

A STUDY OF THE CHARAKOKTA SIDDHANT "PITTOTTARESHU VIRECHANAM" BY TRIVRUTTA CHOORNA IN KSHUDRA KUSTHA

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ABSTRACT

Kushtha encompasses all the skin disorders of this era. *Kushtha* is one of the common prevalent disorders demoralizing the patient due to its appearance, recurrence and chronicity. Though mortality is insignificant the sustained physical, psychological and social sufferings are frustrating to the individual affected by this disease. In the verses, *Mahakushtha* & *Kshudrakushtha* are two types of *Kushtha*. *Mahakushtha* is incurable but *Kshudrakushtha* is curable. There are many classical treatments given for each *Kshudrakushtha*. My point of interest is in *Virechana* treatment in *Pittapradhan Kshudra Kushtha*. For this 50 volunteers are included in this study diagnosed with any type of *Kshudra Kushtha* & having *pittapradhan* symptoms. *Virechana* is performed in them classically with *Trivrutta choorna* & then changes in the symptoms are assessed with grades. The percentage relief in each symptom is then statistically analyzed. **Observation:** In this study, out of 50, 13 patients (26%) were cured completely, 16 patients (32%) were having marked relief, 11 patients (22%) were having moderate relief & 10 patients (20%) were having mild relief. **Conclusion:** *Virechana* treatment in *Kshudrakushtha* by *Trivruttachurna* is effective in *Tvakvaivarnya*, *Strava*, *Raga*, *Daha* which are the symptoms of vitiated *Pitta* than the other symptoms.

Keywords: *Tvakvaivarnya*, *Strava*, *Raga*, *Daha*

INTRODUCTION

In ancient time i.e. in 'satyayuga', 'Neete' and 'Dharma' were being followed very accurately so there were no diseases. But in later times 'Adharma' increased and diseases started troubling people. *Papkarm* is also one of the basic causes of *Kushtha* according to *Ayurveda*.¹ Now-a-days '*Kushtha*' is one of the common prevalent disorders demoralizing the patient due to its appearance, recurrence and chronicity. In today's era, the changes occurring in society & lifestyle have become the cause of diseases like *Kushtha* and *Prameha*.

Kushtha is divided into two types – *MahaKushtha* & *Kshudrakushtha* (Skin disorders). This study deals with *KshudraKushtha* only. *Kshudrakushtha* is diagnosed by its specific symptoms. According to vitiation of *Doshas*, *Kshudrakushtha* are of 11 types. These are also divided into 3 groups- *VataKapha*, *Kaphapitta* and *Kapha*.² Management of diseases are of two types – *Shodhana* and *Shamana* recommended in *Ayurveda*. According to strength of patients and Chronicity of diseases, *Shodhana* or *shaman* treatment has been recommended.

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Basti, virechana, vamana are the main *Shodhana* treatments for *Vata, Pitta & Kapha* respectively.³

As in *Kshudrakushtha*, *Dushyas* are mainly vitiated by *Pitta doshav & virechana* is the main treatment for *pitta*. The classical symptoms of *Pitta* include *Rag* (Redness), *Daha* (Burning), *Strava* (Oozing), *Paka*, and *Kleda*.⁴ Patient irrespective of any type of *Khudrakushtha* was treated by *Trivrutta choorna*. *Trivrutta* is *Sukhavirechaka* as it is recommended in all type of patients irrespective of age, sex, disease etc.⁵ and it is cheapest drug available easily in the market. Also it is suitable for all seasons & all conditions of *KshudraKushtha*.

Aims and Objectives:

- To study the *Charakokta siddhanta* "Pittotareshu virechanam in *Kshudrakushtha*" with special reference to vitiated *pitta lakshana*.
- To Study the *Kshudrakushtha* and its treatment by *virechana*.

- To see the efficacy of *Trivruttachoor-na* in vitiated *pitta lakshana* of *KshudraKushtha*.

Type of Study: This was an Open randomized study.

Sample Size: Total number of volunteers included in the study was 50.

Sampling Method: Simple random sampling.

Inclusion Criteria

- 1:- Age -10 to 70 yrs.
- 2:- Sex- Male and Female both.
- 3:- Patient with signs and symptoms of *KshudraKushtha* vitiated with *pitta dosha*.
- 4:- Conditions indicated for *virechana* according to verses.⁶

Exclusion Criteria

1. Patients having any systemic disorder like tuberculosis, chronic hepatitis, Renal and cardiac diseases, DM.
2. Patients having HIV / AIDS/ STD's.
3. Pregnancy and lactating mother.
4. Any drug allergy.
5. Conditions not indicated for *virechana* according to verses.⁷

MATERIAL AND METHODS:

Drug - *Trivruttachoor-na*

Part used - *moolatvaka, moola, kanda* (Root, Skin of root, Stem)

Dose – 3gm or as per the *Koshtha, prakriti*

Mode of Administration – Oral

Anupana – *Koshnajala* (Luke warm water)

Number of Patients - 50

Time of administration –*Abhaktakala* (Empty stomach)

Follow up - After 3-7-10-15-30 days.

Plan of Work:

Total 50 numbers of patients were considered for the trial. All will undergo *Virechana Upakrama* by *Trivruttachoor-na*.

a. Purva karma-

Prior to *virechanaupakrama*, *Abhyantar snehapana* in *vardhamanamatra* with *Goghrita* was administered to the patient till the *samyak snehalakshana* is ob-

served as mentioned in *charaka samhita*. This was followed by the *Bahya snehana* and *swedanakarma* for three days.

b. Pradhana karma –

On the third day *Trivrutta choorna* during *Abhakta kaala* was given to the patient.

c. Paschat karma –

According to *dehashuddhi lakshana*, *samsarjana krama* was planned as mentioned in *Charaka samhita*. Follow up -was taken after 3 – 7 – 10 -15- 30 days.

Investigations:

Routine haematological and biochemical investigations done as per the following list:

1. Blood: CBC, ESR, HIV, VDRL, HbSAg,
2. Urine: Routine and microscopic
3. Other investigation if necessary

Clinical Examination

Patients undergoing trial were examined clinically at every follow up to maintain a case record form.

The symptom wise effect of therapy:

Criteria for assessment of patients & results of treatment:

The efficacy of the therapy was assessed on the basis of subjective as well as objective criteria and multidimensional scoring system was adapted for easier statistical analysis of the result. Score of before and after treatment was given according to severity of symptoms as follows -

Overall Effect of Therapy-

Complete relief = 100% (Normal)

Marked relief =>75 %

Moderate relief = 50-75 %

Mild relief = 25-50 %

No relief = 0 % (none) or only marginal improvement

Symptoms	Score
Daha Unbearable and disturbed sleep Moderate and bearable Mild Absent	 = 3 = 2 = 1 = 0
Raga (Redness) Dark and gross area Moderate & marked area Marked and limited area Absent	 = 3 = 2 = 1 = 0
Paka Dark and gross area Moderate and marked area Mild and limited area Absent	 = 3 = 2 = 1 = 0
Parisrava (Discharge) Marked and continuous Moderate and intermittent Mild and only after itching Absent	 = 3 = 2 = 1 = 0
Visragandh (Foul Smell) Unbearable Moderate and bearable Mild and limited area Absent	 = 3 = 2 = 1 = 0

Kleda (Watery discharge)	
Marked and continuous	= 3
Moderate and intermittent	= 2
Mild and only after itching	= 1
Absent	= 0
Twakvaivarnya (Discoloration of skin)	
More than 6 cm	= 3
3cm-6cm	= 2
Less than 3cm	= 1
Nil	= 0

OBSERVATIONS:

DISEASE WISE DISTRIBUTION OF SUBJECTS –

Sr. No.	Disease	No. of Patient	Percentage
1.	<i>Dadru</i>	16	32.00%
2.	<i>Vipadika</i>	18	36.00%
3.	<i>Kitibha</i>	08	16.00%
4.	<i>Ekakushtha</i>	06	12.00%
5.	<i>Charmakhya</i>	02	04.00%
	Total	50	100.00%

According to Disease, subject divided into 5 groups as:

1. Total no. of subjects having *Dadru* - 16 (32.00%)
2. Total no. of subjects having *Vipadika* - 18 (36.00%)
3. Total no. of subjects having *Kitibha* - 08 (16.00%)
4. Total no. of subjects having *Ekakushtha* - 06 (12.00%)
5. Total no. of subjects having *Charmakhya* - 02 (04.00%)

CHRONICITY WISE DISTRIBUTION OF SUBJECTS -

Sr. No.	Chronicity	No. of Patient	Percentage
1.	less than 1yr	29	58.00%
2.	1 year to 3yrs	11	22.00%
3.	Above 3yrs	10	20.00%
	Total	50	100.00%

According to chronicity, subject divided into 3 groups as:

1. Total no. of subjects between 2mnths-1yr - 29 (58.00%)
2. Total no. of subjects between 13mnths-3yrs - 11 (22.00%)
3. Total no. of subjects above 4yrs - 10 (20.00%)

VIRECHANA VEGA WISE DISTRIBUTION OF SUBJECTS

Sr. No.	No. Of Vegas	No. of subjects	Percentage
1.	8-10 (A.S.)	10	20.00%
2.	11-20 (M.S.)	40	80.00%
3.	21-30 (P.S.)	00	00.00%
	Total	50	100.00%

According to *virechana vegas*, subjects divided into 3 groups as:

1. Total no. of *Avarshuddhi* subjects- 10 (20.00%)
2. Total no. of *Madhyamshuddhi* subjects- 40 (80.00%)
3. Total no. of *Pravarshuddhi* subjects- 00 (00.00%)

SYMPTOM WISE PERCENTAGE RELIEF:

Sr. No.	Symptoms	B. T. total score in 50 Pts.	A. T. total score in 50 Pts.	Difference	%age relief
1.	<i>Tvakvaivarnya</i>	136	22	114	83.82%
2.	<i>Strava</i>	42	15	27	64.28%
3.	<i>Raga</i>	80	17	63	78.75%
4.	<i>Daha</i>	74	19	55	74.32%
5.	<i>Kleda</i>	12	06	06	50%
6.	<i>Paka</i>	10	05	05	50%
7.	<i>Gandha</i>	20	11	09	45%

TABLE SHOWING EFFECTS ON SYMPTOMS OF 50 PATIENTS OF "KSHUDRA-KUSHTHA" BY "WILCOX ON – MATCHED – PAIRS – SIGNED– RANKS TEST"

Sr.No.	Symptom	Mean	SD	SEd	Sum of all signed ranks	No. of pairs	Z value	P value
1	<i>Tvakvaivarnya</i>							
	BT	2.72	0.45	0.06414	1275	50	6.154	<0.0001
	AT	0.44	0.64	0.09107				
	Diff	2.28	0.6074	0.08590				
2	<i>Strava</i>							
	BT	0.840	0.6503	0.09196	378	27	4.541	<0.0001
	AT	0.300	0.4629	0.06547				
	Diff	0.540	0.5035	0.07120				
3	<i>Raga</i>							
	BT	1.60	0.8806	0.1245	780	39	2.221	<0.0001
	AT	0.340	0.5928	0.08384				
	Diff	1.260	0.8992	0.1272				
4	<i>Daha</i>							
	BT	1.48	0.6465	0.09143	1035	45	2.384	<0.0001
	AT	0.38	0.6024	0.08519				
	Diff	1.10	0.5440	0.07693				
5	<i>Kleda</i>							
	BT	0.24	0.4764	0.06737	21	6	2.20	0.0313
	AT	0.12	0.3283	0.04642				
	Diff	0.12	0.3283	0.04642				
6	<i>Paka</i>							
	BT	0.20	0.5345	0.07559	15	5	0.82	0.0625
	AT	0.10	0.3030	0.04286				
	Diff	0.10	0.3030	0.04286				
7	<i>Gandha</i>							
	BT	0.40	0.6061	0.08571	45	9	1.18	0.003
	AT	0.22	0.4185	0.05918				
	Diff	0.18	0.3881	0.05488				

Statistical Analysis of the Effect of Therapy on Symptoms of "Kshudra-Kushtha" By "Wilcoxon – Matched – Pairs – Signed – Ranks Test"

Tvakvaivarnya: statistically extremely significant, P<0.0001.

Strava: statistically extremely significant, P<0.0001.

Raga: statistically extremely significant, P<0.0001.

Daha: statistically extremely significant, P<0.0001.

Kleda: statistically significant, P=0.0313.

Paka: statistically not quite significant, P=0.0625.

Gandha: statistically very significant, P=0.0039.

From this we can conclude that *Virechana* treatment in *Kshudrakushtha* by *Trivruttachurna* is effective in *Tvakvaivarnya*, *Strava*, *Raga*, *Daha* symptoms of vitiated *Pitta* than the other symptoms like *Kleda*, *Paka*, *Gandha*.

TABLE: Showing Total Effect of Therapy

Sr.No.	Total effect of therapy	No. of pts.	%
1	Cured (100% relief)	13	26%
2	Marked relief (>75% relief)	16	32%
3	Moderate relief (>50-75% relief)	11	22%
4	Mild relief (>25-50% relief)	10	20%
5	No relief (non or marginal improvement)	0	0%

In this study 13 patients (26%) were cured completely, 16 patients (32%) were having marked relief, 11 patients (22%) were having moderate relief & 10 patients (20%) were having mild relief.

DISCUSSION

1. Mental stress & non vegetarian diet, especially sea food, were causes in maximum number of patients. These are the *hetus* of *Rasa dushti*⁸ & *Pitta* vitiation⁹
2. Also night duty was the maximum cause among 50 patients¹⁰ Night duty in profession causes vitiation of *vata* & *pitta*.
3. *Tvakvaivarnya*, *raga* & *daha* are the main symptoms found in all patients. These are the symptoms of *Pitta* Vitiation in *Kshudrakushtha*.¹¹
4. On the basis of observation, we can conclude that, patients having disease chronicity less than 1 year got very good relief by *virechana karma* than other patients with more chronicity. This proves that chronicity affects the overall result of treatment.¹²
5. We adopt only principle here *Virechana karma* in *Kshudrakushtha* by *Trivrutta choorna* which is *sukhavirechaka* in all seasons. So in my study there

were less drop out cases with less adverse effects of *Virechana*

6. *Virechana karma* is found to be very highly effective (p<0.0001) in case of symptoms *Tvakavaivarnya*, *Raga* and *Daha*.
7. "*Virechana karma*" is found to have better action (p<0.0001) in case of symptom "*Strava*".
8. "*Virechana karma*" is found to have good action (p=0.0313&0.0625) in case of symptoms "*Kleda*" & "*Paka*". Among 50 patients less having *Paka* symptom
9. "*Virechana karma*" is found to have mild action (p=0.003) in case of symptoms "*Gandha*".
10. Hence we can conclude "*Virechana karma*" is highly effective in the management of *Kshudrakushtha*.

CONCLUSION

Based upon the result of the clinical study displayed in the form of tables & graphs and critically discussed in previous chapters, the conclusions are presented herewith,

- On the basis of observation, *kshudrakushtha* having chronicity less than 1 year gets very good relief by *virechana karma* than patients with more chronic-

ity. This proves that chronicity affects the overall result of treatment.

- According to the Hetus explained in Ayurvedic classics, mental stress & non vegetarian diet, especially sea food, is the main to causes *pitta pradhan kshudrakushtha*.
- According to symptomatology, *tvak-vaivarnya, raga & daha* are the main symptoms of *pitta pradhan kshudrakushtha*.

Although this work is done in a scientific way however there are certain limitations of time and facilities available. Due to small sample size of 50 patients, the study result though highly encouraging need a more extensive evaluation.

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