

**Research Article****Study of efficacy of Aragwadhadi gan kashay in Vicharchika**Prerana Patil<sup>1\*</sup>, S. G. Kulkarni<sup>2</sup><sup>1</sup>Assistant Professor, H.O.D and Professor<sup>2</sup>Department of Ayurved Samhita and Siddhant<sup>1,2</sup><sup>1,2</sup>Yashwant Ayurvedic Medical College P.G.T & R.C Kodoli, Panhala, Kolhapur, Maharashtra, India-416114**\* Corresponding Author:** Dr. Prerana Patil, E-mail: [preranapishtepatil@gmail.com](mailto:preranapishtepatil@gmail.com)

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**ABSTRACT:**

Vicharchika is kaphapradhan Kshudra Kushtha, and has kandu, srav, pidaka, vran, as its cardinal symptoms. Aragwadhadi gan Kashay stated in Ashtang Hridayam is Kushthaghn, Kaphaghgn, Kandughn, and Dushtvran vishodhan as per the text. Hence, to assess its efficacy in Vicharchika, an Open, Randomised controlled clinical trial was carried out in OPD of Yashwant Ayurvedic Dharmarth Rugnalaya, Kodoli. 60 patients with inclusion criteria of Vicharchika were selected randomly for the study. They were divided into two groups of 30 patients each. Out of these 49 completed the treatment. First group (Group A) was given readymade Aragwadhadi gan kashay of GMP certified pharmacy, 25 ml BD for 60 days. The second group (Group B) was given 3 gm Nimba churna BD for 60 days. Total cure was found in 15.38 % (4 patients) in group A and 0% in patients in group B. Marked improvement was found in 61.54 % ( 16 patients) in group A and 8.70 % (2 patients) in group B, moderate improvement was found in 19.23 % (5patients) in group A and 73.91 % (17 patients) in group B and No change was found in 3.85 % (1patient) in group of Aragwadhadi gan kashay and 17.39 % (4 patients) in group B. Hence it was concluded that Aragwadhadi gan kashay has significant effect in treatment of Vicharchika.

**KEY WORDS:** Vicharchika, Aragwadhadi gan kashay**INTRODUCTION:**

Vicharchika, which roughly correlates to eczema in modern terms is a major problem in skin diseases. It has a high prevalence in society. It reduces self-esteem of patients due to unsightliness as well as it causes a lot of discomfort due to the itching, pain, oozing, discolouration, etc. Though classified as kshudra kushta, it is need of the time for more study on it due to its higher prevalence, and also due to relapses.

Vicharchika is a kaphapradhan kushtha. Aragwadhadi gana kashay mentioned in ashtanghriday is a famous kaphaghgn kashayam which has been proven effective in some skin diseases, though still no study had been conducted to assess its efficacy in vicharchika. Also, though much work is done on Vicharchika, a successful treatment had not been found.

The contents of Aragwadhadi gan kashay are Aragwadh, Indrayav, Patalika, Kakatika, Nimba, Amruta, Moorva, Vikankat, Patha, Bhunimba, saireyak, Patol, Karanja, Putikaranja, Saptacchada, Chittrak, Sushavi, Madanphal, sahachar, and Badari.

Most of these ingredients are renowned as Kanduhar, kushtahar, kaphahar, which address the main concerns in Vicharchika, hence there was a hope that aragwadhadi gan kashay might be effective in

Vicharchika, hence the endeavor to assess its efficacy in Vicharchika. This work was an attempt in this direction.

The study was designed with following aims & objectives-

**Aim:**

To study the efficacy of Aragwadhadi gan kashay in Vicharchika.

**Objectives:**

1. To study Vicharchika in detail from Ayurvediya samhitas
2. To do study of all the Dravyas of Aragwadhadi gan kashay using fundamental approach from all the samhitas.
3. To do Critical study of Aragwadhadi gan kashay.
4. To compare the effect of Aragwadhadi gan kashay with control group (Nimba Churna).

**MATERIALS & METHODS:****A. Subjects-(Selection of Patients)**

For the present study 60 patients fulfilling the clinical criteria for diagnosis of Vicharchika were randomly

selected irrespective of their sex, religion, occupation, etc. from O.P.D. of Yashwant Ayurvedic College and PGRTC, Kodoli, Dist. Kolhapur.

### B. Study type

Open Randomised controlled clinical trial.

### C. Study design

- 60 individuals fulfilling inclusion criteria of Vicharchika were selected for the study.
- Written consent was taken from each individual

### Grouping and Intervention

These 60 individuals were divided into two equal groups

- **Group A - Trial group-**  
30 patients were given Aragwadhadi gan Kashay, 25 ml BD after meals.
- **Group B- Control group-**  
30 patients were given Nimb Churna, 3mg BD after meals.
- **Duration of experiment**  
-60 days

- **Study Site-**  
Yashwant Ayurvedic Dharmarth Rughnalya, Kodoli.

- **Follow up:**  
0,15,45,60 th day

### Criteria for Inclusion

1. Classical signs & symptoms of Vicharchika according to textual basis.
2. A special proforma was prepared with all the signs & symptoms of Vicharchika as well as Dushti Lakshanas of Dosha, Dushya, Srotas, Agni, etc.
3. Patients were selected irrespective of gender, religion and economic condition.
4. Age- 16 to 60 years, willing for participation.

### Pathyapathya

Patients were advised to follow the pathyapathya available in Ayurvedic literature on Kustha.

### Exclusion criteria

1. Pregnancy and Lactation
2. Age below 16 and above 60 years
3. Patients suffering from any severe systemic disorder.

**Table No. 1: D. Drug administration Details**

	Group A	Group B
<b>No. of Patients</b>	30	30
<b>Intervention</b>	Aragwadhadi gana Kashay	Nimba churna
<b>Dose</b>	25 ml	5gm
<b>Kaal</b>	BD after meals	BD after meals
<b>Anupan</b>	Koshna Jal	Koshna Jal
<b>Period</b>	60 days	60 days

### Drug manufacturing and Standardization

Aragwadhadi gana Kashay needed for the study was purchased from GMP certified company (Arya Vaidya Kalpashala). NOC from the Pharmacy was obtained.

### Assesment Criteria

All the patients were examined fortnightly during the treatment. Criteria of assessment were kept on the basis of relief in the signs & symptoms of the disease

Vicharchika. For this purpose, cardinal signs & symptoms were given scores according to their severity before & after treatment. General examination was arranged for all the patients and observations were recorded in a specially prepared Case paper (Rugna-Patruk). Patients attended the OPD on 1st day then 15th, 30th, 45th and 60th day of visit as follow up. On the first visit they were instructed about the dose and time of taking the medicine. They were also instructed about the Pathya kalpana.

**Table No. 2: Composition of test drugs - Nimba churn**

Sr. No.	Dravya	Latin Name	Part used	Rasa	Vipaka	Veerya	Guna	Karma
1	Nimba	Azadiracta Indica	Twak	Tikta Kashay	Katu	Sheet	Laghu	Kapha Pitta Shamak

Table No. 2: Composition of test drugs - Aragwadhadi gan kashay

Sr. No.	Dravya	Latin Name	Part used	Rasa	Vipaka	Veerya	Guna	Karma
1	Aragwadha	<i>Cassia Fistula</i>	Phalmajja	Madhur	Madhur	Sheet	Guru, Madhur, Snigdha	Pitta Kapha shamak
2	Indrayav	<i>Holarrhena antidysentrica</i>	Beej	Tikta, Kashay	Katu	Ushna	Laghu Ruksha	Kaphapitta shamak
3	Paatalika	<i>Stereospermum Sauveolens</i>	Mool Twak	Tikta Kashay	Katu	Ushna	Laghu Ruksha Tikshna	Kaphapitta shamak
4	Kakatika	<i>Solanum nigrum</i>	Whole plant	Tikta Kashay	Katu	Ushna	Laghu Ruksha Tikshna	Kaphapitta shamak
5	Nimba	<i>Azadiracta Indica Ajuss</i>	Twak Churn	Tikta Kashay	Katu	Sheet	Laghu	Kaphapitta shamak
6	Amruta	<i>Tinospora Cordifolia</i>	Kaand	Tikta Kashay	Madhur	Ushna	Guru Snigdha	Tridosha shamak
7	Moorva	<i>Marsedenia tenacissima</i>	Mool	Tikta Kashay	Katu	Ushna	Guru Ruksha	Tridosha Shamak
8	Vikankat	<i>Flacourtia Ramonchi</i>	Twak, Patra	Tikta	Katu	Sheet	Laghu Ruksha	Kaphapitta Shamak
9	Patha	<i>Cissampelos Pariera linn</i>	Mool	Tikta	Katu	Ushna	Laghu Tikshna	Kaphapitta Shamak
10	Bhunimba	<i>Swertia Chirayata</i>	Panchang	Tikta	Katu	Ushna	Laghu Ruksha	Kaphapitta Shamak
11	Saireyak	<i>Barlena Cristata</i>	Panchang	Tikta Madhur	Katu	Ushna	Laghu	Kaphavaat Shamak
12	Patol	<i>Trichosantes Dioocaroxb</i>	Patra	Tikta	Katu	Ushna	Laghu Ruksha	Tridosha Shamak
13	Karanja	<i>Pongamia Pinnata Glabra</i>	Twak, Patra	Tikta, Katu	Katu	Ushna	Laghu Tikshna	Kaphvaat Shamak, Pitta vardhak
14	Putikaranja	<i>Caesalpinia Bonducella</i>	Beej	Tikta Kashay	Katu	Ushna	Laghu Ruksha	Tridosha shamak
15	Saptachada	<i>Alstonia Scholaris</i>	Twak	Tikta Kashay	Katu	Ushna	Laghu Snigdha	Kaphapitta Shamak
16	Chitrak	<i>Plumbago Zeylinica Linn</i>	Mooltwak	Katu	Katu	Ushna	Laghu Ruksha Tikshna	Kaphavaat shamak, Pitta vardhak
17	Sushavi	<i>Momordia Charantia</i>	Panchang	Tikta Katu	Katu	Ushna	Laghu Ruksha	Kapha Vaat Shamak
18	Madanphal	<i>Randia Spinosa</i>	Phal	Kashay Madhur TiktKatu	Katu	Ushna	Laghu Ruksha	Kaphavaat Shamak
19	Sahachar	<i>Barleria Strigosa</i>	Panchang	Kashay, Katu, Madhur	Katu	Ushna	Laghu	Kaphvaat Shamak
20	Ghonta	<i>Zizyphus Sativa</i>	Twak	Kashay Katu madhur	Katu	<u>Ushna</u>	Laghu	Kaphvaat Shamak

**Scoring criteria****1. Kandu (itching)**

- 0 - No itching  
 1 - Mild itching not disturbing normal activity  
 2 - Occasional itching disturbs normal activity  
 3 - Itching present continuously & even disturbing sleep

**2. Daha (burning)**

- 0 - No burning sensation  
 1 - Mild type of burning not disturbing normal activity  
 2 - Occasionally burning disturbing normal activity  
 3 - Burning present continuously & even disturbing sleep

**3. Srava (discharge)**

- 0 - No discharge
- 1 - Moisture on the skin lesion
- 2 - Occasionally burning disturbing normal activity
- 3 - Burning present continuously & even disturbing sleep

**4. Rukshta**

- 0 - No dryness
- 1 - Dryness with rough skin (Ruksha)
- 2 - Dryness with scaling (Khara)
- 3 - Dryness with cracking (Parusha)

**5. Pidikotpatti**

- 0 - No eruption in the lesion
- 1 - Scanty eruptions in few lesions
- 2 - Scanty eruptions in at least half of the lesion
- 3 - All the lesions full of eruption

**6. Vaivarnya**

- 0 - Nearly normal skin colour
- 1 - Brownish red discolouration
- 2 - Blackish red discolouration
- 3 - Blackish discolouration

**7. Raji- Thickening of skin**

- 0 - No thickening of skin
- 1 - Thickening of skin but no criss-cross marking
- 2 - Thickening with criss-cross marking
- 3 - Severe lichenification

**8. Size**

- 0- Less than 1 cm diameter
- 1-1-5 cm
- 2 - 5-10 cm
- 3- >10 cm

**Criteria for total effect of therapy**

**Cured** – Patients showing more than 75% improvement in signs & symptoms were considered as cured.

**Markedly improved** – Patients showing more than 50-75% average improvement in the Signs & Symptoms were considered as markedly improved.

**Partially improved** – The patients showing improvement in between 25 to 50% in Signs & Symptoms were considered as partially improved.

**Unchanged** – No change or less than 25% improvement in Signs & Symptoms were considered as unchanged.

**Statistical analysis:**

The change in the parameters before and after the treatment was compared by applying statistical tests of Wilcoxon rank sum test and mann whitney U test.

**The effect of therapies on individual signs and symptoms:****Kandu:**

It was relieved by 48.3% in control group and 62% in trial group. So trial group provided better relief in Kandu

**Pidaka:**

47.4% relief was observed in control group, while 67.7% in trial group. Thus, trial group provided better relief in Pidaka.

**Vaivarnya:**

34% relief was found in control group, whereas 44.9% in trial group. Thus, trial group again provided better result in Vaivarnya.

**Srava:**

It was relieved by 50% in control group while 76% in trial group. So obviously the result provided by trial group was better.

**Rukshata:**

It was relieved up to 28.1% in control group and 44.4% in trial group. It suggests that trial group provided better relief in Rukshata.

**Raji:**

41% relief was observed in Raji (lichenification) in control group while 72.7% relief in trial group. Thus, further it can be said that trial group provided better relief in Raji.

**Ruja:**

42.9% relief was observed in control group while 68.4% relief in trial group. Thus trial group was superior in relieving Ruja.

**Size:**

27.9% reduction in control group and 36.7% in trial group, showing trial group more effective in reducing size of the lesion.

**Paak:**

39.1% relief was observed in control group while 80% relief observed in trial group. Thus trial group is more effective.

**Total Effect of Therapy:**

Total cure was found in 15.38 % (4 patients) in group A and 0% in patients in group B,

Marked improvement was found in 61.54 % (16 patients) in group A and 8.70 % (2 patients) in group B Improvement was found in 19.23 % (5patients) in group A and 73.91 % (17 patients) in group B, and

No change was found in 3.85% (1patient) in group of Aragwadhadi gan kashay and 17.39 % (4 patients) in group B.

Hence it was concluded that Aragwadhadi gan kashay has significant effect in treatment of Vicharchika.

**CONCLUSION:**

Though both control and trial group were effective, The trial group of Aragwadhadi gan Kashay was found much more effective than control group of Nimb Churn in reduction of all the symptoms, hence Aragwadhadi gan Kashay is a better option in treatment of Vicharchika. For further research of this particular drug in case of Vicharchika, we suggest to evaluate Aragwadhadi gana kashay by adding Aragwadhadi gan lepa as external application, as Sushrutacharya has said that the Dravyas in the ganas can be used for internal as well as external use as per discretion of Vaidya.

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