

**“Randomized controlled clinical study to evaluate the efficacy of
Ekvisantiko Guggulu orally and *Vidravan Tailam* topically in the
Management of *Vicharchika* with Special reference to Eczema in age
From group 18- 70 year.”**

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Abstract –

Introduction - Skin is outermost covering of the body which act as a Protective barrier. But very often, it is exposed to many entities which can damage it and cause Many of the skin disorder. About 10-20% of the general practice includes the Patients suffering from skin disorder & Eczema accounts for a very large Proportion of all the skin disease.

In Ayurveda, The word “*Kushtha*” is broad term, which covers almost All skin disorders.

All the clinical features of *Vicharchika* can be very well correlated to Clinical features of Eczema, Usually first symptom of Eczema is intense itching, the rash appears Later and is red in nature has

a eruption of different sizes, for this reason Eczema is also called as ‘itch that rashes.’

Aim and objectives – To study the therapeutic effect of *Ekvisantiko Guggulu* and *Vidravan tailam* with *Panchatiktaghrita Guggulu* and *Karanjadi tailam* in the management of *Vicharchika*.

Material and methods – Total 60 patients of *Vicharchika* selected randomly which is then divided into two equal Groups i.e. 30 patients in each group. Giving intervention by *Ekvisantiko Guggulu* orally and *Vidravan Tailam* topically for group A and *Panchatiktaghrita Guggulu* orally and *Karanjadi Tailam* topically for group B for 45 days treatment and follow up taken

for post therapy 45 days. Analysis of all patients were done and after that Result and conclusion were drawn.

Result and Conclusion – *Ekvisantiko Guggulu* and *Vidravan Tailam* with *Panchatiktaghrita Guggulu* and *Karajadi tailam* both are effective in the management of *Vicharchika* to reduce the sign and symptoms i.e. *Kandu*, *Shyava Varna*, *Rukshata*, *Pidika*, *strav*, *Rajyo*, *Ruja*, *Lohit Varna*. On the basis of overall percent relief, *Ekvisantiko Guggulu* orally and *Vidravan tailam* topically has found more effective than that of *Panchatiktaghrita Guggulu* orally and *Karanjadi Tailam* topically in the management of *Vicharchika*.

Keyword- *Ekvisantiko Guggulu*, *Vidravan tailam*, *Panchatiktaghrita Guggulu*, *Karanjadi Tailam*, *Vicharchika*, Eczema

Introduction –

As we all know that skin is the largest organ of human body. The skin is Extremely compound organ and it is related to visual clinical speciality. It covers Area of approx 22 square feet and weight 4.5-5 kg, which is almost 16% of Total body weight. It is known as “Gyanendriya” which is one out of five, which is responsible for ‘*Sparsh-gyana*.’

Skin is outermost covering of the body which act as a Protective barrier. But very often, it is exposed to many entities which can damage it and cause Many of the skin disorder. About 10-20% of the general practice includes the Patients suffering from skin disorder & Eczema accounts for a very large Proportion of all the skin disease.

In Ayurveda, The word “*Kushtha*” is broad term, which covers almost All skin disorders.

“कुष्णती इतत कुष्ठम्” (मा. नि/ कुष्ठ/ टीका 1)

According to *Ashtang Hrudaya*, in *kushtha* due to vitiated *dosha* the part of Skin becomes affected and changes its normal colour called *kushtha*, which Have been classified mainly into two groups:

- i) *Mahakushtha*
- ii) *Kshudrakushtha*

Vicharchika is enlisted under *Kshudrakushtha*. Acharya mentioned different Dominancy in *Vicharchika* i.e. *Kapha Pitta* which also suggest specific symptoms Complex, *Vicharchika* is also been mentioned as *Rakta pradoshaja vikara* and *Rasa, Rakta, Mansa, Kleda* are *Duahya* of it.

All the clinical features of *Vicharchika* can be very well correlated to Clinical features of Eczema, which is distinctive pattern of inflammatory Response of the Skin that is dermatitis according to modern science. It is a Pattern of inflammatory response of the Skin which is the resultant of delayed Type of hypersensitivity mediated by memory T – Lymphocytes in the Skin. It Clinically manifest by pruritus, erythema, oedema, papules and vesicles and Oozing in acute stage where as itching, scaling, dryness and *lichenification* Occur in chronic stage.

The prevalence of skin disease in the general population has varied from 7.86% to 11.16% in various studies. According to JMGIMS (journal of mahatma Gandhi institute of medical science.), Eczema is the most common

dermatitis in the last 10 years, accounting for 22% participants and among them almost 60% sufferers are female.

Usually first symptom of Eczema is intense itching, the rash appears Later and is red in nature has a eruption of different sizes, for this reason Eczema is also called as 'itch that rashes.'

The availability of powerful antibiotics, antifungals, antihistamines, Steroids and other drugs have propelled modern science to the top in recent Years. However, better management has yet to be discovered. Few drugs are Available for symptomatic relief only but in *Ayurveda* has lot to offer in skin Diseases.

Aim And Objective:

AIM: (PRIMARY OBJECTIVE):

To study the therapeutic effect of oral administration of *Ekvisantiko Guggulu* and topical application of *Vidravan tailam*.

OBJECTIVES: (SECONDARY OBJECTIVE):

- To study the disease *Vicharchika* and Eczema.
- To study the therapeutic effect of oral administration of *Panchatiktaghrita Guggulu* and topical application of *Karanjadi Tailam*.
- To see the effect of *Ekvisantiko Guggulu* and *Vidravan tailam* in sign and Symptoms of *Vicharchika* that is –

- 1) *Kandu* 2) *Shyava Varna* 3) *Pidika*
- 4) *Bahu strav* 5) *Ruja*
- 6) *Rajyo* 7) *Rukahata* 8) *Lohit varnata*

- To compare the effect of *Ekvisantiko Guggulu* and *Vidravan tailam* with *Panchatiktaghrita Guggulu* and *Karanjadi tailam* in the management of *Vicharchika*.

Material And Methods-

Study Design: Prospective, randomized Controlled, open labelled clinical study.

Place PG Department of *kayachikitsa* Laxmanrao Kalasapurakar *Ayurved*

College, Yavatamal, affiliated with D.M.M. *Ayurved* College, Yavatamal

Duration: 45 Days drug intervention and 45 days follow up.

Selection Of Patient –

Inclusive Criteria

- 1) Age group above 18 and below 70 years.
- 2) Patient having classical signs and symptoms of *Vicharchika*,
 - a) *Kandu* (itching)
 - b) *Pidika* (eruption)
 - c) *Shyava varna* (blackish discolouration)
 - d) *Strava* (discharge)
 - e) *Ruja* (pain)
 - f) *Rajyo* (marked lining due to thickness of lesion)
 - g) *Rukshata* (dryness)
 - h) *Lohit varna* (redness of Lesion)
 - i) Patient willing for clinical trial.
- 3) Irrespective of gender, occupation, Religion, economical barrier.
- 4) Patients willing to participate.

- 5) Patient WHO will fulfil criteria and take regular medicines with Regular follow up.

Exclusive Criteria:

- 1) Age group below 18 years and above 70 years.
- 2) Pregnant and lactating mother.
- 3) Drug induced eczema.
- 4) Immune compromised like HIV
- 5) Systemic disorders DM
- 6) Diabetic wound
- 7) Malignancy
- 8) Patient having cardiac disease like hypertension, CVE

- 9) Renal diseases like CKD
10) Endocrine disorders will exclude from study to avoid over lapping of Symptoms.

Withdrawal Criteria –

- Patient not following regular follow up.
- Change of patient mind not willing to continue Treatment.
- Occurrence of serious adverse events of any cause.
- Further continuation of the study is likely to be detrimental to health of the patient.

Showing Grouping of Cases -

Group	Group -A	Group-B
Number of Patients	30	30
Treatment	<i>Ekvisantiko Guggulu and Vidravan tailam</i>	<i>Panchatiktak ghrita Guggulu and Karanjadi tailam</i>
Dose	<i>Guggulu -1gm BD Tailam – twice a day</i>	<i>Guggulu –1gmBD Tailam - twice a day</i>
Kalpana	<i>Guggulu Tailam</i>	<i>Guggulu Tailam</i>
Anupana	Jal	Jal
Duration	45 days treatment 45 Days follow up	45 days treatment 45 days follow up
Time of administration	<i>Guggulu - After meal Tailam - twice a day</i>	<i>Guggulu – After meal Tailam –twice a day</i>
Route	<i>Guggulu – orally Taila- topically</i>	<i>Guggulu- orally Taila – topically</i>

Selection of Drugs – Taking the symptoms and *samprati* of *Vicharchika* into consideration “*Ekvisantiko guggulu* and *Vidravan tailam*” were selected.

Ekvisantiko Guggulu Contents –

Chitrak, Amalaki, Haritaki, Bibhitak, Pippali, Marich, Shunthi, Ajaji, kutaj, vacha, saindhav Lavan, ativisha, Chavya, ajamoda, kushtha, Ela, yavasa, vidang, musta, devdaru, guggulu

Vidravan Tailam contents –

Manshila, Hartal, sindur, saurashtri, gandhak, siktha, sarjaras, kasis, Guggulu, kunduru, Kamal, shallaki, kampillak, kankustha, bhallatak, sharshap tailam, gomutra

Assessment Criteria:-

For assessment of the efficacy of the trial therapy, following parameters were Adopted

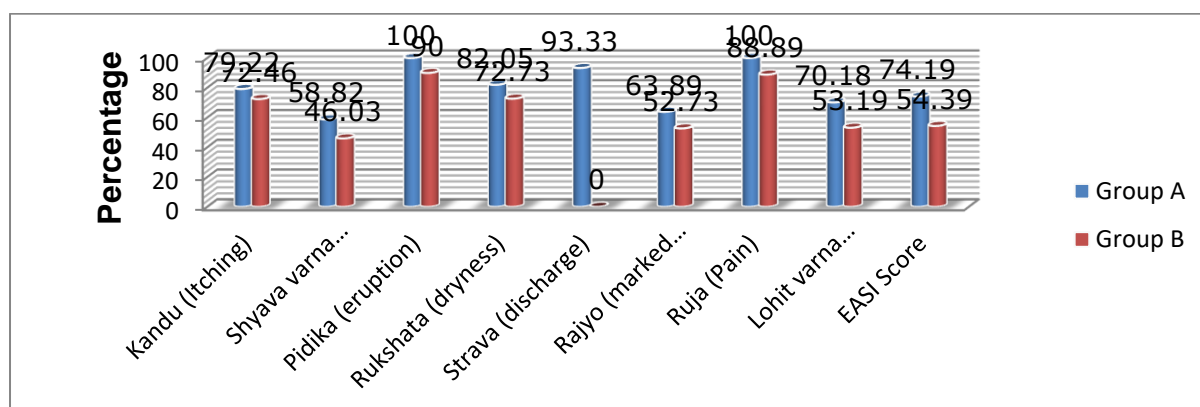
1) Subjective criteria

Sr.no	Symptoms	Criteria for gradation			
		Gradation 0	Gradation 1	Gradation 2	Gradation 3
1	<i>Kandu</i> (itching)	Absent	Tolerable	Non tolerable but does not disturb sleep	Disturb sleep and other activities.
2	<i>Shyava varna</i> (blackish discoloration)	Normal skin	Slightly black	Dark patches	Black spot with variations
3	<i>Pidika</i> (eruption)	Absent	One to two	More than Two	All over the Body
4	<i>Rukshata</i> (dryness)	No line on scrubbing by nail	Faint line on scrubbing by nail	Lining and words can be written by nail	Excessive <i>Rukshata</i> leading to <i>Kandu</i>
5	<i>Strava</i> (discharge)	Absent	Occasional Discharge after itching	Occasional oozing without itching	Excessive oozing making cloths Wet
6	<i>Ruja</i> (Pain)	No Pain	Mild Pain	Moderate Pain	Severe Pain
7	<i>Rajyo</i> (marked lining due to thickness of Lesion)	Absent	Mild	Moderate	Severe
8	<i>Lohita varna</i> (redness of lesion)	Normal skin	Slightly red	Redish patches	Dark Red patches
9	Affected area of body surface (as per EASI Score)	Absent	Up to 25%	26 to 50%	More Than 50%

Observation and Results –

According to % relief in symptoms -

Symptom	Percentage of effectiveness of treatment	
	Group-A	Group-B
<i>Kandu</i>	79.22	72.46
<i>Shyava Varna</i>	58.82	46.03
<i>Pidika</i>	100	90
<i>Rukshata</i>	82.05	72.73
<i>Strava</i>	93.33	0
<i>Rajyo</i>	63.89	52.73
<i>Ruja</i>	100	88.89
<i>Lohita Varna</i>	70.18	53.19
<i>EASI Score</i>	74.19	54.39

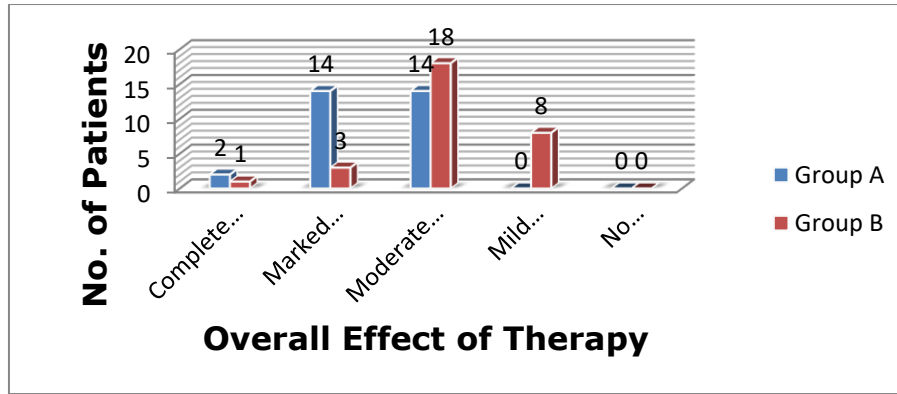


Overall Effect of Therapy –

According % Relief –

Table – Overall Effect of Therapy according to % relief

Result	Group A		Group B	
	Number of patients	%	Number of patients	%
Complete relief (100 %)	2	6.67%	1	3.33%
Marked relief (75 to 100 %)	14	46.67%	3	10.00%
Moderate relief (50 – 75 %)	14	46.67%	18	60.00%
Mild relief (25 – 50 %)	0	0.00%	8	26.67%
No relief (0 to 25 %)	0	0.00%	0	0.00%



Discussion on statistical analysis –

Statistical Analysis – In Trial Group and In Control Group (By Wilcoxon Signed Ranks Test)

Wilcoxon Signed Ranks test was applied to both groups separately to observe whether the difference between before treatment and after treatment is significant or not.

Group A

In the case of symptoms *Kandu, Shyava Varna, Pidika, Rukshata, Strava, Rajyo, Lohit varna, Ruja* and EASI score the test has shown significant difference between before treatment and after treatment in symptoms scores. Hence it is concluded that *Ekvisantiko Guggulu* orally and *Vidravan Tailam* topically has significantly reduced *Kandu, Shyava Varna, Pidika, Rukshata, Strava, Rajyo, Lohit varna, Ruja* and EASI score.

Group B

In the case of symptoms *Kandu, Shyava Varna, Pidika, Rukshata, Strava, Rajyo, Lohit varna, Ruja* and EASI score the test has shown significant difference between before treatment and after treatment in symptoms Scores. Hence it is concluded that *Panchatiktaghrita Guggulu* orally and *Karanjadi Tailam* topically has significantly reduced *Kandu, Shyava*

Varna, Pidika, Rukshata, Strava, Rajyo, Lohit varna, Ruja and EASI score.

Statistical Analysis – Comparison Group A and Group B (By Mann Whitney's U Test)

Group A and Group B were compared and analyzed statistically by Mann-Whitney's U test.

Analysis –

- In the case of symptoms *Kandu, Shyava Varna, Pidika, Rukshata, Strava, Rajyo, Lohit varna, Ruja* and EASI score the test has shown significant difference between mean differences of Group A and Group B. it is concluded that, *Ekvisantiko Guggulu* orally and *Vidravan tailam* topically is effective than *Panchatiktaghrita Guggulu* orally and *Karanjadi Tailam* topically in the management of *Vicharchika* to reduce *Kandu, Shyava Varna, Pidika, Rukshata, Strava, Rajyo, Lohit varna, Ruja* and EASI score.

Overall Effect of Therapy -

Effect of Therapy According to % Relief % Relief in Patients -

In Group A, 2 patients has shown Completely improvement, 14 patients have shown Marked improvement, 14 patients have shown Moderate improvement.

In Group B, 1 patients have shown Completely improvement, 3 patients have shown Marked improvement, 18 patients have shown Moderate improvement and 8 patients have shown Mild improvement.

Average % Relief in group A and group B

Average % Relief was 80.18% in Group A

Average % Relief was 58.93% in Group B.

Hence According to % relief, It was observed that *Ekvisantiko Guggulu* orally With *Vidravan tailam* and *Panchatiktaghrita Guggulu* orally With *Karanjadi Tailam* topically both have nearly equal efficacy in the management of *Vicharchika*, *Ekvisantiko Guggulu* orally With *Vidravan tailam* topically is found better on the basis of percent relief. Few symptoms were present in very few patients and hence % relief might have shown such result.

Mode of Action –

Vicharchika has been considered as *Tridoshaja*, *Rakta Pradoshaja*, and *Shakhagata Vyadhi*. Various etiological factors may produce *Dosha*, *Dushti*, *Dhatu Shaithilya*, *Kha-vaigunya* and *Agnimandya*, *kleda* which all leads to *Kushtha (Vicharchika)*. Disease is a final outcome of all the pathogenesis and the treatment is one that breaks all steps of pathogenesis. So for this study *Ekvisantiko guggulu* orally and *Vidravan tailam* topically were selected.

Probable Mode of action *Ekvisantiko Guggulu* orally and *Vidravan Tailam* :-

1) Effect on Dosha –

Ekavishantiko Guggulu contains *Chitrak*, *marich*, *shunthi*, *krushnajira*, *vacha*,

kustha, *Chavya*, *vidang*, *ajamoda* and in *Vidravan tailam* *Manashila*, *kampillak*, *bhallatak*, *Sarshap* having *katu*, *tikta rasa*, *Ushna virya* and *katu vipak* which are acts as a *Kapha-vata shamak*.

Also maximum drugs are *sheeta virya* like *amalaki*, *saindhav lavan*, *Ela*, *musta*, *sarajarasa*, *Kamal* which are acts as *kapha-pitta shamak* and *Tridosha shamak*.

Some drugs are from *Rasashastra* which is *maharas*, *uparas* and *vata-kaphashamak*, *kandughna*, *kushthaghna*, which acts on all *doshas* specially *Vata* and *kapha doshas*.

2) Effect on Dushya –

Twak, *Rakta*, *Mansa* and *Lasika* are *Dushya* of *Vicharchika*. *Twak* and *Lasika* are related with *Rasadhatu*, symptoms of *Rasavridhi* are just same as *Kaphavridhi*, *Langhna* is mentioned for treatment of *rasa dushti*.

The drug which have *Laghu*, *Ushna*, *Tikshna*, *Ruksha*, *sukshma* properties are called *Langhana Dravya* in *Ekvisantiko guggulu chitrak*, *bibhitak*, *haritaki*, *pippali*, *ativisha*, *Chavya*, *ajamoda Guggulu* having *laghu*, *Ruksha Guna*.

Vidravan Tailam contain drugs are *Laghu*, *Ushna*, *Tikshan*, *Agnivardhak*, *Aampachak*, *Raktashudhikar*, *raktashodhak*, *swedjananiy*, *twachyakar* so these drugs acts on *Ras*, *Rakta*, *Mansa* and decreases Symptoms of *Vicharchika*.

3) Effect on Strotasa:-

Ekvisantiko Guggulu and *Vidravan tailam* shows good effect on vitiated, *Rasavaha*, *mamsavaha* and *Swedavaha strotasa*, which are mainly get vitiated in *vicharchika*.

Most of the *Dravya* from this *kalpa* shows *Deepna*, *Panchana*, *Laghu*, *Ruksha*,

Ushna and *Tikshna* properties, so they do *Aampachna*, hence they remove *sanga* from *strotasa* and do *Strotomukha Vishodhana*.

4) Effect on Vyadhi:-

Many of *dravya* are *Twachyakar*, *Raktaprasaadak*, *Kushthagna* and *kandughna* they affect on *vicharchika*.

Krumi is mentioned as a causative factor of *kushtha*, so *Krumighna dravya* like

vidang, *vacha* of this *kalpa* effects on *Krumi*.

Most of drugs are *Laghu*, *Ruksha*, *Ushna* and *Tikshna*, So they effect on *Kapha doshas* of *Vicharchika* and reduce symptoms, In *kushtha* local application also important so *Vidravan tailam* contain drugs are *raktadhaprasadak*, *twachyakar*, *kandughna kaphagna* properties So these drugs acts on skin layer and reduce *vicharchika vyadhi*.



Before Treatment



After Treatment



Before Treatment.

Conclusion –

- The effect of *Ekavishantiko Guggulu* with *Vidaran Tailam* (Group A) is significant than *Panchatikta Ghrita Guggulu* with *Karanjadi Tailam* (Group B) for all subjective criteria –



After Treatment

Kandu (Itching), *Shyava varna* (blackish discolouration), *Pidika* (eruption), *Rukshata* (dryness), *Strava* (discharge), *Rajyo* (marked lining due to thickness of lesion), *Ruja* (pain),

Lohit varna (redness of lesion) and EASI Score of *Vicharchika* w.r.t. Eczema.

- mean difference scores of Group A are more than that of Group B. Hence it is concluded that, *Ekvisantiko Guggulu* orally and *Vidravan tailam* topically is effective than *Panchatiktaghrita Guggulu* orally and *Karanjadi Tailam* topically in the management of *Vicharchika* to reduce *Kandu*, *Shyava Varna*, *Pidika*, *Rukshata*, *Strava*, *Rajyo*, *Lohit varna*, *Ruja* and EASI score.

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