



CLINICAL EVALUATION OF NEEMADHI CHURNA ALONG WITH SARIVYADHI ASAVA ALONG WITH SNUYADHI LEPA (EXTERNAL APPLICATION) IN THE MANAGEMENT OF VICHARCHIKA W.S.R TO ECZEMA

Introduction

Vicharchika, according to *Ayurveda* is *Rakta Pradoshaja Vikara* having involvement of three *Dosha* with dominance of *Kapha*¹. Though, it is *Kshudra Kushtha*, it runs a chronic course and has a tendency of exacerbations. *Vicharchika* can be co-related with term “eczema” which is broadly applied to a range of persistent or recurring skin rashes characterized by redness, skin edema, itching and dryness, with possible crusting, flaking, blistering, cracking, oozing or bleeding. Long-standing eczema is often dry and is characterized by thickened, scaling skin with hyper pigmentation and visible criss-cross markings called lichenification². In maximum number of cases, patients of *Vicharchika*, who do not get cure from modern medicine, come to *Ayurveda* treatment with a great hope for curing their disease, but by the time, they approach to *Ayurvedic* physician for the help, disease had already attained the chronic state, thus making the job further difficult. Besides it, recurrence is also the chief complaint of eczema patients for which, also the definite answer has to be worked out. The aim of this study was to evaluate the role of *Neemadhi Churna* along with *Sarivadhi Asava* & *Snuhyadi Lepa* in the management of *Vicharchika* (Eczema).

Keywords:- *Ayurveda*, *Rakta Pradoshaja Vikara*, *Dosha*, *Kapha*, *Kshudra Kushtha*, *Vicharchika*, *Neemadhi Churna*, *Sarivyadhi Asava*, *Sarivyadhi Asava*

Material & Methods:-

Total 49 patients of *Vicharchika* (Eczema) were registered from the OPD of *Kayachikitsa* department of *dac jalandhar Hospital*, Punjab for this study, out of which 9 were dropped-out and 40 patients completed the prescribed course of the treatment³.

Criteria of Diagnosis :-

The diagnosis was mainly based on the clinical presentation of *Vicharchika* (Eczema) as mentioned in the *Ayurveda* and Modern texts.

Inclusion criteria:-

1. Patients between the ages of 12 years to 60 years.
2. Classical sign & symptoms of *Vicharchika* according to *Ayurveda*

Exclusion criteria :-

1. Age below 12years and above 60 years.
2. Patient associated with any other systemic disease e.g. Diabetes, Hypertension etc. and not given to the patients having sensitivity due to Sulpha drugs.
3. Pregnancy and lactating mother
4. Patients of *Vicharchika* having secondary infections.
5. Patients of status eczematous condition.
6. Malignancy

Criteria for assessment

All the patients were examined during the treatment. Criteria of assessment were kept on the basis of relief in the signs & symptoms of the disease *Vicharchika*. For this purpose, cardinal signs & symptoms were given scores according to their severity before and after the treatment. Details of scores adopted of the main signs and symptoms in this study were as follows:

Table 1 Assessment criteria for *Vicharchika* Symptom:-

Symptom	Score	Grade
<i>Kandu</i> (Itching)	0	No itching
	1	Mild itching (not disturbing normal activity)
	2	Occasional itching (disturbing normal activity)
	3	Itching present continuously (disturbing sleep)
<i>Shyava</i> (Depigmentation)	0	Normal skin
	1	Red discolouration
	2	Blackish red in colour
	3	3 Blackish discolouration
<i>Pidika</i> (Eruption)	0	No eruption
	1	Scanty eruption in few lesion
	2	Scanty eruption in at least half of the lesion
	3	All the lesion full of eruption

Srava (Discharge)	0	No discharge
	1	Moisture present in the skin
	2	Weeping from skin lesion
	3	Weeping from the skin lesion followed by crusting
Ruja	0	Absent <i>ruja</i>
	1	Mild <i>ruja</i>
	2	Moderate <i>ruja</i>
	3	Severe <i>ruja</i>
Rukshta (Dryness)	0	0 No <i>rukshta</i>
	1	1 Dryness with rough skin
	2	2 Dryness with scaling
	3	3 Dryness with cracking

Statistical analysis

The information gathered on the basis of observation made about various parameters was subjected to statistical analysis in terms of Mean, Standard Deviation (SD), and Standard Error (SE). Paired t-test was carried out at $P > 0.05$, $P < 0.001$.

The obtained result was interpreted as;

- a) Insignificant : $P > 0.05$
- b) Significant : $P < 0.05$
- c) Highly Significant : $P < 0.001$

Investigations

1. Routine hematological investigation for Total Leucocyte Count, Differential count, Hemoglobin%, ESR.
2. Routine and microscopic examination of urine and stool
3. Skin scrap test was done to exclude ring worm in doubtful patients.

Drugs, dose and duration

The patients were first subjected to *Koshtha Shuddhi*. For this purpose *Aragvadha Hima* made from 10gm of *Aragvadha Phala Majja* was used. Thereafter, the patients were treated with *Sarivadhi Asava* administered orally in the dose of 30 ml with equal amount of water and 6gm of *neembadhi churna* twice daily after meals. Simultaneously, after cleaning the lesions with warm water, *Snuhyadi Lepa* was applied externally on the lesions twice a day. For this purpose, patients were divided into two categories and were subjected to respective drugs accordingly

Group A:- *Sarivadhi asava* administered orally along with *Neembadhi Churna* given after performing *Koshtha Shuddhi* and simultaneously *Snuhyadi Lepa* applied externally .

Group B:- *Sarivadhi Asava* administered orally and simultaneously *Snuhyadi Lepa* applied externally to the patients of *Vicharchika* (Eczema) given without *Neembadhi churna* and *Koshtha Shuddhi*

Content of Drugs used in this Research

1. **Aragvadha Hima:-** For preparation of the *Hima*, 10 gm pulp of *Aragvadha* (*Cassia fistula* Linn.) was soaked in 40 ml of water for 12 hours and then it was squeezed through a coarse cloth and liquid thus obtained was given orally at bedtime for initial eight days for cleaning of bowel (*Koshtha Shuddhi*).

*Nimbadi Churna*⁴

(Bhaishajya Ratnavali Vatarakta Adhikara 31-38)

contents:

S.No	Name	Botanical Name	Part used	Dose
1.	Nimb (Neem)	Azadirachta indica	Stem bark	48 Gms
2.	Amruta	Tinospora cordifolia	Sstem	48 Gms
3.	Abhaya	Terminilia chebula	Fruit rind	48 Gms
4.	Amalaki	Phyllantus Emblica	Fruit	48 Gms
5.	Somaraji	Psoralea Corylifolia	Fruit	48 Gms
6.	Shunthi	Zingiber Officinale	Rhizome	12 grams
7.	Vidanga	Embelia Ribes	Fruit	12 grams
8.	Chakramada-	Cassia Tora	Seed	12 grams
9.	Kana (long pepper)	Pipper Longum	Fruit	12 grams

10.	Yamani	Trachyspermum Ammi	Fruit	12 grams
11.	Uragandha-	Acorus Calamus	Rhizome	12 grams
12.	Jiraka	Cuminum Cyminum	Fruit	12 grams
13.	Katuka	Picrorrhiza Kurroa	Root/rhizome	12 grams
14.	Khadira	Acacia catechu		12 grams
15.	Saindhava lavana	Rock Salt		12 grams
16	Kshara- (yavkshara)	hordeum vulgare		12 grams
17.	Haridra	Curcuma Longa	Rhizome	12 grams
18.	Daruharidra-	Beberberis Aristata	Stem	12 grams
19.	Mustaka	Cyperus Rotandus	Root tuber	12 grams
20.	Devadaru	Cedrus Deodara	Heartwood	12 grams
21.	Kushta	Saussurea lappa	Root	12 grams

2. Sarivadyasava⁵ :

(Bhaishajya Ratnavali Prameha Pidika Adhikara 22-27)-

contents:-

S.No	Name	Botanical Name	Part used	Dose
1.	Sariva	hemidesmus indicus	root	384g
2.	Musta	cyperus rotundus	Rhizome	192 g
3.	Lodhra	symplocos racemosa	stem bark	192 g
4.	Nyagrodha	ficus benghalensis	stem bark	192 g
5.	Ashwattha	ficus religiosa	fruit	192 g
6.	Shati	hedychium spicatum	rhizome	192 g
7.	Padmaka	prunus cerasoides	stem	192g
8.	Hribera	Coleus vettiveroides	root	192 g
9.	Pata	Cissampelos pariera	root	192 g
10.	Amla	Embllica officinalis	Fruit	192 g
11.	Guduchi	Tinosporia cordifolia	stem	192 g
12.	Ushira	Vetiveria Zizanoides	root	192 g
13.	Shweta Chandana	Santalum Album	heartwood	192 g
14.	Rakta Chandana	Pterocarpus Marsupium	heartwood	192 g
15.	Yamini	Trachyspermum Ammi	fruit	192 g
16.	Katu Rohini	Piccorhizia kurroa	rhizome	192 g
17.	Patra	Cinnamomum Tamala	leaves	192 g
18.	Sthula Ela	Amomum Subulatum	seed	192 g
19.	Cardamom	Elettaria Cardamomum	seed	192 g

20.	Kushta	Saussurea Lappa	root	192 g
21.	Svarnapatri	Cassia Augustifolia	leaves	192 g
22.	Haritaki	Terminalia Chebula	fruit rind	192 g
23.	Water			24.5 l
24.	Dhataki	Woodfordia Fruiticosa	flower	480 g
25.	Raisins	Vitis Vinifera	dried fruit	2.8 kg

3. ***Snuhyadi Lepa***: For the preparation of *Snuhyadi Lepa*, thick stems of *Snuhi* (*Euphorbia neriifolia* Linn.) were taken. After removing the thorns, its pulp was taken out with knife and the hollow space thus obtained was filled with coarse powder of seeds of yellow *Sarshapa* (*Brassica campestris* Linn. Var.), and pulp of *Snuhi*. It was kept in oven at fixed temperature (80 degree C) for about 4 to 5 days, till it became dry to powder. Thereafter, it was taken out from the oven, made in the form of powder and then filtered through 80 sized sieves. To this powder, Mustard (*Sarshapa*) oil was added in the ratio of 1:4 and filled in cleaned bottles with tight lid. Before using, it was mixed well and applied on the lesions twice a day.

4. **Duration of treatment** - 60 days.

Assessment of the effects of the therapy: The overall effect of the treatment was assessed as follow:

Complete remission: 100% relief in the signs and symptoms along with plain skin surface with significant change of the color of the affected skin nearly to normal.

Marked improvement: 100% relief in the signs and symptoms but slight presence of pigmentation and/or thickening of the skin.

Moderate improvement: More than 50% relief in the signs and symptoms with marked improvement in pigmentation and thickening of the skin.

Improvement: Less than 50% relief in the signs and symptoms with slight improvement in pigmentation and thickening of the skin.

Unchanged: No relief in the signs and symptoms.

Discussion:-

According to above statistical calculation, we have seen all the sign and symptoms in 20 patients of group A and observe them after 2 months treatment:-

- 1) **De - Pigmentation:-** in depigmentation the mean difference of BT & AT is 0.8, P value is 0.00 which is highly significant at the 1% level and percentage of relief is 80%.
- 2) **Pain:-** Here mean difference of BT & AT is 0.6, p value is 0.07 which is non significant at 10 % level and percentage of relief is 90.90%
- 3) **Discharge:-** here BT & AT difference is 0.87, P value is 0.01 which is significant at 5% level and relief percentage is 93.5%
- 4) **Dryness:-** here BT & AT difference is 0.8, P value is 0.00 which is significant at 1% level and relief percentage is 86.02%
- 5) **Itching:-** here BT & AT difference is 2.1, P value is 0.00 which is highly significant at 1% level and relief percentage is 84%
- 6) **Eruption:-** here BT & AT difference is 1.5, P value is 0.00 which is highly significant at 1% level and relief percentage is 88.23%

According to above statistical calculation, we have seen all the sign and symptoms in 20 patients of group B and observe them after 2 months treatment as:-

1. **Depigmentation:-** here BT & AT difference is 0.87, P value is 0.00 which is highly significant at 1% level and relief percentage is 54.37 %
2. **Pain:-** here BT & AT difference is 0.73, P value is 0.00 which is highly significant at 1% level and relief percentage is 68.86%
3. **Itching:-** here BT & AT difference is 2, P value is 0.00 which is highly significant at 1% level and relief percentage is 92.3%
4. **Eruption:-** here BT & AT difference is 0.87, P value is 0.00 which is highly significant at 1% level and relief percentage is 87 %
5. **Discharge:-** here BT & AT difference is 0.5, P value is 0.89 which is non- significant at 10% level and relief percentage is 68.86%
6. **Dryness:-** here BT & AT difference is 1.27, P value is 0.00 which is highly significant at 1% level and relief percentage is 70.55%

Result:-

The maximum patients of this series i.e. 68.4% were in the age group of 21-50 years, 57.9% were male, 21.1% were housewives and 34.2% were labourer , 84.2% were married, 84.2% were Hindu, 55.3% were belonging to middle class of the society and 76.3% were Vegetarian.

Effect of Sarivadhi Asava, , Neembadhi churna & Snuhyadi Lepa

After performing *Koshtha Shuddhi* with *Aragvadha*, 40 patients of *Vicharchika* (Eczema) were treated simultaneously with *Sarivadhi Asava, , Neembadhi churna & Snuhyadi Lepa* for the period of two months. This therapy provided significant relief in the symptoms like itching (84%), burning sensation (100%), eruption (98.2%), discharge (100%), dry skin (100%), hyper pigmentation (77.7%) and thickening of the skin (65.7%). It also provided significant improvement in the symptoms of irritation (100%), disturbed sleep (100%), cracking (86.5%), bleeding (83.6%), indigestion (94.3%), general debility (82.4%), constipation (77.7%) giddiness (74.4%), blackouts (75%) and anorexia (66.7%). The drugs

of this group gave significant improvement in *Dushti* symptoms of *Vata* (68.4%), *Pitta* (91.5%), *Kapha* (62.4%), *Tvak* (53.2%) and *Raktavaha* (76.5%), *Mamsavaha* (73.9%) and *Svedavaha* (70.6%) *Srotasa*. It also significantly reduced eosinophil count by 64.7%.

Table 1:-

This table can show Statistical analysis after the treatment of 2 month in 20 Patients of Group A

No	Symptoms	Mean BT	Mean AT	Mean Diff.	Relief	SD $\frac{1}{4}++/-\frac{1}{2}$	SE $\frac{1}{4}+/-\frac{1}{2}$	T-Value	PValue
1	Kandu	2.5	0.4	2.1	84%	1.12	0.29	7.34	0.00
2	Pidika	1.7	0.2	1.5	88.23%	1.18	0.30	4.78	0.00
3.	Shyava	1	0.2	0.8	80%	0.79	0.20	3.55	0.00
4.	Srava	0.93	0.06	0.87	93.54%	1.18	0.30	2.82	0.01
5.	Ruja	0.66	0.06	0.6	90.90%	0.73	.19	3.14	0.07
6.	Rukshta	0.93	0.13	0.8	86.02	0.86	0.22	3.59	0.00

Table 2:-

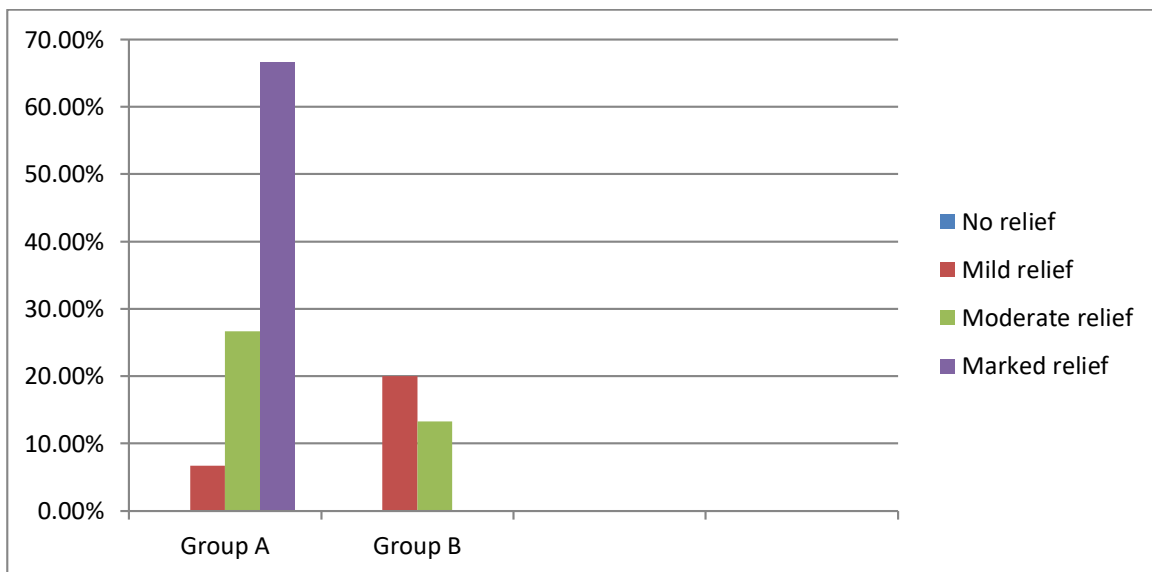
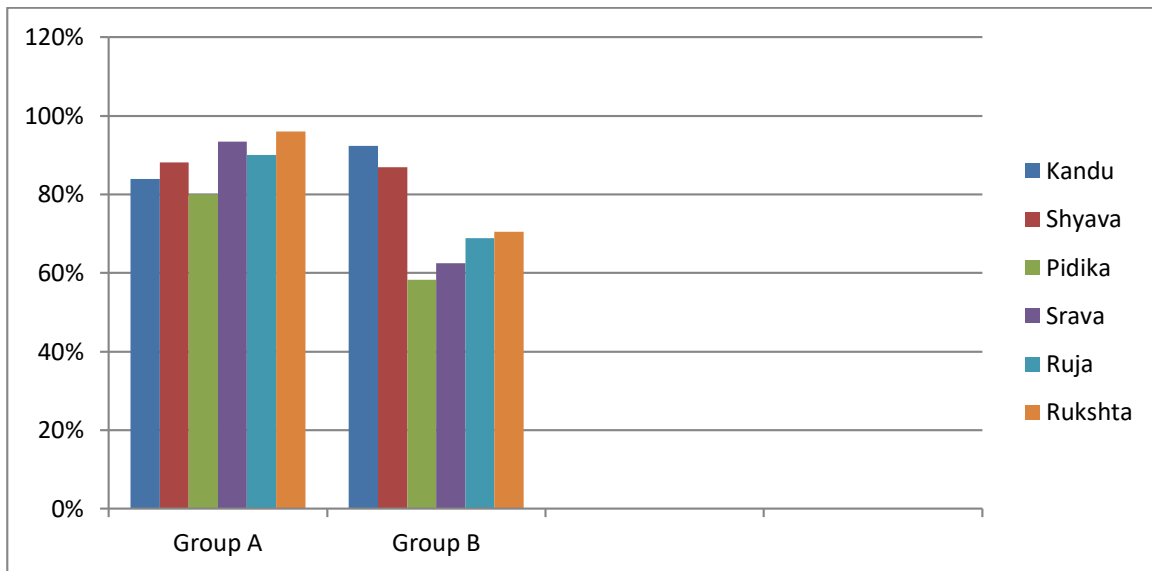
This table can show Statistical analysis after the treatment of 2 month in 20 Patients of Group B

No	Symptoms	Mean BT	Mean AT	Mean Diff.	Relief	SD $\frac{1}{4}++/-\frac{1}{2}$	SE $\frac{1}{4}+/-\frac{1}{2}$	T-Value	PValue
1	Kandu	2.6	0.2	2	92.3%	0.82	0.21	11.74	0.00
2	Pidika	1	0.13	0.87	87%	0.9	0.25	3.38	0.00
3.	Shyava	1.6	0.73	0.87	54.4%	0.9	0.23	3.66	0.00
4.	Srava	0.8	0.3	0.5	62.5%	.99	0.30	1.96	0.89
5.	Ruja	1.06	0.33	0.73	68.8%	0.9	.22	3.21	0.00
6.	Rukshta	1.8	0.53	1.27	70.5%	0.8	0.22	5.55	0.00

In both groups *sarivyadhi asava* oral administration along with *Snuhyadi lepa* play very effective role because i found highly significant result in all classical symptoms except ruja in group A and srava in group B because of patients are not found with symptoms rest all symptoms are cure safely and result is better found in group B due to both medicine are much effective as compare to single preparation on this particular disease. In depigmentation the mean difference of BT & AT is 0.8, P value is 0.00 which is highly significant at the 1% level and percentage of relief is 80%. In Pain, mean difference of BT & AT is 0.6, p value is 0.07 which is non significant at 10 % level and percentage of relief is 90.90%. In case of discharge, BT & AT difference is 0.87, P value is 0.01 which is significant at 5% level and relief percentage is 93.5%. BT & AT difference in case of dryness is 0.8, P value is 0.00 which is significant at 1% level and relief percentage is 86.02%. BT & AT difference in case of itching is 2.1, P value is 0.00 which is highly significant at 1% level and relief percentage is 84%. last but not least, BT & AT difference in case of eruptions is 1.5, P value is 0.00 which is highly significant at 1% level and relief percentage is 88.23%. Likewise, statistical calculation, seen in all the sign and symptoms in 20 patients of group B and observe them after 2 months treatment are as. Depigmentation BT & AT difference is 0.87, P value is 0.00 which is highly significant at 1% level and relief percentage is 54.37 %. BT & AT difference in case of pain is 0.73, P value is 0.00 which is highly significant at 1% level and relief percentage is 68.86% .in case of **Itching**, BT & AT difference is 2, P value is 0.00 which is highly significant at 1% level and relief percentage is 92.3%. BT & AT difference in case of eruption is 0.87, P value is 0.00 which is highly significant at 1% level and relief percentage is 87 %. in case of discharge BT & AT difference is 0.5, P value is 0.89 which is non- significant at 10% level and relief percentage is 68.86%. last but not least, BT & AT difference in case of dryness is 1.27, P value is 0.00 which is highly significant at 1% level and relief percentage is 70.55%

Total effect: In group A, no relief was reported in 0% patients, which indicates that everyone got benefitted from these medicines. Marked improvement in 66.6%, patients, moderate improvement in 26.66% patients and mild improvement in 6.66 % patients In group B no relief was reported in 0% patients, which indicates that everyone got benefitted from these medicines. Marked improvement Seen in case of 66.6%, patients, moderate improvement in 13.3% patients and mild improvement in case of 20% patients.

No	Relief	Group A No of Patients	Group A Relief %	Group B No of Patients	Group B Relief %
1	No Relief <25%	00	00	0	00%
2	Mild Relief <25-50%	01	6.66%	03	20%
3.	Moderate Relief <50-75 %	04	26.66%	02	13.3%
4.	Marked Relief < 75-100%	10	66.6%	10	66.6%
	Total	15	100%	15	100%

Figure 1:-**Chart showing percentage of relief after the treatment of both group A & B.****FIGURE-2****Chart showing percentage relief after the treatment of both group A & B****Conclusion:-**

Among the 20 patients of group A, 10 Patients that are about 66.6 % are markedly improved, 4 patients (26.6%) are moderate and only 1 patient(6.7%) is mildly improved .Thus among 20 patients of group B, 10 patients (66.6%) are markedly improved, 2 patients (13.3%) are moderate and 3 patients (20%) is mildly improved. in both the groups, there was not any such patient, who will not improve. all 40 patients fall in the category of mild, moderate and markedly improve. Comparison of the results of effect of *Sarivadhi asava* administered orally along with *Neembadhi Churna* given after performing *Koshtha Shuddhi* and simultaneously *Snuhyadi Lepa* applied externally (Group A) provided better effects to the patients of *Vicharchika* (Eczema) than *Sarivadhi Asava* administered orally and simultaneously *Snuhyadi Lepa* applied externally to the patients of *Vicharchika* (Eczema) given without *Neembadhi churna* and *Koshtha Shuddhi* (Group B).

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