RESEARCH ARTICLE

CLINICAL STUDY OF EFFICACY OF SHASHANKHLEKHADI CHOORNA IN KUSHTHA (CHAKRADATTA)

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Manuscript Info	*Abstract*

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Present study deals with evaluation of efficacy of ShashanklekhadiChoorna in the management of DadruKushtha. Study was done in 30 patients who were suffering from DadruKushtha. Drug ShashankhlekhadiChoorna was given to patients in dose of 3 gms twice a day inPragbhakta with Tiltail as Anupana. Study period was of 28 days. The patients were assessed on the basis of subjective parameters i.e.Kandu (Itching), Daha (Burning sensation), Raga (Colour changes), Pidaka (Eruptions) and objective parameters i.e. Size of Lesions and No. of Lesions. Medicine proved to be effective for Dadru.

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Introduction:-

In Ayurveda; skin diseases have been classified under the broad heading of "Kushtha" which are further sub-classified into Mahakushtha&Kshudrakushtha. Acharya Charaka mentioned Dadru in Kshudrakushtha whereas AacharyaSushruta has mentioned DadruKushtha in Mahakushtha. Dadru is one of the Kapha-Pitta PradhanaVikara.Dalhana commentary on Sushruta Samhita classifies Dadru into two - Sitha and Asitha. He interprets that; Dadru, which is mentioned by Sushruta under MahaKushta, must be Asitha type of Dadru because of its chronicity, affected dhatus (one after the other), associated with excessive pain and very difficult to cure. Dadru, which is mentioned by Acharya Charaka under KshudraKushtha; must be of Sitha variety. According to most of ayurvedic texts, all types of Kushtha have been considered as Tidoshaja (having predominance of all three Doshas) and mainly RaktaDoshajaVikara.

As per modern perspective disease Dadru comes under "Superficial fungal infection of skin" the most common dermatological manifestation affecting all age groups. Tinea/Ringworm infection is caused by a distinct class of fungi. They thrive in keratin layer of the epidermis, nails and hair. However, they do not invade the living epidermis. In modern science, Tinea is treated with topical or systemic antifungal, corticosteroids.

Chakradatta have described 'Shashankalekhadichoorna' as Dadrughna. It is explained in the texts that oral administration gives relief from symptoms of Kushtha. Vidanga from 'Sashankalekhadichoorna, itself is; described in Kushthghna and KrimighnaMahakashaya of Charakacharya. According to VagbhatacharyaChitrak and Nimba act as Kushthghna and Krumighna. Most of the ingredients of this choorna have Katu, Tikta rasa, Ushnavirya and Katuvipaka. It act as a Raktadushtihara, Raktaprasadana and Kandughna which help to break the samprapti of Dadrukushtha.

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Aim and Objectives:-

To evaluate efficacy of Shashanklekhadichoorna (Chakradatta) in the management of DadruKushtha.

Material and Methods:-

No.of patients-	30 Patients
Drug-	ShashanklekhadiChoorna
Duration of Study-	28 days
Dose-	3 gm twice a day
Route of administration-	Oral
Anupan-	Til tail
Kala-	Pragbhakta
centre of study-	Ayurvedmahavidyalaya and sethR.V.ayurved hospital sion Mumbai, 22.

Follow Up

Clinical follow up was advised as:-
1st follow up 7th day.
2nd follow up 14th day.
3rd follow up 21st day.
4th follow up 28th day

Inclusion Criteria

1. Patient in the age group of 18 years to 60 years.
2. Patients of both genders were included.
3. Patient having classical sign and symptoms of Dadru.

Exclusion Criteria

1. Pregnant women and lactating mothers.
2. Serious systemic disorders like uncontrolled DM, CA of skin.

Drug

Shashanklekhadichoorna
Reff. – Chakradatta
Ingredients of Shashanklekhadichoorna

Sr. No.	Sanskrit name	Botanical name	Proportion
1	Bakuchi	Psoralea corylifolia	1 Part
2	Vidanga	Embeliaribes	1 Part
3	Pippali	Piper longum	1 Part
4	Aamalaki	Emblica officinalis	1 Part
5	Chitrakmula	Plumbago zeylanica	1 Part
6	Mandoorbhasma	Ferric oxide	1 Part
7	Tiltaila	Sesamum indicum	

Preparation of Shashanklekhadichoorna
Materials for choorna

Aoushadhidravya- Dry choorna of Bakuchi, Vidanga, Pippali, Aamalaki, Chitrakmula, Mandoorbhasma.

Proportion of material- each drug was taken in part 1.

Procedure:-

All dry choorna were mixed properly and packed into packets .

Gradation For Subjective Parameters

	KANDU (ITCHING)	Grade
1.	No Itching	0
2.	Occasionally mild Itching	1
3.	Mild continuous Itching	2
4.	Moderate Itching	3
5.	Severe Itching	4

	DAHA(BURNING SENSATION)	Grade
1.	No Inflammation	0
2.	Mild Inflammation	1
3.	Moderate Inflammation	2
4.	Severe Inflammation	3
5.	Severe erythematous Inflammation with prominent erythematous base	4

	PIDAKA(ERUPTION)	Grade
1.	No Pidaka	0
2.	Few Piaka	1
3.	Pidaka at border	2
4.	Some lesions with Pidaka	3
5.	All Lesions with Pidaka	4

	AARAKTAVARNATA(COLOUR CHANGES)	Grade
1.	Normal Skin colour	0
2.	Pink colour	1
3.	Pinkish red colour	2
4.	Red colour	3
5.	Blackish blue colour	4

Gradation For Subjective Parameters

	SIZE OF LESIONS	Grade
1.	No Lesions	0
2.	Small Lesions (1-5 cm)	1
3.	Medium Lesions (5-10 cm)	2
4.	Large Lesions (11-15 cm)	3
5.	Huge Lesions (>15 cm)	4

	NO. OF LESIONS in specific area	Grade
1.	No Lesions	0
2.	1-5 Lesions	1
3.	6-10 Lesions	2
4.	11-15 Lesions	3
5.	16 and more Lesions	4

Subjective as well as objective data was analysed by using 'Wilcoxon matched-pairs signed-ranks test

- **Assessment of Kandu**

	Kandu - BT	Kandu – AT
Type of Scale	Categorical – Ordinal	
Sample Size (n)	30	30
Mean ± SD	3.6 ± 0.86	0.9 ± 0.55
Median	04.00	01.00
Range	00 to 04	00 to 02
Statistical test applied?	Wilcoxon matched-pairs signed-ranks test	
	Sum of all signed ranks (W) = 435.00	

	Number of pairs = 29	
P Value	**The two-tailed P value is < 0.0001, considered extremely significant.**	
Inference	**There is statistically significant difference between medians of Kandu before and after the treatment.**	

- **Assessment of Daha**

	Daha - BT	Daha – AT
Type of Scale	Categorical – Ordinal	
Sample Size (n)	30	30
Mean ± SD	1.53 ± 1.36	0.3 ± 0.47
Median	01.00	00.00
Range	00 to 04	00 to 01
Statistical test applied?	Wilcoxon matched-pairs signed-ranks test	
	Sum of all signed ranks (W) = 210.00 Number of pairs = 20	
P Value	**The two-tailed P value is < 0.0001, considered extremely significant.**	
Inference	**There is statistically significant difference between medians of Daha before and after the treatment.**	

- **Assessment of Araktata**

	Araktata - BT	Araktata – AT
Type of Scale	Categorical – Ordinal	
Sample Size (n)	30	30
Mean ± SD	2.43 ± 0.9	0.83 ± 0.75
Median	02.50	01.00
Range	01 to 04	00 to 02
Statistical test applied?	Wilcoxon matched-pairs signed-ranks test	
	Sum of all signed ranks (W) = 378.00 Number of pairs = 27	
P Value	**The two-tailed P value is < 0.0001, considered extremely significant.**	
Inference	**There is statistically significant difference between medians of Araktata before and after the treatment.**	

- **Assessment of Pidaka**

	Pidaka - BT	Pidaka – AT
Type of Scale	Categorical – Ordinal	
Sample Size (n)	30	30
Mean ± SD	1.4 ± 1.16	0.4 ± 0.5
Median	01.00	00.00
Range	00 to 04	00 to 01
Statistical test applied?	Wilcoxon matched-pairs signed-ranks test	
	Sum of all signed ranks (W) = 190.00 Number of pairs = 19	
P Value	**The two-tailed P value is < 0.0001, considered extremely significant.**	
Inference	**There is statistically significant difference between medians of Pidaka before and after the treatment.**	

- **Assessment of Size of Lesions**

	Size of Lesions – BT	Size of Lesions - AT
Type of Scale	Categorical – Ordinal	
Sample Size (n)	30	30
Mean ± SD	1.8 ± 1.0	1.03 ± 0.93
Median	1.50	01.00
Range	01 to 04	00 to 03
Statistical test applied?	Wilcoxon matched-pairs signed-ranks test	
	Sum of all signed ranks (W) = 171.00	

	Number of pairs = 18
P Value	**The two-tailed P value is < 0.0001, considered extremely significant.**
Inference	**There is statistically significant difference between medians of Size of Lesions before and after the treatment.**

- **Assessment of No. of Lesions**

	No. of Lesions - BT	**No. of Lesions - AT**
Type of Data	**Discrete – Non-Parametric**	
Sample Size (n)	30	30
Mean ± SD	1.23 ± 0.43	0.5 ± 0.5
Median	01.00	0.50
Range	01 to 02	00 to 01
Statistical test applied?	Wilcoxon matched-pairs signed-ranks test	
	Sum of all signed ranks (W) = 210.00 Number of pairs = 20	
P Value	**The two-tailed P value is < 0.0001, considered extremely significant.**	
Inference	**There is statistically significant difference between medians of No. of Lesions before and after the treatment.**	

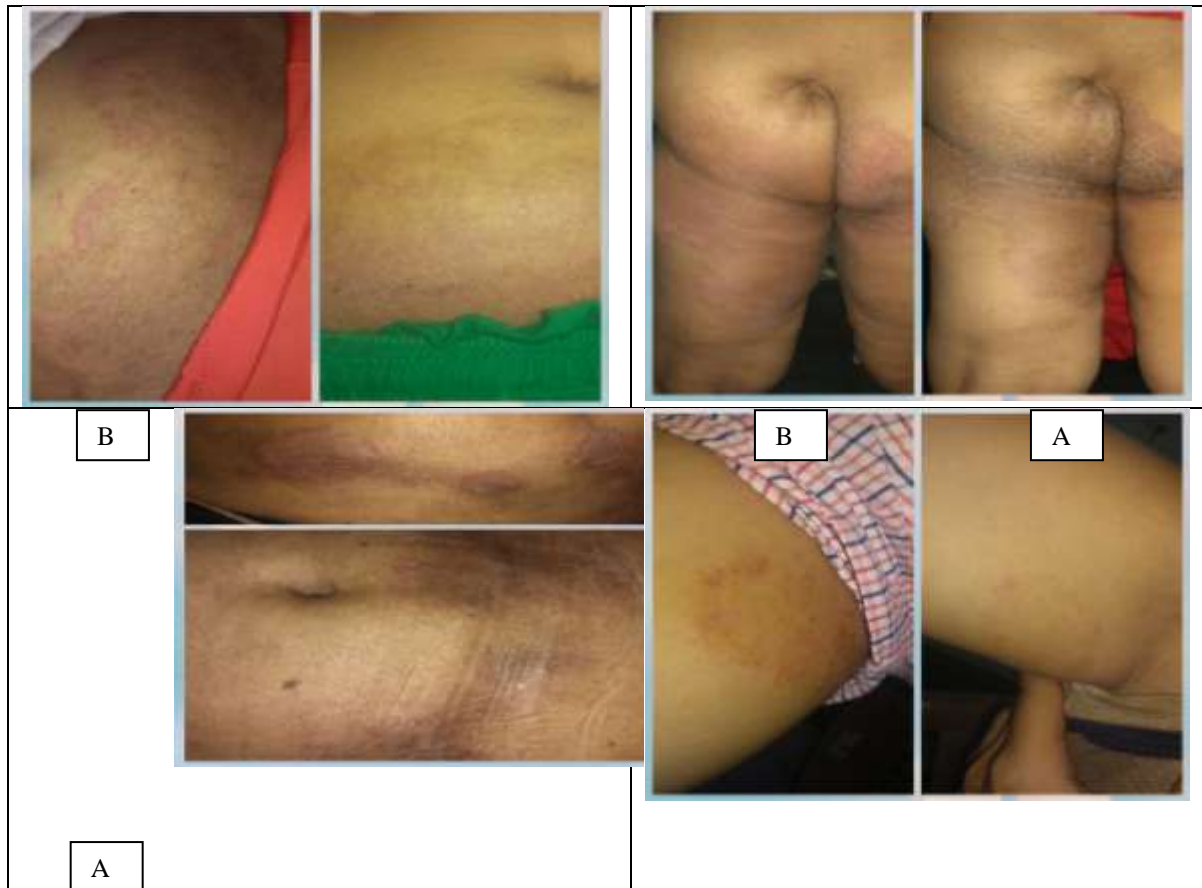| B		A		B		A

Shashanklekhadichoorna result- Before treatment and After treatment

Discussion:-

The median score of Kandu before treatment was 04 (range 00 – 04) which has got changed to 01 (range 00 – 02). The improvement in Kandu with 28 days of treatment with ShashanklekhadiChoornawas found to be statistically significant (p < 0.0001).

The median score of Daha before treatment was 01 (range 00 – 04) which has got changed to 00 (range 00 – 01). The improvement in Daha on 28 days of treatment with ShashanklekhadiChoornawas found to be statistically significant (p < 0.0001).

The median score of Pidaka before treatment was 01 (range 00 – 04) which has got changed to 00 (range 00 – 01). The improvement in Pidaka on 28 days of treatment with ShashanklekhadiChoornawas found to be statistically significant (p < 0.0001).

The median score of Araktata before treatment was 2.5 (range 01 – 04) which has got changed to 01 (range 00 – 02). The improvement in Araktata on 28 days of treatment with ShashanklekhadiChoornawas found to be statistically significant (p < 0.0001).

The median score of number of lesions in Trial Group before treatment was 01 (range 01 – 02) which got changed to 0.5 (range 00 – 01). The improvement in number of lesions on 28 days of treatment with ShashanklekhadiChoornawas found to be statistically significant (p < 0.0001).

The median score of size of lesions in Trial Group before treatment was 1.5 (range 01 – 04) which got changed to 01 (range 00 – 03). The improvement in size of lesions on 28 days of treatment with ShashanklekhadiChoornawas found to be statistically significant (p < 0.0001).

Conclusion:-

ShashanklekhadiChoorna is efficacious in relieving all symptoms of DadruKushthasuch as Kandu, Daha, Pidaka, Araktata as well as reduction in size and number of lesions.

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