

A CLINICAL STUDY OF NIMBA PRATISARNEEYA KSHARA IN THE MANAGEMENT OF AYATHA-VRIDDHI W.S.R. TO POLYP

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ABSTRACT

Acharya Sushruta, the father of surgery has described few diseases under the heading of *Kshudraroga*, meaning that category of diseases that do not need major attention and the diseases that are simple and do not result in any complications or cause threat to life. Diseases like *Charmkeela* (warts) are not causing any noticeable discomfort but still their impact on body and mind is such that the individual suffering from such diseases falls into a state of distress. *Acharya Sushruta* has been described a para-surgical procedure- *Kshara Karma* for the management of unwanted growths. Today advanced techniques and surgical procedures like sclerotherapy, laser therapy, cryosurgery, polypectomy etc have been innovated for the management of such type of unwanted growths which have their own disadvantages & limitations. These unwanted growths have peculiar tendency of recurrence despite of their surgical removal. So, to avoid the surgical removal of unwanted growths and recurrence, the present work has been undertaken.

Keywords: *Ayurveda, unwanted growths, Charmakeela, Pratisarneeeya Kshara Karma.*

INTRODUCTION

Unwanted Growths (*Ayatha-Vriddhi*) are skin growths which are a benign condition that consists of a lump of

tissue projecting out from surrounding skin. The most common unwanted growths are warts, corn, skin tags,

papilloma, polyps etc. Out of these disorders, in this present study only patients of *Charmkeela Vyadhi* (warts, papilloma) and visible polyps like nasal polyp, aural polyp have been taken for the clinical trial. *Sushruta*, the pioneer in the art of surgery, has described the concept of *Charmakeela*, its classification, symptomatology, etiological factors, pathology and specific treatment without its recurrence.

व्यानस्तु प्रकुपितः श्लेष्माणं परिगृह्य बहिः स्थिराणि | कीलवदशासी निर्वर्तयति, तानि चर्मकीलान्यर्शासीत्याचक्षते॥ (सु०नि० 2/20)

Aggravated *Vyanavaya* taking along with *Kapha* produce externally firm and nail like growth is known as *Charmakeela*. The word ‘*Bahih*’ denotes *Charmakeela* or *Arshas* that are present other places than *Guda Pradesha*. *Aacharya Sushruta* has described a para-surgical procedure- *Kshara Karma*, for the management of *Charmakeela* (*Su.Su.11/7*). *Kshara* is alkaline in nature and it is one of the best para-surgical tools for the successful treatment of various surgical ailments as well as some medical disorders also. It is a type of chemical cauterization. It destroys the unhealthy tissues and promotes healing process. The plant *Nimba* is easily available and has anti-bacterial, anti-viral, anti-fungal & anti-inflammatory properties. The reference of *Nimba Kshara* has been taken from *Rajnighantu*.

3. Sample size and Grouping:

Groups	No. of pt.	Formulation	Route	Dose/Quantity	Time	Duration
Trial group	50	<i>Nimba Pratisarneeeya Kshara</i>	Local application	As per the size of unwanted growth	On alternate day, total 3 sittings were given for <i>Vakshatmaatra</i> (upto the time of 100 words)	1 week

Follow up after Treatment – After the completion of treatment (1 week), all the patients were instructed to have regular follow up at 1 month (30 days). During this follow up period, patients were examined for the recurrence of either signs and symptoms of unwanted growths.

Kshara Karma procedure: Local application of *Kshara* which has mentioned in *Sushruta Samhita Sutrasthana* 11th chapter “*Ksharapakavidhi Adhyaaya*”.

4. Selection Criteria:

Materials:

- Literary material like Samhitas, Commentaries, Ayurvedic journals, Research papers, Internet providing sites, Manuscripts etc. to collect and compile the data related to this study.
- Patients suffering from unwanted growths like warts etc.

Nimba Kshara

- Standard accessory items like *Shalaaka*, 2-3 bowl in number, Gauze pieces, Cotton swabs, Gloves, Cotton, Bandage, Surgical blade.
- Nimbu Swarasa*, *Yastimadhu powder*, *Grit*.

Methods:

- Subjects:** 50 patients were selected by keeping the signs and symptoms for unwanted growths (wart), irrespective of religion, occupation and socio-economic status for present study.
- Source of Subjects:** The patient suffering from Unwanted growths attending the O.P.D./ I.P.D. section of *Shalya Tantra*, University College of Ayurveda Hospital, Dr Sarvapalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur, were randomly selected who fulfilling the inclusion and diagnostic criteria of study.

Inclusion Criteria

- Patients between the age of 10-70 years.
- Patients having unwanted growths concerned with cosmetic disorders of the skin.

Exclusion Criteria

- Patients less than 10 years and more than 70 years.
- Oedema all over the body.
- Udar Rog* and *Raktapitta Rog*.
- Prolapse of genital organs.
- Diseases originated with *Marma*, *Sira*, *Snayu*, *Sandhi*, *Trunasthi*, *Sevni*, *Dhamani*, *Nabhi*, *Gal* & muscular atrophy.

- f) Patient with uncontrolled Hypertension/ Cardiac problem/Angina/ Diabetes Mellitus /Tuberculosis / Hepatitis and any systematic disorder.
- g) Carcinoma
- h) Pregnancy
- i) HIV, VDRL, HBsAg

Clinical Study:

Selection of Problem – Among many diseases concerned with cosmetic values, *Warts* is a common disease known to us from thousands of years. Though it is considered as *Kshudra Roga* (Minor disease), has got a major importance as a cosmetic problem in the society. Today advanced techniques and surgical procedures like sclerotherapy, laser therapy, cryosurgery etc have been innovated for the management of such type of unwanted growths which have their own disadvantages & limitations. Many of them are not affordable to common people and the chance of recurrence is still remaining after these approaches. Hence, there is a need to search better methods of management of these unwanted growths considering the above drawback. In such cases, the alternative better choice is *Kshara*

Karma. Practically it has proven its efficacy in reducing the post-operative pain and discomfort. It can be done in aged patients and even those who are unfit for surgery or not willing for surgery. It yields negligible rate of recurrence, cost effective, less pain, no bleeding, no infection, no application site reaction, simple and outdoor procedure, affordable to common people and requiring no need of hospitalization during treatment.

Therefore, there is a need for proper understanding of such problems of the society through *Ayurvedic* perspectives and to find some effective steps of management. So, in this trial, effort will be done to develop a cost-effective management for these unwanted growths.

Hence the present study is entitled as “A Clinical Study of *Nimba Pratisarneeeya Kshara* In the Management of *Ayatha-Vridhhi W.S.R. To Polyp*”.

Aim & Objectives:

1. To achieve the factor of cosmetic and minimum scar orientated approaches.
2. To catalogue the role of *Nimba Kshara* in the management of unwanted growths.

Criteria for Assessment:

Table 1: Pain

Findings	Grade
No Pain	0
Tolerable Pain	1
Intolerable Pain	2

Table 2: Itching

Findings	Grade
No c/o itching	0
Negligible itching occasionally in a day	1
Frequent itching 4-6 hrs. Gap	2
Continuous itching sensation	3

Table 3: Discharge

Findings	Grade
No discharge	0
Very negligible discharge	1
Scanty discharge	2
Continuous flowing of profuse discharge	3

Table 4: Tenderness

Findings	Grade
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No tenderness	0
Patient winces	1
Patient winces and withdraws affected part	2
Patient does not allow to touch the part	3

Table 5: Burning Sensation

Findings	Grade
No c/o burning sensation	0
Negligible burning sensation	1
Occasional and tolerable burning sensation	2
Intolerable burning sensation makes the patient uncomfortable	3

Objective Criteria:

- Physical appearance – Rough / smooth
- Size of unwanted growth
- Consistency – Hard / soft / spongy / granulated
- Colour – normal to skin colour / different to skin colour
- Removal/ stage of Clearance –

Table 6:

Complete clearance	100%
	75% & more
	50-75%
Partial clearance	25-50%
No change	<25%

Table 7: Criteria for Total Effect of Therapy: For the assessment of the total effect of therapy following five categories has been taken into consideration:

Complete Remission	100 % relief in sign and symptoms
Marked Remission	75 % and more relief in sign and symptoms
Moderate Remission	50-74% relief in sign and symptoms
Mild Remission	25-49% relief in sign and symptoms
No Response	<25% relief in sign and symptoms

Result:

Statistical Analysis

The information was collected on the basis of observation made about various parameters were subjected to statistical analysis in terms of Mean, Standard Deviation (SD) and Standard Error (SE).

Graph Pad In Stat 3.1 software (Trial version) was used.

- **Wilcoxon signed rank test** – Nonparametric test for the case of two related samples or repeated measurement on a single set. It was used for the assessment of the improvement in subjective non-parametric symptoms of trial group. The result was calculated: Extremely significant ($p < 0.0001$)

Table 8: Effect of Therapy on Subjective Parameters in 50 patients of Trial group.

Parameters	Mean		Mean decrease BT-AT	% Relief	SD	SE	P value	S
	BT	AT						
Pain	1.48	0.04	1.44	97.29%	0.19	0.027	<0.0001	ES
Itching	1.82	0.06	1.76	96.7%	0.23	0.033	<0.0001	ES
Discharge	1.54	0.02	1.52	98.7%	0.14	0.02	<0.0001	ES
Tenderness	2.12	0.12	2	94.3%	0.32	0.46	<0.0001	ES
Burning sensation	1.8	0.04	1.76	97.7%	0.19	0.027	<0.0001	ES

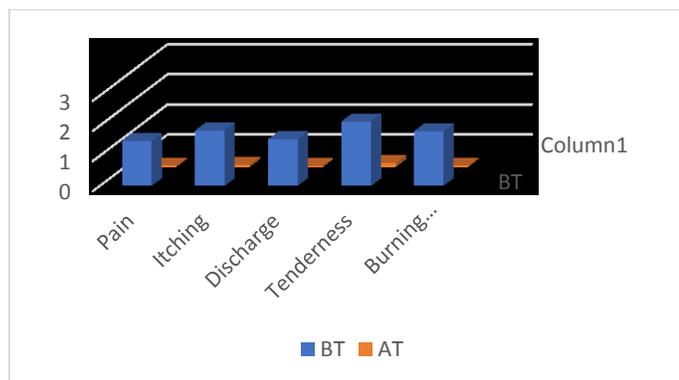


Table 9: Effect of Therapy on Physical appearance –

Physical appearance	No. of Patients (BT)	No. of Patients (AT)	No. of Cured Patients (BT-AT)	% Changes
Rough	34	09	25	73.5%
Smooth	16	05	11	68.75%

Table 10: Effect of Therapy on Size of Unwanted Growth –

Size of U.G. (in mm)	No. of Patients (BT)	No. of Patients (AT)	No. of Cured Patients (BT-AT)	% Changes
2-3	16	0	16	100%
4-5	22	06	16	72.7%
6-7	12	08	04	33.3%

Table 11: Effect of Therapy on Consistency –

Consistency	No. of Patients (BT)	No. of Patients (AT)	No. of Cured Patients (BT-AT)	% Changes
Hard	28	09	19	67.8%
Soft	12	02	10	83.3%
Spongy	04	01	03	75%
Granulated	06	02	04	66.6%

Table 12: Effect of Therapy on Colour –

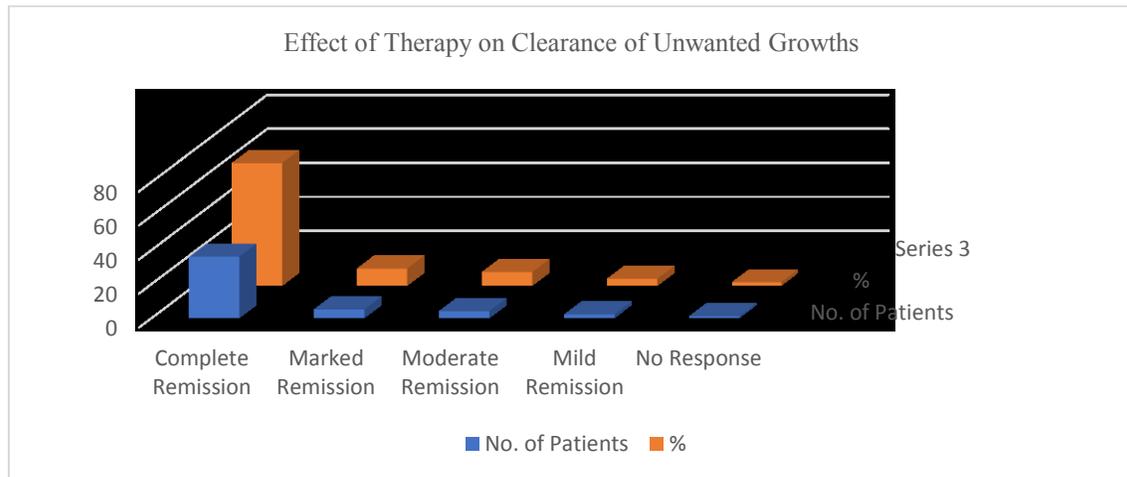
Colour	No. of Patients (BT)	No. of Patients (AT)	No. of Cured Patients (BT-AT)	% Changes
Normal to skin colour	32	08	24	75%
Different to skin colour	18	06	12	66.6%

Table 13: Effect of Therapy on Stages of Clearance –

Stages of clearance	In %	No. of Patients
Complete	100%	36
Partial	>75%	05
	50-75%	04
	25-50%	02
No change	<25%	01

Table 14: In this present study, out of 48 patient Total effect of therapy in the reference of clearance of unwanted growths on the basis of subjective and objective parameters

Therapy effect	%	No. of Patients	% of patients
Complete Remission	100 %	36	72%
Marked Remission	75 % and more	05	10%
Moderate Remission	50-74%	04	8%
Mild Remission	25-49%	02	4%
No Response	<25%	01	2%



Probable mode of action of Pratisarneeeya Kshara:

Various type of treatment principles like *Bheshaja*, *Shashtra*, *Kshara Karma* and *Agni Karma* for the management of *Charmakeela* are described by *Aacharyas* of *Ayurveda*. The selected unwanted growth i.e. wart is a disease that arise from epidermis layer of skin as a pinpoint black dots/mass. It has been repeatedly advocated by almost all the *Aacharyas* that diseases of skin like *Charmakeela*, *Mashaka* are better respond with the use of *Pratisarneeeya Kshara*. The plant *Nimba* has *Tikta Rasa* which is *Vishaghna* and *Kaphaghna*, has *Katu Vipaka* which is *Vatakaphashaamak*, *Srotoshodhaka* and it has anti-thrombotic, anti-neoplastic, anti-microbial, antioxidant and anti-inflammatory property. *Kshara* has properties like *Chedana*, *Bhedana*,

Lekhana, *Shodhana*, *Ropana*, *Satambhana* and *Vatakaphahara*, *Krimighna*, *Srotovishodhaka* for the eradication / removal of *Charmakeela*. It dissolves the bonding of *Vata* and *Kapha* in the process of *Vilayana*. *Kshara* acts through its *Ksharan Karma* and dissolves the unwanted growth. By its *Kshanan* property, it produces a sub lethal injury to abnormal tissue and corrosion of unwanted growths (क्षणनात् त्वङ्गंसादिहिंसनात्) and by its *Kshapan* property, expulsion of harmful substances from wound and cleanness of the wound (क्षणं शोधनमभिप्रेतम्).

CONCLUSION

Kshara Karma is a cost-effective Para surgical procedure which requires less pain, no bleeding, no infection, simple and outdoor procedure, affordable to common people and requiring no need of hospitalization during treatment, low recovery time with extremely patient's satisfaction. On the basis of the above made clinical observations it can be concluded that selected treatment protocol *Nimba Pratisarneeeya Kshara* definitely possess all the qualities and properties as an ideal approach for unwanted growths & it gives all the benefits radically up to the significant level and can be used as per the classical guidelines without any doubt.

Source of Support: Nil

Conflict of Interest: None Declared

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