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## Efficacy of *Kajjali Lep* with *Katu Tailam* (y.r.) in the Management of *Vicharchika* w.r.t. Eczema

Prakash Mane<sup>1\*</sup>, Santosh Kamble<sup>2</sup>, Sanjay Babar<sup>3</sup>, Priyanka Patil<sup>4</sup>, Dushyant Patil<sup>5</sup> and Prashant Khade<sup>6</sup>

<sup>1</sup>Dept of Rognidan, Dr D.Y. Patil Ayu. College & Hosp. Pune (MS), India

<sup>2</sup>Dept of Swasthritta, Dr D.Y. Patil Ayu. College & Hosp. Pune (MS), India

<sup>3-4</sup>Dept of Shalyatantra, Dr D.Y. Patil Ayu. College & Hosp. Pune (MS), India

<sup>5</sup>Dept of Sharirkriya, Dr D.Y. Patil Ayu. College & Hosp. Pune (MS), India

<sup>6</sup>Sanskrit Samhita Dept., Dr. D.Y. Patil Ayu. College & Hosp. Pune (MS), India

### ABSTRACT

In Ayurveda, Skin diseases are described under the headings of Kushtha and all types of Kushtha has been considered as Raktavaha srotodushtijanya vikara and Tridoshjanya origin. Vicharchika is one of the disease mentioned in ancient science among the Kushtha. The present study was completed to evaluate the efficacy of Kajjali Lep with Katu Tailamon Vicharchika for local application. Patients suffering from Vicharchikain between the age group of 15-70 years having signs and symptoms on the basis of diagnostic criteria were selected. Around 30 patients were examined in which 24 Patient fulfilling diagnostic criteria and inclusion criteria were selected. All drug shows Vatkaphahara Karma, Krmighna, Kushtaghna and Kandughna action. And also due to laghu and ruksh guna helps to minimize the Srava and Kandu. Topical drugs also enhance the skin metabolism, so healthy repairing may also take place. Katu tailam which are also useful for cutaneous absorption by his Vatkaphaghna properties. So all actions are favorable to break the etiopathogenesis of skin.

### KEYWORDS

*Kajjali lep with Katu Tailam, Vicharchika*



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## INTRODUCTION

Typically, skin diseases have a chronic course and the recurrence is very common. In *Ayurvedic* texts the skin disorders develop from abnormal functioning of the agni, defective dietary habits like unsuited foods, irregular meals pattern and habits like smoking, alcohol, psychological stress & causing life style related skin diseases. Vicharchika is one of the disease mentioned in ancient science among the Kushtha. Vicharchika is categorized in different ways i.e. Kshudra kushtha and Kshudra roga. All Kushthas are having Tridosha origin, hence Vicharchika can be explained in similar manner i.e. Kapha is responsible for Kandu, Pitta is responsible for Srava and Shyava indicates the presence of Vata<sup>1</sup>. Even with its Tridosha origin, various Acharyas have mentioned different dominances in Vicharchika i.e. Kapha, Pitta, Vata-pitta pradhana, which also suggests specific symptom complexes. As per the symptoms and pathogenesis, Vicharchika has been directly associated with eczema (dermatitis) in modern science, with symptoms kandu (excessive itching), Pidaka (papules, vesicles, pustules), Shyava (erythema with discoloration), Bahusrava (profuse discharge, oozing), Raji (thickening of skin), Arti (pain), Ruksha (dry lesion), etc.

Dermatitis is being used as a synonym of eczema by most of the dermatologists<sup>2</sup>. In recent days; modern science has reached the top by great advances, particularly when dermatology topic is concerned and also in regards to availability of powerful antibiotics, antifungal, antihistaminic, steroids, etc. But better management could not be searched out till today. Few drugs are available for symptomatic relief only. Skin diseases like eczema get a suitable atmosphere especially in developing countries, because of fast life style, industrial and occupational hazards, repeated use of chemical additives etc nowadays, whole world is gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of skin problems ayurveda can contribute remarkably. Topical application of Kajjali Lep with Katu Tailam is said to be very effective in the treatment of Vicharchika. But previously no study was carried out to evaluate the effect of this lepa. Hence this study was planned to evaluate the effect of Kajjali Lep. Topical use of Kajjali Lep with Katu Tailam were subjected to clinical trial in this study<sup>3</sup>.

## AIMS AND OBJECTIVES

1. To evaluate the effect of Kajjali Lep with Katu Tailam in management of



Vicharchika and associated symptoms of Vicharchika like pruritus, papules and hyperpigmentation etc.

2. To make a follow up for any relapse of symptoms of Vicharchika or recurrence of Vicharchika etc.

## MATERIALS AND METHODS

### Source of Data

Total 30 Cases of Vicharchika were selected randomly from OPD of Kayachikitsa in Dr .D.Y. Patil Ayurved College, Pune (Maharashtra)

### Diagnostic Criteria:

**Study Design: Single Blind Observational Clinical study**

**1. Subjective Criteria:** Patients will be diagnosed on the basis of signs and symptoms of Vicharchika as per Ayurvedic symptomatology. The patients having following signs and symptoms were diagnosed as suffering with Vicharchika (Eczema).

- a) Kandu (Pruritus)
- b) Pidika (Pappules)
- c) Shyava (Hyperpigmentation)
- d) Bahusrava (Discharge)
- e) Ruja (Pain)
- f) Rukshata (Dryness)
- g) Shotha (Thickness of skin)

### 2. Objective criteria:

a) Routine hematological investigations like Hb %, TLC, DLC, ESR..

b) Routine urine examination.

### Inclusion Criteria:

a) Patients suffering from Vicharchikain between the age group of 15-70 years were selected.

b) Patients possessing signs and symptoms on the basis of diagnostic criteria were selected.

### Collection, Tabulation and Statistical

**Tests:** Around 30 patients were examined in which 24 Patient fulfilling diagnostic criteria and inclusion criteria were selected.

### Exclusion Criteria:

a) Patients above 70 years and below 15 year were excluded.

b) Patients suffering from AIDS, Cancer, TB, DM and severe systemic disorders were excluded.

c) Patients of Vicharchika having secondary infections were excluded.

### Method for the preparation of drugs:

a) Kajjali 10gm (Parad and Gandhak mixed well in khal)

b) Katu Tailam (Saraso tailam) 10 ml

All components are mixed well which will be ready for one time lepan.

**Dosage :** To be applied topically/Q.S.

**Duration :** 30 days.

**Follow-up :** After 7th and 15th day of initiation of trial.

### METHOD OF RESEARCH:



### Assessment criteria:

Each patient is overall assessed weekly after the onset of treatment and twice during

follow up with one month gap in between (Table 1).

**Table 1** Effect of Treatment-

S.N.	Symptoms	Mean Score		Difference D	% Relief
		BT	AT		
1	Kandu (Pruritus)	2.81	0.37	2.42	86.42 %
2	Pidika (Pappules)	2.57	1.64	0.92	63.91 %
3	Shyava (Hyper pigmentation)	3.44	1.31	2.13	61.91 %
4	Srava(Discharge)	3.40	0.47	2.92	86 %
5	Ruja(Pain)	2.52	0.79	1.72	68.31 %
6	Rukshta(Dryness)	2.81	0.43	2.37	84.40 %
7	Shotha(Thickness)	2.54	0.80	1.73	68.31%

Relevant data is collected and documented on the detailed case proforma. Assessment of the condition is done adapting standard

methods of scoring. Subjective parameters are analyzed statistically with Paired- t test (Table 2).

**Table 2** Statistical Analysis

S.N.	Symptoms	Paired Test				Significant
		SD	SEM	t Value	P Value	
1	Kandu (Pruritus)	0.66	0.06	36.92	<0.0001	Yes
2	Pidika (Pappules)	0.48	0.07	31.05	<0.0001	Yes
3	Shyava (Hyper pigmentation)	0.46	0.06	59.64	<0.0001	Yes
4	Srava(Discharge)	0.44	0.07	30.81	<0.0001	Yes
5	Ruja(Pain)	0.33	0.03	29.31	<0.0001	Yes
6	Rukshta(Dryness)	0.66	0.06	36.92	<0.0001	Yes
7	Shotha(Thickness)	0.38	0.03	29.31	<0.0001	Yes

### Standard Visual analogue scale:

The assessment of signs and symptoms are done using the standard visual analogue scale as;

Cured- 0; Mild- 1;

## DISCUSSION

The present study was completed to evaluate the efficacy of an Ayurvedic formulation on Vicharchika. Topical administration of drug appears to be superior therapy due to its action in reducing super infections and necrotic

material via enhanced local defense systems and collagenolytic activity<sup>2</sup>. As per anatomy of skin just below the top layer of skin a thicker dermis is present where nerves, hair follicles, sebaceous glands, sweat glands, blood vessels and lymph vessels are situated<sup>7</sup>. Under the dermis is the subcutaneous fatty layer. Applying ointment to the skin is a quick and efficient way to introduce them into the blood, nerves and lymph. Many ointments are lipophilic, meaning that by their molecular design they want to jump into



tissues containing protein, like our skin. In present study, Kajjali Lep with Katu Tailam were selected for local application. All drug shows Vatkaphahara Karma, Krmighna, Kushtaghna Kandughna action. And also due to laghu and Ruksh guna helps to minimize the Srava<sup>3</sup>. Hence all are useful in breaking of etiopathogenesis of Vicharchika. Topical drugs also enhance the skin metabolism, so healthy repairing may also take place. Katu tailam which are also helpful media for cutaneous absorption by his Vatkaphaghna properties. So all actions are favorable to break the etiopathogenesis of skin. In clinical experience, this lepa was found effective in wet lesion<sup>10</sup>.

Kajjali Lep with Katu Tailam may be recommended as one of the drugs for the treatment of Vicharchika.

## CONCLUSION

The present study concluded that the drugs are effective in relieving signs and symptoms of vicharchika. This therapy was found significantly effective in management of vicharchika. No inappropriate effect was noted during treatment and follow up period, however, this is only a beginning study conducted as a part of educational research program with small number of patients, in fixed duration of time. Further multicentre, clinical studies are required with larger sample to establish vicharchikahara effect of these drugs. On the basis of the results of this dissertation,



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