



Research Article

MANAGEMENT OF VICHARCHIKA (ECZEMA) WITH RUDRA TAILA: AN OPEN-LABEL CLINICAL STUDY

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ABSTRACT

Although there are many medications available to treat eczema, a rapid and efficient solution is still required. Ayurveda considers *Vicharchika* (eczema) disease condition, under *Kshudrakustha* (group of minor skin diseases). **Aim:** To assess, in an open-label clinical trial, the effectiveness of *Rudra Taila* in the management of *Vicharchika* (eczema). **Materials and Methods:** Clinically diagnosed patients of *Vicharchika* who fulfill inclusion criteria were selected from OPD of associated hospital of M.M.M. Govt. Ayurvedic College, Udaipur, (Rajasthan). *Rudra Taila* was applied externally to a total of 30 individuals who were diagnosed as having *Vicharchika* twice daily for 60 days. Patients were selected irrespective of their age, sex, religion, occupation etc. and simple random sampling technique was followed. Response to the treatment in the recruited patients was recorded on a weekly basis and therapeutic effect was evaluated through symptomatic relief. **Results:** *Rudra Taila*, is an oil preparation, which is effective against all the major clinical symptoms of *Vicharchika* like *Kandu* (itching), *Pidika* (papular eruptions), *Vaivarnyata* (discoloration), *Daha* (burning sensation), *Srava* (oozing) *Vedana* (pain), and *Rukshata* (dryness). The study yields statistically highly significant results in symptoms like *Kandu* (itching) ($p < 0.001$), *Vaivarnyata* (discoloration) ($p < 0.001$), and *Rukshata* (dryness) ($p < 0.001$). **Conclusion:** *Rudra Taila* has proven to be effective in reducing the symptoms of *Vicharchika*, when applied for a period of 60 days.

INTRODUCTION

Vicharchika is a very old sickness that was mentioned in *Kustha* ancient science. There are three different classifications of *Vicharchika*: *Kshudra Kustha*, *Kshudra Roga*, and *Sadhya Kustha*.^[1] Since all *Kustha* have *Tridoshaja* origins, it is possible to describe *Vicharchika* in the same way, i.e., that *Kapha* is in charge of *Kandu*, *Pitta* is in charge of *Srava*, and *Shyava* denotes the existence of *Vata*. (M.N. 49/23-*Kanthadatta*).^[2] Despite the fact that *Vicharchika* has a *Tridosha* origin, many *Acharyas* have referred to it as having different dominances, such as *Kapha* (*Ch. Chi. 7/30*),^[3] *Pitta* (*Su. Ni. 5/16*),^[4] and *Vata-pitta Pradhana* (*M.Ni.49/35*),^[5] which also suggest particular symptom complexes.

In modern science, the symptoms and aetiology of *Vicharchika*^[6,7] have been explicitly linked to eczema (dermatitis), i.e., *Sakandu* (excessive itching), *Pidika* (papules, vesicles, pustules), *Shyava* (erythema with discoloration), *Bahusrava* (profuse discharge, oozing), *Raji* (thickening, lichenification of skin), *Arti* (pain), *Ruksha* (dry lesion), etc. The majority of dermatologists (*Bhela* edition 1982)^[8] refer to dermatitis as having the same symptoms as eczema.

Modern science has made enormous strides in recent years, especially when it comes to dermatology. There are also potent antibiotics, anti-fungal, anti-histaminic, steroids, etc available, but better management has yet to be discovered. There aren't many medications that are just for symptom relief. It is extremely undesirable to utilize them carelessly. Because of a fast-paced lifestyle, industrial and occupational hazards, frequent use of chemical additives, etc., skin conditions like eczema thrive, especially in developing nations. Skin diseases produce a lot more social handicaps since people are afraid to touch them, it's forbidden, and they lose their

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attractiveness and personalities, which puts them under pressure. In the current world, eczema (dermatitis) is becoming more prevalent. Eczema affects 10% to 20% of the world's population, making it a challenging issue to address on a national and international level.^[9]

Rudra Taila^[10] was chosen for research because *Vicharchika* is the *Rogadhikar* of this *Taila*. *Vicharchika* degrades not just a person's appearance but also their self-confidence, and no medical research has yet produced a permanent, safe, and complete solution for the disease.

AIMS AND OBJECTIVES

1. To explore and establish clinical efficacy of *Rudra taila* on *Vicharchika*.
2. To study clinical effect of *Rudra Taila* on *Vicharchika*.

MATERIAL AND METHODS

Subjects and Sampling Technique

Patients were selected irrespective of their age, sex, religion, occupation etc. and simple random sampling technique was followed.

Source of Patient

Clinically diagnosed patients of *Vicharchika* who fulfill inclusion criteria were selected from OPD of associated hospital of M.M.M. Govt. Ayurvedic College, Udaipur (Rajasthan).

Sample Size and Grouping

- ❖ For clinical trial, a minimum sample of 30 patients diagnosed with *Vicharchika*.
- ❖ Only local application of *Rudra Taila* in 30 patients.

Inclusion Criteria

- ❖ Patients diagnosed with *Vicharchika* were selected for the present study.
- ❖ Patients presenting with the symptoms of *Vicharchika*.
- ❖ Patients having age more than 10 years.

Exclusion Criteria

- ❖ Patient who is not well diagnosed.
- ❖ Patients diagnosed with other skin diseases like psoriasis and so on.
- ❖ Patients having age less than 10 years.

Criteria for Withdrawal

- ❖ During the course of trial if any serious condition or any serious disease is found in patient.
- ❖ Patients herself/himself want to withdraw from the clinical trial.

Posology

The site of manifestation is *Twaka* (skin) and Ayurveda lays equal emphasis on treating the *Sthana* (place) also. Thus, *Rudra Taila* was selected for local

application on the skin lesions of *Vicharchika* (eczema) patients. The patients were advised to clean their skin lesions by warm water followed by external application of provided test drug *Rudra Taila* twice a day (preferably morning and night) for 60 days. There were no internal medications used during clinical trial.

Dietary Restrictions

Diet is very important along with treatment. Thus, *Pathya-Apathya* guidance for diet and daily routine were advised to all patients.

Pathya – Apathya

Nidana Sevana results into various pathological changes in the body that creates a disease. *Nidana Parivarjana* will stop further pathogenesis in the body. Therefore *Pathya* and *Apathya* have a great role with each disease.

Pathya

Laghu anna, Tikta saka, Purana dhanya, Jangala mamsa, Mudga, Patolam, Nimba, Triphala, Shali, Shastika, Yava, Godhuma, Masura, Maksika, Pana-Pariseka- Avagaha of Khadira Kashaya, Bakuchi etc.

Apathya

Guru anna, Amla rasa, Dugdha, Dadhi, Aanupa mamsa, Guda, Tila, Kulattha, Masa, Ikshu vikara, Vidahi, Vishtambhi, Viruddha ahara, Vishama ahara.

Vihara

Diva swapna, Swedana, Ativyayam, Vegadharana, Papa karma

Method of Preparation of Test Drugs

There are some formulations that contain herbal as well as mineral components as ingredients. *Rudra Taila* is *Sneha Kalpana* said to be used for treating *Vicharchika* only by external administration. *Rudra Taila* has 23 *Kalkadravya* *Haritaki, Vibhitaki, Amalaki, Neem, Kantkaari, Brahati, Punarnava, Haridra, Daaruharidra, Vasa, Nirgundi, Patola Patra, Dhatura, Kushtha, Langli, Dadima, Apamarga, Vatsanaabh, Jayanti Patra, Latakaranj Beej, Kaayaphal, Hartaal, Manahshilla*, (21 herbs and 2 mineral), and 3 *Drava Dravayas* (*Guduchi Swaras*, cow milk, *Vasa Swaras*), *Tila Taila* and water. As *Taila* is prepared in two steps first one *Murchchhana* and second one *Sneha Kalpana Nirmaan*. First of all *Tila Taila murchchhana* was done and after then *Taila Paka* procedure was started keeping general concepts of *Taila Paka* in center. So *Kalka* was kept 1/4th of the quantity of *Sneha* and 4 times water to the quantity of *Sneha* was used for *Taila Paka*. Total 10 litre oil was taken at the beginning. *Murchchhana* of oil was done. After *Murchchhana* 9.5 litre oil remained. After completion of *Paka* 8.9 litre was found showing total loss of 6.32%. Loss may be due to evaporation, many times filtration and handling activity.

Following Criteria were Selected from *Brihatrayi* for Study**Table 1: Showing Criteria and Grading for Assessment**

<i>Kandu</i> (pruritis)	Grades
No itching	0
Mild itching not disturbing normal activity	1
Occasional itching disturbs normal activity	2
Itching present continuously and even disturbing sleep	3
<i>Daha</i> (burning)	Grades
No burning sensation	0
Mild type of burning not disturbing normal activity	1
Occasional burning disturbing normal activity	2
Burning present continuously and even disturbing sleep	3
<i>Srava</i> (oozing)	Grades
No discharge	0
Occasional discharge after itching	1
Occasional oozing without itching	2
Excessive oozing making clothes wet	3
<i>Rukshta</i> (dryness)	Grades
No dryness	0
Dryness with rough skin (<i>Ruksha</i>)	1
Dryness with scaling (<i>Khara</i>)	2
Dryness with cracking (<i>Parush</i>)	3
<i>Pidikotpatti</i> (eruption)	Grades
No eruption in the lesion	0
Scanty eruptions in few lesions	1
Scanty eruptions in at least half of the lesions	2
All the lesions full of eruption	3
<i>Vaivaranyata</i> (discolouration)	Grades
Nearly normal skin colour	0
Brownish red discolouration	1
Blackish red discolouration	2
Blackish discolouration	3
Thickening of skin	Grades
No thickening of skin	0
Thickening of skin but no criss cross marking	1
Thickening with criss cross marking	2
Severe lichenification	3

Plan of Study

Patients who were chosen for the clinical trial were instructed to apply the oil to the affected area twice a day, in the morning and evening. The patients were given 50ml of *Rudra Taila*.

Duration of Study- 60 days



Before Treatment



After Treatment



Before Treatment



After Treatment

Effect of Clinical Study

OBSERVATION

Assessment was made on the basis of age, sex, religion, marital status, educational status, occupation, *Koshta, Prakriti* etc. The various observations are summarized below.

Incidence of Age

Table 2: Distribution and Percentage of Patients According to Age

S. No	Age in years	No. of patients	Percentage of patients
1.	11 – 20	3	10%
2.	21 – 30	8	26%
3.	31 – 40	5	16%
4.	41 – 50	7	23%
5.	51 – 60	4	13%
6.	> 60	3	10%
Total		30	100%

Incidence of Sex

Table 3: Distribution and percentage of patients according to sex

S. No	Sex	No. of patients	Percentage of patients
1.	Male	18	60%
2.	Female	12	40%
Total		30	100%

Incidence of Religion**Table 4: Distribution and percentage of patients according to Religion**

S. No	Religion	No. of patients	Percentage of patients
1.	Hindu	26	86%
2.	Muslim	1	3%
3.	Jain	3	10%
Total		30	100%

Incidence of Marital Status**Table 5: Distribution and Percentage of Patients According to Marital Status**

S. No	Marital status	No. of patients	Percentage of Patients
1.	Married	24	80%
2.	unmarried	6	20%
Total		30	100%

Incidence of Occupation**Table 6: Distribution of Patients According to Occupation**

S. No	Occupation	No. of patients	Percentage of Patients
1.	Business	7	23%
2.	Service	9	30%
3.	Student	5	16%
4.	House wife	6	20%
5.	Retired	3	10%
Total		30	100%

Incidence of Socio-Economic Status**Table 7: Distribution of Patients According to Socio-economic Status**

S. No	Socio-economic Status	No. of Patients	Percentage of Patients
1.	Lower Class	3	10%
2.	Lower Middle Class	6	20%
3.	Middle Class	21	70%
4.	Upper class	0	0%
5.	Higher Class	0	0%
Total		30	100%

Incidence of Diet**Table 8: Distribution of Patients According to Diet pattern**

S. No	Diet	No. of patients	Percentage of patients
1.	Vegetarian	22	73%
2.	Mix	8	26%
Total		30	100%

Incidence of Educational Status**Table 9: Distribution of patients according to Educational status**

S. No	Educational status	No. of patients	Percentage of patients
1.	Illiterate	0	0%
2.	Primary	2	6%
3.	Secondary	11	36%
4.	Graduate	9	30%
5.	Post- graduate	8	26%
Total		30	100%

Incidence of Agni**Table 10: Distribution of patients according to Agni**

S.No	Agni	No. of patients	Percentage of patients
1.	Sama	17	56%
2.	Vishama	9	30%
3.	Manda	2	6%
4.	Tikshna	2	6%
Total		30	100%

Incidence of Kostha**Table 11: Distribution of patients according to Kostha**

S.No	Kostha	No. of patients	Percentage of patients
1.	Mridu	2	6%
2.	Madhya	24	80%
3.	Krura	4	13%
Total		30	100%

Incidence of Sharira Prakriti**Table 12: Distribution of patients according to Shariraprakriti**

S.No	Sharira Prakriti	No. of Patients	Percentage of Patients
1.	Vata	0	0%
2.	Pitta	0	0%
3.	Kapha	0	0%
4.	Vata-Pitta	4	13%
5.	Pitta- Kapha	9	30%
6.	Vata-Kapha	10	33%
7.	Sannipat	7	23%
Total		30	100%

Incidence of Nidra**Table 13: Distribution of patients according to Nidra (Sleep)**

S.No	Nidra	No. of patients	Percentage of patients
1.	Alpanidra	9	30%
2.	Anidra	0	0%
3.	Atinidra	3	10%
4.	Samyaka	18	60%
Total		30	100%

Incidence of Area of Involvement**Table 14: Distribution of patients according to Area of Involvement**

S.No	Area of Involvement	No. of patient	percentage of patient
1.	Head/neck/face/scalp	5	16%
2.	Thorax	3	10%
3.	Upper back	0	0%
4.	Abdomen	2	6%
5.	Lower back	2	6%
6.	Right/left upper limb	0	0%
7.	Both upper limb	7	23%
8.	Right/left lower limb	0	0%
9.	Both lower limb	6	20%
10.	All limbs	4	13%
11.	Perinial part	1	3%
Total		30	100%

Incidence of Family History

Table 15: Distribution of patients according to Family History

S.No	Disease	No. of patients	% of patients
1.	Eczema	3	10%
2.	D.M	2	6%
3.	Hypothyroidism	1	3%
4.	D.M + Hypothyroidism	1	3%
Total		7	21%

Table 16: Final status of clinical study

S.No	Status	No. of Patients	% of patients
1.	Patient completed	27	90%
2.	Patient left	3	10%
Total		27	100%

RESULTS

For providing data in numerical values, Mean Difference (MD), Standard Deviation (SD) and Standard Error (SE) and p value of symptoms/variables were calculated.

(P<0.05 means Significant, P>0.05 means Not Significant)

HS= Highly Significant

NS = Not significant

S = Significant

Effect of Therapy on General Symptoms: It has been explained in the criteria of assessment that the effect of therapy will be evaluated on clinical features by adopting score system which are described in the criteria of assessment. These symptoms were *Kandu* (pruritis), *Daha* (burning), *Srava* (oozing), *Rukshta* (dryness), *Pidikotpatti* (eruption), *Vaivarnayata* (discoloration), thickening of skin were enlightened. Each of these symptoms were assessed before and after the completion of treatment. Relief in the symptoms is shown as score and are described with the help of percentage.

Table 17: Showing the effect of clinical recovery of symptoms in Vicharchika patients treated with external application of Rudra Taila

Symptoms	Mean		M.D	% Relief	SD	SE	P value	S
	B.T	A.T						
<i>Kandu</i> (pruritis)	3.00	0.27	2.73	91%	0.45	0.08	<0.001	HS
<i>Daha</i> (burning)	1.33	0.20	1.13	85%	0.94	0.17	<0.001	HS
<i>Srava</i> (oozing)	0.80	0.00	0.80	100%	0.89	0.16	<0.001	HS
<i>Rukshta</i> (dryness)	1.23	0.23	1.00	81%	0.91	0.17	<0.001	HS
<i>Pidikotpatti</i> (eruption)	1.00	0.30	0.70	70%	0.92	0.17	<0.001	HS
<i>Vaivaranyata</i> (discolouration)	1.80	0.80	1.00	56%	0.69	0.13	<0.001	HS
Thickening of skin	1.03	0.40	0.63	61%	0.72	0.13	<0.001	HS

(HS: Highly Significant, S: Significant, NS: Non Significant, NA: Not Available)

Paired “t” test was done after completion of the therapy of *Rudra Taila* for 60 days, its effect on the clinical features were observed as presented in table. *Rudra Taila* provided highly significant relief in all the symptoms.

Effect of Therapy on Patients

1. Statistical score of effect of therapy on *Kandu* (pruritis): After treatment, 91% relief in *Kandu* was found which was statistically highly significant (P=0.0001, P<0.05).
2. Statistical score of effect of therapy on *Daha* (Burning): After treatment, 85% relief in *Daha* was

found which was statistically highly significant. (P= 0.0001, P<0.05).

3. Statistical score of effect of therapy on *Srava* (oozing): After treatment, 100% relief in *Srava* was found which was statistically highly significant (P=0.0001, P<0.05).
4. Statistical score of effect of therapy on *Rukshta* (dryness): After treatment, 81% relief in *Rukshta* was found which was statistically highly significant (P=0.0001, P<0.05).
5. Statistical score of effect of therapy on *Pidikotpatti* (eruption): After treatment, 70% relief in

Pidikotpatti was found which was statistically highly significant ($P=0.0001$, $P<0.05$).

6. Statistical score of effect of therapy on *Vaivaranyata* (discolouration): After treatment, 56% relief in *Vaivaranyata* was found which was statistically highly significant. ($P=0.0001$, $P<0.05$).
7. Statistical score of effect of therapy on thickening of skin: After treatment, 61% relief in thickening of skin was found which was statistically highly significant ($P=0.0001$, $P<0.05$).

DISCUSSION

Clinical study was done as plan mentioned in clinical section of this dissertation. Three patients could not continue treatment and left before completion of the study. So at last there were 27 patients. Each symptom taken as parameter of clinical assessment was studied. All observations were found dependent on demographic structure and eagerness of the people of that area for treatment. Subjective parameters of assessment which are not expressed numerically were graded so as to make statistical calculation easier. As such there is no significance of age, sex and education status for the development of *Vicharchika*. Maximum (86%) patient belong to Hindu religion and 10 % belong to Jain and least (3%) are Jain just because of demographic structure of this area.

Most of the married persons are sufferers. Most of the affected people belong to middle class, it is because of demographic structure, vegetarian food habit, with *Samyakanidra*, *Madhyamkostha* and *Samagni*. 20% were house wife, 23% were business men, 16% were students and in-service patient were maximum i.e., 30%. Surprisingly not a single illiterate person was found affected, it may be due to education related awareness among people. Discussing about the *Prakriti* of the patient we found *Vata-Pittaja*: 13%, *Vata-Kaphaja*: 33%, *Pitta-Kaphaja*: 30% and 23% *Sannipataja*. The majority of patients (23%) got *Vicharchika* for the first time on one or both upper limbs, which is comparable to the incidence of both lower limbs (20%), and 16% of patients had lesion on head, neck, thorax, abdomen, and lower back, with the least (3%) on the perinial part even though limbs are more sensitive to *Vicharchika*. Relief of 91% in *Kandu* (Pruritis) was statistically highly significant as most of the patient got relief. 85% relief in *Daha* (burning) was statistically highly significant. 100% relief found on *Srava* (oozing) was statistically highly significant. 81% relief found on *Rukshata* (dryness), 70% relief in *Pidikotpatti* (eruption), 56% relief in *Vaivaranyata* (discolouration), 61% relief in thickening of skin.



Supervision during *Taila Nirmaan* by Guide



Packing of *Rudra Taila*



Rudra Taila Sample

CONCLUSION

Rudra Taila, is an oil preparation, which is effective against symptoms of *Vicharchika* like *Kandu* (itching), *Pidika* (papular eruption), *Vaivarnyata* (discoloration), *Daha* (burning sensation), *Vedana* (pain), and *Rukshata* (dryness). *Rudra Taila* has a Highly Significant improvement in reducing the symptoms of *Vicharchika* within 60 days of administration. The drug may be administered for longer duration along with other internal application for a better result.

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