



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**
'A Bridge Between Laboratory and Reader'

www.ijbpas.com

EFFICACY OF ARKA TAILA LEPA IN THE MANAGEMENT OF VICHARCHIKA – CASE REPORT

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Received 12th Dec. 2021; Revised 14th Jan. 2022; Accepted 7th Feb. 2022; Available online 5th March 2022

<https://doi.org/10.31032/IJBPAS/2022/11.3.1089>

ABSTRACT

Vicharchikais defined as one of the varieties of *astadasha kshudra kusta*, in which the skin develops *Shyavavarna*, *Pidakas* associated with *Srava* and *Kandu*. The three *doshas* - *Vata*, *Pitta* and *Kapha* get vitiated first and later they aggravate and afflict the four *dushyas* - *Twak*, *Rakta*, *Mansa* and *Ambu*. These seven are the *Sapta Dravyas Sangraha* of *Kushtha*. Because of this complex of seven body elements, eighteen types of *Kushtas* are produced. *Viruddhahara* is considered as the major *nidana* for *Kushta*. A 45 years male patient and self employed approached the outpatient department with chief complaints of *Kandu* (itching) *pidikas* (rashes), *Shava varnata* (bluish black discoloration), *srava* (discharge) on lower limbs since 30 days. Patient was diagnosed as *Vicharchika* and administered the *lepa karma* with *arka taila* which was applied twice a day for 30 days and the follow up was done on 45th day.

Key words: case study, *vicharchika*, *arka taila*, *kushta*

INTRODUCTION

Skin disorders may be classified into two groups, first in which sudden and quick spreading lesion are characteristic as in Visarpa and other group may belong to gradually and slowly developing lesion as noticed in Kushtha. [1] In this way Vicharchika being one of the Kshudra Kushtha belongs to the latter group. [2] Vicharchika is defined as one of the variety of astadasha kshudra kusta, in which the skin develops Shyavavarna, Pidakas associated with Srava and Kandu.[3] Authors like Charaka, Vagbhatta, Madhavkara and Bhava Mishra have enlisted the features of Vicharchika as Kandu, Shyava pidika and Srava. Srikanthdatta attributes these features to Kapha, Vata and Pitta respectively. [4] Sushruta has described the clinical presentations of Vicharchika as intense itching, pain and marked linings, which has been attributed to Pitta by commentators. [5] The three doshas - Vata, Pitta and Kapha get vitiated first and later they aggravate and afflict the four dushtas - Twak, Rakta, Mansa and Ambu. These seven are the Sapta Dravyas Sangraha of Kushtha. With his complex of seven body elements, eighteen

types of Kushthas are produced. Viruddhahara is considered as major nidana for Kushta. Commentator Dalhana mentions that viruddhahara is the vyadhi hetu for Kushta. [6] Excessive ingestion of *dadhi* (curd), *matsya* (fish) and *diwaswapna* (day sleep) are said to be the nidana of *vicharchika*.

A CASE REPORT

A 45 years male patient of self employed approached the outpatient department of with chief complaints of Kandu (itching) pidikas (rashes), shyava varnata (bluish black discoloration), srava (discharge) on lower limbs since 30 days. There was no previous history of skin manifestations and also no family history of skin diseases.

Description of Patient:

Age: 45 years

Sex: Male

Occupation: Self employed

Religion: Hindu

Diet: Mixed

Drug History: No history

Family history: No history

Past history: No history

Personal History:

Agni	Manda	Vyasana	Tabacco chewing
Koshtha	Madyama	Sweda pravrutti	Prakruta
Nidra	Khandita nidra		

Examination:

Built	moderate	Pulse	72/ min
BP	130/90 mm /hg	RS	18/Min
CVS	S1,S2 (Normal)	CNS	Conscious and oriented
P/A	Soft and non tender	Urine	Normal
Stool	Unsatisfactory		

Lab Investigations: HB % - 13gm%, AEC – 300 cu/mm, ESR - 18 mm/hr

Dasha Vidha Pareeksha:

Prakruti	kapha pitta	Samhahana	madhyam
Vikruti	--	Satmyata	madhyam
Sara	madyam	Ahara shakti	madhyam
Satva	madyam	Vyayam shakti	avara
Pramanata	madyam	Vaya	yuva

Selection of patient:

Patient with the complaints of *kandu*, *pidika*, *shyava varnata* and *srava* approached OPD of our institute. Based on clinical

presentation, examination and laboratory findings patient was diagnosed as *vicharchika*.

Subjective parameters	Objective parameters
<i>Kandu</i>	No of patches
<i>Pidika</i>	Area of patches
<i>Srava</i>	
<i>Vaivarnya</i>	
<i>Rukshata</i>	
<i>Daha</i>	

Treatment given:

Patient was administered *thelepa karma* with *Arka Taila* [7] twice daily for 30 days and follow up was done on 45th day. Patient was advised to avoid the excessive intake of curd, fish and also day sleep.

Pathyapathya: [8]**Pathya:**

Laghu ahara, *Purana dhanya*, *Jangala mansa Tikta shaka* and *Grita*

Apathya:

Dadhi, *Dudgha*, *Guru anna*, *Amla rasa*, *Anupa mansa*, *Matsya*, *Mansa*, *Vasa*, *Ikshu vikara*, *Masha*, *Kulatha*, *Madya*, *Vidahi ahara*, *Abhishyandi ahara* etc.

RESULTS

Moderate improvement in signs and symptoms was observed after 15 days of the treatment and better improvement in *kandu*, *pidika*, *vaivarnya*, *srava* and *rukshata* was found after 30 days.

Table no 1. Results before and after treatment

S. No.	Subjective parameters	Before treatment	After treatment
1	<i>Kandu</i>	++	-
2	<i>Pidika</i>	++	-
3	<i>Srava</i>	++	-
4.	<i>Vaivarnya</i>	++	+
5.	<i>Rukshata</i>	+	-
6	<i>Daha</i>	+	-

S. No.	Objective parameters	Before treatment	After treatment
1	No of patches	++	-
2	Area of patches	+	-

Abbreviations: + Mild symptoms, ++ Moderate symptoms, - No symptoms

DISCUSSION:

In classical texts, the detailed description regarding the samprapti of *vicharchikais* not

available. As *Vicharchika* is a type of *kushta*, here the *kushta samprapti* was considered.

Samprapti Ghatakas: [9]

<i>Dosha</i>	<i>Tridosha , kapha pradhana</i>
<i>Dushya</i>	<i>Twaka , rakta ,mansa, lasika (ambu)</i>
<i>Srotus</i>	<i>Rasa , Rakta, Mansa, Udaka</i>
<i>Agni</i>	<i>Jatharagni and dhatwagni mandya</i>
<i>Srotodushhti</i>	<i>Sanga and vimarga gamana</i>
<i>Adhistan</i>	<i>Twaka</i>
<i>Rogamarga</i>	<i>Bahya</i>

After the thorough examination, Patient was known to have the dominance of *kapha pitta* as main *dosha*, *rasa* and *rakta* as *dhatu*s and *mandagni*. *Mandagni* causes *ama* formation.

Acharya vagbhata [10] quotes the *viruddha ahara* as the *nidana* and *gara visha* which is the fatal one. The patient was treated with application of *arka taila* application.

Table No. 2: Botanical description of contents of *arka taila* [11]

Drugs name	Botanical name	Family	Part used
<i>Arka</i>	<i>Calotropis procera</i>	<i>Asclepiadaceae</i>	Leaves
<i>Haridra</i>	<i>Curcuma longa</i>	<i>Scitamineaceae</i>	Rhizome
<i>Sarshapa</i>	<i>Brassica campestris</i>	<i>Cruciferae</i>	Seeds

Table No. 3: Properties of contents of *arka taila* [12]

Drugs name	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Doshagnata</i>
<i>Arka</i>	<i>Katu , Tikta</i>	<i>Ruksha , laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha shamaka</i>
<i>Haridra</i>	<i>Tikta</i>	<i>Ruksha laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata shamaka, pitta rechaka, pitta shamaka</i>
<i>Sarshapa</i>	<i>Katu , Tikta</i>	<i>Snigdha, ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata shamaka</i>

Table No. 4: Proportionate distribution of *rasa* in *arka taila*

<i>Rasa</i>	No of drugs	Proportion
<i>Tikta rasa</i>	3	100
<i>Katu rasa</i>	2	66

Regarding *rasa*, *arka taila* contains 100% *tikta rasa* and 66% of *katu rasa*

Table No. 5: Shows proportionate *doshagnata* of *arka taila* [13]

<i>Doshagnata</i>	No of drugs	Proportion
<i>Kapha shamaka</i>	3	100
<i>Vata shamaka</i>	2	66
<i>Pitta shamaka</i>	1	33

Probable mode of action of drugs depends on *Rasa, guna, virya, vipaka* and *prabhava*. According to *Acharya charaka, vagbhata, madhava, sharangadhara, vicharchika* is a *kapha* dominant disease. But *Acharya Sushruta* describes it as a *pitta* dominant. In the present case *kapha pitta doshas* were dominant.

Laghu, Ruksha guna, katu vipaka and *ushna virya* of *arka taila* mitigates *kapha dosha*. *Tikta rasa* of *arka taila* helps in mitigating the *pitta dosha* and *snigdha guna* mitigates *vata*. *Haridra* is *varnya* which removes *vaivarnata* (bluish black discoloration) and also *pitta rechaka*. Considering this, the overall effect was *kapha pitta shamaka*.

CONCLUSION:

Vicharchika is disease described under *kshudra kushta*. *Arka taila* is a effective drug in *vicharchika*. The present case study showed better improvement in reducing *kandu, pidika, shyavavarnata* and *srava* of *Vicharchika* and thereby the efficacy of *Arka taila lepa*. Avoiding the *nidanas* should also be followed in management of *Vicharchika*.

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