



THE EFFICACY OF PANCHNIMBA CHURNA AND GANDHAK PISHTI IN VICHARCHIKA W.S.R. TO ECZEMA.

Dr. Mrs. Snehalata Sagar Salunkhe

(M.D. Ph.D) Assistant. Prof. Department of Kayachikitsa, College of Ayurved, Bharati Vidyapeeth, Deemed To Be University Pune India Pune Satara, Road Pune- 411043

Dr. Deepika Dilip Vyawahare

MD Kayachikitsa, College of Ayurved, Bharati Vidyapeeth Deemed To Be University Pune India Pune Satara, Road Pune- 411043

ABSTRACT

INTRODUCTION All skin diseases are explained in ayurveda under the umbrella of kushtaroga. There are seven types of mahakushta and eleven types of kshudrakushta. Vicharchika is one type of kshudrakushta having shyavavarnipidika, kandu, strava etc.

The incidence of vicharchika is common in day to day practice. So I have selected for effective Ayurvedic management.

MATERIAL AND METHOD

MATERIAL: To study the efficacy of PanchnimbaChurna and GandhakPishti by conducting clinical trials on Vicharchika WSR to Eczema.

METHOD: Open clinical trial on 10 patients

Patients receiving panchnimbachurna with ghrita as anupana and gandhakpishti for external application.

FOLLOW UP-DAY - 0, DAY - 15, DAY - 30, DAY - 45, DAY - 60

DURATION-60 days

RESULT: Comparing all the symptoms before and after treatment of these two drugs had significant action in management of vicharchika.

CONCLUSION: Panchnimbachurna (internally) and GandhakPishti (externally) had significant action in management of vicharchika.

Treatment had no side effect on clinical trial.

KEYWORDS : PanchnimbaChurna, GandhakPishti, Vicharchika, Eczema.

INTRODUCTION

Vicharchika can be correlated with eczema/ Dermatitis due to similarities of their signs and symptoms(1). The term eczema and dermatitis are synonyms. They refer to distinctive reaction pattern in the skin, which can be either acute or chronic and due to a number of causes. Eczema is a common problem in all age group all over the world. Its incidence is 2-3% seen in practice. Eczema is noncontagious skin disease that causes chronic, superficial inflammation of the skin, it is characterised by intense itching, redness, oozing, swelling and scaling. In Ayurveda Eczema is known as Vicharchika. According to ayurveda kapha is the main (pradhan dosha) responsible Doshas for vicharchika. Vata, pitta are associated Doshas creating signs and symptoms of the disease. According to the most of Ayurvedic texts, all types of kushtas have been considered as 'raktapradoshaj vikara'. Bruhatrayi have mentioned the Chikitsaashodhana followed by lepana for kushta. Amongst shodhanavirechana is best for pitta and raktapradoshajvikara and some extent of kapha, which is a main dosha of vicharchika(2). Ayurveda has a very rich repertoire of treatment. Methods for eczema cure several indigenous herbs are found to be very effective in the treatment of vicharchika. There curative measures are being studied even to this day and with outstanding results. Panchnimba churna (abhyantar prayoga) and gandhak pishti (bahya prayoga) are the effective medicines described in Bhaishjya Ratnavali and Bharat Bhaishajya Ratnakar respectively for the management of vicharchika.

AIM

To study the efficacy of Panchnimba churna (internally) and Gandhakpishti (externally) in the management of vicharchika w.s.r. to eczema.

OBJECTIVES

1. To study the Vicharchika with special reference to eczema.
2. To evaluate the efficacy of Panchnimbachurna and Gandhakpishti in the management of Vicharchika.

MATERIALS

In the present study PanchnimbaChurna (3) was tried as abhyantara yoga and GandhakPishti (4) with mustard oil was

used as bahyaprayoga.

METHODOLOGY

- Method Of Examination Was Followed As Said In Ayurvedic Literature I.e.

rogapariksha by nidanpanchak and rogi-pariksha by trividhpariksha and diagnosed vicharchika on the basis of pratyatmalakshnas i.e pidika, shyavavarna, strava etc.

- Number Of Patients

Clinical experimental sample study of 10 patients selected from OPD of skin disease on and fulfilling following criteria.

INCLUSION CRITERIA

1. Pratyatmalakshanas of vicharchika
 - Kandu
 - Shyavavarnipidika
 - Strava
 - Twakrukshata
2. Newly diagnosed patient of Vicharchika.
3. Patient of either gender with irrespective of age, gender, work, religion.
4. Patient were advised to follow the pathya-apathya.

Exclusion Criteria

1. Pregnancy and lactation
2. Having systemic disease (eg. Diabetes mellitus, HTN etc.)
3. Infective focus

Diagnostic Criteria: according to classical signs and symptoms.

Investigation: any infection for exclusion

CBC

ESR

Table. 1 Drug Administration Schedule

Medicine	Panchnimbachurna	Gandhakpishti
Dose	1 gm (3 masha)	Depends on affected area

Route of administration	Oral	Local application (20-30 mins)
Kala	Pachadbhakta (morning and night)	Morning
Anupana	Ghrita (equal quantity of churna)	Mixed with mustard oil in 2:1 at the time of application
Course of treatment	2 months	2 months
Follow up	0,15,30,45,60 th days	0,15,30,45,60 th days

Criteria Of Assessment

All the patients were examined every two weeks during the treatment. Criteria of assessment were kept on the basis of relief in the sign & symptoms were given scores according to their severity before and after the treatment.

Table. 2 Gradation of Symptoms

Symptoms	Gradation	Score
<i>Strava</i> (Discharge)	No <i>Strava</i>	0
	Occasional <i>Strava</i> after itching	1
	Mild <i>Strava</i> after itching	2
	Profuse <i>Strava</i> making clothes wet	3
<i>Pidaka</i> (Papules)	Absent	0
	1-2 <i>Pidaka</i> in one affected part	1
	3-4 <i>Pidaka</i> in one affected part	2
	More than 4 <i>Pidaka</i> in one affected part	3
<i>Shyavata</i> / <i>vaivarnyata</i> (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3
<i>Rookshata</i> (Dryness)	No dryness	0
	Dryness with rough skin	1
	Dryness with scaling	2
	Dryness with cracking	3
<i>Daha</i> (Burning sensation)	Absence of Burning sensation in affected part	0
	Rarely burning sensation in affected part	1
	Continues burning sensation in affected part	2
	Disturbing patients sleep	3
<i>Kandu</i> (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients attention	2
	Severe itching disturbing patients sleep	3

Observation And Result

Total 10 patients of *Vicharchika* were registered.

During treatment on 0day, 15day, 30day, 45day, 60day

1. The Assessment of Drug Compliance, Physical and Clinical Examination of Patients and Assessment was done.
2. Issue of Drugs and instructions to come for next follow up was given to patients.
3. According to sign and symptoms

Table. 3Result of Treatment

Sr. No	Sign	Before	%	After	%
1	Kandu	10	100	7	70
2	Pidika	10	100	10	100
3	Daha	10	100	10	100
4	Strava	10	100	9	90
5	Twakrukshata	10	100	6	60
6	Vaivarnya	10	100	4	40
7	Vedana	7	70	7	100

DISCUSSION

Among the disorders affecting the rasavaha, raktavaha, mansavaha and swedavaha srotas, *vicharchika* is an important disease due to its higher and widespread incidence, chronicity and progression to condition in acute

phase. *Vicharchika* reach to be nearest term for Eczema, which is one of the skin disorder described by charak. (cha chi 7/26)

The fundamental treatment method of shaman Chikitsa mentioned in Ayurvedic classics. The agonizing skin ailments are hunting the mankind since ages past. Vedic literature provides an ample evidence of such efforts in the form of prayer and herbs by naming all the skin disease under the heading 'kushta'.

The classics have described *Vicharchika* as having three main feature viz. *kandu*, *pidika*, and *strava*. On the basis of these description *Vicharchika* may be defined as a clinical entity, in which the lesion is dusty (*shyava*) coloured *pidika* with profuse itching (*kandu*) or *ruja*, which may develop anywhere in the body and may be wet or dry.

It is quite similar to eczema/ dermatitis as two classical criteria, the eruption in eczema are that it itches and causes vesicles or blistering of skin. The first manifestation is erythema or reddening of the skin. These vesicle or papules breakdown then there is oozing from the affected area of the skin. If the condition persist, the skin tends to become thickened and scales may come out.

The *panchnimbachurna* and *gandhakpishti* both the drugs given to the 10 patients. *Panchnimba churna* given with *rupan ghrita* and *gandhakpishti* mixed with *katutaila* for local application.

The follow up was up to 2 months in 10 patients, each patient assessed on the basis of *lakshanas* in them according to gradations. Symptomatic relief is the main criteria for the assessment. The observations made on all 10 patients and the result obtained in treated patients are discussed.

- Age – in this study more patients are found in age group 30 to 70 years (60%). It is due to the age production of lipid (squalene) decreases.
- Gender- according to gender 60% patients were male because they have a more stressful life than female and may be due to fast food items, travelling, life style and addiction.
- *Prakruti* – maximum 30 % of patients were of *vata kaph prakruti*, *kapha* and *vata* are predominant *dosha* to provocation of *vicharchika*.
- Symptomatology: –
- In study all patients get 100% relief of *kandu* symptom. It is due to *Kandu* is *lakshana* of *kapha dosha* *vrudhhi* and *panchnimba churna* is *ushna viryatmak* and *tiktarasatmak* so it acts as *kandughna*.
- In this study found that all 10 patients (100 %) relief from *pidika* and *strava*.
- Its act due to *ushna virya* of *nimba* and *dipan pachan guna* of *gandhak pishti*.
- In present study *vedana* symptom found in 7 patients (70%) and get relief of *vedana* symptoms 100%. It is due to *vata kaphashamak*, *snigdha guna* and *ushna virya* of *katu tail*, *tikta rasa* and *ushnavirya* of *panchnimba churna* and *ushnaand snigdha guna* of *Gandhak pisthi* helps to reduce the symptom.
- In present study 4 patients (40%) get relief of *Vaivarnya* is due to vitiated *vata*, *snigdha guna* and *ushna virya* of *katu tail* helps to reduce the symptoms.
- In this study found that all 6 patients (60 %) relief of *Twakrukshata*. It is due to *vata shamak*, *snigdha guna* and *ushna virya* of *katu tail*, *tikta rasa* of *panchnimba churna* and *snigdha guna* of *Gandhak pisthi* helps to reduce the symptom

All these observations support the classics and the concept developed in the conceptual part of the study regarding the

involvement of samprapti ghatak; e.g. dosha, dushya etc.

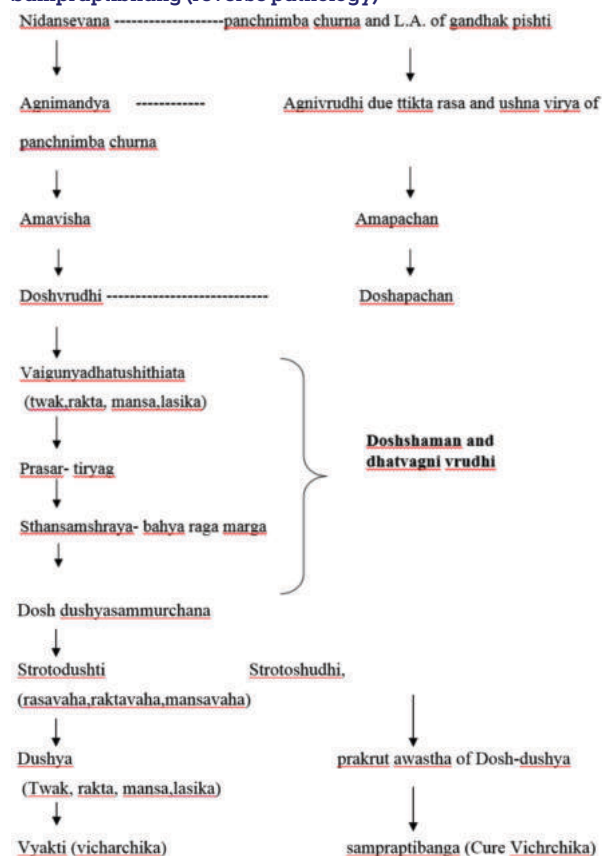
Comparative Aspects Of Vicharchika And Eczema (4)

SR.NO.	VICHARCHIKA	ECZEMA
1	Pidika	Papules
2	Pidika – sargashopha	Inflammation with redness
3	Kandu	Itching
4	Strava	Oozing – serum
5	Rukashata	Dryness
6	Raji	Linear markings (lichenification)
7	Paka	Pustules
8	Vrana	Ulcers
9	Ruja	Irritation because of excessive scratching
10	Varna – Lohita (kashyapa)	Redness (acute stage)

Probable mode of action:

- Due to ushna virya and tikta rasa of panchnimba churna acts as kandughna and kushtaghna.
- Ushna and snigdha guna of gandhak reduces vata and acts as kushtaghna due to its prabhava. Tikta rasa and ushna virya of gandhak acts as vatakapsha nashak.
- Katu taila is katu tikta rasatmak and ushna virya so acts as vatakapsha nashak and reduces twakrukshata due to its snigdha guna.

Sampraptibhang (reverse pathology)



CONCLUSION

- Mithyaahara, vihara, especially navanna, virudhaahara and vegvidharan are the main causative factor of vicharchika.
- On the basis of similar sign and symptoms Vicharchika is correlated with eczema.
- Kandu, pidika, strava, ruja, twak rukshata etc. symptoms were reduced step by step through the use of panchnimba churna and application of gandhak pishti.
- Panchnimba Churna and GandhakPishti is effective in Vicharchika or Eczema

- These drugs have no adverse and toxic effect observed in the study.

Scope of the study:

On the basis of clinical trials, it is proposed for further study that these medicines should be administered in large sample. Panchanimba churna can be used as Rasayana if it is given for the period of 1 sanvatsara i.e. 1 year.

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