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A Clinical Evaluation of *Bhrashta Sarshapa Kalka*, *Hinguleeya Manikya Rasa* and Combined Therapy in *Vicharchika*

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ABSTRACT

Introduction: *Bheshaja* has been placed in the second order among the *Chikitsa Chatushpada*. The sources of the medicines are three in number being *Audbhida*, *Jangama* and *Parthiva*. *Vicharchika* is the most common disease affecting all age groups presenting with symptoms such as itching, eruptions, blackish discolouration, discharge due to which there is uneasiness in the patients. In the study *Shamana* line of management is adopted, which includes both *Antahparimarjana* and *Bahirparimarjana Chikitsa*. **Aims and Objectives:** To evaluate the efficacy of *Bhrashta Sarshapa Kalka*, *Hinguleeya Manikya Rasa* and combined therapy in *Vicharchika*. **Materials and methods:** Thirty patients diagnosed with *Vicharchika* were selected from the OPD and IPD. The signs and symptoms were recorded and randomly divided into 3 groups of 10 patients each. Group 1, Group 2 and Group 3 were given *Bhrashta Sarshapa Kalka*, *Hinguleeya Manikya Rasa* and combined therapy, respectively. The duration of treatment was 15 days. After 15 days the signs and symptoms were recorded. Friedman's test was applied to analyze the results within the group, Kruskal Wallis test was applied for analyzing the results between the groups. **Results and conclusion:** *Bhrashta Sarshapa Kalka* group shows statistically significant effect of treatment on itching, discharge, discoloration, burning sensation and papules.

KEYWORDS

Bhrashta Sarshapa Kalka, Combined therapy, *Hinguleeya Manikya Rasa*, *Vicharchika*



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INTRODUCTION

The origin of traditional medicines can be traced back to Vedic period. *Bheshaja* has been placed in the second place among the *Chikitsa Chatushpada*¹. The plant based single drug treatment was the base of treatment. The curiosity of the mankind led to the practise of multiple combinations of the drugs as well as usage of metals and minerals which overruled the treatment using the single drug.

Masi Kalpana is a unique dosage form explained in Ayurveda where the drug is converted into carbon form by subjecting the drug to heat. Carbon has absorptive property which helps in removing dirt, secretions, bacteria and other micro particles from the surface of skin². *Bhrashta Sarshapa Kalka* is a formulation of herbal origin containing *Snuhi*, *Shwetha Sarshapa Kalka*, *Sarshapa Taila* meant for *Bahirparimarjana Chikitsa* in *Vicharchika*³.

Kupipakwa Rasayogas have always been known for their potency and smaller dosage when compared to herbal medicine. *Hinguleeya Manikya Rasa* is one among the *Kupipakwa Rasayoga* mentioned in *Rasatarangini*⁴ containing *Shuddha Hingula*, *Shuddha Gandhaka*, *Shuddha Haratala* and *Palasha Pushpa Swarasa*. It is claimed to be *Kshudrakushtahara*.

Skin form a protective barrier between the internal structures and the external environment. It regulates the body temperature, protects against trauma and is an organ of sensation and excretion. A variety of environmental and dietary factors may contribute to various skin disorders. In Ayurveda, the skin disorders are explained under the context of *Kushta*. *Mahakushta* and *Kshudrakushta* are the two forms of *Kushta*. *Vicharchika* is one of the *Kshudrakushta* mentioned in *Charaka Samhitha*⁵. It is the commonest disease affecting all age groups in the areas of urbanization⁶ presenting with symptoms such as itching, eruptions, blackish discolouration, discharge⁷ due to which there is uneasiness in the patients.

Considering the above facts a clinical evaluation of *Bhrashta Sarshapa Kalka*, *Hinguleeya Manikya Rasa* and combined therapy in *Vicharchika* a clinical study was carried out and the results were analysed statistically.

MATERIALS AND METHODS

Ethical committee approval number-SDMCAU/ACA-49/ECA26/15-16

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Source of Data: Thirty patients diagnosed as *Vicharchika* were randomly selected from OPD and IPD of S.D.M Ayurveda



Hospital, Udipi. **Method of collection of data:** A detailed proforma was prepared considering the points pertaining to history, signs, symptoms & physical examinations as mentioned in Ayurveda and allied sciences. **Design of the Clinical study:** It is an open labelled clinical study with pre-test and post-test design. **Diagnostic criteria:** Patients presented with classical features of *Vicharchika* like *Kandu*, *Vaivarnya*, *Pidaka* and *Srava*. **Inclusion criteria:** Patients diagnosed as *Vicharchika* based on signs and symptoms, Patients aged between 16 and 60 years, irrespective of gender, religion, occupation and habitat. **Exclusion Criteria:** Age below 16 years, age above 60 years and pregnancy. **Grouping and dose:** Grouping is done by taking three groups A, B and C with each group containing 10 patients of *Vicharchika*. Group A was given *Bhrashta sarshapa kalka* (QS) for external application twice daily. Group B was given *Hinguleeya Manikya Rasa* 62.5 mg twice daily with water. Group C was given both *Bhrashta Sarshapa Kalka* (external application; QS) and *Hinguleeya Manikya Rasa* 62.5 mg twice daily with water. **Duration of treatment:** Three months, follow up-once in 15 days; 6 sittings. **Assessment criteria:** The patient's response to the various treatments will be assessed on subjective and objective parameters.

Statistical analysis: Statistical analysis was done using Statistical Package for Social Science (SPSS) VER. 20. Friedman's test was applied to analyze the results within the group. Kruskal Wallis test was applied for analyzing the results between the groups. The obtained results were compared and interpreted in the statistical terms as Non-significant (NS) if $p > 0.05$, Significant (S) if $p < 0.05$ and Highly Significant (HS) if $p < 0.001$.

RESULTS

Effect of treatment on Itching: *Bhrashta Sarshapa Kalka* group shows statistically significant effect of treatment on itching parameter with $p = 0.002 (< 0.05)$. *Hinguleeya Manikya Rasa* group shows statistically significant effect of treatment on itching parameter with $p = 0.046 (< 0.05)$. The group which received both the treatments shows statistically significant effect of treatment on itching parameter with $p = 0.008 (< 0.05)$.

Effect of treatment on Discharge: *Bhrashta Sarshapa Kalka* group shows statistically significant effect of treatment on discharge parameter with $p = 0.003 (< 0.05)$, *Hinguleeya Manikya Rasa* group shows statistically significant effect of treatment on discharge parameter with $p = 0.005 (< 0.05)$, the group which received



both the treatments shows statistically significant effect of treatment on discharge parameter with $p= 0.003 (< 0.05)$.

Effect of treatment on Discolouration:

Bhrashta Sarshapa Kalka group shows statistically significant effect of treatment on discoloration parameter with $p= 0.005 (< 0.05)$, *Hinguleeya Manikya Rasa* group does not show significant effect of treatment on discoloration parameter. The group which received both the treatments does not show significant effect of treatment on discoloration parameter with $p= 0.157 (> 0.05)$.

Effect of treatment on Burning sensation:

Bhrashta Sarshapa Kalka group does not show statistically significant effect of treatment on burning sensation parameter. *Hinguleeya Manikya Rasa* group does not show statistically significant effect of treatment on burning sensation parameter with $p= 0.157(>0.05)$. The group which received both the treatments does not show statistically significant effect of treatment on burning sensation parameter with $p= 0.317(>0.05)$.

Effect of treatment on Papules:

Bhrashta Sarshapa Kalka group shows statistically significant effect of treatment on papules parameter with $p= 0.025(< 0.05)$. *Hinguleeya Manikya Rasa* group does not show statistically significant effect of treatment on papules parameter with $p=$

$0.317 (>0.05)$. The group which received both the treatments does not statistically significant effect of treatment on papules parameter with $p= 0.083(>0.05)$.

Effect of treatment on Sleep loss:

Bhrashta Sarshapa Kalka group shows statistically significant effect of treatment on sleep loss parameter with $p= 0.008 (< 0.05)$. *Hinguleeya Manikya Rasa* group does not show statistically significant effect of treatment on sleep loss parameter with $p= 0.083(> 0.05)$. The group which received both the treatments does not show statistically significant effect of treatment on sleep loss parameter with $p= 0.083(>0.05)$.

Effect of treatment on itching between the groups:

Among the three groups the effect of *Bhrashta Sarshapa Kalka* on itching was significant with $p= 0.004 (< 0.05)$.

Effect of treatment on discharge between the groups:

The effect of *Bhrashta Sarshapa Kalka*, *Hinguleeya Manikya Rasa* and combined therapy on discharge was not significant with $p= 0.083 (>0.05)$.

Effect of treatment on discolouration between the groups:

Among the three groups the effect of *Bhrashta Sarshapa Kalka* on discolouration was highly significant with $p= 0.000 (< 0.05)$.

Effect of treatment on burning sensation between the groups:

The effect of the



treatment modalities on burning sensation were not significant with $p=0.330 (>0.05)$.

Effect of treatment on papules between the groups: The effect of the treatment modalities on papules were not significant with $p=0.119 (>0.05)$.

Effect of treatment on sleep loss between the groups: The effect of the treatment modalities on sleep loss was not significant with $p=0.087 (>0.05)$.

DISCUSSION

Vicharchika is one of the *Kshudra Kushta* presented with *Kandu*, *Pidaka*, lesions of *Shyavavarna* associated with *Srava*. The management of any *Kushta* involves *Shodhana*, *Shamana* in terms of *Antahparimarjana* and *Bahirparimajanachikitsa* and administration of *Kushtahararasayana*. Among the above modalities *Shamana* has an important role and can be administered after *Shodhana* to remove the remaining *Dosha* or may be advised when a patient is unfit for *Shodhana*. For an effective management of *Vicharchika*, the features of which points towards the involvement of *Kapha Dosh*, the drugs must have *Kaphahara* property. Hence the formulations, *Bhrashta Sarshapa Kalka*, which has *Kshareeya Guna* and *Hinguleeya Manikya Rasa* which have *Kushtahara* and

Rasayana properties, were selected for the study as a *Bahirparimarjana* and *Antahparimarjana Chikitsa* respectively.

Bhrashta Sarshapa Kalka: The formulation used in the study, *Bhrashta Sarshapa Kalka* gets its name based on the ingredients present in the formulation. This *Lepa* can be included under *Doshaghna Lepa* as it is intended to use in *Vicharchika*. **Hinguleeya Manikya Rasa:** *Hinguleeya Manikya Rasa* is a *Sagandha*, *Sagnimurchana Yoga* prepared using *Kupipakwa* method. The formulations are prepared in glass bottle with the aid of *Valuka Yantra*. The meaning of this formulation can be understood as the *Rasaushadhi* formulated using *Hingula* which is *Manikyabha* in colour. Ingredients of the formulation include *Hingula*, *Gandhaka* and *Haratala*. The classics state *Mardana* of equal quantities of *Shuddha Hingula*, *Shuddha Gandhaka* and *Shuddha Haratala* using *Palasha Swarasa* for 7 days. This could have been suggested with the idea of reducing the particle size to maximum extent as the trituration was carried out manually during that period. The word *Rasasindoorasankasha* can be understood that the product will be similar in appearance to *Rasasindoor*.

The clinical study was conducted by taking three groups A, B and C, with each group



containing 10 patients of *Vicharchika*. Group A was given *Bhrashta Sarshapa Kalka* (QS) for external application twice daily. Group B was given *Hinguleeya Maniya Rasa*; 62.5 mg twice daily with water and Group C was given *Bhrashta Sarshapa Kalka* (QS) and *Hinguleeya Manikya Rasa*; 62.5 mg twice daily with water.

Generally application of *Lepa* is contraindicated at night but as there is involvement of *Rakta* in *Vicharchika*, the patients therefore were advised to apply the *lepa* during night too. Once the *Lepa* dries it has to be removed by washing. Group B were given 62mg of *Hinguleeya Manikya Rasa* packed in butter paper. The classical dose of *Hinguleeya Manikya Rasa* is 1-3 *Yava*. Hence the dose 1 *Yava* each twice, i.e. 2 *Yava* per day is administered. Water was used as *Anupana* as no *Anupana* is mentioned for this formulation. Group C were given both the formulations.

All the three groups showed statistically significant results on itching parameter with p value 0.002, 0.046 and 0.008 among the groups A, B and C, respectively. The results were significant on discharge parameter with p value 0.003, 0.005 and 0.003 among the groups A, B and C, respectively. There were significant effect on discolouration, papules and sleep loss with p value 0.005, 0.025 and 0.008, respectively in the group

administered with *Bhrashta Sarshapa Kalka*.

Itching and discharge is mainly due to the *Kaphadosha*. The drugs used i.e, *Snuhi*, *Sarshapa*, *Hingula*, *Gandhaka*, *Haratala* and *Palasha Pushpa* have the properties like *Katu- Tiktha- Kashaya Rasa*, *Laghu Guna*, *Ushna Veerya*, and *Katu Vipaka* which has its influence on *Kapha Dosha* thereby reducing *Kandu*. The drugs, *Sarshapa* and *Gandhaka* also have *Kandughna* property. Hence relief in terms of *Kandu* can be seen.

The discolouration was blackish in nature which can be due to *Vatadosha*. The drugs *Snuhi* and *Sarshapa* have *Snigdha Guna*, *Ushna Veerya*, *Kapha-Vatahara* property and hence may contribute pacifying *Vata* thereby reducing further progress of discoloration. Most of the patients complained of disturbance of sleep because of *Kandu*. Once the *Kandu* reduced there was improvement in sleep too.

Among 3 groups, the effect on itching in the group administered with *Bhrashta Sarshapa Kalka* has shown significant results and the effect on discolouration in the same group was highly significant with p value 0.004 and 0, respectively.

Bhrashta Sarshapa Kalka, a *Masi* applied as *Lepa* helps in removing the secretions from the surface of skin. *Snuhi* has *Kshareeya Guna* and *Sarshapa Taila*,



added as a base also have *Kandu- Kushta* and *Krimihara* properties. This may help in reducing the symptoms like *Kandu* and *Shyavavarna* in patients suffering from *Vicharchika*. *Hinguleeya Manikya Rasa* may show better efficacy when administered with *Kushtaghna Dravyas* as *Anupana*.

The drugs used in this *Lepa* are easily available, cost effective and are convenient to apply externally on the patients. *Snuhi* because of its *Kshareeya Guna* and *Shwetha Sarshapa* due to its *Kandu, Krimi, Ama* and *Kushtahara* properties helps in reducing the symptoms of *Vicharchika*.

CONCLUSION

Bhrashta Sarshapa Kalka and *Hinguleeya Manikya Rasa* claims to be *Vicharchikahara* in classics. As the formulations were rendered safe for human consumption, it was subjected to clinical trial in *Vicharchika* by taking three groups of 10 patients each. All the three groups showed significant effects on itching and discharge. Group administered with *Bhrashta Sarshapa Kalka* had significant effect on papules, discoloration and sleep loss. Among three groups, group administered with *Bhrashta Sarshapa Kalka* had significant effect on itching and highly significant effect on discoloration

when compared to group which received *Hinguleeya Manikya Rasa* and both the treatments. *Bhrashta Sarshapa Kalka* and *Hinguleeya Manikya Rasa* were found to be effective on *Vicharchika*.



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