

Original Research

Efficacy of Gandhakadi Vati (Orally) and Nimba-Karanja Malahara (externally) on the Patients of Psoriasis (Ekakushtha)

*Kalpana Dhuri Shah, **Gurdipsingh and ***Behera BS

*Chief Consultant, Ayurveda Clinic, Wile Parle Bombay

**Director PG Studies SDM College of Ayurveda Hassan

*** Senior Scientific Officer CSTT, HRD Ministry New Delhi

Corresponding Author: Dr. Kalpana D. Dhuri Shah, Mobile-+919892349228

Access this article on online: www.japs.co.in

Published by International Academy of Ayurveda-Physicians (IAAP), 7HB, Gandhinagar, Jamangar-361 002

Date of submission: 15-11-2018; Date of Revision: 11-12-2018; Date of Acceptance: 20-12-2018

Abstract:

Eight patients of psoriasis (Ekakushtha) were treated with Gandhakadi Vati administered internally and simultaneously Nimba-Karanja Malahara applied externally for one month. The therapy provided significant relief in the signs and symptoms and complete remission to 12.5% patients, marked relief to 62.5% patients and moderate relief to 25.0% patients.

Key Words: Psoriasis, Ekakushtha, Gandhakadi Vati, Nimba-Karanja Malahara

INTRODUCTION:

Many traditional Vaidya in Maharashtra administers Gandhakadi Vati internally and applies Nimba-Karanja Malahara externally and claims its effectiveness in curing the patients of skin diseases including psoriasis. Shuddha Gandhaka is widely used for skin disorders as it directly acts on Rakta-Vaha Srotas. Gandhakadi Vati also contains Chandana which is Varnaya and Shita Virya. Its other ingredients are Vidanga, Chitraka, Triphala and Trikatu which are Kusthaghna and Rasayana. Tablets were prepared from these ingredients by taking all in equal parts and named as Gandhakadi Vati.

Nimba-Karnja Malhara was prepared by using Neema oil, Karanja oil and Eranda oil with help of wax. Nimba and Karanja are useful in skin disorder and Eranda Taila is Tvak-Dosha Hara. Therefore traditionally used these two drugs were taken to evaluate their efficacy scientifically.

AIMS AND OBJECTS:

To evaluate the efficacy of Gandhakadi Vati administered internally and simultaneously Nimba-Karanja Malahara applied externally in the management of psoriasis (Ekakushtha).

MATERIALS AND METHODS

Ten patients showing signs and symptoms of psoriasis were registered from OPD and IPD of IPGT&RA hospital Jamnagar and were diagnosed according to the following criterion.

Criteria of Diagnosis:

Characteristic signs and symptoms of psoriasis and Eka-Kushtha

Positive Candle grease sign, Auspitz sign and Kobner phenomenon

DRUGS AND DOSES:

Out of ten patients of psoriasis registered for this study two patients were dropped out

Gandhakadi Vati was given in dose of one gram three times a day with milk or ghee and Nimba-Karanja Malahara was applied locally on the lesions once at bed time. Both of these drugs were administered simultaneously for two months.

ASSESSMENT CRITERIA:

The improvement in signs and symptoms was assessed by way of assigning definite scores and accordingly noting the changes before and after the treatment.

Overall effect of the therapy was assessed as follow:

Complete Remission: 100% relief in signs and symptoms with no recurrence up to 6 months of the study

Marked improvement: Improvement in signs and symptoms between 50 and 100%

Improvement: Improvement in signs and symptoms 25 to 50%.

Unchanged: Improvement in signs and symptoms less than 25%

Deteriorated: increase in signs and symptoms or appearance of new lesions.

RESULTS

The effect of the therapy on chief complaints of the patients of psoriasis is shown in Table-1 and on clinical tests in Table-2. The overall effect of the therapy on the patients is depicted in Table-3. Six months follow up studies was also done and the condition reported after stopping the treatment for six months is presented in Table-4.

Table-1

Effect of Gandhakadi Vati and Nimba-Karnja Malahara on Chief Complaints of Patients of Ekakushtha (Psoriasis)

Signs & Symptoms	Mean Score		% of change	SD (±)	SE (±) (±)	t	P
	BT	AT					
Size of erythematic lesions (Mandala)	44.13	15.5	64.8	15.27	5.40	5.30	<0.01
Scaling	2.5	0.38	84.8	1.25	0.44	4.82	<0.01
Dryness (Rukshta)	2.25	1.125	50.0	0.35	0.125	9.0	<0.001
Itching (Kandu)	1.5	0.5	66.7	1.07	0.38	2.65	<0.01
Burning sensation (Daha)	0.0	0.0	0.0	0.0	0.0	0.00	NA
Extensive lesions (Bahalata)	2.12	0.75	64.9	0.92	0.32	4.24	<0.01
Non sweating (Asvedanam)	1.75	0.25	85.7	0.76	0.27	5.61	<0.001
Pain in joints	1.0	0.88	12.0	0.35	0.13	1.00	>0.05
Discoloration (Vaivarnaya)	3.0	1.63	45.6	0.92	0.32	4.24	<0.01

Table-2

Effect of Gandhakadi Vati and Nimba-Karnja Malahara on Clinical Tests Ekakushtha (Psoriasis) Patients

Clinical test	Mean Score		% of change	SD (±)	SE (±)	T	P
	BT	AT					
Auspitz sign	1.75	0.00	100.0	0.707	5.410	7.0	<0.001
Candle grease sign	1.50	0.00	100.0	0.926	0.327	4.58	<0.01

Table-3

Overall Effect of Gandhakadi Vati and Nimba-Karnja Malahara on 10 Patients of Ekakushtha (Psoriasis)

Total Effect	No. of Patients	Percentage
Complete remission	1	12.5
Marked improvement	5	62.5
Moderate improvement	2	25.0
Minor improvement	0	00.0
Unchanged	0	00.0

DISCUSSION

Eight patients of psoriasis (Ekakushtha) were treated with Gandhakadi Vati administered internally and simultaneously Nimba-Karanja Malahara applied externally for one month. The therapy provided significant relief in the symptoms of non-sweating in the lesion (Asvedanam) by 85.7%. The therapy significantly reduced the scaling by 84.8%, itching (Kandu) by 66.7%, area involved by the lesions (Bahalata) by 64.9%, average Size of erythematic lesions (Mandala) by 64.8%, dryness of the lesion (Rukshta) by 50.0% and discoloration of the lesions (Vaivarnaya) by 45.6% (Table-1).

Important clinical tests pertaining to psoriasis viz Auspitz sign and Candle grease sign were present before the treatment in all the patients but after the treatment they were absent in all the patients (Table-2). Thus the therapy provided significant relief of 100% to all the patients in both the tests (Table-3).

Consideration of overall effect showed that the therapy provided complete remission to 12.5% patients, marked relief to 62.5% patients and moderate relief to 25.0% patients (Table-4).

CONCLUSIONS

Gandhakadi Vati administered internally and simultaneously Nimba-Karanja Malahara applied externally for two months on the patients of psoriasis (Ekakushtha) provided significant relief in the symptoms of non-sweating in the lesion (Asvedanam), caused significant reduction in scaling, itching (Kandu), area involved by the lesions (Bahalata), average size of erythematic lesions (Mandala), dryness of the lesion (Rukshta) and discoloration of the lesions.

The therapy provided complete remission in clinical tests viz. Auspitz sign and Candle grease sign.

Consideration of overall effect showed that the therapy provided complete remission to 12.5% patients, marked relief to 62.5% patients and moderate relief to 25.0% patients (Table-4).

BIBLIOGRAPHY

- Anthony. S, Fauci M.D), Eugene Braunwald, Kurt J. Jean D, Joseph B, Martin, Dennis Kasper, Stephen L (1980: Harrison's Principle of Internal medicine 14th edition, Mcgraw-Hil.
- Ashtanga Hrdaya (antique): Vagbhata with Ayurveda Rasayana and Sarvanga Sundara. Comm. Chaukhambha Surabharati Prakashan, Varanasi

- Ashtanga Samgraha (antique): Vagbhata with Indu Comm. Published by Athavale M.A., Pune.
 - Bhaisajya Ratnavali (antique): Ambikadutta Shastri, Chaukhambha, Varanasi.
 - Bhava Prakasa (antique): Vidyottini Hindi Tika by Shri Brahma Shankar Mishra, Chaukhambha, Varanasi.
 - Bhava Prakasa Nighantu (antique): With Hindi translation by K.C.Chunekar, Chaukhambha, Varanasi.
 - Chakradatta (antique): With commentary by Shivadasa Sen, Published by Vaidya Bhusan, Calcutta.
 - Charaka Samhita (antique): With Ayurveda Dipika by Cakrapani, Edited by Yadavji Trikamji Acharya, Nirnaya sagar Press, Bombay.
 - Dhuri Kalpana D and Gurdipsingh (1995): Management of Kshudrakushtha with special reference to psoriasis (Ekakushtha). MD (Ayu) thesis, IPGT&RA, Gujarat Ayurveda University, Jamnagar
 - Domonkos, Arnold, Odom (1968): Andrew's diseases of the skin, clinical dermatology
 - Edwards C and Boucher IAD (1991): Davidson's Principles and Practice of Medicine. ELBS.
 - Herbert Makey (1968): Hand Book of skin diseases.
 - Kalpana Dhuri and Gurdipsingh (1995): Management of Kshudra Kushtha with special reference to psoriasis (Ekakushtha). MD (Ayu) thesis, IPGT& RA, Jamnagar
 - Kanani Vipul and Gurdipsingh (2002): Clinical Study on the role of Manasa Bhava and management of Ekakushtha (psoriasis); MD (Ayu) thesis; IPGT& RA, Gujarat Ayurveda University, Jamnagar
 - Kanani Vipul, Gurdipsingh and Priyanka B V (2018): Clinical Study on Efficacy of Panchatikta Ghrita and Virechana on patients of psoriasis (Ekakushtha). Journal of Ayurveda Physicians and Surgeons, Vol 5(3), page-84
 - Kature, H.S. (1978): Ayurvediya Panchakarma Vigyana, Baidyanath, Calcutta
 - Kirby JD (1986): Roxburgh's common skin diseases. HK Lewis and Co. London
 - Madhava Nidana (antique): Madhukosa Vyakhya and Hindi Commentary by Sudarshana Shastry Edited by Yadunandana Upadhyaya, Chaukhambha, Varanasi.
 - Mahajan BK (1981): Methods in biostatistics, Sixth Edition, Jaypee Brothers Medical publishers New Delhi.
 - Meir P and Peter CM (1986): Text book of psoriasis. Churchill Livingstone, London
 - MierVan de Kerkhof (1986): Text Book of psoriasis.
 - Sharma P. V. (1988): Dravya Guna Vijnana, Chaukhambha, Varanasi.
 - Sodhala (antique): Gada Nigraha, Chaukhambha Sanskrit series, Varanasi (1964).
 - Sushruta Samhita (antique): With Nibandha Sangraha by Dalhana, Edited by Yadavji Trikamji Acharya, Nirnaya sagar Press, Bombay.
 - Sweetey Ruparel and Gurdip sing (1999): Role of Virechana with and without Shamana in the management of psoriasis. MD (Ayu) thesis, IPGT& RA, Jamnagar.
 - Warner EC (1964): Savil's System of Clinical Medicine, 14th ED. CBS Publication Delhi
 - Yoga Ratnakara (antique): Hindi Commentary by Laxmipathi Shastry, Edited by Brahma Shankar Shastri, Chaukhambha Sanskrit Sansthan, Varanasi.
- Cite this article as:** Dhuri Kalpana, Gurdipsingh and Behera BS (2019): Efficacy of Gandhakadi Vati (Orally) and Nimba-Karanja Malahara on the Patients of Psoriasis (Ekakushtha). Journal of Ayurveda Physicians and Surgeons January, 2019 Volume 6(1): 11-13.

Financial Assistance: IPGT&RA, Gujarat Ayurveda University Jamnagar; Interest of conflict: not declared