



A CLINICAL STUDY TO EVALUATE THE CONCEPT OF VYADHI PRATYANIKAI CHIKITSA SIDDHANTA WITH SPECIAL REFERENCE TO KSHEERA GANDHAKA PRAYOGA IN VICHARCHIKA

¹Dr Soumya Sajjanar, ²Dr Chetan M, ³Dr Raviraj Konkani

¹Final year PG scholar, ²Professor and HOD, ³Final year PG scholar

Department of Ayurveda Samhita and Siddhanta

¹SDM college of Ayurveda and Hospital, Hassan Karnataka

ABSTRACT

Background: Analyzing the stage of pathogenesis and planning treatment in Ayurveda is a complex task. The concept “Vyadhi Pratyanyika Chikitsa Siddhanta”, a unique principle in Ayurveda, focuses on disease-specific treatment rather than solely addressing Doshic imbalances. Ksheera Gandhaka Prayoga, a formulation containing Shuddha Gandhaka, is well known for its effectiveness in managing Vicharchika within 7 days. Therefore, this study was undertaken to explore the concept of Ksheera Gandhaka Prayoga as a Vyadhi Pratyanyika Dravya in both Sravi and Asravi types of Vicharchika.

Objectives:

- To study the concept of Vyadhipratyanika Chikitsa Siddhanta.
- To evaluate the effect of Ksheera Gandhaka as Vyadhipratyanika Chikitsa in Vicharchika.

Materials and Methods: This study was conducted in 40 diagnosed subjects of Vicharchika from OPD of SDM College of Ayurveda, Hassan. They were divided into purposive groups i.e Group1-Asravi and Group2-Sravi. Intervention of Triphala Churna 6gm HS for 3 days given for Koshta Suddhi and Shuddha Gandhaka capsules 500mg Bd was given empty stomach and Ksheera as Anupana for 7 days. Data were analyzed using the Wilcoxon signed rank test for P value, and clinical improvement was assessed by percentage.

Results: Ksheera Gandhaka Prayoga demonstrated both statistically and clinically significant results across all parameters (P value < 0.05), including Kandu, Pidaka, Srava, Rukshata, Ruja, and Raji, except for Raji in the Asravi group and Shyavata in both groups. Overall assessment revealed a 51.35 % improvement in the Asravi group and a 57.56% improvement in the Sravi group.

Discussion and Conclusion: Vyadhi Pratyanyika Chikitsa Siddhanta is effective in Specific Avastha of Vyadhi. Ksheera Gandhaka, with its Kapha-Vata Hara, Kandughna, and Kushtaghna properties, proved to be Vyadhi Pratyanyika for both Asravi and Sravi Vicharchika. The research hypothesis has been accepted in this study.

Keywords: Vyadhi Pratyanyika Chikitsa Siddhanta, Sravi Vicharchika, Asravi Vicharchika, Ksheera Gandhaka Prayoga.

INTRODUCTION

The concept of Vyadhi Pratyanka Chikitsa (disease-specific treatment) has been practiced since the Vedic era^[1]. Over time, as the principles of Chikitsa evolved, Vyadhi Pratyanka Chikitsa became an integral part of disease management^[2]. In the Sushruta Samhita, Dalhana explains the word “Pratyanka” as “Vipareeta Vidhana” (opposite method)^[3], whereas the Madhukosha commentary on Madhava Nidana describes Vyadhipratyanika with the phrase “Na Etat Dosham Apekshante Prabhavat Roga Prashamakarina Iti,”^[4] which means that it alleviates diseases regardless of the Dosha due to its Prabhava. This study aims to critically analyze Vyadhipratyanika Chikitsa^[5] and

its application in Vicharchika Kustha^[6] (Eczema) through the use of Ksheera Gandhaka Prayoga. As no specific treatment is prescribed for individual types of Kustha, general treatment principles have been outlined for all varieties. Based on these principles, Ksheera Gandhaka has been selected as Vyadhipratyanika Dravya and applied to Sravi (with discharge) and Asravi (non-discharge type) Vicharchika conditions.

AIMS AND OBJECTIVES

- To study the concept of Vyadhipratyanika Chikitsa Siddhanta.
- To evaluate the effect of Ksheera Gandhaka as Vyadhipratyanika Chikitsa in Vicharchika.

MATERIALS AND METHODS

SOURCE OF DATA:

Literary Data : The literary source of present work has taken from classical text books of Ayurveda, text books of contemporary sciences, published articles from journals and authentic website.

Clinical Data : Forty clinically diagnosed subjects of Vicharchika who met the inclusion criteria were selected from OPD No. 4 of Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan, Karnataka.

METHODS OF COLLECTION OF DATA

The data was collected using a specially prepared case report form that incorporated all the aspects of the Inclusion and Exclusion Criteria

- Sampling method – Purposive sampling with baseline control for pre and post treatment assessment.
- Sample size – 40 subjects
- Study type – Interventional
- Duration of treatment – 10 days
- Total study duration – 10 days

Ethical Approval and Patient Consent:

This study was registered under Clinical Trail Registry of India

DIAGNOSTIC CRITERIA

The diagnostic criteria will be based on Lakshanas of Vicharchika Kushta described in Ayurvedic classics as following :

Table 1 : showing the Lakshanas of Vicharchika Kushta

According to Charaka ⁷	According to Sushruta ⁸
<ul style="list-style-type: none"> • <i>Kandu</i> (Itching) • <i>Pidaka</i> (Eruptions) • <i>Bahusrava</i> (Oozing lesions) • <i>Shyavata</i> (discolouration) 	<ul style="list-style-type: none"> • <i>Rajyo</i> (lines/steiae) • <i>AtiRuja</i> (Pain) • <i>AtiKandu</i> • <i>Rukshata</i> (Dry and Scaly)

INCLUSION CRITERIA:

- Subjects who are ready to give their consent.

- Diagnosed cases of *Sravi - Asravi Vicharchika*.
- Subjects of either gender, aged between 18-70 years
- Chronicity less than (<) 2 years.
- Localised lesion to Certain area will be select.

EXCLUSION CRITERIA

- Pregnant and Lactating women.
- Those who are having allergy to sulphur.
- Subject suffering from other systemic diseases and chronic diseases.

GROUPING:

40 Subjects fulfilling the inclusion criteria were selected and enrolled purposefully under two groups on the basis of *Asravi* and *Sravi Vicharchika*.

- Group 1 – *Asravi* group
- Group 2 – *Sravi* group

POSOLOGY

1. Dosage – 1gm daily
2. Anupana – Ksheera
3. Frequency of dose – twice a day
4. Time of administration– before food
5. Duration of drug administration – 7 days
6. After 10 days subjective parameters assessed.

ASSESSMENT CRITERIA

Subjective criteria

Table 2. illustrating the subjective criteria

SL.NO	Lakshana	BT	AT
1	<i>Kandu</i>		
2	<i>Shyava</i>		
3	<i>Pidaka</i>		
4	<i>Srava</i>		
5	<i>Rukshata</i>		
6	<i>Ruja</i>		
7	<i>Raji</i>		

GRADING OF SIGNS & SYMPTOMS OF VICHARCHIKA

Table3 : Illustrating Grading of Signs and symptoms of Vicharchika

1	<i>Kandu</i>	Grade
	Absent(no itching)	0
	Mild (occasional itching, on & off)	1
	Moderate (continuous itching without disturbed sleep)	2
2	<i>Pidaka</i>	3
	Absent (no eruptions)	0
	Mild (few eruptions localised)	1
	Moderate (spread of eruptions over the lesion)	2
3	<i>Srava</i>	3
	Absent (no discharge)	0

	Mild (discharge after itching)	1
	Moderate discharge	2
	Severe (profuse discharge)	3
4	<i>Vaivarna (shyava)</i>	
.		
	Absent (normal skin colour)	0
	Mild (reddish discolouration)	1
	Moderate(reddish black discolouration)	2
	Severe (blackish discolouration)	3
5	<i>Rukshata</i>	
.		
	Absent (no dryness)	0
	Mild (lost in skin's normal unctuousness)	1
	Moderate (dry skin)	2
	Severe (excessively dry skin)	3
6	<i>Ruja</i>	
.		
	Absent (no pain)	0
	Mild pain	1
	Moderate pain	2
	Severe pain	3
7	<i>Raji</i>	
.		
	Absent (no lines)	0
	Mild (lines without furrow)	1
	Moderate (lines thicken with furrow)	2
	Severe (prominent thicken lines with deep furrow)	3

**Table.4 : EASI
(Eczema Affected Severity Index Score board)**

SCORE BOARD

Body region	Erythema	Edema/ papulation	Excoriation	Lichenificatio n	Area score	Multiplier	Score
Head/neck	(+)	(+)	(+)	()	X	X0.1	
Trunk	(+)	(+)	(+)	()	X	X 0.3	
Upper extremities	(+)	(+)	(+)	()	X	X 0.2	
Lower extremities	(+)	(+)	(+)	()	X	X 0.4	
The final EASI score is the sum of the 4region scores							(0-72)

Plan of Study

In this study 40 Subjects fulfilling the inclusion criteria were selected and enrolled purposefully under two groups on the basis of Asravi and Sravi Vicharchika.

- Group 1 – Asravi group (20 Subjects diagnosed without Srava)
- Group 2 – Sravi group (20 subjects diagnosed with Srava)

For the purpose of Koshta Shuddhi, 6 gm of Triphala Churna with lukewarm water was administered for 3 consecutive nights. All the subjects who fit the inclusion criteria were given Shuddha Gandhaka capsule with Ksheera as Anupana twice daily, in the morning and evening, before food for 7 days.

RESULTS & OBSERVATIONS

A total of 50 subjects were recruited and screened, out of which 42 eligible subjects were enrolled in the study. These subjects were divided into two groups of 20 each: the Asravi group and the Sravi group. A total of 40 subjects completed the study, while 2 subjects dropped out due to various reasons. The data of these 40 subjects were considered for the final analysis of the study results.

The demographic characteristics of the study include socio-economic and personal data, as well as disease-related information such as the presence or absence of symptoms, as presented in the table.

Table 5: Distribution of 40 subjects of Vicharchika based on subjective parameters

Parameters (Present)	Frequenc y	Percentage
Kandu	40	100.0
Pidaka	37	92.5
Shyavata	38	95.0
Srava	20	50.0
Rukshata	39	97.5
Ruja	9	22.5
Raji	13	32.5

Table 6 : Effect of Ksheera Gandhaka Prayoga on Asravi Vicharchika (N= 20)

Symptoms	Mean BT	Mean AT	Mean Difference	% of Relief	W (n)	P value	Remarks
Kandu	1.40	0.35	1.05	75%	20	<0.05	S
Pidaka	1.40	0.95	0.45	32.14%	20	<0.05	S
Shyavata	1.75	1.50	0.25	14.29%	20	>0.05	NS
Rukshata	1.50	0.50	1.0	66.67%	20	<0.05	S
Ruja	0.25	0.05	0.2	80%	04	<0.05	S
Raji	0.50	0.30	0.2	40%	07	<0.05	S
EASI scr	61.24	30.20	31.04	50.69%	20	<0.05	S

Table 7: Effect of Ksheera Gandhaka Prayoga on Sravi Vicharchika (N= 20)

Symptoms	Mean BT	Mean AT	Mean Difference	% of Relief	W (n)	P value	Remarks
Kandu	1.70	0.60	1.1	64.7%	20	<0.05	S
Pidaka	1.50	1.15	0.35	23.33%	19	<0.05	S
Srava	1.05	0.05	1.0	95.45%	19	<0.05	S
Shyavata	2.00	1.80	0.2	10.0%	20	>0.05	NS
Rukshata	1.85	0.75	1.1	59.46%	20	<0.05	S
Ruja	0.20	0.00	0.2	100%	04	<0.05	S
Raji	0.30	0.15	0.15	50%	04	>0.05	NS
EASI Scr	101.94	59.61	42.33	41.52%	20	<0.05	S

BT –before treatment, AT- after treatment, W(n)- number of patients BT-AT in Wilcoxon

Table.8 : Overall improvement in both the groups

Parameter	Sravi group	Asravi group
Kandu	64.7%	75%
Pidaka	23.33%	32.14%
Srava	95.45%	--
Shyavata	10.0%	14.29%
Rukshata	59.46%	66.67%
Ruja	100%	80%
Raji	50%	40%
EASI	41.52%	50.69%
Over all	57.56%	51.35%

Before Treatment

After Treatment



Discussion :

The word Pratyanka has root meaning as Vipareeta^[9], Viruddha or Virodhi^[10] dravya. In the ancient Vedic era, there are instances of various Vyadhipratyanka dravyas being used in customary practices. This concept purely based on Dravya Prabhava^[11] where Prabhava of drug is acting over the Vyadhi Samprapti irrespective of Dosha Dushya Samurchana. For example Khadira as Kushta hara, Haridra as Prameha hara, Sirisha as Visha hara^[12], Patha in Atisara etc.

Shuddha Gandhaka is indicated in treatment of many *Twak Vikaras* as well as other diseases also. It is the ingredient in many *Rasa Aushadis* which using to treat the *Twak Vikaras* and availability of the *Gandhaka* in the market is feasible. The use of *Shuddha Gandhaka prayoga* is explained by *Charak* in *Kushta Chikitsa* as *Lelithaka Prayoga*^[13] where in that *Shuddha Gandhaka* is main ingredient. *Gandhaka* having properties such as *Katu, Tikta, Madhura Rasa, Ushna Veerya* and it will act against *Kshudra Kushta, Kandu, Kushta, Visha, Krimi, Visarpa* and its having *Karma* as *Kapha Vata hara, Pitta janak, Deepana, Pachana, Amajirna Prasamana* and *Rasayana* etc^[14]. Dose was chosen as the optimum dose mentioned in *Rasashastra* classics, *Ksheera* selected as *Anupana* along with *Gandhaka*. So the drug named as *Ksheera Gandhaka Prayoga* by the author in *Rasendra chintamani*. In this study, all the classical lakshanas of *Vicharchika* were observed. The *Asravi* group exhibited *Kandu, Pidaka, Shyava, Ruja, Raji, and Rukshata*, while the *Sravi* group demonstrated these features along with the presence of *Srava*.

KANDU

- *Kandu* was reduced in both *Sravi* and *Asravi* groups, with statistically significant results showing a P value 0.00 (which less than 0.05.)
- Clinically, *Kandu* is a key symptom of *Vicharchika*, primarily caused by an imbalance in *Kapha Dosha*. *Shuddha Gandhaka*, with its *Katu, Tikta Rasa, Kandu Hara, Kapha Hara, Ushna Veerya* and *Shoshana* properties, effectively reduces *Kapha*, thereby alleviating *Kandu*. This indicates that *Shuddha Gandhaka* acts as

a *Vyadhipratyanika Dravya*, targeting the *Kandu* associated with the disease.

PIDAKA

- A statistically significant reduction in *Pidaka* was observed in both the *Asravi* and *Sravi* groups, with a P value of 0.007 and 0.020 respectively (which is < 0.05). However, the clinical improvement in *Pidaka* was not as notable.
- Clinically, *Pidaka* in *Vicharchika* exhibits *Utsedha Lakshana*, which is a characteristic feature of *Shotha*. In *Shotha*, *Rasa*, *Rakta*, and *Lasika* accumulate in the skin, leading to *Utsedha*, *Daha*, and *Ruja*. This process explains the formation of *Pidaka* in *Vicharchika* due to predominance of *Dravta* in *Rasa-Rakta-Lasika*.
- *Shuddha Gandhaka* has *Shoshana*, *Kushtagna*, *Krimighna* and *Rakta Shodhaka* properties which help to reduce the *Pidaka*. This indicates that *Shuddha Gandhaka* acts as a *Vyadhipratyanika Dravya*, targeting the *Pidaka* associated with the disease.
- This study was carried out for only 7 days, therefore it may be suggested to increase the duration of treatment until complete remission of the illness.

SRAVA

- *Srava* was significantly reduced in *Sravi* group with P value 0.000 (which is < 0.05).
- Clinically, the *srava* (discharge) in the *Pidaka* of *Sravi Vicharchika* can be attributed to a higher quantity of the *Drava* (fluid) component in *Lasika*, *Rasa*, and *Rakta*, and caused by *Kapha Dosha* whereas in *Asravi Vicharchika*, the *Drava* component of *Lasika*, *Rasa*, and *Rakta* is relatively lower.
- *Shuddha Gandhaka*, with its *Katu*, *Tikta Rasa*, *Kushtagna*, *Kapha Hara*, *Ushna Veerya* and *Shoshana* properties, effectively reduces *Kapha*, thereby alleviating *Srava*. This indicates that *Shuddha Gandhaka* acts as a *Vyadhipratyanika dravya*, targeting the *Srava* associated with the disease.

VAIVARNYA

- *Vaivarnyata* was found non significant in both group with P value -1.633 in *Sravi* group and -1.890 (which is > 0.05). However, the clinical improvement in *Vaivarnyata* was not as notable.
- Clinically, *Vaivarnyata* in *Vicharchika* may be due to imbalance of *Vata* and *Kapha*, *Shuddha Gandhaka* has *Kapha Vata Hara*, *Kushtagna*, *Ushna Veerya* reduces *Vaivarnyata* in Recent origin (within 6 months) of *Vicharchika*. This indicates that *Shuddha Gandhaka* acts as a *Vyadhipratyanika dravya*, targeting the *Vaivarnyata* associated with the disease.

RUKSHATA

- *Rukshata* was reduced in both *Sravi* and *Asravi* groups, with statistically significant results showing a P value 0.00 (which less than 0.05.)
- Clinically, *Rukshata* (dryness) is a symptom of *Vicharchika*, primarily caused by an imbalance in *Vata Dosha*. *Shuddha Gandhaka*, with its *Vata Hara*, *Singdha* and *Ushna Veerya* properties, effectively reduces *Vata*, thereby alleviating *Rukshata*. This indicates that *Shuddha Gandhaka* acts as a *Vyadhipratyanika Dravya*, targeting the dryness associated with the disease.

RUJA

- *Ruja* was significantly reduced in both groups with P value 0.046 (which less than 0.05)
- Clinically, *Ruja (Manda)* is a symptom in *Vicharchika* caused due to *Kapha Dosha*, due to *Shuddha Gandhaka* has *Katu Rasa*, *Katu Vipaka* and *Ushna Veerya* that reduces *Ruja*. This indicates that *Shuddha Gandhaka* functions as a *Vyadhipratyanika Dravya*, targeting the pain associated with the disease.

EASI

The Eczema Assessment Severity Index (EASI) results demonstrated statistically significant improvements across all parameters. Clinically, reductions in erythema, papulation, excoriation, and lichenification were observed in both

groups. Overall, the percentage improvement in the EASI score revealed a 50.69% improvement in the *Asravi* group and a 41.52% improvement in the *Sravi* group. Thus, it can be concluded that *Ksheera Gandhaka Prayoga* is effective.

OVERALL ASSESSMENT

The overall improvement assessment indicated that both groups exhibited progress in all parameters, with the least improvement noted in Pidaka and Shyavata for both groups.

CONCLUSION

The study was conducted with an aim to validate the concept of Vyadhipratyanika Chikitsa Siddhanta and to Ksheera Gandhaka as a Vyadhipratyanika medicine for Vicharchika. Total 42 patients were selected and 40 of them were completed the study. Upon analyzing the results of both groups, There was minimal difference in the overall improvement of Lakshanas in Asravi and Sravi Vicharchika, indicating that Ksheera Gandhaka Prayoga acted as a Vyadhipratyanika Dravya in Kushta (Vicharchika). Thus, the research hypothesis was accepted, and the null hypothesis was rejected in this study.

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