



Research Article

ROLE OF GANDHAK RASAYAN IN SHUSHKA VICHARCHIKA (ECZEMA)

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ABSTRACT

In *Ayurveda* context, eleven types *Kshudrakushtha* are described and *Vicharchika* (Eczema) is one of them. In ancient text, there described many lines of treatments of *Vicharchika* (Eczema) like leech application, local application and many oral medicines. *Gandhak Rasayana* is one of the oral medicines described for many skin diseases.

For this study, 30 patients of *Shushka vicharchika* (Dry Eczema) having complaint of *Kandu*, *Daha*, *Ruja*, *Sparshaasahatva*, *Tvakvaivarnya* were selected.

Vicharchika (Eczema) is *Kaphajavyadhi* and *Raktadushti* is also observed. *Gandhak Rasayana* (*Bharat Bhaishajya Ratnakar* 1153) mainly acts on skin, blood and it is *Rasayana* in action. So it more or less acts on all *Doshas* and *Dhatus*. *Gandhak isushnaveeryatmaka* and *Katu rasa Vipaki* so acts as best *Kaphaghna* and *Kledaghna*. During making of *Gandhak Rasayana* different twelve *Drawyabhavanas* are given to *Shudhagandhak*. These drugs helps to destroy the *Samprapti* of *Vicharchika* due to its *Ushnavirya* and *Katukashay rasa*. Some *Bhavanadravyas* has property of *Madhur rasa*, *Sheet Virya* due to which they acts as *Pittaghna* and *Raktaprasadana* and helps to cure *Vicharchika* (Eczema).

Daha, *Kandu*, *Ruja* and *Sparshaasahatva* were significantly reduced. Also significant relief in *Tvak-vaivarnyata* was observed.

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INTRODUCTION

According to *Ayurveda*, *Tvacha* is a seat of *Sparshanndriya*⁽⁷⁾. It carries the sensation of touch and it also covers the internal part of the body.

Tvacha⁽⁷⁾ is '*Panchbhautik*' but out of them *Vayumahabhuta* is prominent one. According to modern medicine, *eczema*⁽⁸⁾ is a non contagious inflammatory disease of skin in response to endogenous or exogenous stimuli characterized by erythema, edema, vesiculation, oozing and crusting. Microscopically there is an intraepidermal vesiculation⁹.

Due to increasing pollution, incapability to obey the rules for sound body maintenance and lack of exercise and nutritious diet *Doshprakopa* takes place.

Prakupitdoshas mainly *Kapha* and *Vata*, makes *Dushti* of *Tvak* and *Mamsadhatu* of hands and legs create papules. It causes itching, pain,

discolouration, dryness of skin. In this way the disease *Vicharchika*⁽²⁾ (Eczema) is born.

Vicharchika (Eczema)^(1,2) is of two types:

1. Dry *Vicharchika* (*Shushka Vicharchika*)
2. Wet *Vicharchika* (*Stravi Vicharchika*)

The Antihistaminics⁽⁹⁾ and local steroids are the main drug of choice in modern medicine which have lots of side effects therefore are not safe for long term therapy. Many oral medicines are described for treatment of skin diseases. *Gandhak Rasayan* is one of them. This *Yoga* is very effective in all types of *Kushtha*. During making of *Gandhak Rasayana* different twelve *Drawya bhavanas* are given to *Shudha gandhak*. These drugs helps to destroy the *Samprapti* of *Vicharchika* (Eczema) due to its *Ushnavirya* and *Katukashay rasa*.

Keeping this view in mind we have started *Gandhak Rasayana* in patients of *Vicharchika* (Eczema) and found encouraging results.

MATERIALS AND METHODS

Study Design

It was open randomized clinical study.

Place of study : Department of Kayachikitsa, Shree Saptashungi Ayurveda Mahavidyalaya & Hospital, Hirawadi, Nashik.

Sample Size

Total 30 patients were selected for present study.

Inclusion Criteria

Cases were randomly selected irrespective of their age, sex, occupation and socio-economic condition showing the following sign and symptoms of *Vicharchika*^(1,2,3) (Eczema).

1. *Vaivarnya*
2. *Kandu*
3. *Daha*
4. *Ruja*
5. *Sparshaasahatva*

Clinical assessment was done as follows

1. Tvak-vaivarnyata (Discolouration)

Sign	:	Grade
Absent	:	0
Slight Blackness	:	1
Medium Blackness	:	2
Moderate Blackness	:	3
Dark Blackness	:	4



2. Kandu (Itching)

Sign	:	Grade
No Itching	:	0
Occasional	:	1
Mild Itching not disturbing routine activities	:	2
Moderate Itching disturbing routine activities	:	3
Severe Itching disturbing sleep	:	4

3. Daha (Burning)

Sign	:	Grade
Absent	:	0
Occasional	:	1
Mild	:	2
Moderate	:	3
Severe	:	4

Exclusion Criteria

1. Steroid dependant patients
2. Infective pathology of any system
3. Any life threatening disease

The description of methods of clinical study can be classified under two groups

1. Method of preparation of drug
2. Method of administration of drug

Method of preparation of drug

Gandhak Rasayan Vati (250 mg each) was prepared according to Bharat Bhaishajya Ratnakar 1153⁽⁴⁾, Yogratnakar^(5,6) *Rasayana Prakaran* in Department of Rasashatra & Bhaishajya Kalpana, Shree Saptashungi Ayurveda Mahavidyalaya & Hospital, Hirawadi, Nashik.

Method of administration of drug

Gandhak Rasayana Vati was given in the dose of 500 mg in two divided doses per day with same amount of *Sita* (sugar) for 42 consecutive days.

4. Ruja (Pain)

Sign	:	Grade
No Pain	:	0
Occasional	:	1
Mild	:	2
Moderate	:	3
Severe	:	4

5. Sparshaasahatva

Sign	:	Grade
Absent	:	0
Occasional	:	1
Mild, elicited on much pressure	:	2
Moderate, elicited on moderate pressure	:	3
Severe, elicited on slight pressure	:	4

Observation And Result

All statistical analysis ⁽⁸⁾ was done by paired t test where p value <0.05 were considered to be statistically significant.

Symptoms	Before Treatment Mean ± SD	After Treatment Mean ± SD	Result Paired t-Test
Daha	2.66 ± 1.26	0.77 ± 0.89	T=4.76 P < 0.05
Kandu	2.6 ± 1.24	1.03 ± 0.88	T=6.35 P < 0.05
Ruja	3.23 ± 1.07	1.26 ± 1.05	T=6.62 P < 0.05
Sparshasahatva	2.26 ± 0.87	0.93 ± 0.64	T=7.97 P < 0.05
Tvak Vaivarnya	2.8 ± 1.03	0.50 ± 0.61	T=4.46 P < 0.05

DISCUSSION

Gandhak Rasayana Vati seems to be an effective in treatment of *Shushka Vicharchika*.

It is *Kaphapradhan vyadhi*. *Raktadushti* and *Agnimandya* is also observed.

Gandhak Rasayana Vati with *Anupana* enters to all *Sukshmastrotas* and acts on *Dosha*, *Dhatu* and *Mala*. Different *Bhavanadravyas* in *Gandhak Rasayan* acts as bactericidal and thus causes blood purification.

From this *Bhavanadravyas Guduchi*, *Bhringaraj*, *Dalchini*, *Tamalpatra*, *Nagkeshar*, *Haritaki*, *Sunthi*, *Bibhitak* has properties of *Katukashay rasa* and *Ushnavirya*. Thus it does *Dipana*, *Pachana* and acts as *Kaphaghna kledaghna*.

In this way, *Gandhak Rasayana Vati* acts as *Agnideepak*, *Pachak*, *Kaphaghna*, *Kledaghna*, *Raktaprasadak*, *Krimighna*, *Kushthaghna* and thus helps to cure disease.

CONCLUSION

Gandhak Rasayana Vati exhibited good clinical improvement in term of relieving individual symptoms as well as reducing severity of disease.

Daha, *Kandu*, *Ruja* and *Sparshaasahatva* were significantly reduced. Also significant relief in *Tvak-vaivarnya* was observed.

Thus *Gandhak Rasayana* is very effective in *Shushka Vicharchika*.

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