

A STUDY OF EFFICACY OF TIKTAK GHRITA IN GARAVISHAJANYA VICHARVHIKA

Rashmi R. Shinde*

M.D. (Ayu), Agad Tantra.

Article Received on
24 October 2020,

Revised on 14 Nov. 2020,
Accepted on 04 Dec. 2020

DOI: 10.20959/wjpr20211-19418

*Corresponding Author

Rashmi R. Shinde

M.D. (Ayu), Agad Tantra.

ABSTRACT

Garavishajanya Vicharchika is caused due to consumption of incompatible food for a longer duration. The symptoms of *Vicharchika* are *Kandu*, *Raji*, *Twakvaivarnya*, *Twakjadyata* and *Sraav*. *Acharya Vagbhat* mentioned *Tiktak Ghrita* to treat *Garavisha* and skin conditions like *Kushtha (Vicharchika)*. In order to find effect of *Tiktak Ghrita* against these above mentioned symptoms developed due to *Garavishajanya Vicharchika*, this study was conducted. 40 patients of incompatible food consumption were taken for study and are divided in 2 groups. The 2nd group is given a tab Levocetizine as symptomatic relief. Assessment was done and the study shown moderate improvement with *Pathya*.

KEYWORDS:– *Garavish, Vicharchika, Tiktak Ghrita.*

INTRODUCTION

Number of patients suffering from *Garavisha* in day to day life is increasing. Abundant amount of drugs are used to cure *Garavishajanya Vicharchika*, but they have very restricted results. Due to recurrence and chronic nature, its treatment in modern medicine was not so easy. Henceforth to know the role of *Tiktak Ghrita* on *Garavishajanya Vicharchika*, the drug is selected. Its reference is *Ashtang Hruday Chikitsa Sthana*.

The symptoms *Kandu* (Itching), *Raji*, *Twakvaivarnya*, *Twakjadyata* and *Sraav* (oozing) are treated using *Tiktak Ghrita* and is compared with most commonly used drug Levocetizine (5mg) as control drug in the study.

Aim of the study

To study the effect of *Tiktak Ghrita* in *Garavishajanya Vicharchika*.

MATERIAL AND METHODS

40 patients (considering dropout rate of 10%, 45 patients were included to get minimum 40 patients completing the trial), Questionnaire for assessment of *Viruddha Aahar*, Written informed consent, Case record form, Patient information sheet.

Patients were advised to take *Tiktak Ghrita* for 30 days.

Tiktak Ghrita – It is taken from CNS Kottakkal Pharmacy (preparation of formulation is as per appropriate reference from *Ashtang Hrudaya Chi.19/2-7*). Their standardization letter is obtained.

Study design

Type of study – A Clinical trial.

Inclusion criteria

Irrespective of gender, age group – 20 to 60 yrs, patients with *Samyogaja Viruddha aahar* (Incompatible food –Duration – at least 1 year). Patients having symptoms of *Garavishajanya Vicharchika*.

Exclusion criteria

Patients of palmo planter psoriasis, cracked heels (Padadari), scabies, lactating women.

Patients with major systemic disorders like HIV infection, Hepatitis B infection and other blood disorders such as Haemophilia were excluded from the study.

Criteria of withdrawal

During the course of trial if any adverse condition occurred which requires urgent treatment? Patient them self want to withdraw from the trial and those who are not giving proper follow up.

Follow up was taken on 7th, 14th, 21st and 30th day.

Drug	<i>Tiktak Ghrita</i>	Levocetizine (tab.1AL)
Route of administration	Orally	Orally
<i>Praman</i>	20 ml twice a day	5mg once a day
<i>Bhaishajya kaal</i>	<i>Apaankaal</i> (before meal)	At bed time
<i>Anupana</i>	<i>Koshna jala</i>	-
<i>Kalawadhi</i>	30 days	30 days

Assesment criteria**1. Kandu**

Grade	Effect	Duration per day
0	No kandu	No itching
1	Mild	2-5 times
2	Moderate	6-10 times
3	Severe	Continuous

2. Raji (Erythema)

Grade	Cause	Effect
0	Normal skin colour	No <i>Raji</i>
1	Pink Macules	Mild
2	<i>Araktavarna</i>	Moderate
3	<i>Raktavarna</i>	Severe

3. Twak vaivarnya

Grade	Colour	Effect
0	Normal skin colour	No <i>Raji</i>
1	<i>Shyawavaivarnya</i>	Mild
2	<i>Alpakarshyata</i>	Moderate
3	<i>Krishnavavaivarnya</i>	Severe

4. Twak jadyata

Grade	Effect
0	No <i>twakjadyata</i>
1	Mild
2	Moderate
3	Severe

5. Sraav

Grade	Quantity	Effect
0	Without <i>sraav</i>	No <i>sraav</i>
1	<i>Alpasraav</i>	Mild
2	<i>Madhyasraav</i>	Moderate
3	<i>Atisraav</i>	Severe

Overall assessment

Score	Severity of disease
1-5	Mild
5-10	Moderate
10-15	Severe

Patients were assessed after treatment and result was drawn

Good result: no complaints, moderate result: 2 steps down, mild result: 1 step down, no

Result: no change in complaints.

OBSERVATION

Figure 1: Age wise distribution.

Sr. No.	No of Patients			Total
	Age (yrs)	Group A	Group B	
1	20 to 32	2	5	7
2	33 to 46	8	2	10
3	47 to 60	10	13	23
4	Total	20	20	40

Figure 2: Gender wise distribution.

Sr. No.	No of Patients			Total
	Gender	Group A	Group B	
1	Female	9	8	17
2	Male	11	12	23
3	Total	20	20	40

Figure 3: Occupation wise distribution.

Sr. No.	No of Patients			Total
	Occupation	Group A	Group B	
1	Business	0	1	1
2	Driver	2	1	3
3	Employee	2	4	6
4	Farmer	2	1	3
5	Grind Work	0	1	1
6	Gym Trainer	0	1	1
7	Housewife	6	6	12
8	Peon	2	0	2
9	Shopkeeper	3	2	5
10	Social Worker	1	0	1
11	Student	2	2	4
12	Teacher	0	1	1
13	Total	20	20	40

Figure 4: *Prakruti* wise distribution.

Sr. No.	No of Patients			Total
	<i>Prakruti</i>	Group A	Group B	
1	KP	1	0	1
2	KV	0	4	4
3	PK	5	6	11
4	PV	2	2	4
5	VK	9	4	13

6	VP	3	4	7
7	Total	20	20	40

Figure 5: Addiction wise distribution.

Sr. No.	No of Patients			Total
	Addiction	Group A	Group B	
1	Alcohol	1	2	1
2	Betel Nuts	3	2	5
3	Misri	1	1	2
4	Tobacco	4	4	8
5	Tob/Alco	2	1	3
6	No	9	10	19
7	Total	20	20	40

Figure 6: Religion wise distribution.

Sr. No.	No of Patients			Total
	Religion	Group A	Group B	
1	Christian	0	1	1
2	Hindu	19	18	37
3	Muslim	1	1	2
4	Total	20	20	40

Figure 7: Diet wise distribution.

Sr. No.	No of Patients			Total
	Diet	Group A	Group B	
1	Non-veg	14	10	24
2	Veg	6	10	16
3	Total	20	20	40

Figure 8: Stress wise distribution.

Sr. No.	No of Patients			Total
	Stress	Group A	Group B	
1	No	4	0	4
2	Yes	16	20	36
3	Total	20	20	40

Figure 9: Malapravritti wise distribution.

Sr. No.	No of Patients			Total
	Malapravritti	Group A	Group B	
1	Asamyaka	8	6	14
2	Samyaka	12	14	26
3	Total	20	20	40

Statistical analysis

To check effect of treatment follow up wise Friedman test was applied.

Kandu

Group A	Mean Rank	Test Statistic	P value
Day 0	4.30	53.018	<0.001
Day 7	3.82		
Day 14	2.92		
Day 21	2.30		
Day 30	1.65		
Group B	Mean Rank	Test Statistic	P value
Day 0	4.70	68.024	<0.001
Day 7	3.85		
Day 14	3.05		
Day 21	2.02		
Day 30	1.38		

Raji

Group A	Mean Rank	Test Statistic	P value
Day 0	3.75	33.317	<0.001
Day 7	3.58		
Day 14	2.85		
Day 21	2.60		
Day 30	2.22		
Group B	Mean Rank	Test Statistic	P value
Day 0	3.40	24.000	<0.001
Day 7	3.40		
Day 14	3.15		
Day 21	2.65		
Day 30	2.40		

Twak vaivarnya

Group A	Mean Rank	Test Statistic	P value
Day 0	4.52	65.136	<0.001
Day 7	3.88		
Day 14	3.05		
Day 21	2.28		
Day 30	1.28		
Group B	Mean Rank	Test Statistic	P value
Day 0	3.52	27.000	<0.001
Day 7	3.52		
Day 14	2.78		
Day 21	2.78		
Day 30	2.40		

Twak jadyata

Group A	Mean Rank	Test Statistic	P value
Day 0	4.28	61.333	<0.001
Day 7	3.90		
Day 14	3.08		
Day 21	2.48		
Day 30	1.28		
Group B	Mean Rank	Test Statistic	P value
Day 0	3.45	19.556	0.001
Day 7	3.32		
Day 14	2.82		
Day 21	2.82		
Day 30	2.58		

Sraav

Group A	Mean Rank	Test Statistic	P value
Day 0	3.45	13.250	0.01
Day 7	3.08		
Day 14	2.95		
Day 21	2.82		
Day 30	2.70		
Group B	Mean Rank	Test Statistic	P value
Day 0	3.52	28.056	<0.001
Day 7	3.55		
Day 14	3.02		
Day 21	2.62		
Day 30	2.28		

To check effect within groups before and after treatment Wilcoxon Singed Rank Test was applied.

Kandu

Group	BT/AT	N	Mean	Median	W	P
Group A	BT	20	2.500	2	190	P<0.0001
	AT	20	1.300	1.5		
Group B	BT	20	2.250	2	190	P<0.0001
	AT	20	0.200	0		

Raji

Group	BT/AT	N	Mean	Median	W	P
Group A	BT	20	1.000	1	36	P=0.0078
	AT	20	0.600	0		
Group B	BT	20	1.300	0.5	55	P=0.0020
	AT	20	0.500	0		

Twak vaivarnya

Group	BT/AT	N	Mean	Median	W	P
Group A	BT	20	2.900	3	210	P<0.0001
	AT	20	1.100	1		
Group B	BT	20	2.300	2	45	P=0.0039
	AT	20	1.850	2		

Twak jadyata

Group	BT/AT	N	Mean	Median	W	P
Group A	BT	20	2.900	3	210	P<0.0001
	AT	20	1.350	1		
Group B	BT	20	1.850	2	28	P=0.0156
	AT	20	1.500	2		

Sraav

Group	BT/AT	N	Mean	Median	W	P
Group A	BT	20	1.000	0	36	P=0.0078
	AT	20	0.300	0		
Group B	BT	20	0.450	0	28	P=0.0156
	AT	20	0.050	0		

To check the effect of treatment between the groups Mann Whitney's U Test was applied.

Kandu

Group	N	Mean	Sum of Rank	U	P
Group A	20	1.200	283.5	73.5	P=0.0006
Group B	20	2.050	536.5		

Raji

Group	N	Mean	Sum of Rank	U	P
Group A	20	1.200	283.5	73.5	P=0.0006
Group B	20	2.050	536.5		

Twak vaivarnya

Group	N	Mean	SD	U	P
Group A	20	1.800	0.523	22.5	P<0.0001
Group B	20	0.450	0.510		

Twak jadyata

Group	N	Mean	Sum of Rank	U	P
Group A	20	1.550	571.5	38.5	P<0.0001
Group B	20	0.350	248.5		

Sraav

Group	N	Mean	Sum of Rank	U	P
Group A	20	0.700	437	173	P=0.4648
Group B	20	0.400	383		

Effect of therapy

Pt. No.	Group A Score					
	B.T.	Severity	A.T.	Severity	BT-AT	Result
1	12	Severe	7	Moderate	5	Mild
2	9	Moderate	1	Mild	8	Moderate
3	9	Moderate	4	Mild	5	Mild
4	7	Moderate	3	Mild	4	Mild
5	9	Moderate	3	Mild	6	Moderate
6	12	Severe	4	Mild	8	Moderate
7	11	Severe	5	Mild	6	Moderate
8	7	Moderate	3	Mild	4	Mild
9	8	Moderate	3	Mild	5	Mild
10	8	Moderate	4	Mild	4	Mild
11	12	Severe	6	Moderate	6	Moderate
12	11	Severe	5	Mild	6	Moderate
13	12	Severe	7	Moderate	5	Mild
14	11	Severe	4	Mild	7	Moderate
15	13	Severe	8	Moderate	5	Mild
16	9	Moderate	6	Moderate	3	Mild
17	14	Severe	7	Moderate	7	Moderate
18	11	Severe	3	Mild	8	Moderate
19	12	Severe	5	Mild	7	Moderate
20	9	Moderate	5	Mild	4	Mild

Sr. No.	Criteria	No. of Patients
1	Good Result	00
2	Moderate Result	10
3	Mild Result	10
4	No change	00

Pt. No.	Group B Score					
	B.T.	Severity	A.T.	Severity	BT-AT	Result
1	10	Severe	5	Moderate	5	Mild
2	11	Moderate	4	Mild	7	Moderate
3	8	Moderate	4	Mild	4	Mild
4	10	Severe	5	Mild	5	Mild
5	7	Moderate	2	Mild	5	Moderate
6	4	Moderate	1	Mild	3	Moderate
7	7	Moderate	4	Mild	3	Moderate
8	6	Moderate	3	Mild	3	Mild
9	6	Moderate	2	Mild	4	Mild
10	12	Severe	6	Mild	6	Mild

11	10	Severe	7	Moderate	3	Moderate
12	7	Severe	5	Mild	2	Moderate
13	2	Severe	1	Moderate	1	Mild
14	9	Severe	5	Mild	4	Moderate
15	9	Severe	4	Moderate	5	Mild
16	8	Moderate	4	Moderate	4	Mild
17	14	Severe	7	Moderate	7	Moderate
18	7	Moderate	5	Mild	2	Moderate
19	6	Moderate	2	Mild	4	Moderate
20	10	Severe	6	Mild	4	Mild

Sr. No.	Criteria	No. of Patients
1	Good Result	00
2	Moderate Result	10
3	Mild Result	10
4	No change	00

Statistical analysis

By wilcoxon signed rank test

Sr. No.	Symptoms	Gr.	W	P	Significance
1	<i>Kandu</i>	A	190	P<0.0001	Significant
		B	190	P<0.0001	Significant
2	<i>Raji</i>	A	36	P=0.0078	Significant
		B	55	P=0.0020	Significant
3	<i>Twakvaivarnya</i>	A	210	P<0.0001	Significant
		B	55	P=0.0039	Significant
4	<i>Twakjadyata</i>	A	210	P<0.0001	Significant
		B	28	P<0.0156	Significant
5	<i>Sraav</i>	A	36	P=0.0078	Significant
		B	28	P=0.0156	Significant

By mann whitney's u test

Sr. No.	Symptom	U	P	Significance	Efficay
1	<i>Kandu</i>	73.5	P=0.0006	Singnificant	B > A
2	<i>Raji</i>	160	P=0.2788	Not significant	A = B
3	<i>Twakvaivarnya</i>	22.5	P<0.0001	Singnificant	A > B
4	<i>Twakjadyata</i>	38.5	P<0.0001	Singnificant	A > B
5	<i>Sraav</i>	173	P=0.4648	Not significant	A = B

('=' means almost equal but not exact equal)

Overall effect of therapy

Sr. No.	Criteria	No. of Patients	
		Group A	Group B
1	Good Result	00	00
2	Moderate Result	10	10
3	Mild Result	10	10
4	No change	00	00

RESULT AND DISCUSSION

It was observed that results are almost equal in both groups.

But statistically it shows

Tiktak Ghrita is more effective to reduce *Twak Vaivarnya* and *Twak Jadyata* than Levocetizine in *Garavishajanya Vicharchika*.

Tiktak Ghrita and Levocetizine are almost equally effective to reduce *Raji* and *Sraav*, whereas tab Levocetizine is more effective to reduce *Kandu* in *Garavishajanya Vicharchika*.

Mode of action of *tiktak ghrita*

Ingredients – *Patola, Nimba, Katuka, Darvi, Patha, Duralabha, Parpat, Trayamana*. These 8 *Dravyas* work as *Rasayana, Twachya, Kusthaghna* and are from different *Dashemani Gana*.

Ghrita is used to get rid from *Pitta* and *Vata*. It's beneficial in *Rasadhatu, Shukradhatu* and *Oja wardhan*. It is *Dahaprashamankar* and develops softness in the body and provides *Varna* and *Swara*. The nature of *Ghrita* is *Sheeta* hence it helps to get rid of *Pitta* while its *Snigdha Guna* helps in *Vata Shaman*.

The ingredients in this medicated *Ghrita* works as *Kushaghna, Kandughna, Pittashamak, Vishaghna, Raktashodhahara, Amapachana, Rasayana, Twagvikar Nashak, Kshudrarogahara, Raktadushtijanya Vikar Nashak*.

CONCLUSION

Tiktak Ghrita had shown best result on *Twak Vaivarnya, Twak Jadyata* and *Raji* and almost equal result in *Kandu* and *Sraav*.

No adverse effects were observed in the present study.

REFERENCES

1. Tripathi B., Charak Samhita, Chaukhamba Suraharati Prakashan, Varanasi, 2009.
2. Sharma P.V., Sushrut Samhita, Chaukhambha Vishvabharati, Varanasi, 2005.
3. Namburi U.R.S., A Textbook of Agad Tantra, Chaukhamba Orientalia, Varanasi, 2005.
4. Habif T.P., Skin Disease Diagnosis and Treatment, Elsevier Inc, 2011; 3.