

Efficacy of Panchshirishadi Agada in the Management of Eka-Kustha

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Abstract

In present study Panchshirishadi agada was prepared and an attempt has been made to evaluate its effect in Eka-kustha along with the reduction in cardinal signs of Eka-kustha viz -Asvedanam, Mahavastu and Matsyaśakalata. After treatment results was found to be statistically significant.

Key words: Asvedanam, Mahavastu and Matsyaśakalata, psoriasis, Panchshirishadi Agada

Introduction

Ayurveda, the eternal science which has its roots in Vedas, the oldest available literature. Ayurveda is divided into eight branches. Among the eight branches sixth branch is Damshttra chikithsa or Agadatantra [1]. Dushivishaliterally means the flawed, spoiled, damaged, defective or ruined poison [2]. This study is aiming to compare the skin disorder caused by (Dushivisha) Latent poison. Charaka Samhita describes kustha which is hard like stone, rough, numb and chronic, *Agadas* should use internally and externally [3]. Eka kustha have been taken for study. Acharya Charaka described Shirish as a best Agad dravya among all of them. So, Panchshirishadi Agada have been taken for present study [4].

Material and Methods

Objectives of Study

To study the effect of Panchshirishadi Agada in Eka-kustha and also assess the reduction in cardinal signs of Eka-kustha viz - Asvedanam, Mahavastu and Matsyaśakalata

Collection of Raw Material

Collected fruit, root, bark, flower and leaves of Shirisha (*Albizia lebbac*) authenticated by Dr.S.N. Dwivedi, Department of Botany, Janta P G College, A.P.S. University, Rewa (M.P.) then authenticated crude materials of plant *Albizia lebbac* were taken for study. In this study Panchshirishadi agada was prepared according to Charaka samhita chikitsa sthaan 23/218.

Clinical study

For the present study, the patients fulfilling the clinical criteria for *Eka-kustha* w.s.r. to *Psoriasis* will randomly selected irrespective of their sex, religion, occupation etc from OPD of RDMAC&H, Bhopal (M.P.).

Study Design & Criteria:

No. of Patients	30
Form	Panchshirishadi agada churna in the form of oral dose (internal) and in the form of lepa (External use)
Anupan	Ghrita
Dose	5 grams with cow Ghrita twice a day orally and external dose Depending upon the area of involvement by the disease.
Duration	60 days
Inclusion criteria	All the patients were diagnosed & assessed thoroughly on the basis of Ayurvedic classical signs & symptoms.
Exclusion Criteria	Patients suffering from diabetes mellitus, age less than 15 years and more than 60 years and patient with secondary infection of Psoriasis were excluded from study.

Table no: 1

Observation Criteria

All the signs & symptoms were assigned score depending upon their severity to assess the effect of the drugs objectively. The relevant detail of parameters as shown below:

Aswedanam

Normal sweating	0
Mild sweating	1
Mild sweating after exercise	2
No sweating even after exercise	3

Mahavastum

No lesions on Mahavastum	0
Lesions on partial hand, leg, neck, scalp, back	1
Lesions on most part of hand, leg, neck, scalp, trunk, back	2
Lesions on whole part of Mahasthanam	3
Lesions on whole body	4

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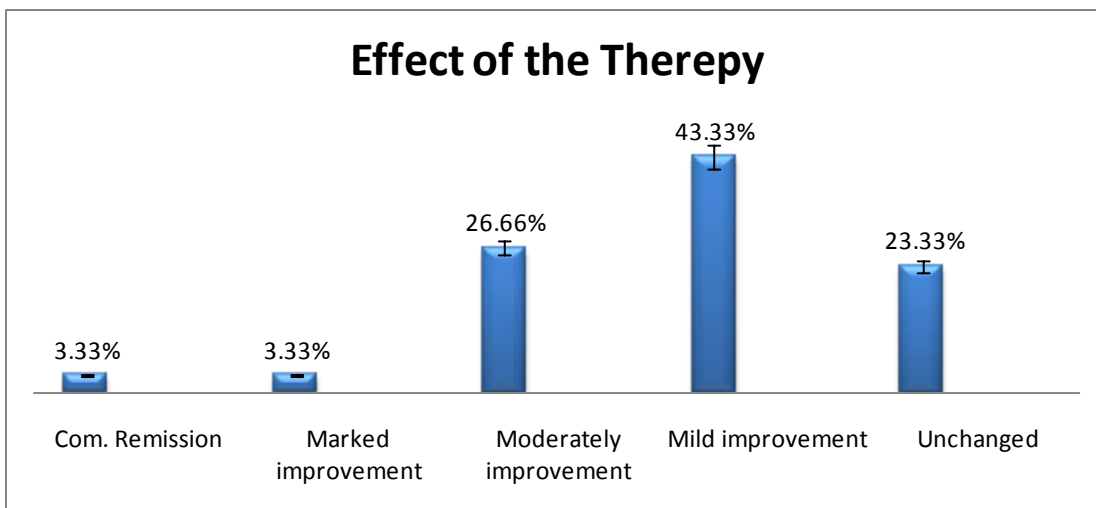
Matsyashaklopamam (Scaling):

No scaling	0
Mild scaling by rubbing/by itching (scaling from some lesionis)	1
Moderate scaling by rubbing/by itching (from all lesions)	2
Severe scaling by rubbing / by itching (from all lesions)	3
Scaling without rubbing / by itching (from all lesions)	4

Results

Overall effect of the Panchshirishadi Agada on Eka-kustha.

Effect of Therapy	No. of Patients	Percentage
Complete remission	1	3.33%
Markedly improvement	1	3.33%
Moderately improvement	8	26.66%
Mild improvement	13	43.33%
Unchanged	7	23.33%
Total	30	100%



Comparison of severity of lakshana before and after the treatment

Lashana	BT (Before Treatment)	AT (After Treatment)
Aswednam	59%	46%
Mahavastu	69%	52%
Matsayasaklopamam	72%	56%

Statistical Analysis

Data are given as means \pm SEM. Significant differences between groups were determined by analysis of variance (ANOVA) complemented with student pair t- test where the P value $\leq P < 0.05$ was considered as significant.

Effect on Aswedam

Before treatment mean score of Aswednam was 2.2 which reduced to 1.26 after the treatment, showing 42.72% reduction.

SUMMARY ALPHA 0.05 HYPE MEAN 0

Group	count	mean	Std.dev.	Std.err	t	df	cohend	Eff.r
BT	30	2.2	0.579	-	-	-	-	-
AT	30	1.26	0.547	-	-	-	-	-
Diff.	30	0.93	0.583	0.106	8.764	29	1.627	0.852

Student t-TEST

	p-value	t-crit	lower	upper	Sig
One tail	0.02	1.699	-	-	Yes
Two tail	0.012	2.045	0.715	1.151	Yes

Effecton Mahavastu

Before the treatment mean score of Mahavastu was 2.366 which reduced to 1.4 after the treatment, showing 40.82% reduction. It is statistically significant at the level of $P < 0.05$

SUMMARY ALPHA 0.05 HYPE MEAN 0

Group	count	Mean	Std.dev.	Std.err	t	df	cohend	Eff.r
BT	30	2.366	0.516	-	-	-	-	-
AT	30	1.4	0.524	-	-	-	-	-
Diff.	30	0.966	0.718	0.131	7.37	29	1.368	0.807

	p-value	t-crit	lower	upper	Sig
One tail	0.02	1.699	-	-	Yes
Two tail	0.04	2.045	0.698	1.234	Yes

Effecton Matasyasaklopamam

Before the treatment mean score of Matasyasaklopamam was 2.366 which reduced to 1.4 after the treatment, showing 40.82% reduction. It is statistically significant at the level of $P < 0.05$

SUMMARY ALPHA 0.05 HYPE MEAN 0

Group	count	Mean	Std.dev.	Std.err	t	df	cohend	Eff.r
BT	30	2.366	0.516	-	-	-	-	-
AT	30	1.4	0.524	-	-	-	-	---
Diff.	30	0.966	0.718	0.131	7.37	29	1.368	0.807

	p-value	t-crit	lower	upper	Sig
One tail	0.02	1.699	-	-	Yes
Two tail	0.04	2.045	0.698	1.234	Yes

Discussion

Ayurveda believes Dusi visha and Gara visha are the main cause of different type of twaka vikaras.

Shirish, Drug is of Madhur, Tikta and Kashaya Ras pradhan. Madhur rasa is snigdha and sheet guna pradhan. So reduces dryness. It reduces the complication of visha and useful for healthy skin and hairs.⁵Tikta rasa is Vishaghana, Kandughana and Kusthaghana [6]. Kashaya rasa have ropana and shoshana guna give relieve in pitta and rakta vikara and provides sowmya bhava to body. Shirish acts by the help of its vishaghana prabhava [7]. Shirish bark shows immunomodulatory effect on humoral and cell mediated immune responses due to its flavonoids.⁸ Shirish five parts and especially its bark shows anti-inflammatory activity.

The bark extracts of Albizia lebbeck possess free radical scavenging activity, which might be helpful in preventing the progress of various oxidative stresses. Plant secondary metabolites such as flavonoids, isoflavones and phytosterols have been proposed as cosmetic ingredients displaying anti-aging effects. Caffeic acid found in its leaves is an antioxidant *in vitro* and also *in vivo*. Caffeic acid also shows immunomodulatory and anti-inflammatory activity. Kaempferol, Myricetin and Quercetin found in its leaves have anti-psychotic, anxiolytic, anti-allergic, anti-inflammatory and antioxidant properties that help to resolve mental stress of psoriasis [9].

Gau(cow) Ghrita

Ghrita is madhur ras pradhan (watery), snigdha, sheet (cold), mradu dravya (sweet liquid) so by these properties it makes skin soft and reduces the dryness of skin, its sheet and mradu guna reduce the daha(burning sensation) due to inflammation of skin [10].It contains vitamins, in which vit. A, and E are antioxidants and are helpful in reducing keton bodies, helpful in preventing oxidative injury to the body.

Mode of action of drug

In psoriasis the skin layers reproduce many times faster than normal and lives only 3-4 days. The effectiveness of many Ayurvedic compounds is due to potent anti-oxidant properties of scavenging free radicals and Panchshirishadi Agada and Ghrita both have good anti-oxident properties.

Eka-kustha

Eka-kustha as a Ksudra Kustha has Vata-Kapha dominance & even involvement of tridosha can be evident from its signs & symptoms. Among the Ahara Hetus Sour food like Tomato, Lemon are commonly seen, among the Non-vegetarians Chicken, Mutton, Fish also observed. Dugdha, Lavana Ati-sevana and Ati-snigdha Ahara are also noticed. Among the Viharaja Nidanas Divaswapna, Ratri Jagarana and sitosna Viparyaya also found among the patients of present study. They all are responsible to accumulate Dushi visha in body. Strong involvement of psychological factors in the causation of Eka-kustha like Cittodvega, Krodha are found.

Conclusion

Among the Aharaja Hetus sour food like tomato are commonly seen, among the non-vegetarians chicken, fish also observed. Kulattha, Mulaka Ati Sevana and Ati Snigdha (oil fried things) also noticed. They are viruddha aahara which accumulate dushi visha in body and develop Eka-kustha. Among the Viharaja Nidanas Divasvapa, Ratri Jagarana and Sito-usna Viparyaya also found among the patients of present study. These activities are responsible to accumulate dushi visha in body. There will be strong involvement of Psychological factors in the causation of Eka-kustha like Cittodvega, Krodha are found. Most of the patients were reported in Chronic stage. Relapsing nature of Eka-kustha is most common.

References

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