

COMPARATIVE STUDY OF EFFECT OF “VANHICHUDIC RASA” & “VISH TAIL” WITH “SAPTASAMO YOGA” & “GANDIRADI TAIL” IN THE MANAGEMENT OF KITIBHA KUSHTHA WITH SPECIAL REFERENCE TO “PSORIASIS”

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ABSTRACT

Psoriasis is one of the top listed dermatological problems of present day. It is affecting the 2.5% of the world's population. Though this disorder is not a contagious but it is often source of social embarrassment. Patients often isolate themselves from the fear of rejection from the society. The modern management of Psoriasis in spite of many advances still remains unsatisfactory due to drug intolerance, hypersensitivity, the danger of acute and chronic complications, make it all the more important to search out safe, effective and cheaper remedies. All the skin diseases in *Ayurveda* have been discussed under the broad heading “*Kushtha*”. *Kitibha kushtha*, a type of *kshudra kushtha* is very old disease mentioned in ancient science among the *kushtha*. It can be co-related to Psoriasis with many similarities in signs & symptoms. It is evident after going through different classical texts of *Ayurveda* that *kushtha*, a noted *Mahagada* (*Su.Su.33/4*) requires multiple route of administration of drugs. Two such different modalities are *Antahparimarjana* and *Bahirparimarjana chikitsa*. So in present study 60 patients visiting OPD & IPD of *Kayachikitsa* department were diagnosed as per criteria and randomly recruited to 2 groups: Group A and Group B. Group A: was treated with *Vanhichudic Rasa* (Internal) and *Vish Tail* (External). Group B: was treated with *Saptasamo Yoga* (Internal) and *Gandiradi Tail* (External) for 30 days & Follow up taken up to 90th days. Assessments were done before and after treatment. The drugs were found to be significantly effective in pacifying all the signs & symptoms of Psoriasis. The results were encouraging and optimistic. The effect of the treatment on symptom score of *Kitibh kushtha* (Psoriasis) was better in individual groups but comparison between two groups proved to be insignificant.

Keywords: Psoriasis, *Kitibha Kushtha*, *Vanhichudic Rasa*, *Vish Tail*,

INTRODUCTION

Psoriasis is a major problem among the society till today because of its ugly appearance which may disturb personal, familiar and social life of the patient. It is characterised by round, reddish, erythematous patches covered with dry, adherent silvery scales. *Kitibha Kushtha*

simulating to the disease Psoriasis in the contemporary system of medicine. It is a chronic, recurrent inflammatory disease of the skin. The exact aetiology is still unknown, but many precipitating factors like genetic, environmental, immunological and psychological have been found to be

influential in the expression of the disease⁶. Keeping this in mind the present work has been planned which deals with the detailed portrayal of the disease *Kitibha Kushtha* with modern interpretation. By using the

law of “*Vyapadeshastu bhuyasa*”, Psoriasis can be correlated with *Kitibh kushtha* as shown in Table-1.

Table-1 Comparison of Kitibh Kushtha and Psoriasis

Sr.No.	Kitibha Lakshana	Psoriasis Features
1.	<i>Kinakhara sparsha</i>	Scaling
2.	<i>Shyawam</i>	Bluish tinge discolouration
3.	<i>Parusha</i>	Dryness
4.	<i>Sravi</i>	Discharge
5.	<i>Vritta</i>	Oval to round lesions
6.	<i>Ghana</i>	Keratosis / Elevation
7.	<i>Ugrakandu</i>	Severe pruritis
8.	<i>Snigdha krushna / Rakta krushna</i>	Erythematous plaques
9.	<i>Prashantani cha punah utpadyate</i>	Common episodes of remissions and relapses
10.	<i>Drudhan punah prasravati</i>	Auspitz’s sign.

AIMS AND OBJECTIVES

1. To analyse the combined effect of *Vanhichudic Rasa* as internal medicine and *Vish Tail* as external medicine in the management of *Kitibha Kushtha*.
2. To analyse the combined effect of *Saptasamo Yoga* as internal medicine and *Gandiradi Tail* as external medicine in the management of *Kitibha Kushtha*.
3. To compare the study of combined effect of *Vanhichudic Rasa* (Internal) and *Vish Tail* (external) with the combined effect of *Saptasamo Yoga* (Internal) and *Gandiradi Tail* (External).

MATERIALS AND METHODS

1. **Type of Study:** Open Randomised Comparative Clinical Study.
2. **Selection of Sample:** Patients visiting OPD irrespective of sex, religion, economical status.

3. **Size of Sample:** 30 patients in each group.
4. **Centre of Study:** *Dayabhai Maoji Majithiya Ayurved College & Laxmanrao Kalasapurkar Ayurved Hospital, Yavatmal*
5. **Research Design & Selection of Drug:-** The diagnosed patient with criteria were selected and assigned into two groups.

Group A:- comprised 30 patients of *Kitibh kushtha* in which *Vanhichudic Rasa* (Internal) and *Vish Tail* (external) was given for one month.

Group B:- comprised 30 patients of *Kitibh kushtha* in which *Saptasamo Yoga* (Internal) and *Gandiradi Tail* (External) was given for one month.

Table-2 Showing Contents of Vanhichudic Rasa

Sr No.	Name of Drug	Proportion
1.	<i>Parad</i>	1 part
2.	<i>Gandhak</i>	3 part
3.	<i>Sunthi</i>	1 part
4.	<i>Marich</i>	1 part
5.	<i>Pippali</i>	1 part
6.	<i>Chitrak</i>	1 Part

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Table-3 Showing Contents of Saptasamo Yoga [Ref.: Bharat bhashajyaratnakar Part – 4 / 6976]

Sr No.	Name of Drug	Proportion
1.	Bhallataka	1 part
2.	Triphala	1 part
3.	Trikatu	1 part
4.	Til	1 part
5.	Sharkara	1 part

Table-4 Showing Contents of Vish Tail [Ref.: Bhaishajyaratnavali -kusthadhikar/321-324]

S.N	Name of Drug	Proportion
1.	Latakaranj beeja	2 ½ Tola
2.	Haridra	2 ½ Tola
3.	Daruharidra	2 ½ Tola
4.	Arka	2 ½ Tola
5.	Tagar	2 ½ Tola
6.	Karaveera	2 ½ Tola
7.	Vacha	2 ½ Tola
8.	Kushtha	2 ½ Tola
9.	Aprajita	2 ½ Tola
10.	Raktachandana	2 ½ Tola
11.	Jati	2 ½ Tola
12.	Nirgundi	2 ½ Tola
13.	Manjistha	2 ½ Tola
14.	Saptaparna	2 ½ Tola
15.	Vatsanabha	5 Tola
16.	Gomutra	4 Part
17.	Sarshapa Taila	1 Part

Table-5 Showing Contents of Gandiradi Tail [Ref.: Chakradatta Chi. 50 /160]

Sr No	Name of Drug	Proportion
1.	Snuhi Kshir	¼ of Snehadravya
2.	Chitrak	¼ of Snehadravya
3.	Bhringraj	¼ of Snehadravya
4.	Kushtha	¼ of Snehadravya
5.	Aargvadh	¼ of Snehadravya
6.	Arka Kshir	¼ of Snehadravya
7.	Saindha Lavan	¼ of Snehadravya
8.	Sarshap Tail	1 Part
9.	Gomutra	4 Part

Patient Selection Criteria

1) Inclusive criteria.

A) Subjective: -

1. Twaksphutan (Silvery scales)
2. Ugrakandu (Itching)
3. Kharatva (Hardness & Roughness)

B) Objective: Laboratory Investigation

1. CBC
2. ESR
3. BSL (R)

4. <i>Rukshata</i> (Dryness)	4. Urine - Routine
5. <i>Ghana</i> (Keratosis)	- Microscopic
6. <i>Strava</i> (Discharge)	
7. <i>Shyavata</i> (Blackish discoloration)	
8. <i>Daha</i> (Burning)	
9. Auspitz sign	
2) Exclusive criteria	
1. Patients below 7 yrs. And above 70 yrs.	
2. Infective Origin	
i. Koch's	ii. Hansen's disease
iii. Scabies	iv. Fungal infection
3. Allergic diseases	
4. Immuno compromised like HIV, HBV.	
5. Systemic Disorders like DM, CCF.	
6. Malignancy	
7. Pregnant and lactating woman	
8. Patient having cardiac disease, renal disease and endocrine disorder will exclude from study to avoid overlapping of symptomology.	
3) Termination Criteria	
1. Progressive worsening of disease & development of complication during trial.	
2. Patient who do not complete the trial duration with follow up.	
3. Death of patient due to any cause.	
Table-6 Showing Classification of Patients : Patients were randomly selected into one of the two groups by random number method.	

	Group A	Group B
Drug Name	1] <i>Vanhichudic Rasa</i> ³	1] <i>Saptasamo Yoga</i> ⁴
Route	Oral	Oral
Dose	1 <i>Masha</i> (750mg) in 2 divided doses i.e. ½ <i>Masha</i> (375 mg) B.D.	3 gm./day in 2 divided doses i.e. 1.5 gm B.D.
Anupana	<i>Madhu</i>	<i>Goghrit + Madhu</i>
Drug Name	2] <i>Vish Tail</i> ²	2] <i>Gandiradi Tail</i> ⁴
Route	Local	Local
Dose	According to surface area twice a day	According to surface area twice a day

Duration of Treatment: 30 days – Total duration of treatment for both groups.

Follow Up:- Follow-up for further medication was done on 7th, 14th, 21st day. On 31st day after commencement of treatment, thorough clinical assessment was done and photographs of some classical lesions were taken. The patient was then

advised to visit the OPD after every 15 days for 2 months. Any regression or aggravation or no change in signs and symptoms were observed and the condition of the patient on 90th day was considered as the final effect of the drug.

Table-7 Showing Criteria For Assessment Of Results

Criteria	Grades			
	0	1	2	3
Twaksputan (Reddish)	Not Present	One or two Small	Two or more	Lesion all

Lesions with silvery scales)		lesion	lesion over more than one body part	over the body with silvery scales.
Ugrakandu (Itching)	Not Present	Tolerable	Not tolerable but doesn't disturb sleep	Disturbs sleep & other activities
Rukshata & Kha-ratwa (Dryness)	No	Slight	On more than two lesion	All over body
Strava (Discharge)	No	Occasional	Medium	Persistent
Shyawata (Blackish Discolouration)	Normal Skin	Slight black	Dark Patches	Black spot with variation
Daha (Burning)	No	Occasional	Regular burning with variation	Persistent
Ghanata (Keratosis)	No	Mild	Moderate	Very thick
Affected area of body surface	No	Up to 25%	26%-50%	More than 50%

Severity of each variable will range from, These criteria were assessed and scored as follows -

0	-	Normal
1	-	Mild
2	-	Moderate
3	-	Severe

Composite score of above parameters was drawn and suitable statistical tests were applied to infer, the therapeutic efficacy of drug.

i) The presence or absence of Auspitz's sign was noted.

ii) The surface area covered by lesions was calculated by The Rule of Nines.

CRITERIA FOR THE ASSESSMENT OF OVERALL EFFECT OF THE THERAPIES: -

The *Upashaya* of drug will be studied on the basis of reduction of severity of symptoms clinical result will be classified as follow.

- 1) Excellent result
= 100 %
- 2) Good result
= 75 – 99 %

- 3) Moderate result
= 51 – 75 %
- 4) Mild result
= 26 – 50 %
- 5) No result
= 0 – 25 %

OBSERVATIONS AND RESULTS: The changes in the status of signs and symptoms were recorded. The history recorded in this study on the case record form revealed the facts and findings which are presented here with in the tabular form. Some of them are highlighted with the help of graphical presentations.

Table-8 Showing Wilcoxon Signed Rank Test of Symptom In Patients of Ktith Kushtha in Group-A at 90th day

Sr No.	Symptom	Mean ± SD		±S Ed		Sum of + Ranks (T ₊)	No of Pairs	P Value
		0 day	90 day	0 day	90 day			
1	Ugra - kandu	2.43± 0.56	1.36± 0.55	0.10	0.10	300	24	<0.001
2	Shyawam	2.6 ± 0.49	1.36± 0.71	0.09	0.13	325	25	<0.001
3	Kharatwa	2.5 ± 0.50	1.3 ± 0.70	0.09	0.12	378	27	<0.001
4	Rukshata	2.16± 0.64	0.96± 0.55	0.11	0.10	406	28	<0.001
5	Twak - sphutan	1.86± 0.73	0.76± 0.56	0.13	0.10	351	26	<0.001
6	Srava	1.8 ± 0.80	0.8 ± 0.48	0.14	0.08	325	25	<0.001
7	Ghanata	1.5 ± 0.57	0.66± 0.54	0.10	0.09	231	21	<0.001
8	Daha	1.9 ± 0.88	0.96± 0.71	0.16	0.13	276	23	<0.001
9	Surface area	1.56± 0.90	0.9± 0.84	0.16	0.15	225	26	<0.001
10	Auspitz sign	0.73± 0.44	0.23± 0.44	0.08	0.07	120	15	<0.001

Table-9 Showing Wilcoxon Signed Rank Test of Symptom Score of Patients of Kiti bha Kushtha in Group-B at 90th day

Sr No.	Symptom	Mean ± SD		±S Ed		Sum of + Ranks (T ₊)	No of Pairs	P Value
		0 day	90 day	0 day	90 day			
1.	Ugra - kandu	2.53± 0.50	1.66± 0.60	0.09	0.11	325	25	<0.001
2.	Shyawam	2.66± 0.47	1.63± 0.55	0.08	0.10	406	28	<0.001
3.	Kharatwa	2.5 ± 0.50	1.63± 0.61	0.09	0.11	351	26	<0.001
4.	Rukshata	1.93± 0.90	1.06± 0.90	0.16	0.16	325	25	<0.001
5.	Twak - sphutan	2.06± 0.86	1.2 ± 0.88	0.15	0.16	325	25	<0.001
6.	Srava	1.1 ± 0.66	0.56± 0.56	0.12	0.10	199.5	21	<0.001
7.	Ghanata	1.5 ± 0.57	0.73± 0.58	0.10	0.10	222	21	<0.001
8.	Daha	1.9± 0.88	0.7± 0.6	0.16	0.10	351	26	<0.001
9.	Surface area	1.4 ± 0.77	0.8± 0.82	0.14	0.14	125	18	<0.001

10	Auspitz sign	0.66± 0.47	0.16± 0.37	0.08	0.06	120	15	<0.001
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Table – 10 Showing Comparison between Two groups for Symptom Score of Kitibh Kushtha by Mann-Whitney Test at 90th day

Sr No	Symptom	Mean ± SD		Mann-Whitney Statistics		P Value
		Gr-A	Gr-B	U	U'	
1.	<i>Ugrakandu</i>	1.06± 0.69	0.86± 0.43	377	523	0.2722
2.	<i>Shyawam</i>	1.23± 0.72	1.03± 0.41	364.5	535.5	0.1993
3.	<i>Kharatwa</i>	1.26± 0.52	0.86± 0.34	288	612	0.0134
4.	<i>Rukshata</i>	1.2 ± 0.55	0.86± 0.43	319	581	0.0469
5.	<i>Twaksfutan</i>	1.1 ± 0.60	0.86± 0.43	360.5	539.5	0.1758
6.	<i>Srava</i>	1.0 ± 0.58	0.53± 0.73	305	595	0.0299
7.	<i>Ghanata</i>	0.83± 0.64	0.76± 0.72	432.5	467.5	0.7989
8.	<i>Daha</i>	0.93± 0.63	1.2 ± 0.71	364	536	0.1995
9.	Surface area	0.66± 1.02	0.6 ± 1.0	407	493	0.5265
10.	Auspitz sign	0.5 ± 0.50	0.5 ± 0.50	450	450	0.9940

Effect of Therapy by Wilcoxon Signed Rank Test of Symptom Score Kitibha Kushtha (Psoriasis) of Group-A and Group-B at 90th day: As these symptoms were subjective in nature and hence were graded to evaluate the effect. Therefore effect of therapy in the group was statistically evaluated by non-parametric test. Statistical analysis was carried out in each of the criteria with the help of Wilcoxon-Ranked Signed Test which has been presented in [Table-8 & Table-9].

Effect on Ugrakandu: It can be highlighted from above tables that both the Groups exhibited very highly significant reduction in the symptom *Ugrakandu*. In the same manner it was observed that the Effect of therapy had highly significant results with respect to the symptoms such as *Shyawam*, *Kharatwa*, *Rukshata*, *Twaksphutan*, *Srava*,

Ghanata, *Daha*, Surface area, Auspitz sign in both the Groups at 90th day.

Comparison between Two groups for Symptom Score of Kitibh Kushtha By Mann-Whitney Test at 90th day: To evaluate the better drug in comparison Mann-Whitney Test was applied in all symptoms described to compare the effect shown by drugs used in respective groups. In comparison with Group A & Group B it was observed that P value obtained was < 0.05 and significant at 5 % level of significance for the symptom *Kharatwa*, *Rukshata*, *Srava* & *Ghanata*. Mean of difference of ranks in Group A was more than Group B with respect to that symptoms. Hence it can be concluded that Group A is more effective than Group B for that symptoms. And Mean of difference of ranks in the symptoms such as *Ugrakandu*,

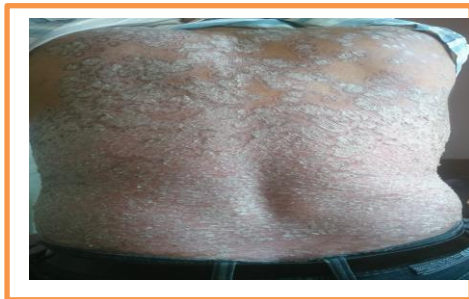
Shyawam, Twaksphutan, Daha, Surface area & Auspitz sign was more in Group A if compared with Group B, however when this increase was statistically tested by Mann-Whitney Test, the results were insignificant [Table-10].

RESULTS: Total effect of therapy in both groups at 90th day

In this study none of the 60 patients of *Kitibha Kushtha* had excellent results. However 01 (03.33%) patient of Group A had Good results. In Group B none of the patient had Good results. In case of Group A 13 (43.33%) patients and 12 (40.00%) patients from Group B had Moderate Results. In Group A and Group B 15 (50.00%) patients had Mild results. 01 (03.33%) patient from Group A & 03 (10.00%) patients of Group B had No results.

Chi-square Test: comparison between two groups was statistically evaluated by Chi-square test. X^2 calculated =

B.T.



2.04, X^2 table = 9.488, $P > 0.05$
 X^2 calculated < X^2 table, i.e. test is insignificant.

DISCUSSION AND CONCLUSION

The results obtained are might be because of all the drugs contents have their action targeted mainly on *rasa, rakta, mamsa dhatu* & pharmacological action of *Katu-Tikta Rasa, Katu Vipaka* and *Ushna Virya* of contents in drugs. *Vanhichudic Rasa* and *Saptasamo Yoga* were selected as internal medication which have *Kushthaghna* and *Vatakapha shamak* properties as *Kitibha kushtha* is also *Vatakapha pradhan kushtha* (*Ch.Chi. 7/29*) which is very important for *samprapti bhanga* in *Kitibha Kushtha*. Along with this *Vish Tail* and *Gandiradi Tail* were selected for local applications (externally) which have *kushthaghna, kandughna* and healing properties. Results of these drugs were encouraging and provided a ray of hope for next generation of researchers.

PHOTOGRAPHICAL COMPARISON GROUP A

A.T.



GROUP B



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