



# CLINICAL TRIAL OF DOORVA (CYNODON DACTYLON LINN.PERS.) SWARAS SIDDHA TAIL AS A LOCAL APPLICATION IN VICHARCHIKA

Dr. Anjali Pratik Tekade

Assistant professor

Department of Dravyaguna, Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur

## ABSTRACT

Skin has several inbuilt mechanisms for interacting with the environmental agents and most of times it is able to protect itself from these agents. The protective ability of an individual is influenced by a variety of factors which include genetic factors, nutritional deficiencies, poor hygiene overcrowding, other diseases and intake of certain drugs. Ayurveda has described various factors which can cause skin disease. *Vicharchika* is one such kind of skin disease. This disease may cause problems like discomfort, interrupted sleep due to itching, withdrawal from society due to embarrassment. Acharya Chakradutta had explained many skin disorders & their treatment. He also stated many drugs for the management of *Vicharchika* and one of them is *Doorva Swaras siddha Tail*. Its swaras siddha tail is useful in decreasing itching, dryness, pain etc. helping in normalising the skin thus, improving the skin complexion as it is also described in '*VARNYA'Gana* by Acharya Charaka.

**Keywords-** Skin diseases, *Vicharchika*, *Doorva swarasa siddha Tail*, *Varnya gana*

## INTRODUCTION

Acharya Charaka has described 18 types of kushtha, amongst them 7 are mahakushtha and 11 are kshudrakushtha. Vicharchika (Eczema) is included under kshudrakushtha. Ayurvedic text has given the detail treatment of Vicharchika. Acharya Chakradutta had explained many skin disorders & their treatment. He also stated many drugs for the management of Vicharchika and one of them is *Doorva Swaras siddha Tail*. '*Doorva swaras siddha tail*' formulation described in *Gadnigrah and Bhaishajya Ratnavali* also. According to *Bhavprakash Nighantu* *Doorva* is *Kapha Pittahar, Twagdushtihar, Kanduhar, Raktaprasadak*. It acts as a haemostatic drug used in haemorrhages, wounds. The whole plant of *Doorva* is used as a medicine externally and internally also. The plant *Doorva* contains site sterol, alkaloids, flavanoids, triterpenoids, Vit.C. *Doorva* is haemostatic, refrigerant, healer. It has antioxidant, anti-inflammatory properties. So, it is beneficial for many skin disorders wounds, haemorrhages, burning sensation, discolorations of skin externally. Its swaras siddha tail is useful in decreasing itching, dryness, pain etc. helping in normalising the skin thus, improving the skin complexion as it is also described in '*VARNYA'Gana* by *Acharya Charaka*.

### Aims:-

To evaluate *Doorva swaras siddha Tail* effect in *Vicharchika* as local application.

## MATERIAL AND METHODS

### Vicharchika

Acharya Charaka has described 18 types of kushtha, amongst them 7 are mahakushtha and 11 are kshudrakushtha. Vicharchika is coming under vicharchika with symptoms vaivarnya, pidaka associated with kandu and excess of srava.<sup>[1]</sup>

Kushtha has been described in trutiya sthana of harita samhita. Vicharchika has a multiple pinhead sized eruption with ulceration and itching.<sup>[2]</sup>

18 types of kushtha have been described as per description of Charaka samhita. According to Acharya Madhava is pitta dominant disease but description of its symptomatology has been given as per Charaka samhita.<sup>[3]</sup>

Acharya Sharangdhara has given varieties of kushtha in the text. In the context of madhyama and uttarakhanda certain preparation for the treatment of kushtha a lepa especially useful in the management of vicharchika are mentioned.<sup>[4]</sup>

Kushtha has been mentioned as seven types depending on the dosha involvement and has been defined as kapha pradhana kushtha.<sup>[5]</sup>

## Properties of Doorva

*Rasapancaka Of Doorva (Cynodon dactylon Linn.Pers.)*

- Rasa - Kashaya, Madhura, Tikta
- Veerya- Sheet
- Vipak - Madhur
- Guna - Laghu
- Doshghnata- Kaph Pittahar

	<u>RASA</u>	<u>VIRYA</u>	<u>VIPAKA</u>	<u>KARMA/ ROGAGHNATA</u>
<u>D.N</u>	Kashaya	Sheet	Madhur	Raktapittahara <sup>[6]</sup>
<u>B.N</u>	Tikta, Madhura	Sheet	Madhur	Kaphapittaghna, Visarpa, Trushna, Daha, Twakroga <sup>[7]</sup>
<u>K.N</u>	Madhur, Tikta, Kashay	Sheet	Madhur	Kaphapittaghna, Visarpa, Trushna, Daha, Twakroga <sup>[8]</sup>
<u>R.N</u>	Madhur, Tikta	Sheet	Madhur	Raktapittaghna, Kaphvatjwarapaha <sup>[9]</sup>
<u>P.N</u>	Kashaya	Sheet	Madhur	Pittaghna, Raktapitta, Visarpa, Twagroga <sup>[10]</sup>
<u>H.N</u>	Tikta, Madhura	Sheet	Madhur	Kaphapittaghna, Visarpa, Trushna, Daha, Twakroga <sup>[11]</sup>
<u>N.R</u>	Madhur	Sheet	Madhur	Trushna, Vanti, Daha, Raktadosha, Visarpa, Murcha <sup>[12]</sup>

## STUDY DESIGN

Study is randomized controlled study. Patients are taken with known symptoms of Vicharchika by simple random sampling method.

Total no of cases: 60

Patients will be divided in 2 groups as follows:

Group A: 30 cases- Doorva swaras siddha Tail application

Group B: 30 cases- Modern treatment of Vicharchika.( Betnovate 0.1 % cream )

## **CRITERIA FOR SELECTION OF PATIENTS**

### **INCLUSIVE CRITERIA:**

- 1) Patients having classical symptoms of Vicharchika.
- 2) Age- 18 to 60 yrs of age.
- 3) Sex- Both male & female.
- 4) Patients willing for participation in the study ready to give consent.

### **EXCLUSIVE CRITERIA :**

- 1) Age below 18 & above 60.yrs of age.
- 2) Patients having any drug allergy or skin disease like Herpes zoster, Psoriasis.
- 3) Patients suffering other major diseases such as Cancer, HIV, Tuberculosis, Diabetes, Hypertension, chronic Hepatitis.
- 4) Pregnancy and lactating mother.

**DURATION OF STUDY:** 60 Days

**DRUG SOURCE:** Doorva(Cynodon dactylon Linn.Pers)

**FORMULATION:** Swaras Siddha Tail

**MODE OF ADMINISTRATION:** Local application

**DOSE:** As per requirement.

**KAL:** Twice in a day.

## Clinically Assesment of Patients

The patient suffering from Vicharchika which were included in trials had to undergo clinical examination at every follow up of one week for clinical assessment of the improvement in signs and symptoms. For the assessment of patients, the specific criteria was used which has been already described in Material & methods (design of study). On the basis of those criteria the statistical analysis of improvement in symptoms and signs was done.

**Table 5.15 Showing Effect on general Score of Patients of Vicharchika in Group A.**

Sr no	Symptom	General Symptom score		Difference	Percentage of relief
		BT	AT		
1	<b>Kandu</b>	73	22	51	69.86%
2	<b>Pidika</b>	66	23	43	65.15%
3	<b>Vaivarnya</b>	71	27	44	61.97%
4	<b>Strav</b>	66	24	42	63.63%
5	<b>Daha</b>	67	21	46	68.65%
6	<b>Ruja</b>	43	20	23	53.48%
7	<b>Rukshata</b>	68	24	44	64.70%

Percentage of Relief in symptom Score in Group A

- 1) Kandu – 69.86 %
- 2) Pidika – 65.15 %
- 3) Vaivarnya – 61.97 %
- 4) Strav– 63.63%
- 5) Daha – 68.65%
- 6) Ruja – 53.48%
- 7) Rukshata - 64.70%

**Table5.16 Showing Effect on general Score of Patients of Vicharchika in Group B.**

Sr no	Symptom	General Symptom score		Difference	Percentage of relief
		BT	AT		
1	<b>Kandu</b>	73	28	45	61.64
2	<b>Pidika</b>	69	32	37	53.66
3	<b>Vaivarnya</b>	66	24	42	63.63
4	<b>Strav</b>	71	23	48	67.60
5	<b>Daha</b>	71	24	47	64.38
6	<b>Ruja</b>	51	22	29	56.86
7.	<b>Rukshata</b>	71	27	44	61.97

Percentage of Relief in symptom Score in Group B

1) Kandu – 61.64 %

2) Pidika –53.66%

3) Vaivarnya – 63.63%

4) Strav– 67.60%

5) Daha – 64.38%

6) Ruja – 56.86%

7) Rukshata - 61.97%

**SYMPTOMATIC RELIEF OBTAINED WITHIN GROUPS :****Table 5.17**

SYMPTOMS	GROUP	
	A (%)	B (%)
Kandu	69.86	61.64
Pidika	65.15	53.66
Vaivarnya	61.97	63.63
Strav	63.63	67.60
Daha	68.65	64.38
Ruja	53.48	56.86
Rukshata	64.70	61.97
Average	63.92	61.39

**Effect of therapy on symptom score:**

It was observed that overall % of relief was more in Trial group (63.92%) than in Control group (61.39%). Percentage of relief for all the symptoms except Ruja, Strav and Vaivarnya is more in Trial group

**Total effect of therapy:**

In case of Trial group 26 patients (86.67%) were moderately improved, 3 patients (10%) were markedly improved, 1 patients (3.33%) was improved and no patient remained unchanged. In case of Control group, 23 patients (76.67%) were moderately improved, 4 patients (13.33%) were markedly improved, 3 patients (10%) were improved and no patient remained Unchanged.

**Table 5.25 Showing comparison between two groups by Chi-square Test**

S.No.	Group	Markedly Improved	Moderately Improved	Mildly Improved	Total	Chi Square Value
1	Trial Group	3 (O)	26 (O)	1 (O)	30	1.53
		3 (E)	25 (E)	2 (E)		
2	Control Group	4 (O)	23 (O)	3 (O)	30	P>0.05
		3 (E)	25 (E)	2 (E)		
					60	

Table value of Chi-Square at 5% level for d.f. =2 is 5.99. Since, the calculated value of Chi Square (=1.53) is less than the table value so the test is not significant statistically.( $p > 0.05$ )

Comparison between two groups was statistically evaluated by Chi-Square Test. The value is 1.53,  $P > 0.05$  which was statistically insignificant which suggested that there is no significant difference between two groups with respect to total effect of therapy.

## **DISCUSSION**

*Charaka* describes *Vicharchika* under Kshudra kushtha with lakshanas *kandu*, *shyava(vaivarnya)*, *pidika*, *strav* involving the domination of *kapha*. Authors like Yogratnakar, Kashyap too referred same features. According to *Sushruta* the lakshanas are *kandu*, *daha ruja*, *rukshata*, involving the domination of *pitta*. According to Charak and Vagbhat, the cause of the disease is the disturbance in the equilibrium in the state of Kapha Doṣha and according to Sushruta, Pitta and alpa Vata. In *Vicharchika* more kledotpatti on skin is developed. Due to this kleda *kandu* is developed. And then rag, *pidaka*, *strav*, *daha* and *vaivarnya* (*shyavata*, when it becomes chronic) is developed. *Doorva* is the drug having best action as Kapha Pittahara due to its Kashaya, Tikta rasa and laghu guna. It is Vatashamak due to its Madhur rasa and Madhur Vipak. . Moreover, we are using formulation processed by Tila tail which is one of the best vatashamak, vedanasthapak and varnya which helps in reducing symptoms like *rukshata*, *vaivarnya* and *ruja*. *Doorva* is Tridoshshamak according to RajNighantu. It is tvagdoshahar, Varnya, Kushtaghna(B.P), Kandughna, Vranaropana, shleshm-pittaraktaprashmana, varnaprasadana. *Doorva swaras siddha Tail* reduces all above symptoms and helps in normalising the skin.

According to modern science, due to chemical constituents present in *Cynodon dactylon* Linn.Pers ,it has antibacterial, anti- inflammatory, anti oxidant, antipyretic, analgesic, anticancerous, anti arrhythmic ,Immunomodulatory activities.

Keeping all these facts in mind, as per acharya Chakradutta, (also in *Gadnigraha* and *Bhaishajyaratnavali*) the management preferred was *Doorva swaras siddha Tail* for topical application.

## **CONCLUSION**

In Ayurvedic texts very brief description, about *Vicharchika*, is available. Still it is observed and confirms in applied clinical study, that aggravated Kapha and Pitta Dosha are mainly responsible for the actual manifestation of the disease. The average age of 18-26 years i.e. young generation are found to be more prone to this disease due to faulty eating habits of fast food, Non veg diet, Viruddha aahar which is pitta prakopak aahar mainly. unhygienic conditions, hot and humid climate, type of work increases chances and production of *Vicharchika*.



Doorva swaras siddha Tail as a local application is one of the treatment advised by Chakradutaa, Acharya Govind Das Sen in Bhaishajya Ratnavali especially for the disease named Vicharchika. It performs functions like Kushtaghna, Kandughna, Vrana Shodhana Ropana, Kled-rakta-pittaprashman ,Twagdushtihar, vrana prasadana. It is described in Varnya Gana by Charak. A significant improvement was observed in all symptoms of patients from both the groups individually. Comparison between two groups with respect to symptom score was evaluated by Mann-Whitney test & no significant difference was noted in both the groups as  $P > 0.05$  in case of all the symptoms.

Hence, it is concluded that both Trial & Control are equally effective in treating these symptomatic conditions. Comparison between the two groups was done by applying Chi-square test. It was noted that there is no marked difference between the two groups with respect to total effect of therapy.

## REFERENCES

1. Charak samhita Chikitsathan , chapter 7, verse 26, vidyotini Hindi Commentary by K.N.Shastrri and G.N.Chaturvedi 1989, 16<sup>th</sup> edi, Chaukhambha Bharti Academy
2. Harit samhita Trutiya sthan , ch. 39, verse 11-12, Pandit Hariharprasad Tripathi, Chaukhambha Krushnadas Academy, Varanasi
3. Prof. K.R.Srikantha Murthy, Madhav Nidan , ch 49, verse 17-22, chaukhambha orientalia varanasi
4. Sharangdhar Samhita, Acharya Pt. Radhakrishna parashar, Baidyanath Ayurved bhavan, Nagpur, purva khanda, ch no.7, shlok.84,87
5. Prof. K.R. Srikantha Murthy, English commentary, Ashtansangraha of Vagbhata, chaukhambha orientalia Varanasi, Nidansthaan 14/18,19
6. Acharya priyavrat sharma, Dhanvantari Nighantu, karveeradi varga, verse 29, chaukhamba orientalia Varanasi
7. Shribhava Misra, Bhavprakash Nighantu edited with Vidyotini Hindi commentary, by Sri Bramhasanskara Misra and Sri Rupalalaji Vaisya, Chaukhambha Sanskrit Sansthan guduchyadi varga 172,173
8. Acharya priyavrat sharma, kaidev Nighantu, Aushadhi varga, verse 1231,1233, chaukhamba orientalia Varanasi
9. Dr. Indradeva Tripathi, Rajanighantu of pandit Narhari edited with Dravyagunaprakashika hindi commentary, karveeradi varga, verse 108,111 chowkhamba krishnadas academy, Varanasi
10. Priya Nighantu of Acharya priyavrat sharma, shatpushpadi varga , verse 74,76 chowkhamba krishnadas academy, Varanasi
11. Haritakyadi Nighantu , verse 72 , chowkhamba krishnadas academy, Varanasi
12. Shri Dattaram Shrikrushnalal Mathur, Nighantu Ratnakar gundoshprakaran, Khemraj, Shrikrushnadas prakashan, Mumbai 4.