

## CLINICAL EFFICACY OF YASHADAMRUT MALAHARA IN VICHARCHIKA

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## ABSTRACT

*Vicharchika* is specially mentioned under the heading of *KshudraKushtha* (minor skin ailments). Even though, in terms of severity, incidence and prognosis it is not minor. Role of external application in *Kushtha* is as important as internal medication. AcharyaCharaka has described *Lepana* as *Sadyah Siddhi Karaka*.<sup>1</sup> Hence *Lepa* of 'YashadamrutMalahara' had been selected for external application. Aim to take this research project to assess efficacy of described drug. We selected *YashadamrutMalahara* which is cost effective and easily available to patients. 30 randomly selected patients were given the treatment for 8 weeks with follow up of 1 week interval. This local application provided better relief in thick, dyspigmented lesion of *Vicharchika*. The treatment given to 30 patients was not effective in 33.33% patients, slightly effective in 60% patients, effective in 30% patients and very effective in 6.67% patients of *Vicharchika*.

**Keywords:** *Vicharchika, YashadamrutMalahara, Lepana*

## INTRODUCTION

There is popular saying that 'Skin patients are never cured and never die!' and hardly constitute an emergency. Dermatology is an essential part of general medicine. Diseases of skin are a common occurrence. The skin is the protective covering of the body. Diseases of skin account for a great deal of misery suffering incapacity and economic loss besides this they are a great handicapping the society because they are visible. *Vicharchika*, a *KshudraKushtha* though involves only epidermis, its tendency of recurrences continues to pose problems to the physician. Role of external application in *Kushtha* is as important as internal medication. Acharya Sushruta has mentioned the treatment as '*Lepana* of *Shodhana*' type be-

cause external applications form the best way to treat *Kushtha*.<sup>2</sup> AcharyaCharaka has described *Lepana* as *Sadyah Siddhi Karaka*. Hence *Lepa* had been selected for external application. '*YashadamrutMalahara*' as described in Rasatarangini had been selected for this study. In this *Yashada* is *Vranastravarodhaka*. *YashadamrutMalahara* heals different types of wounds and useful in *Vicharchika*..

## MATERIALS AND METHODS:

## Plan of study:-

The study was carried out at the M.A. Podar hospital, Worli, Mumbai (Maharashtra). Total 30 patients of *Vicharchika* were registered for the present research work. The cases were randomly selected irrespective of their age, sex, religion, occupation, so-

cioeconomic status, *Prakriti* and *Agni* etc subjected to thorough clinical history and physical examination on the basis of specially prepared Case Record Form which incorporated the *Astavidha*, *Dashvidha*, *Srotas* and *Dosha Pariksha*. All the maneuvers described above were repeated before and after the treatment.

**Inclusion criteria:-**

1. AGE – 10 to 70 yrs
2. SEX – Male or Female
3. Any economical class
4. Patients diagnosed with *Vicharchika* will be included in study.

**Exclusion criteria:-**

1. Patients suffering from any systemic disorders like hypertension, diabetes mellitus, chronic skin diseases other than *Vicharchika* and infectious diseases and immune suppressed systemic disorders.
2. The pregnant woman and lactating mother.

**DRUG: Yashadamrut Malahara**

*Yashadamrut Malahara* was prepared in batches as given in *Rasatarangini*.<sup>4</sup> In one batch 100gms of *Yashada Bhasma* and 300gms of *Siktha Taila* was used.

**praman of lep**<sup>6</sup> – ¼ *angul* 5mm

**Assessment criteria:**

The effect of '*YashadamrutMalahara*' is assessed in regards to clinical signs and symptoms on the basis of grading and scoring system and overall *Upshaya*.

**1. Kandu (itching) -**

- +++ - itching continuously and cannot concentrate on routine work and in Night
- ++ - intermittent itching for more than 5 times per hour
- + - itching only once or twice a day
- 0 - no itching

**2. Ruja (pain) -**

- +++ - continuously paining or aching cannot concentrate on work and even during sleep
- ++ - pain is there but can concentrate on work
- + - pain only 1 or 2 times a day
- 0 - no pain

**3. Vaivarnya (discolouration) -**

- +++ - easily looking discolouration
- ++ - mild discolouration only visible in light
- + - very mild discolouration only visible in light
- 0 - no discolouration

**4. Daha (burning sensation) -**

- +++ - continuously burning cannot concentrate on work and even during sleep
- ++ - burning sensation but can concentrate on work
- + - burning only 1 or 2 times a day
- 0- no burning

**5. Srava (discharge) -**

- +++ - continuous discharge - patient requires dressing tolesion to soak up the discharge and disturb his routine work
- ++ - need to put dressing but not disturbing
- + - need not to put dressing
- 0- scanty discharge need not to soak or dressing and driesttheir own

**6. Rookshata (dryness) -**

- +++ - with discomfort on skin
- ++ - without discomfort on skin
- + - negligible
- 0 - absent

**7. Raji-**

- +++ - multiple lines with discomfort
- ++ - lines without discomfort
- + - single line
- 0 - absent

**8. Pitika (eruption) -**

Number of *pitika* per square cm on the effected skin will be measured.

**OBSERVATION AND RESULT:**

In YashadamrutMalahara, fine particles of YashadaBhasma are dispersed in the base SikthaTaila. It has Shodhana property, may reduce the thickness of skin by exfoliation and scrapping action as well as Ropana property. Vicharchika is Tridoashaj

where, Kandu is caused by Kapha, Srava due to Pitta and Shyavata due to Vata. Yashada acts on all Tridoshas so it is effective in Vicharchika. Siktha is useful in healing wounds and Tila Tail is Twakaprasadaka and Varnakara.

**Effect of therapy on symptoms of Vicharchika:**

| SYMPTOMS  | B.T.  | A.T.  | DIFFERENCE | PERCENTAGE |
|-----------|-------|-------|------------|------------|
| Kandu     | 53    | 25    | 28         | 52.83      |
| Ruja      | 10    | 5     | 5          | 50         |
| Vaivarnya | 60    | 30    | 30         | 50         |
| Daha      | 18    | 9     | 9          | 50         |
| Srava     | 6     | 5     | 1          | 20         |
| Rukshata  | 53    | 22    | 31         | 58.49      |
| Raji      | 9     | 2     | 7          | 77.78      |
| Pidika    | 0     | 0     | 0          | 0          |
| Average   | 26.13 | 12.25 | 13.88      | 53.12      |

It is observed that total percentage of relief in symptoms after treatment with only local application of YashadamrutMalahara is 53.12 %.

**Wilcoxon match paired sign test**

| SYMPTOM          | MEAN   | SD     | SED     | W   | N  | Z    | P       |
|------------------|--------|--------|---------|-----|----|------|---------|
| <b>KANDU</b>     |        |        |         |     |    |      |         |
| B.T.             | 1.767  | 0.5683 | 0.1038  | 378 | 27 | 4.54 | <0.0001 |
| A.T.             | 0.8000 | 0.4068 | 0.0743  |     |    |      |         |
| DIFFERENCE       | 0.9667 | 0.4138 | 0.07556 |     |    |      |         |
| <b>RUJA</b>      |        |        |         |     |    |      |         |
| B.T.             | 0.3333 | 0.5467 | 0.0998  | 15  | 5  | 2.02 | 0.0625  |
| A.T.             | 0.1667 | 0.3790 | 0.0692  |     |    |      |         |
| DIFFERENCE       | 0.1667 | 0.3790 | 0.0692  |     |    |      |         |
| <b>VAIVARNYA</b> |        |        |         |     |    |      |         |
| B.T.             | 2.000  | 0.8305 | 0.1516  | 406 | 28 | 4.62 | <0.0001 |
| A.T.             | 0.9000 | 0.6618 | 0.1208  |     |    |      |         |
| DIFFERENCE       | 1.1000 | 0.4808 | 0.0877  |     |    |      |         |
| <b>DAHA</b>      |        |        |         |     |    |      |         |
| B.T.             | 0.6000 | 0.6747 | 0.1232  | 45  | 9  | 2.66 | 0.0039  |
| A.T.             | 0.3000 | 0.4661 | 0.0851  |     |    |      |         |
| DIFFERENCE       | 0.3000 | 0.4661 | 0.0851  |     |    |      |         |
| <b>SRAVA</b>     |        |        |         |     |    |      |         |
| B.T.             | 0.2000 | 0.4068 | 0.0743  | 3   | 2  | 1.34 | 0.5000  |
| A.T.             | 0.1333 | 0.3457 | 0.0631  |     |    |      |         |
| DIFFERENCE       | 0.0667 | 0.2537 | 0.04632 |     |    |      |         |
| <b>RUKSHATA</b>  |        |        |         |     |    |      |         |
| B.T.             | 1.7000 | 0.6513 | 0.1189  | 325 | 25 | 4.37 | <0.0001 |

|             |        |        |        |    |   |      |        |
|-------------|--------|--------|--------|----|---|------|--------|
| A.T.        | 0.7333 | 0.5883 | 0.1065 |    |   |      |        |
| DIFFERENCE  | 0.9667 | 0.5561 | 0.1015 |    |   |      |        |
| <b>RAJI</b> |        |        |        |    |   |      |        |
| B.T.        | 0.3000 | 0.5960 | 0.1088 | 28 | 7 | 1.06 | 0.0156 |
| A.T.        | 0.0667 | 0.2537 | 0.0463 |    |   |      |        |
| DIFFERENCE  | 0.2333 | 0.4302 | 0.0785 |    |   |      |        |

## DISCUSSION

**Discussion on Mechanism of the Action of Drug:** The drug used for the study is *YashadamrutMalahara* which contains *YashadaBhasma* and *SikthaTaila*.

The composition of *YashadamrutMalahara* –

### 1. *YashadaBhasma* :<sup>8</sup>

*Rasa* – *Kashay, Katu and Tikta, Virya* – *Sheeta, Vipaka* – *Katu*

It acts as *Vatashamaka* and *Pitta-Kaphahara*.<sup>4</sup> As all *Kushthas* are said to be *Tridoshaj*, *Vicharchika* can also be understood in the same way, where, *Kandu* is caused by *Kapha, Srava* due to *Pitta* and *Shyavata* due to *Vata*. So *Yashada* acts on all *Tridoshas* it is effective in *Vicharchika*. *YashadBhasma* is rich in Zinc oxide is known as mild astringent, antiseptic and accelerates wound healing. *Yashada* contains Zinc which has many therapeutic applications especially for wound, skin diseases. Deficiency of Zn causes impaired healing.

### 2. *TilaTaila* :<sup>1</sup> *Rasa* – *Madhura, Virya* – *Ushna, Vipaka* – *Madhura*

It is *Vatahara* and *naKaphakara* but *Pitta-prakopaka* as its *UshnaViryaDravya*. It is *Sukshma* and do *Lekhana* so when applied externally it removes debris from wound i.e. *Vranashodhaka*. It is *Twakaprasadaka* and *Varnakara* i.e. it improves skin complexion and colour.

3. *Siktha*: *7 Siktha* is *Mridu* (soft) in nature and *Snigdha* (very unctuous). It is useful in healing wounds. It pacifies *VataDosha*. It helps to cure skin diseases (*Kushtha*), herpes (*Visarpa*) and diseases caused by vitiation of *Rakta*.

*SikthaTaila*:<sup>4</sup> *Siktha* is solid fat while *TilaTaila* is liquid fat, combination of this is an ideal example of base or vehicle which is oily soft and having good penetrating action.

*YashadamrutMalahara*: In *YashadamrutMalahara*, fine particles of *YashadaBhasma* are dispersed in the base *SikthaTaila*. Ointment in modern pharmaceuticals is similar to *MalaharaKalpana* which is greasy, semi solid preparations for application on skin. Use of *YashadamrutMalahara* is recommended in different types of wounds, skin disorders, burn wounds etc. It has *Shodhana* property, may reduce the thickness of skin by exfoliation and scraping action as well as *Ropana* property. It must rejuvenate the skin as name suggests *Yashadamrut*. This local application provided better relief in thick, dyspigmented lesion of *Vicharchika*.

### Discussion On Total Effect Of Therapy

Treatment given to 30 patients was not effective in 33.33% patients, slightly effective in 60% patients, effective in 30% patients and very effective in 6.67% patients of *Vicharchika*.

**Figure: photos of patient before and after treatment**



**Before treatment**



**After treatment**



**Before treatment**



**After treatment**

### CONCLUSION

After statistical analysis and discussion *YashadamrutMalahara* shows significant results in *Vicharchika*. Hence, it is concluded that the Local Application of *YashadamrutMalahara* is effective in *Vicharchika*.

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