

A PROSPECTIVE RANDOMIZED CONTROLLED CLINICAL STUDY OF TUVARAK TAILA ABHYANGA IN THE MANAGEMENT OF VICHARCHIKA

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ABSTRACT

In Ayurveda, all skin diseases have classified mainly into two groups i.e. Mahakushthas and Kshudrakushthas, Vicharchika has described under kshudra kushthas. All Kushthas are having Tridoshaja origine; hence, Vicharchika can explained in similar manner. Despite of its Tridoshaja origin various Acharyas mentioned different dosha dominancy in Vicharchika i.e. Kapha pradhana by Charaka (cÉ.ÍcÉ.7/30), Pitta Pradhana by Sushruta (xÉÑ.ÏÉ.5/16) and Vata-Pitta Pradhana by Madhavnidana (qÉÉ.ÏÉ.49/35), which also suggest specific symptoms complex. The features of Eczema are somewhat similar with that of Vicharchika. Symptoms of Vicharchika mentioned by Sushruta correlate with dry eczema, whereas the symptoms

mentioned by Charaka correlate with weteczema. Tuvarak contain acids like Chaulmugric acid, Hydnocarpic acid, Palmitic acid and having Katu(spicy), tikta(bitter) rasa(taste), ushna virya, katu(spicy) vipaka, tikshna snigdha guna. By the virtue of this qualities Tuvarka taila not only debrides the thick and lichenified lesions, but also promote the growth of healthy skin. Hence its local application (Abhyanga) can prove to be potentially useful.

KEYWORDS: Vicharchika, Tuvarka taila, Abhyanga.

INTRODUCTION

The science that tells us about 'Ayu's (life) is known as Ayurveda, the science of life. Ayurveda achieved through different modalities based on principles within its own conceptual framework.

The skin is the largest protective organ of the human body. Healthy skin is the mirror image of the good health. Unbroken skin is the nature is dressing over the body. It acts as an effective barrier against the entry of disease.

The 21st Century skin diseases are very common. Due to various causes, e.g. consumption of unhealthy food or lifestyle modification or environmental pollution or due to stress, skin problems are increasing day by day and it affects the quality of life of individual. The patient's always experiences physical, emotional & socioeconomic embarrassment in the society.

In Ayurveda, all skin diseases have classified mainly into two groups i.e. Mahakushthas and Kshudrakushthas, Vicharchika has described under kshudra kushthas. All Kushthas are Tridoshaja in origine; hence, Vicharchika is explained in similar manner. Despite of its Tridoshaja origin various Acharyas mentioned different dosha dominancy in Vicharchika i.e. Kapha pradhana by Charaka (cÉ.ÍcÉ.7/30), Pitta Pradhana by Sushruta (xÉÑ.ÏÉ.5/16) and Vata-Pitta Pradhana by Madhavidana (qÉÉ.ÏÉ.49/35), which also suggest specific symptoms complex.

The features of Eczema are somewhat similar with that of Vicharchika. Symptoms of Vicharchika mentioned by Sushruta correlate with dry eczema, whereas the symptoms mentioned by Charaka correlate with wet eczema.

Skin diseases like Eczema get a suitable atmosphere because of fast life style, industrial and occupational hazard, repeated use of chemical additives etc. The most frequent health consequences of skin disorders are connected with the discomfort of symptoms such as itching and burning or pain, which frequently accompany skin lesions and interfere with everyday life and sleep and loss of confidence and disruption of social relations that visible lesions may cause.^[3] As modern science has powerful drugs i.e. antibiotics and steroids. However, they have limitations. These drugs can give only symptomatic relief and cannot completely cure the disease. Their continuous use having so many undesirable effects. Now a

day, whole world is gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of skin, problems Ayurveda can contribute remarkably and this motivate to do some work on this disease.

In Ayurvedic system of medicine, a large number of drugs and medicinal preparations are mentioned for this disease.^[1] Tuvarak contain acids like Chaulmugric acid, Hydnocarpic acid, Palmitic acid and having^[2] Katu(spicy), tikta(bitter) rasa(taste), ushna virya, katu(spicy) vipaka, tikshna snigdha guna. By the virtue of this qualities Tuvaraka taila not only debrides the thick and lichenified lesions, but also promote the growth of healthy skin. Hence, its local application (Abhyanga) can prove to be potentially useful.

AIM: To Study Efficacy of Tuvarak Taila Abhyanga in the Management of Vicharchika.

OBJECT: To evaluate the efficacy of tuvarak taila abhyanga in the management of vicharchika as compared with karanja taila abhyanga.

MATERIALS AND METHODS

Type Study design: Prospective Open Labeled Randomized Controlled Clinical Trial.

SUBJECTIVE CRITERIA

Period of trial: Total 30 days period s

Time of application: 600 matra (10 minutes)

Application of oil: Local application of oil.

Follow up: 0th day & 30th day.

Groups: Two groups will be planned for the study.

Group A	Tuvarak taila	10 subjects.
Group B	Karanj taila	10 subjects.

Group A: Tuvarak taila for local application.

Group B: Karanj taila for local application. Collection of data with the help of complete CRF – with follow-up.

DRUG REVIEW

qÉWèûÉuÉİrÉİ iÉÑuÉUMüÈ MÑü,qÉâWûÉmÉWûÈ mÉUÈ||

xÉuÉâiwÉÉÇ iÉÑuÉUMüiÉæsÉÇ pÉssÉÉiÉMüiÉæsÉÇ uÉàİiÉ||

iÉÑuÉUMüpÉssÉÉiÉMüiÉæsÉâ EwhÉâ qÉkÉÑU MüwÉÉrÉâ İiÉ£üÉiÉÑUxÉâ|

uÉÉiÉMüTüMÑü,qÉâSÉâqÉâWûMxüqÉĪmÉzÉqÉĪÉâ
EpÉrÉiÉÉâpÉÉaÉSÉâwÉWûUâ cÉ ||

Study Design: It is a Clinical study with pre, mid and post intervention follow-up. Random sampling method for the selection of patients is applied. Patients Diagnosed with *Vicharchika*(Eczema) complaining Kandu, Rukshata, were selected from the OPD and IPD of the Institutional Hospital. Out of two groups, Group A has given Tuvaraktaila and group, B has given Karanjtaila.

Inclusion Criteria

- 1) As per clinical signs and symptoms of ‘Vicharchika’ described in Sushrut Samhita i.e. Rukshata, Kand.^[06]
- 2) Subjects of age between 16 – 60 years of either gender.
- 3) Subject willingly participating in the study trial.

Exclusion Criteria

1. Subjects having chronic diabetic wound.
2. Subjects suffering from bed sores.
3. Vicharchika with Bahusrava (oozing).
4. Vicharchika in pregnancy.
5. Subjects who are taking medicines or therapy for Vicharchika.
6. Subjects who are not willing for the trial.
7. Known case of any systemic disease like diabetes mellitus, cancer, AIDS, TB etc...and other skin disease like scabies, psoriasis, lichen simplex chronicus, eczema with varicose vein etc.

Withdrawal Criteria

1. The patient is not willing to continue the trial or not giving regular follow- up.
2. Evidence of any other illness, which may interrupt the treatment.

Show plan for research study

Group	No. of Subjects	Planning	Duration
Group A	10	Tuvarak taila	30 days
Group B	10	Karanj taila	30 days

Assesment Criteria

1. Kandu
2. Rukshata.

Table 1: Difference in before and after giving Tuvarak taila on Kandu.

	Mean	S.D	S.E	W value	P value	Decision based on P value
BT	3.375	0.6191	0.1548	55.00	0.0046	P<0.05 significant
AT	2.375	0.5000	0.1250			

Table 1: Difference in before and after giving Tuvarak taila on Rukshata.

	Mean	S.D	S.E	W vallue	P value	Decision based on P value
BT	2.750	0.1708	0.1548	55.00	0.0035	P<0.05 significant
AT	2.000	0.8281	0.2138			

Table 1: Difference in before and after giving Karanj taila on Kandu.

	Mean	S.D	S.E	W value	P Value	Decision based on P value
BT	3.375	0.6199	0.1548	55.00	0.0036	P<0.05 significant
AT	2.600	0.8281	0.2138			

Table 1: Difference in before and after giving Tuvarak taila on Rukshata.

	Mean	S.D	S.E	W vallue	P value	Decision based on P value
BT	2.740	0.1728	0.1448	55.00	0.0035	P<0.05 significant
AT	2.010	0.8261	0.2238			

DISCUSSION

In Tuvarak taila, Tuvarak contain acids like Chaulmugric acid, Hydnocarpic acid, Palmitic acid and having, Katu(spicy), tikta(bitter) rasa(taste), ushna virya, katu(spicy) vipaka, tikshna snigdha guna. By the virtue of this qualities Tuvaraka taila not only debrides the thick and lichenified lesions, but also promote the growth of healthy skin Hence its local application (Abhyanga) works to reduce the above given symptoms.

CONCLUSION

Thus, present study concludes that the use of Tuvarak taila gives relief to the patient of Vicharchika (eczema). There were no adverse effect of Tuvarak taila found on local application.

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