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Clinical Study To Assess The Effectiveness of *Vamana* With *Madanaphala Patra* in *Ekakushta*(Psoriasis) w.s.r. Assessment Parameters

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ABSTRACT

BACKGROUND AND OBJECTIVES

Vamana is a procedure in which *apakva pitta* and *shleshma* are expelled out with force from mouth. It is mainly indicated in *kaphaja* and *kaphasamsrushtavyadhis*. Most commonly used drug for *vamana* is *madanaphala*. The other *kalpanas* of *madanaphala* like *patra*, *pushpa* and *twak*. The *patras* are available throughout the year unlike the *phala* which is to be collected in the mid of *vasanta* and *greeshmarutu* in *pushya*, *ashwini* and *mrugashirana* *kshatras*. *Samskara* has been mentioned for *madanaphala* whereas no *samskara* is required for the usage of *patras*.

METHODOLOGY

Thirty subjects fulfilling the inclusion, exclusion and diagnostic criteria of *ekakushta*(psoriasis) were selected for the study. *Vamana* was conducted with *madanaphala patra choorna*(20g) + *saindhava lavana*(5g) + *madhu*(Q.S). The signs and symptoms were assessed by using assessment parameters before and after the *vamana karma*.

RESULT

There was significant relief in the assessment parameters of *ekakushta*(psoriasis) after *vamana karma* like *asvedana*, *mahavastu*, *matsyashakalopamam*, *kandu*, *auspitz* sign, *candle grease* sign and *PASI* score. The mean time for commencement of *vamana vega* was 18.23 minutes, mean duration of *vamana* was 69.63 minutes, mean *vegas* was 7.07, *pittanta vamana* was observed in 20 subjects, *kaphanta vamana* was observed in 10 subjects, *madhyama* type of *shuddhi* was achieved in 16 subjects and *samyak vamana lakshana* was seen in 29 subjects, improvement in the assessment parameters were observed.

CONCLUSION

Statistically significant improvement was seen in all the assessment parameters of *ekakushta*(psoriasis) with *madanaphala patra choorna* as a *vamaka yoga*.



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KEYWORDS

Vamana, madanaphala patra, ekakushta, psoriasis.



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INTRODUCTION

In Samhitas, many *Vamaka Yogas* have been mentioned. The most commonly used *Vamaka Dravya* is *Madanaphala*¹. *Acharya Charaka* has mentioned 133 *Yogas* of *Madanaphala*². Apart from the *PhalaMajja* which is commonly used, other parts of *Dravya* like *patra*, *moola* and *pushpa* has also been mentioned as *Vamaka Dravya*³. The *Patras* are easily available throughout the year and no *samskara* is required unlike the *Phala* where *Samskara* needs to be done. Therefore, there arises a need for in depth trial of this *Madanaphala Patra Choorna Yoga* so that this can be utilised for the clinical practice.

Kushta is a *Tridoshaja vyadhi*, is *Deerghakalanubandhi* and is *Sarvadhatushatatva* in nature. *Ekakushta* is *Vata-Kaphaja Tridoshaja Kushta* having *lakshanas* like *asvedanam*, *mahavastu* and *matsyashakalopamam*⁴.

Psoriasis is a chronic skin disease characterised by well-defined silvery white erythematous plaques. The onset of psoriasis may occur at any age but most commonly seen in 2nd to 4th decade of life. Genetic factor also plays a role with 7% to 36% in the manifestation of psoriasis⁵.

The botanical name of *Madanaphala* is *Randia dumetorum*(Retz.) lam. belongs to *Rubiaceae* family. It has *Madhura*, *Tikta*,

Kashaya and *Amla Rasa*, *Laghu* and *RukshaGuna*, *UshnaVeerya*, *KatuVipaka*, *Kapha-Vata Shamaka*⁶. *Madanaphala* as a *Vamaka Dravya* is indicated in most of the diseases as it is considered as *Anapayitvat*. The chemical constituents of fruit include glycosides, *randianin*, six saponins-dumetoronins A to F. The leaves contain an iridoid-10-methylxoside. The iridoids are often characterised by a deterrent bitter taste⁷.

This *Vamaka Yoga* is prepared by powdering the dried *Madanaphala Patras* in mixer grinder. 20 grams of this *Choorna* is mixed with 5 grams of *SaindhavaLavana* and sufficient quantity of *Madhu* is added and administered of each subject.

Shodhana is the best line of treatment for *Ekakushta*(psoriasis). Hence, an attempt is made in this study to explore the role of *Vamana Karma* with *MadanaphalaPatraChoorna* and to evaluate its efficacy as *Vamaka Yoga* in *Ekakushta*(psoriasis).

OBJECTIVES

1. To evaluate the effectiveness of *MadanaPhala Patra Choorna* as *Vamaka Dravya*.
2. To evaluate the effectiveness of *MadanaPhala Patra Choorna* for *Vamana* in *Ekakushta*.
3. To assess the change in parameters of



Aswedana, *Mahavastu*,
Matsyashakalopamam, Candle grease sign,
Auspitz sign, PASI score
IEC No. SDM/IEC/37/2017-2018

METHODOLOGY

SOURCE OF DATA

Subjects were selected from the Outpatient/Inpatient department of our college attached hospital.

METHOD OF COLLECTION OF DATA

The 30 subjects who were fulfilling the inclusion exclusion and diagnostic criteria were selected irrespective of their caste, religion and gender. A detailed case performa was prepared and informed

written consent was obtained from the subjects.

- Study design – Interventional, single Arm open clinical study
- Sample size:30
- Sampling technique: Random convenient sampling
- Sample frame: Subjects were selected from the Outpatient/Inpatient department of our college attached hospital.
- CTRI Number- CTRI/2018/09/015608

Diagnostic criteria:

Subjects with classical signs and symptoms of *Ekakushta* along with signs and symptoms of Psoriasis.

a. *Aswedana*(TABLE:1).

Table 1 Results of Friedman Test on *Aswedana*

PARAMETER	N	Mean rank	Chi-Square Value	P	Remark
<i>ASWEDANA BT</i>	30	4.37	102.718	<0.05	S
<i>ASWEDANA Snehapana</i>	30	4.13			
<i>ASWEDANA Vamana</i>	30	3.22			
<i>ASWEDANA 15th day follow up</i>	30	1.87			
<i>ASWEDANA 30th day follow up</i>	30	1.42			

b. *Mahavastu*(TABLE:2)

Table 2 showing results of friedman test on *mahavastu*

PARAMETER	N	Mean rank	Chi-Square Value	P	Remark
<i>MahavastuBT</i>	30	4.45			
<i>MahavastuSnehapana</i>	30	4.28			
<i>MahavastuVamana</i>	30	3.03			
<i>Mahavastu 15th day follow up</i>	30	2.03	106.654	<0.05	S
<i>Mahavastu30th day follow up</i>	30	1.20			

c. *Matyashakalopamam* (TABLE:3)

Table 3 showing results of friedman test on *matsya shakalopamam*

PARAMETER	N	Mean rank	Chi-Square Value	P	Remark
<i>Matsyashakalopamam BT</i>	30	4.93			
<i>Matsyashakalopamamsnehapana</i>	30	4.03			
<i>Matsyashakalopamamvamana</i>	30	2.93			
<i>Matsyashakalopamam 15th day follow up</i>	30	1.97	116.221	<0.05	S



<i>Matsyashakalopam</i> 30 th day follow up	30	1.13
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d. Itching (TABLE:4)

Table 4 showing results of friedman test on *kandu*

PARAMETER	N	Mean rank	Chi-Square Value	P	Remark
KANDUBT	30	4.83	113.925	< 0.05	S
KANDU SNEHAPANA	30	4.15			
KANDU VAMANA	30	2.85			
KANDU 15 TH DAY FOLLOW UP	30	1.83			
KANDU30 TH DAY FOLLOW UP	30	1.33			

e. Positive Candle Grease Test. (TABLE:6)

Table 6 showing results of cochran's q test on candlegrease sign

Parameter	Value		N	Cochran's Q	P value	Remark
	Present	Absent				
CANDLEGREASE BT	30	0	30	68.318	0.000	S
CANDLEGREASESNEHAPANA	29	1			(<0.0005)	
CANDLEGREASEVAMANA	17	13				
CANDLEGREASE 15TH DAY FOLLOW UP	2	28				
CANDLEGREASE 30TH DAY FOLLOW UP	9	21				

Table 7 showing results of repeated measures anova test for pasi score

	N	Mean	Greenhouse - geisser			Greenhouse – geisser error df	Remarks
			df	F value	P value		
PASI BT	30	31.70	2	116.635	0.000	1.307	S
PASI AFTER VAMANA		12.7800			(<0.0005)		
PASI AT		6.577					

Table 8 pair wise comparison of pasi score with bonferroni correction (0.0167)

(I) PASI score	(J) PASI score	Mean difference (I-J)	Std. error	Sig.	95% confidence interval for difference		Remarks
					Lower	Upper	
PASI BT	PASI AFTER VAMANA	18.920	1.783	0.000 (<0.0005)	14.390	23.450	S
	PASI AT	25.123	2.158	0.000 (<0.0005)	19.641	30.606	S
PASI AFTER VAMANA	PASI BT	-18.920	1.783	0.000 (<0.0005)	-23.450	-14.390	S
	PASI AT	6.203	0.988	0.000 (<0.0005)	3.693	8.714	S
PASI AT	PASI BT	-25.123	2.158	0.000 (<0.0005)	-30.606	-19.641	S
	PASI AFTER VAMANA	-6.203	0.988	0.000 (<0.0005)	-8.714	-3.693	S

f. Positive Auspitz Sign (TABLE:5)

Table 5 showing results of cochran's q test on auspitz sign

Parameter	Value		N	Cochran's Q	P value	Remark
	Present	Absent				
AUSPITZ BT	30	0	30	77.955	0.000	S
AUSPITZSNEHAPANA	30	0			(<0.0005)	



AUSPITZVAMANA	21	9
AUSPITZ SIGN 15TH DAY FOLLOW UP	1	29
AUSPITZ SIGN 30TH DAY FOLLOW UP	8	22

Inclusion criteria:

- Fulfilling diagnostic criteria.
- Between the age group of 18 -70years.
- Patient who are fit for *Vamana*.
- Patient who are willing to sign the informed consent form.

Exclusion criteria:

- Psoriasis with extra cutaneous manifestations like psoriatic arthritis
- Subjects of diabetes mellitus, tuberculosis and other major illness

DISCUSSION ON VAMANA YOGA

Madanaphala patras were procured from nearby jungle. Authentication of the drug was done in the Department of *Dravya Guna*, Sri DharmasthalaManjunatheshwara College of Ayurveda and Hospital, Hassan. The *Vamaka Yoga* is *Madanaphala Patra Choorna*(20 grams) + *Saindhava Lavana* (5 grams) + *Madhu* (Q. S).The dose was fixed based on the pilot study conducted on 20 subjects irrespective of the disease. The leaves were dried in shade. The dried *patras* were powdered in mixer grinder. 20g of *madanaphala patra choorna*, 5g of *saindhava lavana* and *madhu*(Q.S) were

mixed. On the day of *vamana*, 250g of *yavagu* and 250ml of milk was given followed by administration of *vamana yoga*. By following this method, the action of the *vamaka yoga* can be assessed and its effectiveness may be analysed.

ASWEDANA

This occurs due to the *avarodha* in the *swedavahasrotas*. The '*sukshma*' *guna* of *vata* causes *srotosankocha* and '*manda*'*guna* of *kapha* causes *srotosanga*. This combination of action brings about blockage of *srotases* leading to the *aswedana lakshana*.

EFFECT OF THERAPY ON ASWEDANA(TABLE:1)

When assessed between the interval of before treatment and after *Snehapana*, no significant results were observed since the feature reduces at a slower rate. On the whole, there was significant improvement in the reduction of the *Aswedana lakshana*. This improvement observed may be due to fact that *Ekakushta* (psoriasis) being a *Chirakaleena Vyadhi*, the *lakshanas* had been observed for longer time and *Snehapana* alone may not be sufficient in treating the disease. Since both *Vata* and *Kapha* are *pradhana* in nature.*Vata* causes



Sankocha and *Kapha* causes *Sanga*. This *Sanga* is due to *KaphaAvruta SamanaVata*. Diminished or complete absence of sweating is termed as anhidrosis where there will be a feeling of dryness of the integument or intolerance to heat by the subject. *Snehapana* and *Abhyanga* brings about *Vata Shamana*. *Vamana* and *Samsarjana Krama* helps in removal of vitiated *Kapha* and removes the *Sanga* thus helping in proper *sweda pravrutti*.

MAHAVASTU

This *lakshana* is due to fast spreading of *doshas* all over the body. This is due to 'sheeghrakari' guna of *vata*. This leads to formation of large patches of *ekakushta*(psoriasis).

EFFECT OF THERAPY ON MAHAVASTU(TABLE:2)

The *Mahavastu* feature is observed due to the process of hyperkaratinization. The process of sweating helps in cooling the body the absence or reduction of which leads to increased body temperature. *DehaUsnata*, *Vata* and *Rakta* may further lead spread of lesions all over the body. *Snehapana* alleviates *Vata* and *Pitta* and may help in reducing the further spread of lesions. *Vamana* may also help in removing the *swedavrodha*, proper functioning of *swedavaha srotases* which in turn may lead to decrease in size or curing of the lesions.

MATSYASAKALOPAMAM

The lesions will be similar to *abhrakapatra* (sheet of mica). Scaly lesions are the characteristic feature of psoriasis.

EFFECT OF THERAPY ON MATSYASHAKALOPAMAM (TABLE:3)

There is increased mitosis than the normal resulting in hyperkeratinisation. Also, it is associated with increased cell growth and enzymatic action in the body. The mitotic action may be correlated to the *VataVruddhi*, increased cellular growth to *KaphaVruddhi* and increased enzymatic action to *Pitta Vruddhi*. Thus, *Snehapana* and *Abhyanga* leads to *Vata Shamana* and *Vamana* alleviates *Kapha* and *Pitta Doshas* thus bringing about relief in the *Matsyashakalopamam Lakshana*.

CONCLUSION

On the basis of the study, following conclusions can be drawn.

The *Madanaphala Patras* are available all-around the year and can be used without performing the *Samskara.Vamana Karma* showed significant results in symptoms like *Mahavastu*, *Matsyashakalopamam*, *Aswedana*, and features of psoriasis like candle grease sign, auspitz sign. Analysis of PASI scale showed significant reduction in the symptoms of *Ekakushta*(psoriasis) with p value <0.05.





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