EFFECT OF DASAPUSHPAKERA IN THE MANAGEMENT OF VICHARCHIKA (ECZEMA)

SINJU C¹, S. R. MANJU ² and C.G. SREEVIDYA ³

¹P. G. Scholar, ²Professor and H.O.D, Dept. of Agadatantra, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India. ³Associate Professor, Dept. Of Agadatantra, Govt. Ayurveda College, Thiruputhur, Kerala, India. Email: sinjushaine@gmail.com

Received: 25 November 2017, Revised and Accepted: 20 August 2017

ABSTRACT

Objective: To study the effect of Dasapushpakera in the management of Vicharchika. Environmental pollution, mental stress and modern life styles leads to accumulation of toxins in the body and exert their effect in the form of various chronic disorders like Vicharchika which can be compared to Eczema. The chronicity is due to intake of Virudhahara (incompatible food regimen) and Dooshivisha (latent or denatured poisons). So medicines using for its cure should contain antitoxic and anti inflammatory properties. Dasapushpa kera is mentioned in Malayalam visha chikitsa texts like Kriya koumadhi, Visha vaidya josnika and Prayoga samuchaya in the context of Mandali Visha vrana.

Methods: Sixty patients participated in the RCT study and thirty patients each with signs and symptoms of Vicharchika was assigned into 2 groups namely study and control group. Before starting treatment, Virechana with Avipatti choornam mixed with honey was given for both groups. Then Nimbanilavakadi kashaya was given twice daily for 4 weeks for both groups. Washing with Triphala kashaya was also advised twice daily for both of them. Dasapushpa kera is advised for external application for 4 weeks for the study group. The patients were reviewed on 15th day and 30th day. The results were analyzed statistically.

Results & Conclusion: Study group showed more relief in itching, oozing, skin eruption and discoloration. No recurrence was seen in the follow up period. This treatment regime is significantly effective than the control group (p < .001).

Keywords: Vicharchika, Eczema, Dasapushpa, Nimbanilavakadi kashaya

INTRODUCTION

Skin is an emblem of health, beauty, confidence and social well being. Nowadays most of the skin diseases are due to modern life styles. Disorders in diet, sleep, urges and anxiety all contribute invariably to its origin and chronicity. Modern medicines are providing only symptomatic relief to most of them and their long term use may cause adverse effects.

Kerala have some unique distribution of plants and many medicinal preparations were outlined based on them. Dasapushpa, a group of ten plants was one among them. It is familiar to Keralites as a group of flowers to wear on hair during Thiruvathira in the month of Dhanu (Dec-Jan).

Malayalam chikitsa books like Prayoga Samuchayam¹, Chikitsa Manjari, Kriyakumar², Arogyakalpdruman³ etc., have references and formulations of this valuable group. It is narrated mainly in Vishavran, Visarpa, Apasmara, Matsyasvita chapters. It is also believed that Dasapushpa improves brain function.

Vicharchika is one among the eighteen skin diseases mentioned in Ayurveda. Its symptoms are similar to Eczema. Although treatment for it is available the recurrence of the disease is increasing. Patients opting Ayurvedic treatment for Vicharchika is increasing day by day. Dasapushpa is easily available and a cost effective medicine in Kerala. Moreover it is described in various preparations for ulcers in Viper bite and Visarpa.

The overall management of the skin disease in Ayurveda consists of Sodhana, Samana and Lepana. In chronic skin diseases, Sodhana procedures include purgation or emetic therapy, Samana with Kustahara and Vishahara preparations and Lepana with Vranahara. Vishahara and Varnya drugs will be effective. Vishahara preparation are a modified version which is estimated to be more effective in chronic skin diseases have included in this study.

A poison whether animal, vegetable or artificial which have not been fully eliminated from the system and partially inherent therein, which have become enfeebled due to the action of anti poisonous remedies upon them or which have become dried by fire, wind and the sun or which are naturally devoid of their specific properties are designated as Dooshivisha.

In Ayurveda, improper, incompatible and unacceptable food is considered as Virudhahara. Abara is given prime place in this life science. But if improperly taken will cause derangement of Doshas which in turn affects Dhatus. In short all drugs and diet which dislodge the various doshas but do not expel them out of the body can be regarded as unwholesome.

Vicarchika is characterized by symptoms viz. kandu, syava, pidaka and srava. Kandu or itching is due to involvement of Kapha dosha. Pidaka or skin eruption is due to vitiated Pitta accumulated in twak and rakta. Pidaka causes pain and in Vicarchika, generally small circumscribed easily palpable lesions are found. Srava means discharge. Vitiated kapha and Pitta are responsible for srava. Susrutaracarya have told rukshata in vicarchika which is due to vata predominance. So vata predominance shows dry lesions (dry eczema) and pitta and kapha dosha shows wet lesions (wet eczema). Syava or blackish discoloration is due to vitiated vata. Daha or burning sensation due to pitta and vedana.

Most of the drugs in Dasapushpa have anti inflammatory, wound healing, anti toxic and anti oxidant property. Most of the anti poisonous property is mainly due to prabha. Moreover the predominance of tikta rasa in Dasapushpa group alleviates toxins. Out of this ten plants Bhdrada, Bhringaraja, Sahadevi and Sakratatha have anti inflammatory property. Bhdrada, Bhringaraja, Sahadevi, Vipareeta lajjulu and Vishnukranta have antibacterial properties. Bhringaraja, Musali, Durva, Sahadevi, Sesasruthi and Vipareeta lajjulu are useful in skin disease, cuts and wounds. Durva and Lakshmana reduces burning sensation. Sakratatha is a rubefacient. Bhringaraja, Sakratatha, Vipareeta lajjulu, Vishnukranta are anti oxidants. Musali reduces pruritis. Sahadevi have prabha in jwara. Bhringaraja is a rasayana plant. All plants are anti toxic.

Nimbanilavakadi kashaya is having antigastic property found to be...
effective in Vicharchika in a previous study conducted at Agadatantra Department, Government Ayurveda College, Thiruvananthapuram.

From the pilot study conducted by the authors the preparation of Dasapushpa kera in Coconut oil as base was found to be more effective in skin disorders than tila taila preparation as tila preparation increased oozing and skin eruption which worsened the condition.

The objective of the study was to find the effect of Dasapushpa kera in the management of Vicharchika (eczema)

MATERIALS AND METHODS

The study was carried out in OP and IP Department of Agadatantra, Government Ayurveda College, Thiruvananthapuram with the approval of Institutional Ethical Committee.

Research setting

After the initial assessment and selection, the patients were randomly divided into two groups namely study and control group each consisting of 30 patients. All the selected patients were subjected to Virecana with Ayvatipath Churnam [10-25gms] mixed with honey before treatment.

The study group was provided with Dasapushpakera and Nimbanilavakadi Kashaya while the control group is provided with kashaya only.After virechana from the next day itself for both groups Nimbanilavakadi kashaya was given in a dosage of 48ml twice daily, early morning at 6 am in empty stomach and in evening at 6.00 pm before food for four weeks. Kshulana or washing with Triphala kashaya was advised for both groups twice daily. In the study group, Dasapushpa kera was given for external application after drying with cotton, twice daily for four weeks. Graded responses in both groups were analyzed on 15th and 30th day. After medicinal intervention, follow up was done for both groups on 15th day and 30th day.

Nimbanilavakadi Kashaya

This formulation is described in Ayurveda pharmacopoeia, Govt.Ayurveda College, Thiruvananthapuram. The ingredients are Nimba (Azadirachta indica), Nilavaka (Cassia senna), Aswagandha (Withania somnifera), Angwadhi (Cassia fistula), Khadira (Acaicia catechu), Duruhradra (Goscinium fenestram). The drugs were given in the coarse powder form. 48 gms of the same were boiled in 768 ml of water and reduced to 96 ml which was given in divided doses at 6 am and 6 pm. The preparation was done at SNA oushadasala, Thrissur, Kerala.

RESULTS

The overall effectiveness of the treatment on itching was 70% in the study group and only 41.0% in the control group. The effectiveness of oozing was 23.3% in the study group and 6.7% in the control group. The skin eruptions showed 36.7% effectiveness in the study group whereas it was only 6.7% in the control group. The symptom of blackish discoloration showed 100% moderate or mild change while the control group showed 86.7% had only mild changes. The overall relief of study group was 79.8% and in the control group it was 58.6%. It was a significant observation (p<.001) (table 1).

DISCUSSION

The study showed better relief to patients with symptoms of Vicharchika.

Itching – Both groups showed reduction in the symptom itching but quicker relief was attained in the study group. This is due to Tikta rasa, kapha samaka karma and anti poisonous effect of Dasapushpa. Administration of Nimbanilavakadi kashaya only was not effectively controlling severe itching which leads to more skin changes.

Skin eruption – Both groups showed good result in controlling pidaka due to pittaharata of tikta rasa. Due to vranahara property of Dasapushpa it was effective in controlling formation of pidakas.

Nimbanilavakadi kashaya was having drugs which have raktaprasadana property but local application with Dasapushpa gave quicker relief.

Oozing – The study group showed better result than control group. Some patients showed alpa srava having vata predominance, some showed rakthabha puyaabha and prabha having pitta predominance and some showed pichila and prabha having kapha predominance srava. Due to rooksha guna, vranaharata antibacterial property and effectiveness in cuts and wounds the external application of dasapushpakera was highly effective in controlling srava and infection.
Discoloration – Both groups showed good result in reducing discoloration. Drugs in Nimbanilavakadi kashaya were having varnya property and Sakralatha in Dasapushpa was having rubefacient property. So local application of Dasapushpaka was effective in reducing discoloration.

Eventhough both groups showed significant reduction in itching, oozing, skin eruption and blackish discoloration, the effect in study group is statistically significant with p<0.001.

Fig. 1: The percentage relief in study group and Control group
(BT- before treatment, Second- 2nd week, at – After treatment, af2 – Follow up 2 nd week, af4- follow up 4 th week)

CONCLUSION
Vicharchika is one of the common dermatological complaints met in clinical practice. From this study it is very clear that Dasapushpa kera is effective for external application in Vicharchika in controlling itching, oozing, skin eruption and blackish discoloration.

ACKNOWLEDGEMENT
The authors are grateful to Government Ayurveda college, Thiruvananthapuram, Kerala for providing facilities to carry out this work.

REFERENCES
1. Prayoga samuchaya, Kochunni Thampuran, Sulabha Publishers, Thrissur
2. Chikitsha Manjari,renman namboodiri Vyakhya, Vidyarambham publishers
4. Arogyakanshakalpadrumam, KaikulangaraRamavarier, study & retold by Dr.B.Syamala, Samrat Publishers, Thrissur
6. Vishavaidya Jyotsnika.6.123