



LITERARY REVIEW - ROLE OF ARKADI TAIL IN MANAGEMENT OF ECZEMA

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ABSTRACT

Eczema is most commonly occurring disease worldwide. The word eczema itself implicates its meaning that is to boil over. In this disease, skin becomes itchy, red and inflamed. Itching is so much that it hampers day to day activities of that person. Dark color patches may appear on affected area due to which person may get demoralize to perform confidently in outer environment. Thus it reduces the overall performance of the patient. Chronicity of the disease increase as the time passes. There is no absolute treatment to cure it. Immunosuppressant are generally use for its management but there are many limitations for their use. It is an ongoing challenge to live with eczema. In various Ayurvedic Samhitas, there is description of a Vyadhi namely Vicharchika having Kaphadosh predominance which shows almost same symptoms like eczema. Sharangdhara has described 'Arkadi Tail' is useful in management of Vicharchika. Arkadi taila mainly consists of Arka Haridra and Sarshap Taila. These all have action of Dushit Kapha which causes Vicharchika. These drugs are easily available so that preparation of Arkadi Taila is very much cost effective. So external application of Arkadi Taila along with other oral medications would be definitely useful. So here we are doing since effect to study role of Arkadi Taila in the management of eczema.

KEYWORDS : Immunosuppressant, Kaphadosha, Sharangdhara, Vicharchika,

INTRODUCTION

Eczema is disease in which morbidity of skin occurs. In present era, incidence of eczema is increasing rapidly. Symptoms of eczema are itching, erythema, edema, oozing, hyper or hypo pigmentation. It course into chronicity as the time passes and patient suffers from many agonizing symptoms. There is no elixir treatment till date to cure eczema completely. In Ayurveda, different types of skin diseases are described under Kustha Vyadhi. There are mainly two types of Kustha viz. Mahakustha And Kshudrakustha. Vicharchika is a type of Kshudra Kustha. It shows signs and symptoms like eczema. Various Acharya have described the treatment of Vicharchika in the form of external and internal medication. As skin is a site of absorption of many medicines, external application of many medicines in the form of Lepa, taila, Malhar etc helps in management of skin disorders. Sharngdhara in his text narrated the use of Arkadi taila for cure of Vicharchika Vyadhi. Contents used in the preparation of Arkadi taila preparation have various actions eczema and these are easily available and cost effective. By considering all of this, Arkadi taila can be a modality in the management of eczema along with other medicines.

AIM – To study role of Arkadi Tail in Management of Eczema

OBJECTIVES–

- literary review of Arkadi Tail
- literary review of Vicharchika Vyadhi and Eczema

MATERIAL AND METHOD–

Literature regarding Arkadi Tail, Vicharchika, and eczema collected from various text books of Ayurvedic and modern science. On the basis of this literature, role of Arkadi Taila in treatment of eczema established.

Review literature

Skin diseases are described in Ayurveda under the heading of Kustha Vyadhi by various aspects. They have given its Purvaroop, Roop, Samprapti, Chiksta in detail. There are mainly two types of Kustha. these are Kshudra Kuastha and Mahakustha. Out of these, 8 are Mahakustha and 11 are

Kshudra Kustha. All Kustha are generally Tridoshaja but as per predominance of Doshaja these are named accordingly and are characterized by special symptoms of that Dosh. ⁽¹⁾ Vicharchika is one of the Kshudra Kustha. As per Acharya Sushruta, it shows symptoms like ⁽²⁾ –Raji (cracks), Atikandu (excessive itching), Vedana (pain), Rukshata (roughness).

According to Acharya Charaka, symptoms like Kandu (itching), Pidika (blisters), Shava Varna (pigmentation of skin), Bahustrava (excessive oozing) ⁽³⁾ According to him, Vicharchika shows dominance of Kapha Dosh. ⁽⁴⁾ Vagbhata (Astang Hrudayakaar) has also quoted the same symptoms. ⁽⁵⁾ Eczema

Sign and symptoms –

- Itching,
- Redness
- scaling
- Edematous plaque or serous papules.

Arkadi Tail ⁽⁶⁾

Contents

Arkapatra Swaras, Haridra Kalka, Sarshap Taila

Method of preparation

Sarshap Taila is boiled alongwith Arka Patra Swaras in the ratio of 1:4. Haridra Kalka (1/4) part is added in it. All this is boiled until getting Taila Siddhi Lakshana.

Properties of Arka ⁽⁷⁾ (Calotropis Procera) –

Rasa – Katu, Tikta Virya- Ushana, Vipaka – Katu. Guna – Laghu, Ruksha, Tiksha

Doshaprayoga – Kaphavatshamak

Karma- Shothahara, vedana Sthapan, Raktasodhaka Vranashodhana, Shothahara, Pachana Vamanopaga, Jantughna, Dipana Pittasaaraka, Rechana, Krimighna, Hridayottejaka, Vedana Sthapana

Properties of Haridra ⁽⁸⁾ (Curcuma Longa)–

Rasa–Tikta Katu, Virya–Ushana, Vipaka- Katu Guna–

Ruksha, Laghu

Doshaprayoga – Kaphavatshamak

Karma - Shothaghna Kusthaghna Krimighna
Vedanaasthapana Jwaraghna, Raktaprasadana,
Vranashodhana Varnya Vranaropana Hikkaanigrahana,
Ruchivardhaka, Vishaghna Anulomana Mutrasangrahaniya,
Mutravirajaniya. Pittarechaka, Shwaasahara

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Properties of Sarshapa (Brassica Juncea)⁽⁹⁾ –

Rasa – Katu, Virya – Ushana, Vipaka - Katu Guna – Tikshana
Doshaprayoga – Kaphavatshamak, Karma- Kusthghna,
Lekhana, Raktapittavardhaka, Varnya, Agnideepana,
Krimighna, Vamanopaga, Dantapuyaghna, Jantughna,

DISCUSSION

Aacharya Charaka has told Kaphadosha dominance in the Samprapti of Vicharchika. Contents of Arkadi tail that is Arka, Haridra and Sarshap posses Kaphavatshamak property. That means these drugs definitely acts vitiated Kapha Dosha and breaks the Samprapti of Vicharchika Vyadhi. Also these drugs have Ushana Virya. Due to Ushana Virya there is reduction of vitiated Kapha Dosha. Katu Tikta Rasa of these Dravyas show absorption of discharge from eczema which is one of the important symptom of it. As per Dhanvantri Nighantu, Arka due to its Tikta and Ushana property is best Shodhan Dravya.⁽¹⁰⁾ and haridra Shows Vishodhan⁽¹¹⁾ property that means these have capacity to annihilate all the Dosha which are vitiated in less or more amount in Vicharchika. These Dravyas shows Kandugna and Kusthagna properties. Sarshapa Tail has fine penetration power as it is good lipophilic medium. And therefore it shows considerable action on Eczema.⁽¹²⁾ modern researches have proven anti inflammatory anti microbial activities of Arka. Oxidative stress is involved in the pathogenesis of eczema.⁽¹³⁾ Leaves shows potential antioxidant properties which protects the skin from damage caused due to free radicals involving in the pathogenesis of eczema.⁽¹⁴⁾ Haridra also shows antimicrobial activity which prevents growth of fungi and bacteria causing eczema.

CONCLUSION

Eczema is one of the leading disorder of skin. As per modern science, steroids are generally use to subside the symptoms but chronicity of diseases increases as the day passes and it get worsen. Literary review of Arkadi Taila shows various actions which are helpful to cure eczema. So clinical evaluation of Arkadi Taila external application along with other oral medications can be a boon in the management of Eczema. Hence clinical trial should be carry out to study efficacy of Arkadi Taila in the management of eczema.

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