



“A COMPARATIVE CLINICAL STUDY OF APAMARGA KSHARA LEPA AND CHITRAKA KSHARA LEPA IN MANAGEMENT OF CHARMAKEELA W.S.R TO WARTS”-A CASE SERIES

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ABSTRACT:

Warts, also known as verruca, are among the most frequent viral diseases seen in primary care, affecting 7% to 10% of the population. They are little benign growths produced by the Human Papilloma virus (HPV), a member of the papova virus family. They are inconvenient for both patients and physicians since therapy is sometimes time-consuming and lengthy. Warts are a disease that has tormented humans since antiquity. Warts induce ugliness by forming on places that cause loss of attractiveness, such as the face, neck, and hands. Depression can be caused by cosmetic values. *Acharya Sushruta* has dedicated a chapter on *Kshudra Rogas*, in which he explains 44 of them, including *Charmakeela* (~Warts). *Ayurveda* explains several therapy ideas, like as *Ksharakarma*, *Chedana* and *Agnikarma*. These indigenous therapy approaches are minimally intrusive and have been shown to be more effective. *Acharya Susruta* has cited. *Kshara Karma* is a unique process employed since ancient times that is superior to *Shastra* and *Anushastra* owing to its comprehensive multifaceted effects such as *Chedana*, *Bhedana*, and *Lekhana karma*. *Charmakeela* (~Warts) is said to be efficiently treated with *Kshara Karma* because *Ksharalepa* (~local application of *Kshara*) performs activities such as *Chedana*, *Bedhana*, and *Lekhana*. *Charmakeela* is caused by a vitiated *Vyana Vayu* and *Kapha Dosa*. *Kshara* pacifies the *Vata* and *Kapha Doshas*, which are required for *Charmakeela*'s (~Warts) *Samprapti Vighatana*. *Kshara lepa* is a low-cost and easily available medication that may be used to manage such skin lesions. When compared to current therapy, there is a need to identify a medicine that is readily available year-round, less irritating, similarly safe, and cost effective in the treatment of warts. Patients who meet the inclusion criteria for either gender will be selected at random based on their history, symptoms, and clinical examination. Following diagnosis, 40 *Charmakeela* (~Warts) patients are randomly assigned to two groups: Group A and Group B, each with 20 cases. The group's characteristics will be observed before and after therapy. *Kshara lepa* is administered for a minimum of one day and a maximum of seven days, depending on the lesion. Follow-up will be done once weekly for three weeks. *Chitraka kshara lepa* results shows slightly better actions on removing warts than *Apamarga kshara lepa*.

Key Words: *Charmakeela, Kshudra roga, Kshara Karma, Chedana, Bhedana Lekhana, kshara lepa, Apamarga Kshara Lepa, Chitraka Kshara Lepa, Warts, Ayurveda*

INTRODUCTION

Warts are tiny fleshy bumps on the skin or mucous membranes produced by the human papilloma virus. Warts are caused by several types of human papilloma viruses. Different strains can create warts in various regions of the body. Warts can spread from one region on the body to another or from person to person by direct contact with the warts. They are often several hyperkeratosis skin patches with finger-like projections that occur in children and teens. They are commonly found on the fingers, face, soles of the feet, and axilla. It might be hereditary, although it's usually caused by a virus. They are dry, overgrown protrusion from the finger's skin that can be unpleasant, sensitive, and disfiguring. Repeated rubbing may result in infection. It may spread to other sections of the body. Warts grow to their full size in a matter of weeks and can last for months or years. They may also undergo spontaneous regression.¹Wart therapy requires patience and precise technique selection based on the kind and location of the disease; otherwise, it may result in cosmetic derangement or return of the sickness. Pain, functional difficulty, and cosmetic humiliation are all indications that therapy is necessary. In terms of illness management, contemporary and *Ayurvedic* treatments are discussed. *Charmakeela*¹⁵(~Warts)⁴ can be likened to warts based on the characteristics and symptoms described in classical texts. *Charmakeela*¹⁵(~Warts)⁴ is one of the *Kshudra rogas*¹⁴ listed by *Acharya Sushruta*¹⁰ and is a common clinical entity seen in general practice. It is a disorder that has existed since ancient times and requires treatment for both beauty reasons and social shame. *Sushruta Acharya* cited *Kshara karma*⁷ as one of the therapeutic options for *Charmakeela*¹⁵(~Warts)⁴. The *Kshara*⁷ possesses *Kshanana* and *Ksharana* characteristics (the selective destruction of aberrant tissue)². Even *Kshara* takes immediate action. Its duties include *Chedana, Bhedana, Lekhana Karma*, and one of the *Anushastras*². *Kshara lepa* is a low-cost and easily available medication that may be used to manage such skin lesions. Because the lesions are limited to the epidermis and do not spread throughout the body, they may be treated without consequences or expensive medical intervention. This study attempted to determine the relative efficacy of *Apamarga Kshara lepa*³ and *Chitraka Kshara lepa*³ in the management of *Charmakeela*¹⁵(~Warts)⁴, which is a cost-effective, uncomplicated, and OPD-based therapy.

CLINICAL STUDY

SOURCE OF DATA: The patients were selected from the OPD & IPD of Department of *Shalya Tantra* Rama Krishna Ayurvedic Medical College & Hospital.

METHOD OF COLLECTION OF DATA: This was a comparative clinical study with a pretest and post-test design where in a minimum of 40 patients diagnosed with *Charmakeela*¹⁵(~Warts)⁴ was selected and assigned into two groups, each comprising of 20 patients. o A special case Performa containing all the necessary details pertaining to the study was prepared. The data obtained in both groups were recorded, tabulated and statistically analyses using suitable statistical methods.

STUDY DURATION: 7 days of treatment and follow up weekly once for three weeks.

SAMPLE SIZE: • Sample size was 40 Group

- *Chitraka kshara lepa*⁵-patients-20 Group
- *Apamarga kshara lepa*⁶-Patients-20 Group

STUDY DESIGN- Study design was Randomized controlled clinical trial.

DIAGNOSTIC CRITERIA: The enrolled patients were selected according to the selection criteria after thorough examination. Diagnosed patients were subjected to necessary lab investigation later registered for study. A case sheet Performa was prepared accordingly.

INCLUSION CRITERIA

- A) Patients between the age group of 18-60years.
- B) Patients irrespective of sex, religion, occupation and socio-economic status.
- C) Patients with clinical features of warts on skin and where karma is indicated.
- D) General sessile pedunculated type of warts which were present on extremities, neck, abdomen and trunk are included which are 4mm to 10mm in length.
- E) Patients who are suffering from Classical features of warts like *Mridu* (~Soft), *Prasrutha* (~Extensive), *Avagadha* (~Deep) and *Uchrita* (~Raised) are *Kshara Sadhya*.

EXCLUSION CRITERIA

- A) Patients with age below 18years and above 60years.
- B) Warts which are present on the sensitive parts i.e. on genitals, anal region, eyelids, lips etc.
- C) Patients who have systemic diseases take Diabetes Mellitus, Tuberculosis, Hepatitis, vascular anomalies, malignant conditions like melanoma etc.
- D) All the contraindications of *Kshara Karma*⁷ mentioned by *Sushruta Acharya*¹⁰ like *Pitta prakruti* person and those suffering from *Jwara*, *Raktapitta*, *Balaka*, *Vruddha* etc.

INVESTIGATION:

- CBC, ESR, RBS, CT, BT • Urine routine analysis, if needed
- Serological investigation like HIV, HBsAg if needed.
- Any other investigations are advised as per need.

OBSERVATION:

on 7th, 14th, 21th day for 3 weeks was done

FOLLOW UP: follow up on 7th, 14th, 21th day for 3 weeks was done.

Treatment Protocol-

PURVAKARMA	PRADHANKARMA	PASCHT KARMA
➤ Depending on site of warts patient is given comfortable position. The site of wart and surrounding area was cleaned with normal saline and dried. Except the warts, the other parts of the skin were covered with gauze.	➤ The lesion should be scrapped with gauze (<i>lekshana karma</i>), then carefully the <i>Kshara lepa</i> was applied only over the warts and kept till <i>Samyak dhagdha lakshana</i> was seen, later it was washed off with <i>Nimbu swarasa</i> .	Patient was advised for daily application of <i>Kshara lepa</i> as mentioned above till warts fall off, after which <i>Jatiyadi ghrita</i> was applied .

✓ **ASSESSMENT CRITERIA:**¹⁶

✓ Effect of the treatment will be assessed on the basis of gradation of both subjective and objective parameters before and after treatment.

❖ **Pain**

✓ 0-No pain

✓ 1-Nagging, annoying, but doesn't really interfere with daily living activity.

✓ 2-Interferes significantly with daily living activities.

✓ 3- Localized feeling of pain during movement which affects the movement

✓ 4- Localized feeling of pain even during rest.

❖ **Itching**

✓ 0- No itching

✓ 1- Localized itching sensation bearable.

✓ 2- Localized itching sensation need rubbing.

✓ 3- Continuous localized itching need scratching.

❖ **Day on which wart fall off**

✓ 0- Wart falls off (absent)

✓ 1- Wart present

❖ **Tenderness**

✓ 0- No tenderness

✓ 1- Tenderness after squeezing

✓ 2- Tenderness after touching with pressure

✓ 3- Tenderness by just touching.

❖ **Size of Wart**

✓ 0- No lesion

✓ 1- Radius less than 0.50cm

✓ 2- Radius measuring 0.50-1cm

✓ 3- Radius measuring more than 1cm

❖ **Colour**

✓ 0- Same as skin colour

✓ 1- Discoloration

After GroupA- *Chitraka kshara lepa*⁵Application

<i>Lakshana</i>	1 st day	7 th day	14 th day	21 th day
Pain	4	3	1	0
Itching	3	2	1	0
Day on which wart fall off	1	0	0	0
Tenderness	3	2	0	0
Size of Wart	3	2	1	0

Colour	1	1	0	0

After GroupB Apamarga kshara lepa⁶ Application

Lakshana	1st day	7th day	14th day	21th day
Pain	4	3	3	2
Itching	3	2	1	0
Day on which wart fall off	1	0	0	0
Tenderness	3	2	2	1
Size of Wart	3	2	1	1
Colour	1	1	0	0

DISCUSSION

In this section the discussion about history of *Charmakeela*¹⁵, Warts, results, effect of treatments, probable mode of action of action of *Kshara karma*⁷ and their interpretation were explained. The very first reference about *Charmakeela*¹⁵(~Warts)⁴ is found in *Sushruta Samhita*¹⁰. *Acharya Sushruta*¹⁰ has described in detail about *Samprapti, lakshana and chikitsa of Charmakeela*¹⁵(~Warts)⁴. Reference of *Charmakeela*(~Warts) is not available either in Vedic nor Pre Vedic literature. Among *Bruhatrayis*, *Charmakeela*(~Warts) references are available in *Sushruta Samhita*¹⁰ and *Astanga Hrudaya of Vagbhata*¹¹. There is no reference in *Charaka Samhita*. Among *laghutrayis*, *Charmakeela*¹⁵ reference are available in *Madhavanidana* and *Sharangadhara Samhita*¹³. *Yogaratanakara*¹² mentioned regarding the *samprapti and Chikitsa of Charmakeela*¹⁵(~Warts). Warts or Verrucas are benign proliferation of the skin and mucosa that results from infection with the papilloma virus. Verruca or Condyloma is common contagious, epithelial tumour caused by Human Papilloma Virus. *Kshara* is very important in all *Shastras*⁹ and *Anushastras*⁹ because, it does *Chedyā, Bedhya* and *Lekhana kriya* and *Tridosahara*. *Acharya Charaka* defines *Kshara*⁷ as that which scrapes away the abnormal tissues from its deep-rooted location, or drags it down after dissolving by its corrosive nature. Hence *Kshara Karma*⁷ was taken up for the management of *Charmakeela*¹⁵ (~Warts)⁵ to study the authenticity of the *Aurvedic* reference which describe the *Pratisaraniya kshara*⁸ is capable of destroying the growth found on the external parts of the body. The authenticity of these references that *Kshara Karma*⁷ is Superior to *Shashtra karma*⁹ and other *Karmas* involving *Anu-Shastras*⁹ in the management of diseases were also studied. Availability of *Kshara* in market is difficult. The preparation is laborious procedure thus the available *Kshara* may not be potent. Even though many works have been carried out on *Kshara Karama*⁷ on

Warts, but the comparison of *Chitraka kshara*⁵ and *Apamarga Kshara*⁶ are not available. Hence a comparative was planned. The present study was carried out on 40 patients. In this work an effort has been made to study the efficacy of the *Kshara lepa* treatment by observing and comparing the effects among 2 groups. Group A- Trail Group – *Chitraka kshara lepa*⁶ Group B- Control Group- *Apamarga kshara lepa*⁷.

Mode of action of *Kshara*

1. As it contains many herbs capable to exert *Tridosaghna* property. *Sushrutha* says “*Nanoushadhisamavayattridosaghnaha*”. Because of the presence of different medicines *Kshara* having the property of alleviating *Vata*, *Pitta*, *Kapha* does *Vikaara Prashamana*.

2. *Ksharana*, *Kshanana*, *Sodhana* & *Ropana*- *Kshara* having *Ksharana* property, it helps for the removal of unhealthy granulation tissues and development of healthy granulation tissues.

3. *Lekhana*- Scraping property improves circulation by removing unhealthy tissues.

4. *Krimighna*- Because of its antimicrobial property it avoids contamination and infection of the wound by the microorganisms.

5. It burns the affected tissue completely and avoid recurrence.

6. As it is having *Agni guna* domination, along with *Gunas* like *Katu*, *Ushna*, *Tikshna*

• It helps in *Paka* of *Vrana Sotha* and *Amajirna*.

• It reduces inflammation.

• It cleanses the infected wounds.

• It also promotes the healing of non-infected wounds.

• It reduces discharge from the wounds.

• It is *Pachana* (~Digestive)

• It has *Lekhana* and *Shoshana* action hence cleanses the infected wounds.

• It kills both the bacteria/maggots in the wounds when applied externally and clean up the infection when given internally.

• It normalizes *Ama*, *Kapha*, *Visa*, *Medo Dhatu*, and also cures *Kustha* when given in proper dosage.

• It also results in sterility when given excessively. *Acharya* says that it should not be used in clean wound as clean wound heal naturally and *Ropana* activity is an indirect effect of *Kshara*. When *Kshara* is applied on the skin or tissue, first there is irritation followed by inflammatory process resulting in edema and pain causing separation of *Dusta Dosa* and clearing all signs and symptoms of disease. The presence of photolytic substance is capable for its corrosive, caustic, antimicrobial and bactericidal properties. With its high inflammatory nature, it results in chemical coagulation pacifying provocation *Dosas* leading to fall of *Charmakeela*¹⁵(~Warts)⁵.

CONCLUSION

*Kshara karma*⁷ is very simple and economical procedure. It does not need much preparation and can be conducted in outpatient. From the comparative evaluation of results, it has been observed that though there were variations in cured and moderate results, but poor results (no improvement) were not seen by using *Kshara karma*⁷. The total clearance of *Charmakeela*(~Warts)⁵ Was possible in both the *Kshara*. There was no much difference in action of both *Kshara* statistically but *Chitraka kshara lepa*⁵ showed efficacy little higher

than *Apamarga*⁶ in treatment of *Charmakeela*(~Warts)⁵.The clinical study was conducted by *Chitraka kshara*⁶ and *Apamarga kshara*⁶ on warts⁵, based on the clinical observations. Essential references were compiled in statistical analysis part with supporting graphs and tables for better understanding. The most important outcome of the study is that, it helps in relieving the symptoms and there is no recurrence within the study duration. This enables the patient to resume day today activities during the treatment. Hence this study has a positive outcome and can be recommended as the therapeutic procedures for *Charmakeela* which is not an invasive procedure. *Chitraka kshara*⁶ showed slightly greater efficacy in warts compared to *Apamarga kshara*⁶. The study can be conducted in a large sample.

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