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## Role of Ayurveda in Dry Eczema

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### Abstract:

In *Ayurveda*, various skin disorders are detailed under the heading *Kushtha*. It is one of the *Mahagada* defined by *Ayurveda* which not only affects the skin but also other dhatus for example *Rakta*, *Mansa* etc. *Vicharchika* is specially mentioned under the heading of *Kshudra Kushtha* (minor skin ailments). Even though, in terms of severity, incidence and prognosis it is not minor. *Vicharchika*, a type of *Kshudra Kushtha* (chronic skin disease) though involves only *epidermis*, its tendency of recurrence continues to pose problems to the physician. **Purpose:** Incidence- Higher prevalence rate of disease about 6.75% among Indian population. It is higher burning issue of society since severe itching disturbs routine. It affects psychological status due to its appearance. **Methods:** Type of study – clinical trial; Study design – parallel group ;Selection of patients-randomized. Minimum 20 patients having signs and symptoms of the disease were randomly selected from IPD and OPD wings of GAC, *Nanded*. Diagnosed patients were undergone treatments as – Group A- 10 patients with Tab Defcort 6mg twice a day and Group B – 10 patients treated with *Aragwadhadhi Kashaya* and *Yashadamruta malahara* for 30 days. Criteria of assessment was kept on basis of relief in their symptoms.

**Result and Conclusion:** were drawn on the basis of observed demographic analysis, clinical efficacy of therapy with symptoms, mechanism of action of drug and total efficacy of therapy.

**Keywords:** *Vicharchika*, *Kushtha*, *dry eczema*, *skin disease*, *pidika*, *rakta dushti*

## INTRODUCTION:

In *Ayurveda*, various skin disorders are detailed under the heading *Kushtha*. It is one of the *Mahagada* defined by *Ayurveda* which not only affects the skin but also other dhatus for

example *Rakta*, *Mansa* etc. *Vicharchika* is specially mentioned under the heading of *Kshudra Kushtha* (minor skin ailments). Even though, in terms of severity, incidence and prognosis it is not minor. *Vicharchika*, a type of *Kshudra Kushtha* (chronic skin disease) though

involves only epidermis, its tendency of recurrence continues to pose problems to the physician. Characteristics of *Vicharchika* as mentioned in the *Brihatrayi* are *Atikandu*, *Shyavata*, *Pidika*, *Bahustrava* or *Rukshata* and *Raji*. The consideration of characteristics of *Vicharchika* as Eczema may also reveal the same fact.

1. *Atikandu* (excessive itching)- In eczema, itching varies from mild to severe paroxysm which even may interfere with work and sleep.
2. *Bahustrava* (*lasikadhya*)- Eczema is characterized by superficial inflammatory oedema of epidermis associated with vesicle formation. In acute condition wet eczema is common
3. *Rukshata* (dryness)- Chronic illness of Eczema also persists or it may be found in the same patients at different stages.
4. *Shyavata* *Pidika*- In chronic cases of eczema, integument appears thickened and is hyper pigmented.
5. *Raji* (*Lichenification*)- Due to scratching in chronic cases of eczema, the skin becomes thick, *hyperpigmented* with visible *crises* cross ridges known as *lichenification*.

Considering the fact that, the combination of external as well internal therapy will play its best role in cure of Eczema. With this view, for present research I have proposed to focus the *upashayatmaka* effect of *Aragwadhadi Kashaya* (*kalpit* compound) as internal medicine and *Yashadamrut malahar* as

external application in patients of *Vicharchika*.

### NEED OF STUDY:

- Incidence- Great prevalence of the disease i.e. 3% in Indian Population
- Burning problem- Severe itching disturbing routine and its nature susceptible to be chronic.
- Socio Psychological impacts- Affects psychological status and disturb the social life due to its appearance,
- WHO celebrates 29<sup>th</sup> October as World Psoriasis day

### AIMS:

- To study *Nidanpanchaka* (*aetiopathogenesis*) of *Vicharchika* and its *Upashaya* according to *Ayurveda*.
- To study the *Upashayatmaka* effect of *Aragwadhadi Kashaya* and *Yashadamrut malahara lepa* on *Vicharchika*.

### OBJECTIVES:

- To assess the efficacy of *Aragwadhadi kashaya* and *Yashadamruta Malahara* in the management of *Vicharchika* w.r.to Eczema.
- To draw a hypothesis regarding the mode of action of drugs used in the present research on the scientific basis.

### MATERIALS AND METHODS:

#### 1. Conceptual Study

**Disease Review:** It comprises of

- 1) *Ayurvedic* review

## 2) Modern review

**1) Ayurvedic review:** In this, *Vicharchika* will be defined according to Ayurvedic literature

**2) Modern review:** In this, Eczema will be defined according to Modern literature

Following materials are used for this study.

- **Selection of Patient-** Minimum 60 patients having signs and symptoms of “Vicharchika” were randomly selected from OPD and IPD wings of Government Ayurved College, Nanded
- The patients will diagnosed on the basis of classical signs and symptoms of Vicharchika described in Ayurvedic classics like *Kandu, Daha, Shava, Rukshata, Pidika, Vaivarnya, Raji and Vedna* etc.
- **Informed written consent** was taken
- **Type of study:-**Clinical trial
- **Study design:-**Parallel group
- **Patients selection:-**Randomized
- **Examination of Patient** - Examination of Patient was done according to special case pro-forma which was included
  - **Etiological factors** of *Vicharchika* with
  - *Dushti lakshan of Dosha,*
  - *Dushya,*

○ *Strotas* etc.

- **Resulting Pathogenesis or Samprapti** after administration of *hetu* was studied in detailed.

## INCLUSION CRITERIA-

1. Patients showing *Pratyatma Lakshana* of *Vicharchika* (eczema) described in classical Ayurvedic texts as well in modern medical literature.
2. Age group of 16 to 60 years of either sex
3. Chronicity of disease not more than 3 years.

## EXCLUSION CRITERIA –

1. Patients suffering from disease like Anemia, Hemorrhagic disorders, Hemiplegic, Convulsion, Tuberculosis, Cancer; severe systemic diseases like Diabetes, Renal disease, H/O liver diseases etc.
2. Pregnancy, lactation

Registered 60 patients were divided in two groups as-

### 1. Group A: Control group

30 registered patients of *Vicharchika* were administered Tablet *Defcort* in the dose of 6 mg twice a day with a glass of water for 30 days.

### 2. Group B: *Aragvadhadi Kashaya*

30 registered patients of *Vicharchika* were administered with *Aragvadhadi Kashaya* (*Kalpita* compound) in the dose of 40ml twice a

day for 30 days along with *Yashadamruta Malahara lepa* at night as external application on affected parts of body.

#### **Tablet Defcort:**

- **Dose-** 6 mg twice a day with a glass of water after food,
- **Duration** - at same time every day for 30 days.

#### **Aragwadhadi Kashaya-**

- **Period:** 4 weeks
- **Dosage:** 40 ml twice a day with parts of Ghrita
- **Duration:** Morning- 40ml and Evening- 40ml (daily)
- **Bhaishajya Kal:** Before meal
- **Mode of Administration:** Oral

#### ○ **Yashadamruta Malahara-**

- **Period:** 4 weeks
- **Dosage:** Quantity sufficient as per affected area of body
- **Period of application:** In day time
- **Mode of Administration:** External application

#### **LABORATORY INVESTIGATIONS -**

- Routine investigations where ever needed
- **Actual Plan of Work-**
- The patients were diagnosed on the basis of classical signs and

symptoms of *Vicharchika* with the help of special standard case paper incorporating *Nidanpanchaka*

- More concentration was given on Evaluation of Hetus and resulting *Samprapti* or *Nidanpanchaka*.
- After diagnosis of the patients, study was intervened by Upashayatmaka therapy(exploration) in the form of *Aragwadhadi kashaya* and *Yashadamruta Malahara*
- Group A: Control Tab. *Defcort* 6mg twice a day
- Group B: *Aragwadhadi Kwatha*: 40ml twice
- Patients were studied for 6 weeks with the follow up after every 1 week interval.
- The *Upashayatmaka* effect of *Aragwadhadi kashaya* and *Yashadamruta Malahara* was assessed in regards to the clinical signs and symptoms on the basis of grading and scoring systems and overall upashaya.
- **Place of work:** OPD and IPD Wings of Government *Ayurved College, Nanded*
- **Formulation of drug :** Was carried out in Rasashala, Government Ayurved College, Nanded
- **Duration of work:** Was completed in scheduled course of 4 week
- **Criteria of assessment:**

- Criteria of assessment were kept on the basis of relief in the signs and symptoms of the disease Vicharchika.

- For this, the cardinal signs and symptoms were given scores according to their severity, before and after treatment.

#### 1. *Kandu* (Itching)

2. *Daha* (Burning sensation)
3. *Vaivarnya* (Discoloration)
4. *Strava* (discharge)
5. *Raji* (Lichenification, thickening and ridges on skin)
6. *Rukshata* (Dryness)
7. *Pidika* (Eruption)
8. *Vedana* (Pain)

#### Contents of *Aragvadhadi Kashaya*-(*Kalpita* compound)

S. N.	Contents	Botanical name	Part used	Quantity
1	<i>Aragwadha</i>	<i>Cassia fistula</i>	Root	1 Part
2	<i>Nimba</i>	<i>Azadiracta indica</i>	Root	1 Part
3	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Kanda	1 Part
4	<i>Khadir</i>	<i>Acacia catechu</i>	Root	1 Part
5	<i>Kutaja</i>	<i>Hollarhena antidysentrica</i>	Root	1 Part
6	<i>Atrushaka</i>	<i>Adhatoda vasica</i>	Root	1 Part



#### Contents of *Yashadamruta Malahara*-(*Rasa tarangini*)

S. N.	Contents	Botanical name	Quantity
1.	<i>Siktha</i>	Wax	12 gm
2.	<i>Tilataila</i>	<i>Sesamum indicum</i>	q.s.
3.	<i>Yashad</i>	<i>Zincum</i>	1 tula

*Praman of lepa* – ¼ angul ≈ 5mm

#### GRADING AND SCORING OF SIGNS AND SYMPTOMS –

##### Grading and Scoring -

- For symptoms: Subjective parameters were considered
- For signs: Appropriate clinical parameters were considered
- Scoring –
  - Grade III +++ severe
  - Grade II ++ moderate

- Grade I + mild
- Grade 0 0 nil

##### 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
  - no itching

## 2) *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
- - no burning

## 3) *Vaivarnya* (discolouration) -

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

## 4) *Srava* (discharge) -

- +++ - continuous discharge patient requires dressing to lesion 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 dries their own

## 5) *Raji* -

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

## 6) *Rookshata* (dryness) -

- +++ - with discomfort on skin
- ++ - without discomfort on skin

- + - negligible
- 0 - absent

## 7) *Pidika* (eruption) -

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

## 8) *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

## OVERALL EFFECT OF THERAPY:

1. **Cured:-** 100% relief in the sign and symptoms with plain skin surface and significant changes in the color of the affected skin lesion towards normal was considered as cured.

2. **Complete Remission:** - more than 76 to 99% relief in the sign and symptoms was recorded as complete remission with marked improvement in the pigmentation and thickening of the skin.

3. **Marked improvement:** - 51-75% relief in sign and symptoms was considered as marked improve with in pigmentation and thickening of the skin.

4. **Improvement:-** patients showing improvement between 25-50% in sign and symptoms with slight improvement of pigmentation and thickening of the skin was taken as improvement.



5. No relief:-below 25% relief sign

### OBSERVATIONS:

On the basis of results found during study *upashayatmaka* effect of

*Aragvadhadi kashaya* and *Yashadamruta Malahara* was quoted as follows-

Observation	Result	Total % n=20
Age	31-40yrs	56
Sex	Female	31
Religion	Hindu	88
Habitat	Urban	95
Socio-economic	Middle	80
Education	Educated	86
Marital status	Married	76
Occupation	Housewife	26
Diet	Mix	86
<i>Agni</i>	<i>Manda</i>	41
<i>Prakruti</i>	<i>Vata-pitta</i>	40



### Formed Malahara

Contents of *Yasahdamruta Malhara* and *Aragadhadi kashaya*

Symptoms	Group A % (n=10)	Group B % (n=10)
<i>Kandu</i>	53	86
<i>Ruja</i>	50	75
<i>Vaivarnya</i>	50	77
<i>Daha</i>	50	88
<i>Strava</i>	20	83
<i>Rukshata</i>	58	81
<i>Raji</i>	77	80
<i>Pidika</i>	0	0
Average	<u>53</u>	<u>81</u>

## RESULT



Before Treatment



After Treatment







**Before Treatment**



**After Treatment**

### CONCLUSION:

- Combined effect of *Aragwadhati Kashaya* with *Yashadamruta malahara* was found more effective in patients of Group B(81%) than that of Group A patients treated with Tab. Defcort (53%)
- *Aragwadhati Kashaya*, a concentrated Decoction of herbal drugs showed mild laxative and detoxifier action.
- *Yashadamruta malahara* showed *Shodhan* property; reduction and thickness of skin by exfoliation and scrapping, *ropan* and rejuvenation
- More rate of recurrence observed with control group that of study group was nil, observed in follow up study
- Economical; Cost effective
- *Yashadamruta Malahara* provided better relief in thick de pigmented lesions of dry Eczema
- Drug used in present research, proved their best effect against Vicharchika, in their combination form.

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