

# TO STUDY THE EFFICACY OF RAKTA PACHAK YOG (HERBAL FORMULATION) IN DOOSHIVISHJANYA VICHARCHIKA (ECZEMA DUE TO CUMULATIVE TOXICITY)

Dr. Pradeep Patil<sup>1</sup>, Dr.Smita R.Patil<sup>2</sup>

<sup>1</sup>Assistant Professor, D.Y.Patil School of Ayurveda, DY Patil Deemed to be University,  
Nerul, Navi-Mumbai.

E-Mail: [pradeep.patil@dypatil.edu](mailto:pradeep.patil@dypatil.edu)

<sup>2</sup>Professor, D.Y. Patil School of Ayurveda, DY Patil Deemed to be University, Nerul, Navi-  
Mumbai.

E-Mail: [smita.jadhav@dypatil.edu](mailto:smita.jadhav@dypatil.edu)

## Abstract:

Present generation is more likely to consume junk foods-cold drinks, unhealthy travelling habits, working late nights, working with computers in A.C rooms, using more cosmetics and its local toxic effect on skin. Increased incidence of skin conditions like Vicharchika (Eczema) and contact dermatitis after using newer cosmetics suggest that this may be due to local toxic effects on skin. Ayurveda describes this phenomenon as *Dooshivisha*. Vicharchika (Eczema) is an inflammatory response of the skin characterized by Kandu (Itching), Shyavata (Discoloration of Skin), Pidaka (Vesiculation), Strava (Oozing). *Rakta Pachaka Yoga* contains ingredients like *Patola, Sariva, Musta, Patha, Kutaki*. This study is conducted to observe the efficacy of this *Rakta Pachaka yoga* for treating *Dooshivishjanya Vicharchika*.

**Key-words:** *Dooshivisha, Vicharchika, Rakta Pachaka Yoga*

## Introduction:

Now a days *Vicharchika* is very common health issue with many limitations in its treatment. There are several remedies for its cure but still the problem exist. *Vicharchika* affects the quality of life particularly in relation to work and interaction social/personal.

*Vicharchika* is one among the challenges in modern era on account of its incurability and recurrences. *vicharchika* is a *raktapradoshajavyadhi* and *vyaktsthana* is *twak* and *raktapachakyog* is indicated in *kushth, raktapradoshaja vikar*.

Most of the times no cause can be recognized for eczema. Ayurveda mentions that *dushivisha* may cause eczema.

So testing the efficacy of *Raktapachaka Yoga* in *dushivishajanya vicharchika* may be helpful to find out cure for this problem. So if the traditional claim is proved and established scientifically then perfect medicine will be asset for practitioners.

## 1. Materials and methods

### AIMS & OBJECTIVES

To study the effect of *Rakta Pachaka Yoga* IN *DOOSHIVISHJANYA VICHARCHIKA*

### Materials and Methods:

#### ❖ Literary Review:

Literary source were collected from *Ayurvedic* classical textbooks, relevant modern text and published articles in reputed journals

❖ **Drug standardization & Authentication:**

*Raktapachaka Yoga* with proper standardization is used in the clinical study.

Sr no	Ingredients	Latin name	Rasa, Virya, Vipaka	Karma
1	<i>Patola</i>	Trichosanthes dioica	Rasa-Tikta Virya-Ushna Vipaka-Katu	Tridoshashamak, v ranashodhan, vranaropan
2	<i>Sariva</i>	Hemidesmus indicus	Rasa –madhur ,tikta Virya-shita Vipak-madhur	Tridoshashamaka Daahaprashamna Shothahara
3	<i>Musta</i>	Cyperus rotundus	Rasa –tikta ,katu, kashaya Virya – shita Vipak- katu	Raktaprasadanka phaghna
4	<i>Patha</i>	Cissampelos pareira	Rasa-Tikta Virya-ushna Vipaka- katu	Tridosshamaka Raktashodhaka Vishghna kushtaghna
5	<i>Kutaki</i>	Picrorhiza kurroa	Rasa-Tikta Virya-shita Vipaka- katu	

**INCLUSION CRITERIA:**

1. Patients of either sex between age 18 to 60 years Both males and females
2. Patients diagnosed with *Dushivishajanya Vicharchika* showing cardinal symptoms and suffering since one year
3. Patients having exposure to poisons, factory workers, farmers using pesticide
4. Patient ready to give consent

**EXCLUSION CRITERIA:**

1. Age below 18 years and above 60 years
2. Patients with Diabetes mellitus and other systemic complications.
3. Patients of other skin diseases or injuries, burns or those under steroid therapy.
4. Pregnant and lactating mothers.
5. Patients with anemia (Hb% <8gm%)

**PLAN OF WORK:**

**Clinical Study:** The efficacy and safety of *RaktapachakaYoga* in *DosshivishajanyaVicharkika* was studied.

**Type of study:** Interventional study.

**Study design:** single arm, open labelled, prospective clinical study

**Sample size: minimum 40 patients suffering from *DushivishajanyaVicharchika*** showing cardinal symptoms and suffering since one year

**Sampling Technique:** Purposive Sampling

- Special proforma of the case paper were designed.
- Patients diagnosed with *DushivishajanyaVicharchika* and showing at least 50% of the criteria of assessment were included in the study.
- Informed consent was taken prior to their inclusion in the study
- In the present study the sample size of 40 patients decided taking into consideration the prevalence of *Vicharchika* with *Viruddhahar / Dushivisha* as the prime etiological factor.
- The time period allotted for the study was 45 days.
- Selected patients randomly allotted to one group
- Patients were subjected to laboratory investigation before and after the clinical trials.
- The blood collected considered as the pre-trial sample and examined on the basis of biochemical laboratory examinations
- The patients of Trial group administered ***Raktapachaka Yoga*** daily as per the prescribed dosage schedule.

• **DOSAGE SCHEDULE:**

<b>Dose</b>	<b><i>Raktapachak Yoga</i></b>
<b><i>Sevan Kala</i> (Time of Intake)</b>	<i>Vyanodan</i> (after food)
<b><i>Matra</i> (Dosage):</b>	250 mg/ dose --0--250 mg/ dose
<b><i>Anupana</i> (Supportive drink):</b>	<i>Koshna Jala</i> (Luke warm water)
<b><i>Kaalavadhi</i> (Duration)</b>	1 <i>Mandal</i> (42 days)

**PARAMETERS OF ASSESSMENT:**

**SUBJECTIVE PARAMETERS:** The following symptoms were the parameters of assessment.

Sr. No	Symptom	Gradation
1	Kandu (Itching)	0 -No Kandu 1- Very mild or occasional 2 -Kandu frequently and throughout the day 3- Continuous kandu without disturbing sleep 4 -Continuous kandu with disturbance in sleep
2	Pidaka (Pustules)	0- No pidaka 1 -No prominent pidaka but discolouration indicating its impending formation 2- Pidaka in an affected area < 5 sqcms 3- Pidaka in an affected area < 5-10sq cms 4- Innumerable pidaka in an affected area > 10 sqcms

3	Srava (Oozing)	0 –No srava 1- Very mild srava 2- Moderate srava 3- Moderate srava without soiling the clothes 4 -Profuse srava soiling the clothes
4	Shyavta (Discoloration)	0 –No shyavta 1- Slight or localised 2- Marked or generalized

- **Follow-ups:** was taken after every 7 days i.e. in accordance with the objective parameter
- **Photographs:** of the patients taken before and after the trial.

### DATA COLLECTION

All volunteers were examined on 1<sup>st</sup> day & examination of lesion on body was done. Then daily Raktapachak yog was administered. After 45 day of above all volunteers were again examined for lesion on body. Case record form was prepared to note observations of volunteers.

Observations obtained on day 1<sup>st</sup> & on 46<sup>th</sup> day were analyzed by Wilcoxon matched pairs signed rank test.

### OBSERVATIONS:

A total number of 40 patients suffering from *Vicharchika* were selected and *Rakta pachak yog* was administered on each of them so as to have statistical analysis of the obtained results and to find out a more effective remedy.

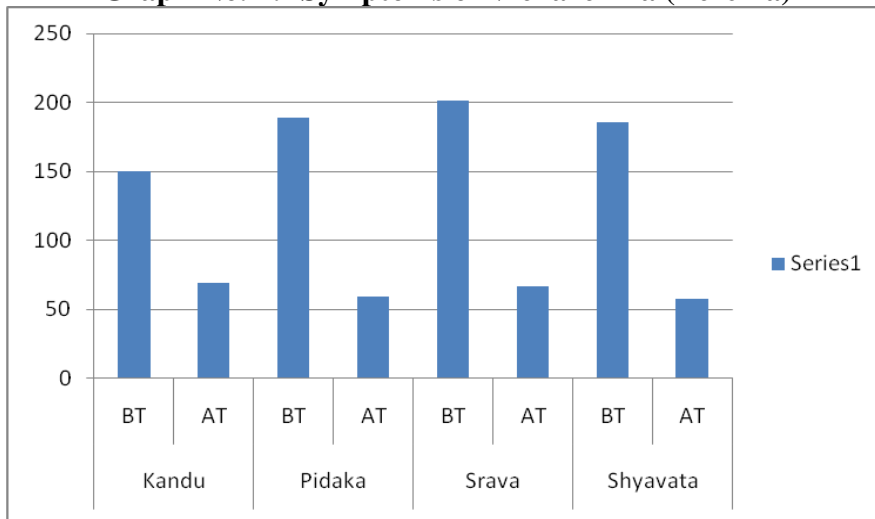
The discussion on the observations made from the clinical data is as follow,

- Due to efficacy of Rakta pachak yoga, out of 40 patients, most of the patients got relief in symptoms like kandu (Itching), pidika (Vesication), srava (Oozing), shyavata (Discoloration) as shown in table.

**Table No 1:- Symptoms of Vicharchika (Eczema)**

<i>Kandu</i> (Itching)		<i>Pidaka</i> (Vesication )		<i>Srava</i> (Secrition)		<i>Shyavata</i> (Skin Discolouration)	
BT	AT	BT	AT	BT	AT	BT	AT
150	69	189	59	201	67	186	58

**Graph No. 1:- Symptoms of Vicharchika (Eczema)**



**Picture 1: Vicharchika on ankle**



Picture 2: Vicharchika on fingers

**STATISTICAL ANALYSIS:**

The data obtained tabulated and statistically analyzed using appropriate tests of significance.

- For subjective Parameters: Wilcoxon Matched Pairs Signed Ranks test  
P value < 0.05 considered as significant.

1.Kandu(Itching)

	MIN	MAX	MED	r	w	p	Result
BT	0	4	2	0.8803	595	<0.0001	Significant
AT	0	2	1				

2.Pidika(vesication)

	MIN	MAX	MED	r	w	p	Result
BT	1	4	3	0.4243	780	<0.0001	Significant
AT	0	2	1				

3. Srava (secretion)

	MIN	MAX	MED	r	w	p	Result
BT	1	4	3	0.5284	820	<0.0001	Significant
AT	0	2	1				

4.Shyvata(Skin discolouration)

	MIN	MAX	MED	r	w	p	Result
BT	1	4	3	0.5299	820	<0.0001	Significant
AT	0	2	1				

**CONCLUSION:**

Based upon result of clinical study in the treatment of *Dooshivishajanya Vicharchika* by using *Raktapachakyoga* displayed in table and graph and discussed in previously the conclusion drawn are as follow:

The purpose to undertake this study was to Study and Assess Efficacy of *Raktapachak Yoga* in treatment of *Dooshivishajanya Vicharchika* with special reference to Eczema”

The disease *vicharchika* has occurrence due to incompatible food stressfull life style . *Raktapachak yoga* advised by *charak* is proved efficacious as this *yoga* relive symptoms. As this *yoga* is easy to prepare, economical and tolerated by patients with no undesired effect. *Kandu* , *Pidika*, *Shyavta*, *Srava* are most prominent symptoms present in the patient included in study. All these symptoms get effectively reduce due to efficacy of *Raktapachak Yoga*. Hb level also impeoved and ESR level decreased due to efficacy of *raktapachak yoga*.

Thus study shown significant result means that *Raktapachak Yoga* found efficacious in patient of *Vicharchika* .

It may hopefully serve as beneficial for further trails in future.

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