

**“COMPARATIVE STUDY OF THE EFFECT OF SARSHAPA TAILA & KARANJ TAILA
IN THE MANAGEMENT OF VICHARCHIKA (PATIENTS VISITING THE OPD AT GAC
HOSPITAL, NANDED)”*****¹Vd. Poonam Vikram Dound, ²Vd. Shital O. Chavan and ³Vd. Yeshwant R. Patil³**¹PG Scholar, Dept. of Swasthviritta and Yoga, Government Ayurveda College, Vazirabad, Nanded, M.S., India.²Assistant Professor, Dept. of Swasthviritta and Yoga, Government Ayurveda College, Vazirabad, Nanded, M.S., India.³Professor and Head of Department, Dept. of Swasthviritta and Yoga, Government Ayurveda College, Vazirabad, Nanded, M.S., India.***Corresponding Author: Vd. Poonam Vikram Dound**

PG Scholar, Dept. of Swasthviritta and Yoga, Government Ayurveda College, Vazirabad, Nanded, M.S., India.

Article Received on 21/07/2018

Article Revised on 11/08/2018

Article Accepted on 01/09/2018

ABSTRACT

Background: 'Vicharchika' is enlisted under *Kshudra Kushtha* in Ayurved classics. Hence, all type of *Kushtha* are *Tridoshaja*, *Vicharchika* is also having *Tridoshaja* origin. Despite of its *Tridoshaja* origin various Acharya mentioned different dominancy in *Vicharchika*. Nowadays, modern science reach top of hill by great advance particularly in dermatology as topic is concerned & also availability of powerful antibiotics, antifungal, antihistaminic, steroid etc. but there is no specific medicament for sure cure of Eczema. In Ayurvedic texts, there are so many special procedures & hundreds of medicaments as a successful & safer remedy for the chronic derma problems including *Vicharchika*. Hence, the study is selected to find out simple, sure & effective medicament for *Vicharchika* which have least or no side effect. For this purpose, *Sarshapa* taila is selected as trial drug & *Karanj* taila as standard drug from *Charak samhita*. Both of the compounds have *Vata- Kapha Shamak*, *Kandughna*, *Raktaprasadan*, *Krumighna*, *Shothhara* properties. So, it may correct dosh vitiation, *Agnivaishamy* & *Dhatudushti*. For this purpose taila (local application) is selected.

KEYWORDS: Vicharchika, Karanj taila, Sarshap taila, Abhyanga.**INTRODUCTION**

In 21st century, life is very fast & competitive. Everyone wants to be best. Because of this, persons of this era compromise with their food habits & routine life schedule. In this scenario, with its continuous changing life styles environment & dietary habit have made man as main victim of many diseases including skin diseases. Skin diseases are common at any age, but they are particularly frequent in elderly. The patient always experience physical, psychological & socioeconomic embarrassment in the society. According to W.H.O., Ayurveda is a system of natural medicine having a detailed scientific literature, a comprehensive *Materia Medica* & a wide breath of clinical procedures relevant to prevention & treatment of acute & chronic diseases. The study of Indian medical classics reveals that all skin diseases were considered as one of the broad heading of 'Kushtha'.

'Vicharchika' is enlisted under *Kshudra Kushtha* in Ayurved classics.^[1] Hence, all type of *Kushtha* are *Tridoshaja*, *Vicharchika* is also having *Tridoshaja* origin. Despite of its *Tridoshaja* origin various Acharya mentioned different dominancy in *Vicharchika*. i.e.

Kapha^[2] and *Pitta*^[3] which also suggest specific symptoms complexes *Vicharchika* has also been stated as *Raktapradoshaj vikara*. *Rasa*, *Rakta*, *Mamsa* & *Kleda* are dushya of it.^[4] A similar clinical presentation in modern dermatology is seen in Eczema, which is defined as non-contagious inflammation of the skin characterized by erythema, scaling, oedema, vesiculation & oozing. Skin diseases like eczema get a suitable atmosphere especially in developing countries, due to fast life- style, industrial & occupational hazard, unhygienic living condition, polluted environment, repeated use of chemical additives etc.

The use of steroids suppresses the Eczema, but the cost is severe long- term toxicity, including osteoporosis, skin fragility, susceptibility to infection & pituitary-adrenal axis suppression etc. Tar preparation & photochemotherapy can irritate the skin & may cause skin Cancer. So, the line of treatment should be simple but sure, easy but effective. A whole world is looking toward Ayurveda for it. In Ayurvedic texts, there are so many special procedures & hundreds of medicaments as a successful & safer remedy for the chronic derma problems including *Vicharchika*. Hence, the study is

selected to find out simple, sure & effective medicament for Vicharchika which have least or no side effect. For this purpose, *Sarshapa taila* is selected as trial drug & *Karanj taila* as standard drug from Samhita. Both of the compounds have Vata- Kapha Shamak, Kandughna, Raktaprasadan, Krumighna, Shothhara properties.^[5] So, it may correct dosh vitiation, Agnivaishamya & Dhatudushti. For this purpose taila (local application) is selected.

AIM

A Comparative Study Of Effect Of *Sarshap Taila* And *Karanj Taila* In *Vicharchika* (Eczema) Patients visiting the OPD GAC Nanded.

OBJECTIVES

A) Primary Objectives: 1) To Evaluate the effect of *Sarshap taila* in *Vicharchika*.
2) To evaluate the effect of *Karanj taila* effect in *Vicharchika*.
3) To compare the effect of *Sarshap taila* and *Karanj taila* in *Vicharchika*.

B) Secondary Objectives

1) To review the study related literature.
2) To study etiopathogenesis & symptoms of *Vicharchika* (Eczema) as per Ayurveda & modern medical science.

HYPOTHESIS

RESEARCH QUESTION- Is there any difference in efficacy of *Sarshapa taila* and *Karanj taila* in *Vicharchika*?

MATERIALS AND METHODS

Type Study design: Prospective Randomized Comparative Clinical Trial.

Sample size

Effect of *Sarshapa taila* & *Karanj taila* will be assessed in 20 patients of *Vicharchika*.

SUBJECTIVE CRITERIA

Kandu, Pidaka, Rukshata, Shyava varnata of twacha.^[6]

Period of trial

Total 30 days period

Time of application

Before bath & before go to bed.

Application of oil

Local application of oil.

Follow up

0th day & 30th day.

Groups

Two groups will be planned for the study.

Group A

Sarshapa taila for local application.

Group B

Karanj taila for local application.

Collection of data with the help of complete CRF – with follow-up.

Place of study

GAC Hospital, Nanded.

DRUG REVIEW

"सर्षपकरन्जकोषातकीनां तैलान्यथेऽन्गुदीनां च ।

कुष्ठेषु हितान्यादुस्तैलं यच्चापि खदिर सारस्य ॥"^[7]

"कच्छुं विचर्चिका पामां कुष्ठवत् समुपचारेत् ।

लेपश्च शस्यते सिक्थशताव्हागौरसर्षपैः ॥

वचा दार्वी सर्षपैर्वा तैलं वा नक्तमालजम् ।

सारतैलमथाभ्यंगं कुर्वीत कटुकैः शृतम् ॥"^[8]

"करन्ज सप्तच्छद लांगलीक स्नुही अर्कदुग्धानलभृंगराजैः ।

तैलं निशामूत्रविषैर्विपक्वं विसर्पविस्फोट विचर्चिकाघ्नम् ॥"^[9]

According to *Sarshapa taila* and *Karanj taila* both are very useful in Kushtha. As told by Sushruta Acharya that The treatment of Kachhu, *Vicharchika* and Pama is same like as Kushtha, *Sarshapa taila* and *Karanj taila* both can be used in *Vicharchika*.

'*Vicharchika*' is enlisted under Kshudra Kushtha in Ayurved classics. Hence, all type of Kushtha are Tridoshaja, *Vicharchika* is also having Tridoshaja origin. Despite of its Tridoshaja origin various Acharya mentioned different dominancy in *Vicharchika*. i.e. Kapha and Pitta which also suggest specific symptoms complexes *Vicharchika* has also been stated as Raktapradoshaj vikara. Rasa, Rakta, Mamsa & Kleda are dushya of it.^[4] Both of the compounds have Vata- Kapha Shamak, Kandughna, Raktaprasadan, Krumighna, Shothhara properties. So, it may correct dosh vitiation, Agnivaishamya & Dhatudushti in *Vicharchika*.

Study design: It is a Clinical study with pre, mid and post intervention follow-up. Random sampling method for the selection of patients is applied. Patients Diagnosed with *Vicharchika* (Eczema) with the help of diagnostic criteria were selected from the OPD and IPD of the Institutional Hospital. Out of two groups Group A has given *Sarshap taila* and group B has given *Karanj taila*.

INCLUSION CRITERIA

1. As per clinical signs and symptoms of 'Vicharchika' described in Sushrut Samhita. i.e. Rukshata, Kandu, Shyavavarnata, Pidika.

- Subjects of age between 16 - 70 years of either gender.
- Subject willingly participating in the study trial.

EXCLUSION CRITERIA

- Subjects having diabetic wound.
- Vicharchika in pregnancy.
- Subjects who are taking another medicines or therapy for Vicharchika.
- Known case of any systemic disease like diabetes mellitus, cancer, AIDS, TB etc. and other skin disease like scabies, psoriasis etc.

Withdrawal Criteria

- The patient is not willing to continue the trial or not giving regular follow-up.

- Evidence of any other illness which may interrupt the treatment.

Table 4: Show plan of research study.

Group	No. of subjects	Planning	Duration
Group A	10	<i>Sarshap</i> taila	30 days
Group B	10	<i>Karanj</i> taila	30 days

ASSESSMENT CRITERIA

- Kandu* (Itching)
- Pidaka*
- Rukshata* (dryness)
- Shyava varnata* of *twacha* (Darkness of skin).

The difference between before and after intervention of each symptom w.r.t symptom scores of 20 subjects of each group of Vicharchika by Wilcoxon test.

Table 1: Difference in before and after giving Sarshapa taila on Kandu.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.800	1.033	0.3266	45	0.00343	P< 0.05, significant.
AT	0.9000	0.8756	0.2769			

P< 0.05, significant.

Table 1: Difference in before and after giving Sarshapa taila on Pidka.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.300	1.160	0.3667	28	0.0107	P<0.05, significant.
AT	0.6000	0.8433	0.2667			

P< 0.05, significant.

Table 1: Difference in before and after giving Sarshapa taila on Rukshata.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.900	1.101	0.3480	45	0.0034	P< 0.05, significant.
AT	1.000	0.9428	0.2981			

P< 0.05, significant.

Table 1: Difference in before and after giving Sarshapa taila on Shyavavarnata.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.500	1.080	0.3416	36	0.0060	P< 0.05, significant.
AT	0.7000	0.8233	0.2603			

P< 0.05, significant.

Table 1: Difference in before and after giving Karanj taila on Kandu.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.300	1.160	0.3667	28	0.0107	P< 0.05, significant.
AT	0.6000	0.8433	0.2667			

P< 0.05, significant.

Table 1: Difference in before and after giving Karanj taila on Pidka.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.600	0.9661	0.3055	45	0.0048	P< 0.05, significant.
AT	0.5000	0.7071	0.2236			

P< 0.05, significant.

Table 1: Difference in before and after giving Karanj taila on Rukshata.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.700	1.160	0.3667	36	0.0060	P< 0.05, significant.
AT	0.9000	0.8756	0.2769			

P< 0.05, significant.

Table 1: Difference in before and after giving Karanj taila on Shyavavarnata.

	Mean	S.D.	S.E.	W value	P value	Decision based on P value
BT	1.100	0.9944	0.3145	28	0.0107	P< 0.05, significant.
AT	0.4000	0.6992	0.2211			

P< 0.05, significant.

For comparison between two groups w.r.t symptom scores of 20 subjects of Vicharchika by Mann-whitney U test

The diff. between before intervention and after intervention score of both the groups compared by Mann-whitney U test, it was found that the sum of rank between comparative groups for the symptoms Kandu, Rukshata, Pidaka, Shyavavarnata P value observed > 0.05 at 5% level of significance. Therefore the diff. between two comparative groups symptoms score of Kandu, Pidaka, Rukshata, Shyavavarnata is not Statistically significant. Therefore, we can conclude that in the symptoms Kandu, Pidaka, Rukshata, Shyavavarnata in group A and group B were equally effective in Vicharchika.

DISCUSSION

Vicharchika is also having Tridoshaja origin. *Rasa, Rakta, Mamsa & Kleda* are dushya of it. Both of the compounds have *Vata- Kapha Shamak, Kandughna, Raktaprasadan, Krumighna, Shothhara* properties. So, it may correct dosh vitiation, *Agnivaishamya & Dhatudushti* in Vicharchika. The symptoms of Vicharchika Kandu (Itching), *Pidka, Rukshata* (dryness), *Shyava varnata* (Darkness of skin) are lowered because of the local abhyanga of *Sarshapa taila* and *Karanj taila* but in the symptoms Kandu, Rukshata and Shyavavarnata Sarshap Tail is more effective than Karanj Tail And in Symptom Pidaka Karanj Tail is more effective than Sarshap Tail. Instead of this the effect of both the taila i.e. *Sarshapa taila* and *Karanj taila* is similar to lower the symptoms *Pidka, Rukshata, and shyava varnata*.

CONCLUSION

As mentioned in the Samhitas Both the taila are effective in Vicharchika, Both have similar antimicrobial and antiseptic actions. There is no difference in the efficacy of *Sarshapa taila* and *Karanj taila* On Vicharchika. So, we can conclude that Sarshapa taila and Karanj taila both are equally effective on Vicharchika.

REFERENCES

1. Charak Samhita - Vd. Bramhanand Tripathi, Chaukhamba Publication, Varanasi Chikitsasthan, 7/30.
2. Charak Samhita - Vd. Bramhanand Tripathi, Chaukhamba Publication, Varanasi Chikitsasthan, 7/30.
3. Sushrut Samhita - Vd. Anantaram Sharma, Chaukhamba Surbharti prakashan, Varanasi Nidansthana, 5/16.
4. Charak Samhita - Vd. Bramhanand Tripathi, Chaukhamba Publication, Varanasi Chikitsasthan.

5. Dravyaguna vidnyan - Acharya Priyavat Sharma, Chaukhamba prakashan, Varanasi.
6. Sushrut Samhita - Vd. Anantaram Sharma, Chaukhamba Surbharti prakashan, Varanasi chikitsasthan, 20/17-18.
7. Charak Samhita - Vd. Bramhanand Tripathi, Chaukhamba Publication, Varanasi Chikitsasthan, 7/19.
8. Sushrut Samhita - Vd. Anantaram Sharma, Chaukhamba Surbharti prakashan, Varanasi chikitsasthan, 20/17-18.
9. Bhaishajya Ratnavali - Ed.by Rajeshwar Dutt Shastri, 18th edit, Chaukhambha Sanskrit sansthan, Varanasi Visarpachikitsa, 57/26.

BIBLIOGRAPHY

1. Dravyaguna vidnyan - Acharya Priyavat Sharma, Chaukhamba prakashan, Varanasi Davidson's Essentials of Medicine - J. Alastair Innes, 2nd edition.
2. Charak Samhita - Vd. Bramhanand Tripathi, Chaukhamba Publication, Varanasi Chikitsasthan Shabda kalpadruma - Deva R.R., Chaukhamba Sanskrit series.
3. Sushrut Samhita - Vd. Anantaram Sharma, Chaukhamba Surbharti prakashan, Varanasi chikitsasthan.
4. Ayurvediya Panchakarma Vigyan - Kasture H.S., Baidyanath Bhavan, Nagpur.
5. Bhaishajya Ratnavali - Ed.by Rajeshwar Dutt Shastri, 18th edit, Chaukhambha Sanskrit sansthan, Varanasi.