

ASSESSMENT OF EFFICACY OF VAMANA KARMA IN THE MANAGEMENT OF VICHARCHIKA

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ABSTRACT

Samshodhana is the bio-purification of the body which is performed in the *Bahudoshavastha* i.e. *Kushtha*, *Prameha* etc. Moreover, *Panchakarma* therapy is one of the important parts of *Chikitsa* which comes under the *Samshodhana*. *Vamana* is the *Pradhana Karma* and the unique procedure of eliminating the *Kapha Dosha*. *Vicharchika* is *Kaphaja Vikara* and its similar clinical presentation in modern dermatology can be traced as Eczema. The modern science has greatly advanced, particularly in dermatology but there is no specific medicaments for sure cure of eczema. Therefore, the whole world is looking towards *Ayurveda* for this problem. Considering all the above facts and figures in mind, the present study has been planned to assess the efficacy of *Vamana Karma* in the management of *Vicharchika*. For this purpose 22 patients were randomly selected from O.P.D. & I.P.D. of S.M. B. T. Ayurved College & Hospital, Dhamangoan, Nashik and divided into two groups i.e. Group A: *Vamana* Group, Group B: Placebo Group. 10 patients from the each groups completed the treatment while 2 patients from Group B left the treatment against medical advice. It was found that *Vamana Karma* gives better relief as compared to Placebo in all symptoms of *Vicharchika*.

Key words: *Panchakarma*, *Vamana Karma*, Placebo, *Vicharchika*, Eczema

INTRODUCTION

Panchakarma therapy is vital part of *Samshodhana*¹ and this therapy has attracted the attention of the people worldwide as it is a unique type of treatment of various chronic, auto immune, hormonal, degenerative disorders etc. whereas other methods of treatment have no satisfactory answer for the cure of these diseases as well as equally beneficial for the promotion and preservation of health. Among five *Karmas*, *Vamana* is the *Pradhana Karma* of *Panchakarma*² therapy and it has been considered as the best line of treatment for the *Kaphaja* disorders³. *Kushtha* is the universal term for all type of skin disorders as per

Ayurvedic literature which means discoloration over skin region. All types of *Kushtha* is *Tridoshaja Vikara*⁴, *Acharya Charaka* has attributed *Kapha* dominance in *Vicharchika*⁵ with symptoms⁶ of excess itching (*Sakandu*), papules (*Pidaka*), blackish eruption (*Shyavata*) and profuse oozing (*Bahusrava*). In the modern medical science it can be co-related with eczema. The world today is witnessing an epidemic of eczema (dermatitis). Globally and nationally it is a challenging problem, approximately 10-20% of the world population is affected by eczema⁷ It is chronic in nature and difficult to cure as well as it shows psychic involvement also.

Considering all the facts and figures present study has been planned to assess the efficacy of *Vamana Karma* in the management of *Vicharchika* with a new therapeutic approach i.e. *Navaka Kashaya Siddha Ghrita*⁸ for *Abhyantara Snehapana* (*Poorvakarm*).

Aims and Objectives:

1. To assess the efficacy of *Vamana* in the management of *Vicharchika*.

Materials and Methods:

For present study patients who fulfilling the clinical criteria for diagnosis of *Vicharchika* and patients who are indicated for *Vamana Karma* (*Vamnarha*) have been randomly selected irrespective of their age (20-60yrs), sex, religion, occupation etc. from O.P.D. & I.P.D. of S.M. B. T. Ayurved College & Hospital, Dhamangoan, Nashik and divided in to two groups i.e. Group A: *Vamana* Group, Group B: Placebo Group.

Exclusion criteria: The patients suffering from systemic diseases like D.M., VSD, LVH, IHD etc. and Chronic diseases like AIDS, T.B etc. and Patients who are contraindicated for *Vamana Karma* (*Vamana-Ayogaya*) were excluded.

Diagnostic criteria:

Patients with symptoms like *Kandu*, *Pidaka*, *Shyavavarna*, *Bahusrava* and *Vamanarhya* has been selected. Routine and Microscopic Haematological, Urine and Biochemical investigation were carried out.

Study plan: Selected & investigated patients have been randomly divided into two groups.

1. Group-A: *Vamana Karma* is administered in this group.

2. Group-B: Placebo tablets are given in this group.

1. Group 'A': In this group *Vamana Karma* with *Pathya* has been assessed. The signs and symptoms of *Poorvkarma*,

Pradhankarma and *Pashchatakarma* have been studied on the basis of detailed proforma and classical reference.

i. Poorvkarma:

a. Deepana Pachana: *Trikatu Churna* was given for 3-5 days till the appearance of *Samyaka Siddhi Lakshana*. It was administered up to 6gms/day in divided doses.

b. Abhyantara Snehapana: *Abhyantara Snehapana* was carried out by *Navaka Kashaya Siddha Ghrita* with increasing dose starting from 30-50ml for 3-7 days as per *Agni*, *Koshtha* and *Bala* etc. of patient till the appearance of *Samyaka Siddhi Lakshana*.

c. Abhyanga and Swedana: *Sarvanga Abhyanga* with *Tila Taila* was done for 45 minutes in 7 positions followed by *Sarvanga Mrudu Swedana* by *Nadi Sweda* was performed till profuse perspiration (20-25 min).

ii. Pradhankarma:

a. Vamana Yoga: *Madanphala Pippali* (4 part), *Vacha Churna* (2part), *Saindhava* (1part) and *Madhu* (Q.S.). Dose of *Vamana Yoga* as per *Aaturbala*.

b. Vamanopaga Dravya: *Yashtimadhu Phanta* was utilized for *Akanthapana*.

iii. Pashchatkarma:

a. Samsarjana Krama: It was advised to patient for 3-7 days depending upon type of *Shuddhi*.

2. Group 'B': In this group, Placebo tablets of *Yava Churna* were given.

Dose: 2gm/day divided in to two doses with Luke warm water.

Assessment criteria:

To assess the improvement in the clinical sign and symptoms of *Vicharchika* following scoring criteria was utilized. *Kandu*, *Pidaka*, *Vaivarnyata* and *Srava* are taking as cardinal symptoms while *Daha*, *Shotha* and *Vedana* are consider as associate symptoms of *Vicharchika*. It was

designed on the basis of severity of symptoms. Specific symptom and its

scoring criteria are as follows.

Scoring criteria of *Kandu* (Pruritus):

Grade	Score
Nearly no itching	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	4

Scoring criteria of *Pidaka* (Papule):

Grade	Score
Nearly no papule in the lesion	0
Scanty papule in few lesion	1
Scanty papule in at least half of the lesion	2
All the lesions full of papule	3

Scoring criteria of *Vaiarnyata* (Discoloration):

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

Scoring criteria of *Strava* (Weeping):

Grade	Score
Nearly no weeping	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

Scoring criteria of *Daha* (Burning sensation):

Grade	Score
Nearly no <i>Daha</i>	0
Sometimes <i>Daha</i>	1
Often <i>Daha</i>	2
Continuous <i>Daha</i> without disturbing routine	3
Continuous <i>Daha</i> with disturbed routine	4

Scoring criteria of *Shotha* (Swelling):

Grade	Score
Nearly no <i>Shotha</i>	0
Present in <25% of lesion parts	1
Present in 25-50% of lesion parts	2
Present in 50-75% of lesion parts	3
Present in >75% of lesion parts	4

Scoring criteria of *Vedana* (Pain):

Grade	Score
Nearly no Vedana	0
Mild Vedana	1
Moderate Vedana	2
Severe Vedana	3

Criteria for overall effect of the therapy:

- **Complete remission:** 100% relief in the signs and symptoms.
- **Marked improvement:** 76 - 99% relief in the signs and symptoms.
- **Moderate improvement:** 51 - 75% relief in signs and symptoms.
- **Mild improvement:** 26 - 50% relief in signs and symptoms.

- **Unchanged:** Below 25% relief in signs and symptoms.

Statistical Analysis:

The informative data collected from observation at the end of treatment. They were subjected to statistical analysis in terms of mean score (x), standard deviation (S.D.), standard error (S.E.), paired and unpaired 't' test was carried out at the level of 0.05, 0.01, 0.001 of 'P' level. The results were interpreted as:

P > 0.05 : Insignificant

P < 0.05 : Significant

P < 0.01 : Highly Significant

P < 0.001: Highly Significant

In the present study 22 patients were registered, 10 in Group A and 12 in Group B. However, 10 patients from the each groups completed the treatment while

2 patients from Group B left the treatment against medical advice.

Table no. 1: Distribution of patients of Vicharchika in both groups:

Status	Group-A	Group-B	Total patients
Registered patients	10	12	22
Lama	00	02	02
Completed patients	10	10	20

Observation and Results:

In the present study (55%) patients belonged to 31– 40 years of age group, 60 % were male, 50% patients belong to lower middle class, 40% were labourer and 30% of patients were found to be engaged with their house hold work.

In present study, cardinal symptoms of the disease *Vicharchika*, *Kandu*, *Pidaka*, *Vaivarnya (Shyavata)* and *Srava* were present in all the 20 patients i.e. 100%. While associate symptoms *Shotha*, *Daha* and *Vedana* were found in 50%, 35 % and 35% of patients respectively (table no.2).

The analysis of 10 patients shows that 70 % of patients got *Samyaka Deepana Pachana Lakshanas* on 5th day, while 20% of patients on 4th day and 10 % on 3rd day (table no.3). *Samyaka Snigdha Lakshana* like *Vatanulomana*, *Deeptagni*, *Snigdha Varchata*, *Adhastata Snehadarshana* and *Snehodwesha* etc. were seen to be maximally effected on 6th - 7th days of *Snehapana* (table no.4).

With regards to the total amount of *Sneha* intake Maximum 50 % of patients belonged to 801-950 ml group followed by 20% of patients to 651-800ml group, 20 % to 1100 -1250ml group while in 501-

650ml group and 951-1100ml group, each group contained 10% of patients (table no.5).

The analysis of 10 patients shows that in 50 % of patients *Samyaka Snigdha Lakshanas* appear on 7th day, while in 30% and 20 % of patients on 6th and 5th day respectively (table no.6).

On assessing the symptoms of *Laingiki Suddhi*, *Laghuta* was found in 90 % of cases, *Indriyamarga Suddhi* and *Parshva Suddhi* was found in 70 %, *Hrudya Suddhi* and *Murdha Suddhi* was found in 60 % of them (table no. 7).

On assessing the character of *Shuddhi* it was found that in 70 % of patients *Pravara Shuddhi* was obtained and in 20 % of patients *Madhyama Shuddhi* was obtained whereas only in 10 % of patients had *Avara Shuddhi* (figure1).

Effect of the therapies:

Vamana Group: 64.70% relief was observed in *Kandu*, which is highly significant (p<0.001). 56.52% relief was found in *Pidaka*, which is statistically highly significant (p<0.001). *Shyavavarnyata* was relieved up to 46.42%, which is statistically highly significant (p<0.001). The relief in *Bahausrava* was observed up to 70.96% which is also highly significant (p<0.001). In associate symptoms 61.53% relief was observed in *Shotha*, which is highly significant (p<0.001). 55.55% relief was found in *Daha*, which is statistically highly significant (p<0.01) and *Vedana* was relieved up to 57.14%, which is

statistically highly significant (p<0.01) (table no. 8 & figure 3).

Placebo Group: 17.24% relief was observed in *Kandu*, which is significant (p<0.05). 23.33% relief was found in *Pidaka*, which is statistically significant (p<0.05). *Shyavavarnyata* was relieved up to 19.23%, which is statistically significant (p<0.05). The relief in *Bahausrava* was observed up to 22.58%, which is also highly significant (p<0.01). In associate symptoms 25% relief observed in *Shotha*, 14.28% relief found in *Daha* and *Vedana* was relieved up to 20%. All associate symptoms show statistically insignificant (p>0.05) relief (table no. 9 & figure 3).

Overall effect of therapies (Figure 2):

◆ **Group A:** In this group, marked improvement was observed in 20% of patients while 50% and 30% patients reported moderate and mild improvement respectively.

◆ **Group B:** In this group, 20% patients had got mild improvement and 80% patients remained unchanged.

Comparative effect of both therapies on cardinal & associate symptoms:

The results were statistically highly significant in *Kandu* and *Bahusrava* while the results were statistically significant in *Pidaka*, *Shyavavarnyata*, *Shotha*, *Daha* and *Vedana* that means *Vamana Karma* gives better relief in all symptoms of *Vicharchika* (table no. 10).

Table no.2: Distribution of patients according to cardinal & associate symptoms:

Cardinal Symptoms	Group – A	Group – B	Total	Percentage
<i>Kandu</i>	10	10	20	100 %
<i>Pidaka</i>	10	10	20	100 %
<i>Vaivarnyata</i>	10	10	20	100 %
<i>Srava</i>	10	10	20	100 %
<i>Shotha</i>	06	04	10	50%
<i>Vedana</i>	03	04	07	35%
<i>Daha</i>	04	03	07	35%

Table no.3: Distribution of 10 patients according to day of completion of Deepana:

No. of days	No. of patients	Percentage
3 th day	01	10 %
4 th day	02	20 %
5 th day	07	70 %

Table no.4: Distribution of 10 patients according to the Samyaka Snigdha Lakshanas:

Symptoms	Total no. of days of Snehapana						
	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th
Vatanulomana	03	05	06	06	09	09	09
Deeptagni	01	01	03	05	06	06	06
Snigdhavarcha	00	02	03	05	09	09	09
Asamhatavarcha	00	00	03	05	06	08	08
Mridutanga	00	00	02	04	07	06	06
Snigdhatanga	00	00	00	02	05	08	10
Laghavata	00	00	00	02	05	05	06
Glani	00	00	00	00	02	01	01
Klama	00	00	02	04	05	05	06
Snehodwesa	00	00	04	06	07	09	10
Adhastata Snehadarshana	00	00	01	04	08	09	10

Table no.5: Distribution of 10 patients according to total amount of Snehapana:

Total amount of Sneha	No. of patients	Percentage
501-650ml	01	10 %
651-800ml	02	20 %
801-950ml	05	50 %
951-1100ml	01	10%
1101-1250ml	02	20%

Table no. 6: Distribution of 10 patients according to day on which appearance of Samyaka Snigdha Lakshana:

No. of days	No. of patients	Percentage
5 th day	02	20 %
6 th day	03	30 %
7 th day	05	50 %

Table no. 7: Distribution of 10 patients according to Laingiki Shudhi:

Symptoms	No. of patients	Percentage
Hrudya Suddhi	06	60 %
Parshva Suddhi	07	70 %
Laghuta	09	90 %
Indriya Marga Suddhi	07	70 %
Murdha Suddhi	06	60 %

Table no. 8: Effect of Vamana on cardinal & associate symptoms of Vicharchika:

Symptoms	n	Mean score		X	% of relief	S.D. (±)	S.E. (±)	‘t’	‘p’
		B.T.	A.T.						
Kandu	10	3.4	1.2	2.2	64.70	0.63	0.21	11.00	<0.001
Pidaka	10	2.3	1.0	1.3	56.52	0.67	0.21	06.09	<0.001

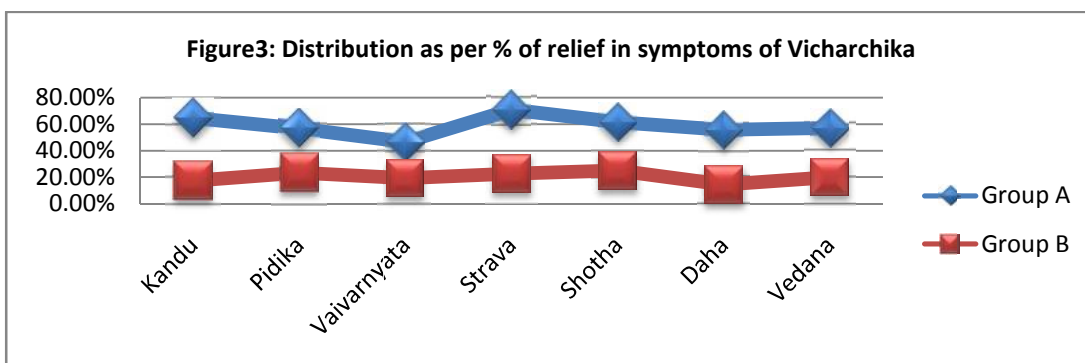
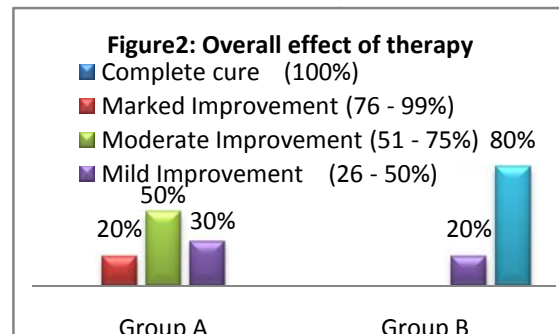
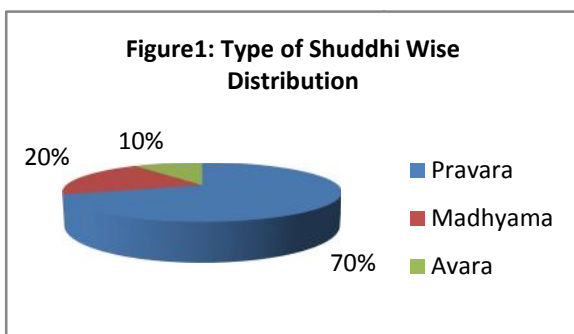
<i>Shyavarnyata</i>	10	2.8	1.5	1.3	46.42	0.82	0.26	04.99	<0.001
<i>Bahusrava</i>	10	3.1	0.9	2.2	70.96	0.63	0.20	11.00	<0.001
<i>Shotha</i>	06	2.16	0.83	1.33	61.53	0.51	0.21	6.32	<0.001
<i>Daha</i>	04	2.25	1.00	1.25	55.55	0.50	0.25	05.0	<0.01
<i>Vedana</i>	03	2.33	1.00	1.33	57.14	0.58	0.33	4.35	<0.01

Table no. 9: Effect of Placebo on cardinal & associate symptoms of Vicharchika:

Symptoms	N	Mean score		X	% of relief	S.D. (±)	S.E. (±)	't'	'p'
		B.T.	A.T.						
<i>Kandu</i>	10	2.9	2.4	0.5	17.24	0.52	0.16	3.00	<0.05
<i>Pitaka</i>	10	3.0	2.3	0.7	23.33	0.81	0.26	2.69	<0.05
<i>Shyavarnyata</i>	10	2.6	2.1	0.5	19.23	0.52	0.16	3.00	<0.05
<i>Bahusrava</i>	10	3.1	2.4	0.7	22.58	0.48	0.15	4.58	<0.01
<i>Shotha</i>	04	2.00	1.50	0.50	25.00	0.57	0.28	1.73	>0.05
<i>Daha</i>	03	2.33	2.00	0.33	14.28	0.57	0.33	1.00	>0.05
<i>Vedana</i>	04	2.50	2.00	0.50	20.00	0.58	0.29	1.73	>0.05

Table no. 10: Comparative effect of Vamana Karma with Placebo on symptoms:

Symptoms	Mean Score		S.D. (±)	S.E. (±)	Df.	't'	'p'
	Group A	Group B					
<i>Kandu</i>	2.10	0.50	0.64	0.29	18	5.51	<0.001
<i>Pidaka</i>	1.30	0.70	0.67	0.30	18	2.00	<0.05
<i>Shyavarnyata</i>	1.30	0.50	0.74	0.33	18	2.42	<0.05
<i>Bahusrava</i>	2.20	0.70	0.37	0.17	18	8.82	<0.001
<i>Shotha</i>	1.33	0.50	0.54	0.35	08	3.08	<0.05
<i>Daha</i>	1.25	0.33	0.45	0.34	05	2.70	<0.05
<i>Vedana</i>	1.33	0.50	0.58	0.44	05	1.87	<0.05



DISCUSSION:

The entire *Samshodhana* procedure can be only achieved with the help of *Deepana-Pachana*, *Snehana* and *Swedana* i.e. *Poorvakarma*. Ingredients of *Trikatu* (*Deepana-Pachana* drug) are *Kushthaghna*, *Deepana*, *Amapachana*, *Kaphagna* and *Krimighna*⁹ while Ingredients of *Navaka Kashaya Siddha Ghrita* (*Abhyantara Snehapana*) have *Kushthaghna*, *Kandughna*, *Kaphaghna*, *Varnya*, *Krimighna* and *Raktadoshahara* properties. So, these all drugs can help in *Samprapti Vighatana*. *Madanaphaladi Vamana Yoga* acts as the best emetic medicine for elimination of *Kapha Dosha* which is crux of pathology of *Vicharchika*. The *Madanaphala* and *Yasthimadhu* possess properties like *Kushthaghna*, *Kandughna*, *Varnya*, *Krimighna* and *Raktshodhaka*. Moreover, *Vacha* is also *Krimighna*. So, these all drugs can also be of considerable help in *Samprapti Vighatana*.

Vamana Karma forcibly expels out the *Kapha Dosha* which is the root cause of *Vicharchika*. The morbid materials present in the *Rasadi Dhatu* come in the *Koshtha* and finally expelled out of the body through *Vamana Karma*. As *Koshtha* gets purified which lead to formation of *Prakruta Rasadi Dhadu*. In this way *Vamana Karma* purifies the all *Dushya* of *Vicharchika* and break down the pathological complex.

Amashaya is *Udhbhavasthana* of *Vicharchika*. Being the *Kapha Sthana* all morbid material is collected there and *Vamana Karma* expelled out these morbid material from *Amashaya*. *Vamana Karma* removes the *Sanga* in the the *Rasavaha*, *Raktavaha*, *Mamsavaha*, *Swedavaha* and *Udakavaha Srotasa* as all paths (*Srotasas*) are cleared. These cleared *Srotasa* start

nourishment of the body in proper manner. *Bahyaroga Marga* (*Twachadi*) gets cleared and *Khavaigunya* which is present in the *Twacha* is removed due to *Vamana Karma*. We all know that the *Twacha* is *Indriya* and *Vamana Karma* leads to increase of the *Indriya Bala* which can be taken as the resistance power. In this way the possibility of recurrence of the disease *Vicharchika* is nullified.

CONCLUSION:

Vamana Karma gives better relief in all cardinal and associate signs and symptoms of *Vicharchika* as compared to Placebo. The *Vamana* therapy provided marked improvement to 20% of patients, moderate and mild improvement to 50% and 30% patients respectively. The follow up study shows that pruritus (*Kandu*) seemed to rise after three weeks of discontinuation of the treatment in few patients thus it is proposed that the *Vamana Karma* should be repeated as per the need and at proper time to provide better result to patients.

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