



Research Article

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AN EFFICACY OF VAMANA KARMA IN THE MANAGEMENT OF VICHARCHIKA

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ABSTRACT

Skin is the largest organ of the body and in fact skin is the accurate mirror of one's inner health. At present era, the skin diseases become a major hazard for mental health more than physical as it distributes the cosmetic harmony. Vicharchika (eczema) is a type of the Kapha dominant Kushtha (Kshudra) described by Acharya Charaka. Panchkarma is said to be as a Shodhana procedure and the diseases treated with this do not reoccur. By use of Shamana therapy generally reoccurrence of the disease Vicharchika (eczema) is shown so this study is taken for the assessment of Panchkarma procedure in the disease As Vicharchika is Kapha dominant Kushtha and Vamana is best purification procedure for expulsion of the Kapha Dosh as well as for Pitta Dosh too. Here in this study Patoladi Kwath Siddha Ghrita is used for Abhyantara Snehana and Vamana is given with Madanafala Yoga as per classics and results were obtained. To see the efficacy of Vamana Karma, Patoladi Ghanvati is used as Shamana drug for comparison. Both group showed statistically significant results and Vamana proves better relief than Shamana drug. After grouping the patients in Shodhan and Shaman therapy (Group A) and only in Shaman Group (Group B), when we applied the treatment procedure as per as for which they assigned, both the group's Vicharchika patients showed a positive result. Apart these A-group patients showed maximum positive results in comparison to B group. In Vicharchika Shodhan procedure enhances the treatment results along with Shaman treatment and also it helpful in avert the reoccurrence of Vicharchika. Both group showed statistically significant results and owing to Kapha vitiated disease (Vicharchika), Vamana procedure along with Shaman drug proves better relief.

Keywords: Vicharchika, Vamana Karma, Eczema, Patoladi Kwath Siddh Ghrita, Patoladi Ghanvati.

INTRODUCTION

The whole body is covered by an elastic membrane termed as skin. It is not however, merely a covering membrane but is an important organ of the body the proper functioning of which is necessary to health. In fact, skin is the accurate mirror of one's inner health. At present era, the skin diseases become a major hazard for mental health more than physical as it distributes the cosmetic harmony. In this era, life is very fast and competitive. Everyone wants to be best than others. Because of this, persons of this era compromise with their food habits and routine life schedule. This makes them more probable for skin diseases, which are related with this type of causes. So here for the study "Vicharchika" - one of the skin diseases is selected.

"Kushtha" has been taken as supreme word for all the skin disease in Ayurveda. Vicharchika, one of the Kshudra Kushtha runs chronic course and generally consider difficult to treat and even if it is cured reoccurrence is common. All Kushtha are Tridoshaja, so Vicharchika can also be said in same way. In Vicharchika despite of Tridoshaja origin Acharya Charaka mentioned dominancy of Kaph but Acharya Sushruta has denoted Pitta dominancy. Panchakarma therapy of Ayurveda has attracted the attention of the people worldwide as it is a unique type of treatment of various disorders. Broadly Panchakarma is to be said as a Shodhana procedure which expels bio-waste of our body to the different routes. The disease is treated with Shodhana do not reoccur. Vicharchika is Kapha Pradhana Vyadhi and according to Acharya Charaka Vamana is the best

way to excrete this *Dosha*. Vamana is also useful in the Pitta Dosh. So here Vamana is selected as a treatment procedure for the disease - Vicharchika.¹⁻⁴

Acharya Vagbhatta said that in Samavastha of the disease, selected Sneha must be containing Dipana, Pachana properties and Acharya Charaka also described that in the disease like *Kushtha*, *Shotha*, *Prameha* etc. plain *Sneha* is contraindicated and we may use medicated *Sneha dravya*. So here for the study Patoladi Kwath Siddha Ghrita used which contains properties like above.⁵

Keeping in mind the above concept, this study has been planned with following aim and objectives.

Aim & objectives

- To study the etiology, pathology, Symptomatology & Progress of the disease According to Ayurvedic science as well as modern science.
- To assess the efficacy of Vamana in the management of this disease

MATERIAL AND METHOD

The approval from the institutional ethics committee was obtained before starting study.

Study population

The population for the present study was defined in term of patients of Vicharchika having the age of 16-60 including the both male and female, who were registered in O.P.D. & I.P.D. of Govt. Akhandanand Ayurved College –Hospital Ahmedabad. Ethical clearance was obtained. Present study was carried out in accordance with ethical principles by following International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Sampling and inclusion criteria

- As per clinical sign and symptoms of Vicharchika described in classical Ayurvedic text and modern literature.
- Patient had been selected from 16 to 60 years of age.
- Uncomplicated cases with classical signs and symptoms of Vicharchika had not selected irrespective of age, sex, religion, profession etc.

Exclusion criteria

- The patient had not been selected before the age of 16 and above 60 years.
- Disease like diabetes mellitus, cancer, AIDS, VHD, LVH, IHD, T.B. and other systemic disorder which leads fatal condition for patient.
- VAMAN AYOgya as per classical text had been excluded for study.

Diagnostic criteria

Patients with symptoms like Kandu, Pidika, Shyava Varnata, Bahusrava etc. had been selected on the basis of detail proforma with classical references. A Performa, compiled on the basis of Ayurveda & modern principles with detailed clinical history & examination, was prepared and investigation done to assess the mode of onset & progress of the disease.

After undergoing the inclusion, exclusion criteria and Diagnostic criteria we have grouped the 10 patients in as A-group category and other 10 as under B group category. The patients were diagnosed and treated in O.P.D. & I.P.D. of Govt. Akhandanand Ayurved College –Hospital Ahmedabad.

Group	Number of Patient	Drug	Dose	Duration
Vamana + Shamana Karma Group A	10	Dipana – Trikatu Churna Snehana – Patoladi Kwath* Siddha Ghrita, Vamana Yoga – Madanafala Yoga** Shamana Yoga – Patoladi Ghana Vati.	6 -10 gm/day According to Agni & Koshtha 4-7 gm 3 gm/day	3 days Max. 7 days 45 days
Shamana Group B	10	Shamana Yoga – Patoladi Ghana Vati.	3 gm/day	45 days

* Drugs of Patoladi Kwath and Ghana Vati – Patola mula, Gawakshi, Trayamana, Katuki, Sunthi, Triphala.

** Drugs of Madanafala Yoga – Madanafala pippali (4 part), *Vacha* (2 part), *Saindhava* (1 part), Honey Q.S.^{2,3}

Statistical Analysis

In this research, we have used a mean, standard division, t test and significance statistical methods for analysis of results.

OBSERVATION

Distribution of the patients with their Pradhana vedanas are depicted in the above table which shows that all patients (100%) were having kandu, Shyava & Sravata each, 95 % patients were having *pidika*, 65 % with *daha*, 40 % with *Vedana* (Shula) & 10% were presented with *shotha*. No one was found with

Rukshata, it was found that 100% of patients were suffering from *Sravi* type of Vicharchika.

Nidana Sevana - Viruddha-ahara, 70% of patients were taking Shita Jala sevan after tea, coffee etc., 55% of patients were taking *Amla Rasa* + milk & *Mansa* + milk, 35 % of patients were taking *Lavana Rasa* or *Khichadi* + milk and 30 % onion with milk and *Mithyaahara*, 20 % of patients were taking *lavan rasa* more dominantly, 15 % of patients were taking *Amla rasa* more dominantly, and 20 % of patients were taking *Matsya* dominantly while 60% of patients were taking *Dadhi* more dominantly.

Table 1: Effect on symptoms of Vicharchika in group – A

Symptoms (n=10)	Mean score		X	%	S.D.	S.E.	‘t’	‘p’
	B.T.	A.T.						
Kandu	3.9	1.3	2.6	66.67 %	0.8432	0.2667	9.75	<0.001
Pidaka	2.2	1.1	1.1	50.00 %	0.9944	0.3145	3.498	<0.01
Shyavata	3.0	1.5	1.5	50.00 %	0.5271	0.1667	9.00	<0.001
Strava	2.8	0.2	2.6	92.80 %	0.8433	0.2627	9.75	<0.001
Daha (n=8)	1.4	0.6	0.8	57.14 %	0.5345	0.1890	5.30	<0.01
Shotha (n=2)	0.4	0.1	0.3	75.00 %	0.7071	0.5	3.00	>0.10
Vedana(n=4)	0.7	0.3	0.3	57.14 %	0.000	0.0000	0.00	>0.10

BT: Before Treatment, AT: After Treatment

Table 2: Effect on symptoms of Vicharchika in group – B

Symptoms (n=10)	Mean score		X	%	S.D.	S.E.	‘t’	‘p’
	B.T.	A.T.						
Kandu	3.9	2.2	1.7	43.59 %	0.6750	0.2134	7.9649	<0.001
Pidaka	2.0	1.2	1.1	40.00 %	0.6325	0.2000	4.0000	<0.01
Shyavata	2.7	1.9	0.8	29.63 %	0.6324	0.2000	4.000	<0.01
Strava	2.2	0.7	1.5	68.18 %	0.9487	0.3000	4.3333	<0.01
Daha (n=5)	0.9	0.5	0.4	44.49 %	0.4472	0.2000	4.0000	<0.05
Shotha(n=5)	0.9	0.6	0.3	33.33 %	0.5477	0.2450	2.4494	<0.10
Vedana(n=4)	0.8	0.5	0.3	37.5 %	0.500	0.2500	3.000	<0.10

Table 3: Effect on doshadushti in group A

Dosha Dusti (n=10)	Mean score		X	%	S.D. +	S.E. +	't'	'p'
	B.T.	A.T.						
Vata	1.8	1.1	0.7	38.89 %	0.8233	0.2603	2.6888	<0.05
Pitta	2.6	0.7	1.9	73.07 %	0.7379	0.2333	8.1429	<0.001
Kapha	4.9	2.3	2.6	53.06 %	0.8433	0.2667	9.7500	<0.001

BT: Before Treatment, AT: After Treatment

Table 4: Effect on doshadushti in group B

Dosha Dusti (n=10)	Mean score		X	%	S.D. +	S.E. +	't'	'p'
	B.T.	A.T.						
Vata	1.8	1.4	0.4	22.22 %	0.5164	0.1633	2.4495	<0.05
Pitta	2.7	1.8	0.9	33.33 %	1.1005	0.3480	2.5861	<0.05
Kapha	4.8	3.4	1.4	29.17 %	0.8433	0.2667	5.25	<0.001

BT: Before Treatment, AT: After Treatment

Table 5: Overall effect on heamatological & biochemical investigations in group -B

Symptoms (n=10)	Mean score		X	%	S.D. +	S.E. +	't'	'p'
	B.T.	A.T.						
Hb%	11.35	12.05	-0.7	-0.616 %	0.4595	0.1453	6.1942	<0.001
TLC/cmm	8510	7690	820	9.63 %	853.490	269.897	4.1497	<0.01
Neutrophil	72.80	72.20	0.6	00.82 %	2.8363	0.8969	6.0207	<0.001
Lymphocyte	19.50	23.9	-4.4	-22.56 %	3.09	0.9775	5.1150	<0.001
Eosinophil	4.9	2.5	2.4	48.98 %	2.3664	0.7483	5.8797	<0.001
Basophil	-	-	-	-	-	-	-	-
Monocyte	2.8	2.6	0.2	7.14 %	1.1353	0.3590	3.3426	<0.01
ESR (1st hr.)	34.30	20.60	13.70	39.94 %	6.0562	1.9151	7.1536	<0.001

BT: Before Treatment, AT: After Treatment

Table 6: Overall effect on heamatological & biochemical investigations in group - A

Symptoms (n=10)	Mean score		X	%	S.D. +	S.E. +	't'	'p'
	B.T.	A.T.						
Hb%	11.6	11.97	-2.38	-20.52 %	0.2452	0.0775	6.0621	<0.001
TLC/cmm	7870	7810	60	0.76 %	630.384	199.332	4.9164	<0.001
Neutrophil	74.60	71.20	3.4	4.56 %	3.5214	1.1136	6.4658	<0.001
Lymphocyte	21.50	24.50	-3.0	-13.95 %	4.082	1.291	4.648	<0.01
Eosinophil	2.5	2.9	-0.4	-16.00 %	1.3984	0.4422	2.7136	<0.05
Basophil	-	-	-	-	-	-	-	-
Monocyte	1.4	1.4	0	0 %	0.9661	0.3073	1.6269	>0.10
ESR (1st hr.)	28.20	23.00	5.20	18.43 %	5.73105	1.8123	3.7521	<0.01

BT: Before Treatment, AT: After Treatment

Table 7: Overall effect on dhatu dushti in group-A

Dhatu Dusti (n=10)	Mean score		X	%	S.D. +	S.E. +	't'	'p'
	B.T.	A.T.						
Rasa	3.0	1.3	1.7	56.66 %	0.4831	0.1528	11.1291	<0.001
Rakta	2.1	0.9	1.2	57.17 %	0.6325	0.2000	6.0000	<0.001
Mansa	3.2	1.4	1.8	56.25 %	0.6325	0.2000	9.0000	<0.001

BT: Before Treatment, AT: After Treatment

Table 8: Overall effect on dhatu dushti in group-B

Dhatu Dusti (n=10)	Mean score		X	%	S.D. +	S.E. +	't'	'p'
	B.T.	A.T.						
Rasa	3.0	2.2	0.8	26.67 %	0.6325	0.2000	4.000	<0.01
Rakta	2.0	1.5	0.5	25.00 %	0.5270	0.1667	3.0000	<0.05
Mansa	3.1	2.3	0.8	25.80 %	0.6325	0.2000	4.0000	<0.01

BT: Before Treatment, AT: After Treatment

Table 9: Overall effect of therapy

Results	Group-A (No. of patients)	Percentage	Group-B (No. of patients)	Percentage
Complete remission	0	0 %	0	0 %
Marked improvement	3	30 %	1	10 %
Moderate improvement	5	50 %	2	20 %
Mild improvement	2	20 %	5	50 %
Unchanged	0	0 %	2	20 %

RESULTS & DISCUSSION

In Group A: Kandu being a major symptom had 67.67 % relief which was statistically highly significant at $p < 0.001$ with 't' being 9.75. In Pidaka 50 % relief with highly significant value of 't' being 3.498 at $p < 0.01$. In Shyavata 50 % relief with highly significant at $p < 0.001$ with 't' being 9.00. In Strava 92.80 % relief with highly significant at $p < 0.001$ with 't' being 9.75. In Daha 57.14 % relief with highly significant at $p < 0.01$ with 't' being 5.30. In Shotha 75.00 % relief with insignificant at $p > 0.10$ with 't' being 3.00. In Vedana 57.14 % relief with insignificant at $p > 0.10$ with 't' being 0.00. (Table 1)

Kandu being a major symptom had 43.59 % relief which was statistically highly significant at $p < 0.001$ with 't' being 7.965. In Pidaka 40 % relief with highly significant value of 't' being 4.000 at $p < 0.01$. In Shyavata 29.63 % relief with highly significant at $p < 0.001$ with 't' being 4.00. In Strava 68.18 % relief with highly significant at $p < 0.01$ with 't' being 4.3333. In Daha 44.49 % relief with significant at $p < 0.05$ with 't' being 4.00. In Shotha 33.33 % relief with insignificant at $p < 0.10$ with 't' being 2.4494. In Vedana 37.50 % relief with insignificant at $p > 0.10$ with 't' being 3.00. (Table 2)

In **Group-A**, Marked improvement was found in 30%, 50% of the patients in Moderate improvement & 20% of patients got Mild improvement. 0 % of the patient is in Unchanged. (Table 3)

In **Group-B**, Marked improvement was found in only 10%, 20% of the patients in Moderate improvement & 50% of patients got Mild improvement. 20 % of the patient is in Unchanged. (Table 4)

CONCLUSION

Vicharchika is disease of *Kapha* dominancy, so persons of *Kapha* dominant Prakriti are more likely to be affected by this disease. *Vamana karma* provides good results in the symptoms of *Vicharchika* like, Shyavata, Strava Kandu, Pidika, Daha with compared to shaman etc. In present study, as per the clinical data, "Vamana and shamana both are effective, but Vamana karma is more effective than Shamana. So along with Shaman if we add the Shodhan procedure, it will enhance the positive results in Vicharchika treatment.

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