

A COMPARATIVE CLINICAL TRIAL OF YASTYADI KWATHA AND DURVADI LEPA
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ABSTRACT

Sheetapitta is a disease caused when a human being is exposed to cold breeze. Due to this, there will be vitiation of kapha and vata. These two combine with pitta and circulate all over the body producing the sign and symptoms over the skin. In the present study, Yastyadi Kwatha and Durvadi Lepa an effective safe treatment modality in Ayurveda was planned. A clinical trial was carried out on 40 patients of Sheetapitta were selected from OPD and IPD of Khudadag dunga Govt. Ayurvedic hospital Raipur (c.g.). The assessment of therapy was done by suitable scrolling methods which were critically analyzed. The results thus obtained were subject to statistical analysis by paired 't' test. The end results which were obtained were interpreted and graded according various grades. The study showed Yastyadi Kwatha and Durvadi lepa treatment as highly effective of Sheetapitta.

KEYWORDS: Sheetapitta, Yastyadi Kwatha, Durvadi lepa.**INTRODUCTION**

In present busy and fast life, one can't follow the rules of 'Dinacharya' and 'Ritucharya' described in 'Ayurveda'. Due to heavy industrialization and heavy traffic one constantly comes into contact with various pollutants. The spicy and fast food eaten now a days, which have very less nutritional values and also having similar properties to 'Viruddhahara'. These all ultimately resulted into 'Dhatudurbalya' (i.e. lower immunity). Which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions, one of them is Urticaria, which is very common. 'Urticaria' is a disease characterized by itchy red rashes on skin on almost all over the body. 'Sheetapitta-Udarda-Kotha' are having similar symptomatology and causative factors as Urticaria. So, various types of 'Urticaria' can be taken as 'Sheetapitta-Udarda-Kotha'.

Though the disease, 'Urticaria' is not a life threatening, it makes worried the patient due to its appearance, severe itching disturbing routine and its nature susceptible to be chronic.

Urticaria affects 20% of people at some point in their lifetime. In some cases, the disorder is relatively mild, recurrent and frustrating for both the patient and physician. In other cases, it manifests as part of a

spectrum of systemic anaphylaxis, which may be life threatening. The disability and distress caused by Urticaria can lead to serious impairment of quality of life, almost comparable to that experienced by patients with cardiovascular disease. To further complicate the issue, a fairly extensive list of diseases can cause Urticaria.

AIM AND OBJECTIVE

1. To access the presence of various etiological factors described in *Ayurvedic* texts in diagnosed cases of *sheetapitta*.
2. To access the presence of various etiological factors described in Modern text in diagnosed cases of *sheetapitta*.
3. Interpretation of classical and modern etiological factor present in *sheetapitta* w.s.r. to urticaria.
4. To evaluate the effect of *yastyadikwath* and *Durvadi lepa* in *upashaya* of *sheetapitta*.

METHODS OF COLLECTION OF DATA

A minimum of 40 patients fulfilling diagnostic criteria were taken. Detailed history of all patients were taken as per the proforma followed by physical examination and lab investigation. The signs and symptoms were recorded as per the proforma designed for the study before and after treatment.

Clinical Study**Selection of patient**

The patients were diagnosed on the basis of classical sign and symptoms of *sheetapitta* described in *Ayurvedic* classics. Clinical study were carried out on 40 patient of *sheetapitta* selected from OPD and IPD of Govt. *Ayurvedic* hospital Raipur.

Inclusion Criteria

- 1) Patient showing classical clinical feature of *sheetapitta* like:
 - Sever itching -*kandu*
 - Pricking pain- *Toda*
 - Burning sensation -*Daha*
 - Rashes-*Mandala*
- 2) Patient aged between 16 to 60 years of either sex fulfilling diagnostic criteria.

Exclusion Criteria

- Patients suffering from any other systemic disorders like -IHD, HIV.
- History of anaphylaxis to medicine
- History of angioedema
- Other skin disease like psoriasis, eczema.

Selection of Drug

I have selected *Yastyadikwath* and which is described in *Yogratnakar* and *Durvadi lepa* which is described in *Chakradatta*.

Yastyadikwath -

;"Vh e/kwdiq"ia p ljkLuapUnu};e~A
fuxqZ.Mhld.kkDokFka 'khrfiRrgjaficsr~AA
(Yo.rat.ut./4)

Ingredient

- | | | |
|-------------|---|------------------------|
| 1- ;"Vhe/kq | & | Glycyrrhizaglabra |
| 2- Ek/kwd | & | Madhucaindica |
| 3- jkLuk | & | Pluchealanceolata |
| 4- 'osrpUnu | & | Santalum album |
| 5- JDrpUnu | & | Ptersocarpussantalinus |
| 6- fuxqZ.Mh | & | Vitexnegundo |
| 7- filiyh | & | Piper longum |

Durvadilepa-

nqokZfu'kk;qrksysi% d.Mwikekfouk'ku%A
d'fennzqgj'pSo'khrfiRrkigkLe`r%AA(Ch.Dutt.51/6)

Ingredient:

- 1- nwokZ&Cynodondactylon
- 2- gYnh&Curcuma longas

GROUP DESIGN

40 selected patients were studied under two groups, group A, group B

GROUP A - Selected patient were given *Yastyadikwath* and *Durvadi lepa*.

- | | | |
|---------------|---|---------|
| No.of patient | - | 20 |
| Duration | - | 30 days |

- | | | |
|-----------|---|--|
| Dose | - | 40ml bd, <i>Durvadilepa</i> for local application twice a day. |
| Follow up | - | 15 days |

GROUP B - selected patient were given *Yastyadi kwath*

- | | | |
|---------------|---|----------|
| No.of patient | - | 20 |
| Duration | - | 30 days |
| Dose | - | 40 ml bd |
| Follow up | - | 15days |

Criteria of Assessment of Patient

S.N.	Criteria	Grading	BT	Progressive Scores Day by Day			AT	Remark
				10 th	20 th	30 th		
1	VARATIDANSTA SANSTHAN SOPHA (Pain & Inflammation like Insect bite)							
	No pain & No Inflammation	0						
	Mild pain (Not affecting daily routine activity) & Macule (Non palpable area of altered colour)	1						
	Moderate pain (Occasional,disturb daily routine activity) &Papule(palpable elevated small area of skin= < 0.5 cm)	2						
	Severe pain (Continuously & even disturbing daily routine ativity)	3						
2	MANDALOTPATTI (How many wheals have appeared during the last 24 hrs)							
	None	0						
	Mild (<20 wheals /24 hrs)	1						
	Moderate (20-50wheals /24hrs)	2						
	Severe (>50 wheals/24hrs)	3						
3	KANDU (Itching)							
	None	0						
	Mild (Present but not annoying)	1						
	Moderate(Trouble some but does not interfere with daily routine)	2						
	Intense (Severe Itching , daily routine affected)	3						
4	RAAG (ERYTHEMA)							
	Absent	0						
	Mild (<10% Affected area)	1						
	Moderate (10-30% affected area)	2						
	Severe(>30%affected area)	3						
5	TODA(pricking pain)							
	None	0						
	Mild (Not disturbing daily routine)	1						
	Moderate(Occasional disturbing daily routine)	2						
	Severe (Continuous & even disturbing daily routine and sleep)	3						
6	ROGA PUNARUDBHAVAN (frequency of attack)							
	None	0						
	Mild (in weeks)	1						
	Moderate(In days)	2						
	Severe (In hours)	3						

ASSESSMENT CRITERIA

Main signs and symptoms and were given different scores according to their severity. Datas were recorded before and after treatment.

A) SUBJECTIVE CRITERIA

- 1) Vartidanshtasamsthanshoth
- 2) Mandalotpatti
- 3) Kandu
- 4) Raag
- 5) Toda
- 6) Rogapunarudbhavan

B) OBJECTIVE CRITERIA

- 1) CBC - HB%,TLC,DLC,ESR
- 2) URINE - R,M

- 3) STOOL - R,M
- 4) IGE TEST - IMMUNOGLOBIN E TEST
- If necessary
- 5) ALLERGY - SENSIVITY TEST

Analysis

Analysis of data was done by using SPSS (Statistical program for social science version 16.0). Paired t-test was used for the purpose of test of significance.

The obtained information were analyzed statistically in terms of mean score (x),Standard Deviation (S.D.), Standard Error (S.E.). Paired t-Test was carried out at thelevel of 0.05, 0.01, and 0.001 of P levels. To assesethe effectiveness of therapyUnpaired t- Test is carried out.

The results were interpreted as

Pvalue > 0.05 Insignificant

Pvalue <0.01- 0.05 Significant

Pvalue < 0.01 &< 0.001 Highly Significant

Result Declaration

The result were categorised as markedly improved, moderately improved, mild improved and Unchanged. The result in view of percentage will be classified as follows.

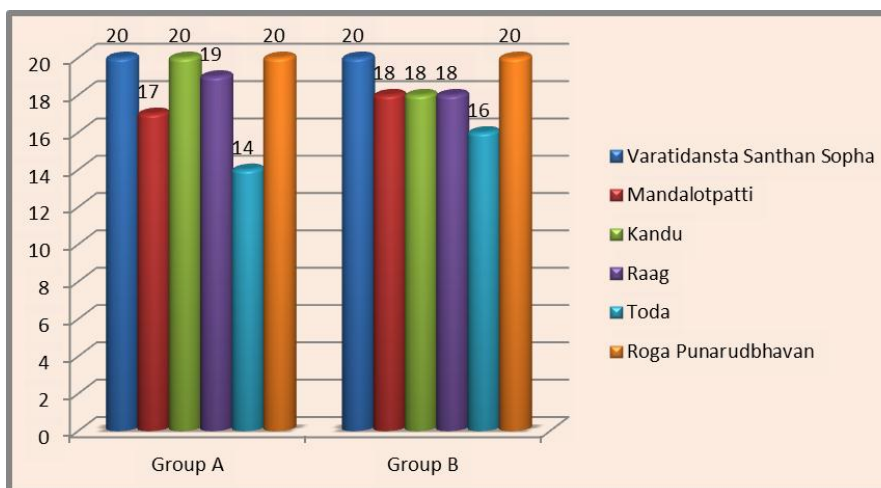
Criteria For Assessing The Total Effect

Considering the overall improvement as shown by the patient in sign and symptoms, the total effect of the therapy has been assessed as below.

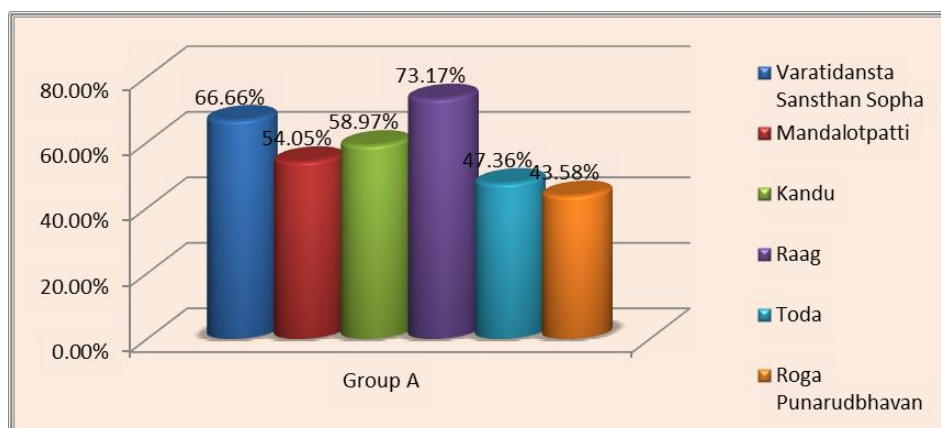
- 1) Marked improvement : 76 -100%
- 2) Moderate improvement : 51 – 75%
- 3) Mild improvement : 26 – 50%
- 4) Unchanged : 0 – 25%

Symptom wise distribution of 40 patients

Roop	No. of patients		Total	Percentage
	Group A	Group B		
<i>Varatidansta Sansthan Sopha</i>	20	20	40	100%
<i>Mandalotpatti</i>	17	18	35	87.5%
<i>Kandu</i>	20	18	38	95%
<i>Raag</i>	19	18	37	92.5%
<i>Toda</i>	14	16	30	75%
<i>Rogapunarudbhavan</i>	20	20	40	100%

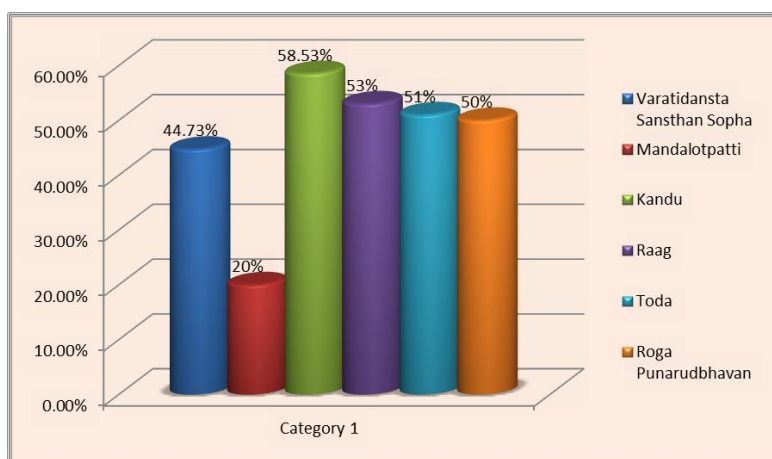
**Percentage of relief in chief complaints (Subjective) in 20 Patients of Group A**

S.N.	Sign and Symptoms	Before Treatment(B.T.)					After Treatment(A.T.)					% of relief
		G0	G1	G2	G3	Total	G0	G1	G2	G3	Total	
1.	<i>Varatidansta Sansthan Sopha</i>	0	3	9	8	45	8	10	1	1	15	66.66%
2.	<i>Mandalotpatti</i>	2	4	9	5	37	7	10	2	1	17	54.05%
3.	<i>Kandu</i>	1	5	8	6	39	8	9	2	1	16	58.97%
4.	<i>Raag</i>	2	3	7	8	41	12	5	3	0	11	73.17%
5.	<i>Toda</i>	2	3	10	5	38	7	6	7	0	20	47.36%
6.	<i>Rogapunarudbhavan</i>	0	5	11	4	39	9	4	3	4	22	43.58%



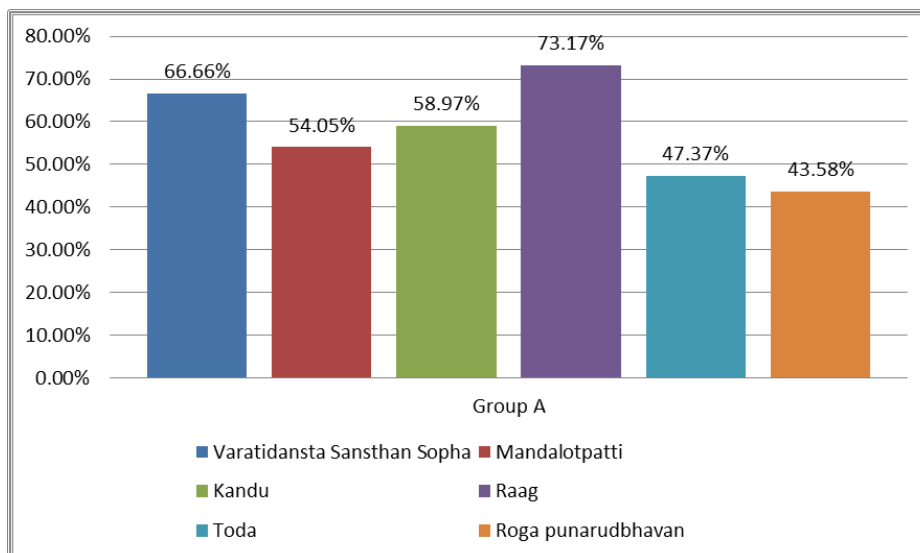
Percentage of relief in chief complaints (Subjective) in 20 Patients of Group B

S.N.	Sign and Symptoms	Before Treatment(B.T.)					After Treatment(A.T.)					
		G0	G1	G2	G3	Total	G0	G1	G2	G3	Total	% of relief
1.	<i>Varatidansta Sansthan Sopha</i>	0	7	8	5	38	6	7	7	0	21	44.73%
2.	<i>Mandalotpatti</i>	0	8	9	3	35	4	6	8	2	28	20%
3.	<i>Kandu</i>	0	4	11	5	41	9	5	6	0	17	58.53%
4.	<i>Raag</i>	3	6	7	4	32	8	9	3	0	15	53%
5.	<i>Toda</i>	2	9	5	4	31	7	11	2	0	15	51%
6.	<i>Rogapunarudbhavan</i>	0	8	6	6	38	6	9	5	0	19	50%



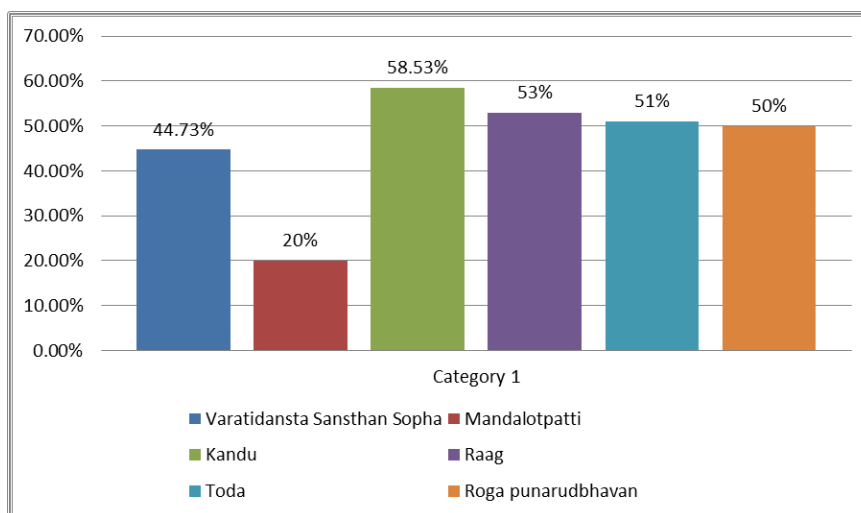
Statistical analysis showing the effect of therapy on various sign and symptoms in 20 patients of group A

Sign and symptoms	Mean		Mean Difference	% of relief	S.D.	S.E.	t-value	p-value	Remark
	BT	AT							
<i>Varatidansta Sansthan Sopha</i>	2.25	0.75	1.5	66.66%	.827	.185	8.110	0.000	H.S.
<i>Mandalotpatti</i>	1.85	0.85	1	54.05%	0.725	0.162	6.164	0.000	H.S.
<i>Kandu</i>	1.95	0.8	1.15	58.97%	0.587	0.131	8.759	0.000	H.S.
<i>Raag</i>	2.05	0.55	1.5	73.17%	0.946	0.212	7.092	0.000	H.S.
<i>Toda</i>	1.9	1	0.9	47.36%	0.852	0.191	4.723	0.000	H.S.
<i>Rogapunarudbhavan</i>	1.95	1.1	0.85	43.58%	0.745	0.167	5.101	0.000	H.S.



Statistical analysis showing the effect of therapy on various sign and symptoms in 20 patients of Group B

Sign and symptoms	Mean		Mean Differ-ence	% of relief	S.D.	S.E.	t-value	p-value	Remark
	BT	AT							
<i>VaratidanstaSansthanSopha</i>	1.9	1.05	0.85	44.73%	.489	.109	7.768	.000	H.S.
<i>Mandalotpatti</i>	1.75	1.4	0.35	20%	.745	.167	2.101	.049	S.
<i>Kandu</i>	2.05	0.85	1.2	58.53%	.834	.186	6.439	.000	H.S.
<i>Raag</i>	1.6	0.75	0.85	53%	.671	.150	5.667	.000	H.S.
<i>Toda</i>	1.55	0.75	0.8	51%	.894	.200	4.000	.001	H.S.
<i>Rogapunarudbhavan</i>	1.9	0.95	0.95	50%	.394	.088	10.782	.000	H.S.



Statistical showing the effect of therapy on various objective criteria in 20 patients of group A

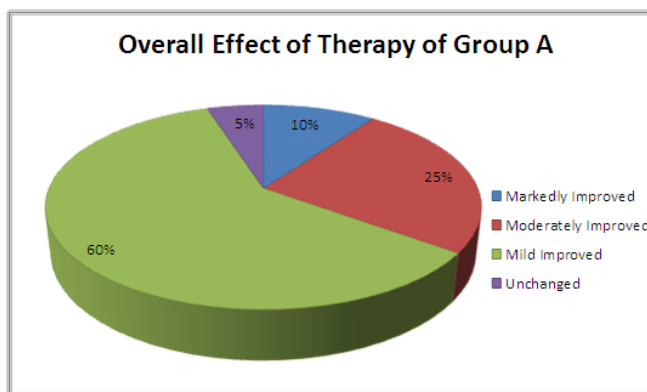
Objective parameters	Mean		Mean Difference	% of relief	S.D	S.E.	t-value	p-value	Remark
	BT	AT							
Hb%	11.5650	12.1050	-54000	-466	.32991	.07377	-7.320	.000	HS
TLC	8.5594	8.2322	3.27250	38.232	413.09268	92.37033	3.543	.002	HS
DLC-N	63.1000	66.2000	-3.1000	-4.912	4.26615	.95394	-3.250	.004	HS
DLC-L	24.7500	26.6500	-1.9000	-7.676	4.03798	.90292	-2.104	.049	S
DLC-E	4.2000	2.0500	2.15000	51.190	1.95408	.43695	4.921	.000	HS
ESR	17.2500	9.8000	7.45000	43.188	5.64265	1.26173	5.905	.000	HS
IgE	1.4278	1.3530	7.47900	523.81	16.88439	3.77546	1.981	.062	NS

Statistical showing the effect of therapy on various objective criteria in 20 patients of group B

Objective parameters	Mean		Mean Difference	% of relief	S.D.	S.E.	t-value	p-value	Remark
	BT	AT							
Hb%	11.2600	12.1300	-87000	-772	.69895	.15629	-5.567	.000	HS
TLC	8.5454	8.3014	2.44100	28.565	407.453	91.10947	2.679	.015	S
DLC-N	64.4500	67.2000	-2.75000	-4.266	3.44697	.77077	-3.568	.002	HS
DLC-L	23.6500	26.600	-2.95000	-12.47	3.03445	.67852	-4.348	.000	HS
DLC-E	3.9500	1.8500	2.10000	53.164	1.29371	.28928	7.259	.000	HS
ESR	16.8500	11.2000	5.65000	33.531	4.56848	1.02154	5.531	.000	HS
IgE	1.3610	1.3218	3.92500	288.39	10.41274	2.32836	1.686	.108	NS

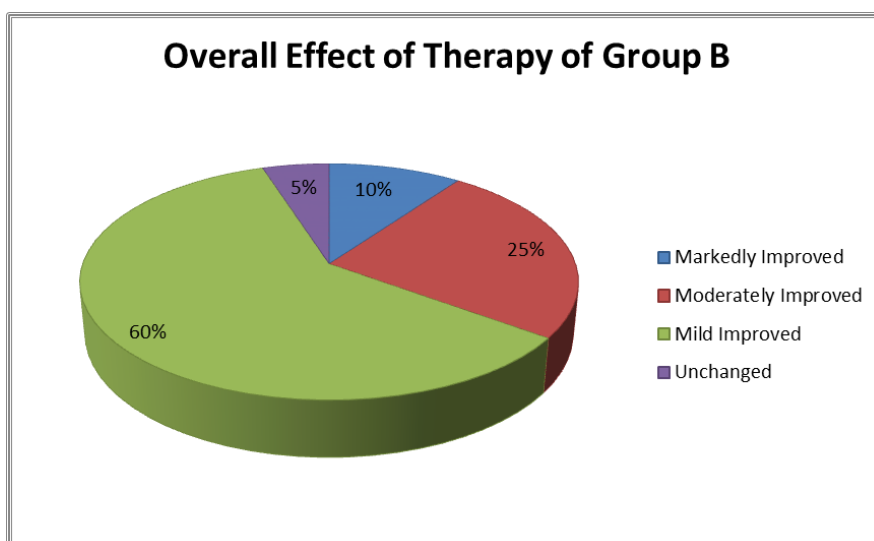
Overall Effect of therapy on Yastyadi Kwatha and Durvadi Lepa Group A.

S. No.	Assessment	No. of Pateints	Percentage
1.	Markedly Improved (76-100%)	6	30%
2.	Moderately Improved (51-75%)	7	35%
3.	Mild Improved (26- 50%)	6	30%
4.	Unchanged (0-25%)	1	5%



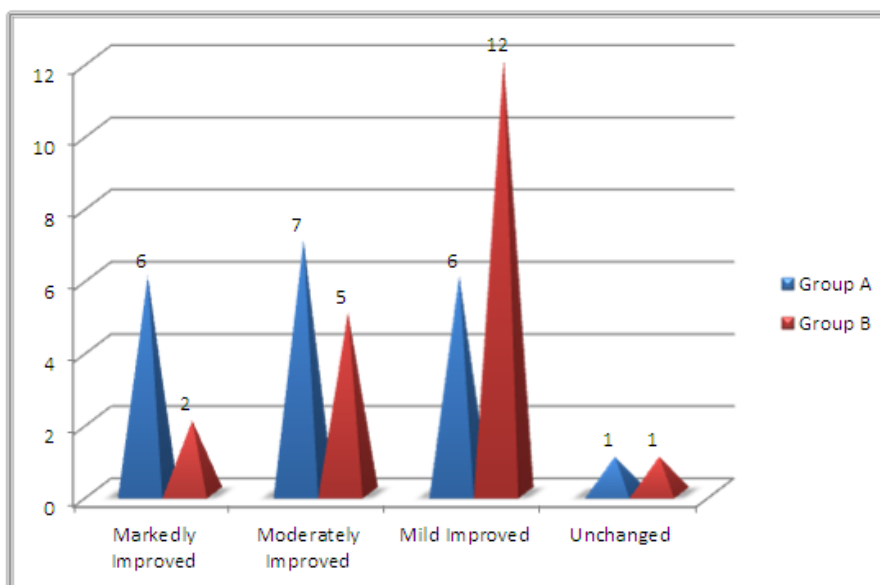
Overall Effect of Therapy on YastyadiKwatha Group B

S. No.	Assessment	No. of Pateints	Percentage
1.	Markedly Improved (76-100%)	2	10%
2.	Moderately Improved (51-75%)	5	25%
3.	Mild Improved (26- 50%)	12	60%
4.	Unchanged (0-25%)	1	5%



Comparison of overall effect of group A and B

S.N.	Assessment	Group A		Group B	
		No. of pateints	%	No. of pateints	%
1.	Markedly improved (75-100%)	6	30%	2	10%
2.	Moderately improved (51-75%)	7	35%	5	25%
3.	Improved (26-50%)	6	30%	12	60%
4.	Unchanged (0-25%)	1	5%	1	5%



Showing the effect of therapy on follow up (30 days) in different groups.

S.No.	Clinical Assessment	During Follow up			
		Group A		Group B	
		No. of pt.	Percentage	No. of pt.	Percentage
1.	Recurrence	6	30%	9	45%
2.	Not Recurrence	14	70%	11	55%

DISCUSSION

- Chief complains reported were *Vartidamsa Samsthana Shotha* observed in 100%, *Rogapunarudbhavan* in 100 %, *Kandu* in 95 %, and *Raag* observed in 92.5%, *Mandalopatti* in 87.5%, and *Toda* in 75% of patients.
- The subjective parameter, improvement in cardinal signs and symptoms in the present study is 66.66% & 44.73% in *Varatidamsa Sansthan Sopha*, 54.05 % & 20% in *Mandalotpatti*, 58.97 % & 58.53% in *Kandu*, 73.17 % & 53% in *Raag*, 47.36% & 51% in *Toda*, 43.58% & 50% in *Rogapunarudbhavan* among Trail Group A (*YastyadiKwatha and DurvadiLepa*) & Trail Group B (*YastyadiKwatha*) respectively. This shows the case achieved more benefit by Trail Group A than Trail Group B.
- The objective parameters, the study was evaluated in percentage against different objectives. The percentage being 38.232% & 28.565% in TLC, - 4.912% & -4.266% in DLC-N, -7.676% & -12.47% in

DLC-L, 51.190% & 53.164% in DLC-E, 43.188% & 33.531% in ESR 523.81% & 288.39% in IgE, among Trial Group A and Trial Group B respectively. This shows the cases achieved more benefit in Trial Group A than Trail Group B.

- The clinical assesment of result shows that In Group A maximum patient 7 (35%) were moderately improved, 6, (30%) showed Markedly improved, 6, (30%) were Improved, 1(5%) were unchanged.
- Where as in Group B, 12 (60%) patients were Mild Improved, 5(25%) patient showed Moderately improved, 2(10%) patient Markedly improved, and 1(5%) patient were unchanged. Hence it can be said that *Yastyadi Kwatha* and *Durvadi Lepa* play important role in the management of *Sheetapitta*.

CONCLUSION

- *Yastyadi kwatha* and *Durvadi lepa* is effective in the remission of the symptoms of *Sheetapitta* as

evidenced by statistically significant reduction in the symptom score.

- The treatment is effective and equally safe.

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