, *Srava* and *Daha*. Group – A showed insignificant result with 100% relief on the symptoms like *Shotha* and *Vedana*. Group – B

also showed insignificant result with 100% relief in *Vedana*. By unpaired 't' test, it can be concluded that the efficacy of both groups are equal.

Vicharchika (eczema) has tendency to recurrence. So, it was advisable to continue treatment for long time.

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