

Comparative study of
Kākodumbarika (Ficus hispida)
as a *virecana* and
Pāriṣa (Thespesia populnea) as a
samśamana in the treatment of
Vicarcikā (Eczema)



Thesis submitted for Master of Philosophy (*Āyurveda*)

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SUMMARY AND CONCLUSION

The thesis titled “Comparative study of *Kākodumbarika* (*Ficus hispida*) as a *virecana karma* and *Pārāsa* (*Thespesia papule*) as a *samśamana karma* in the treatment of *vicarcikā* (Eczema)”, comprises of five parts such as Literature review, Material and methods, Observations and results, Experimental study, Discussion and Summary and conclusion.

In this study the aetiological factors of *vicarcikā*, clinical trial of *virecana karma* with *F. hispida* and *samsamana karma* with *T. populnea* in *vicarcikā*, experimental study on purgative action of *F. hispida* and anti-inflammatory action of *T. populnea* was undertaken.

Vicarcikā is one of *kṣudra kuṣṭha*, having blackish brown eruptions associated with itching and excessive exudation. This disease can be correlated with eczema in modern medicine, characteristic with erythematous, papulo-vesicular, oozing, crusting, scaly, lichenified and possibly pigmented, creates discomfort, disability and depression.

According to *āyurveda*, the aetiological factors of *Āhāra* (dietatic factors), *Viharaṇa* (habits), *Auśadha* (medicine), *Ādhyatmika* (mental), *Kulaja* (hereditary), *Samcrāmika* (contagious) and *Viśaja* (poisons) lead to create *vicarcikā*. In modern medicine contact allergens and irritants, friction, low humidity and high temperature, UV light, genetic factor, infection, atopic condition, drugs, food and state of digestion and psychological factors are mentioned as aetiological factors of eczema.

According to the authentic texts in *āyurveda*, skin diseases can be managed with *śodana* (elimination therapy), *samśamana* (alleviation therapy) and *nidāna parivarjana* (avoidance of causative factors). Considering the above treatment line this study went on, to find out the efficacy of *Kākodumbarika* (*Ficus hispida*) as a *virecana karma* and *Pārūsa* (*Thespesia populnea*) as a *samśamana karma* in the treatment of *vicarcikā*.

The efficacy of the treatment was assessed on basis of symptomatic relief of the disease. When comparing treatment groups with each other, the higher reliefs of symptoms were observed in *kaṣāya* (decoction of *Thespesia populnea*) and **combined** therapy (*vicrcana* + *kaṣāya*). A low relief of symptoms was observed in *vicrcana* therapy (*vicrcana* with *Ficus hispida*) and the lowest in group *Virecana placebo*.

The experimental study was carried out with stem bark extract of *T. populnea* using Wistar rats. The results show that it has dose dependent anti-inflammatory activity when evaluated in acute inflammatory models. Overt signs of general toxicity, and hepatotoxicity and renal toxicity were not observed in Wistar rats.

If the drug has an anti-inflammatory action it will help to reduce inflammation in *eczema* (*vicarcikā*). The results of the animal experiment also proved the *āyurveda* theory and results of the clinical study.

The second experimental study was carried out with the extract of the bark of *F. hispida* as a purgative drug in mice models. The results have shown (144mg/kg) a mild purgative activity and it did not show any overt signs of general toxicity and chronic toxicity. According to *āyurveda* a drug with *virecana* (purgation) property, helps to

reduce *vicarcikā* by expelling the vitiated *doṣās* from the body. This experiment also proves the *āyurveda* theory and the results of the clinical study.

CONCLUSION

1. In this study, intake of *asātmika āhāra* (unwholesome food), *snigdha āhāra* (oily food), *matsya āhāra* (excessive intake of fish), *viruddha āhāra* (incompatible food), *sahaja hetu* (genetic factor) and *ahita mānasika tatva* (abnormal mental condition) were observed as main causes of *vicarcikā*. Hence, it further proves the theories on aetiological factors that are discussed in both *Āyurveda* and Modern medicine.
2. Decoction of *Pāriṣa -Thespesia populnea* completely or partially reduces the symptoms of *vicarcikā*, further ascertaining the facts given in the *Āyurvedic* text.
3. *Virecana karma* with (*Kākodumbarikā*) *Ficus Hispida* also reduces the symptoms of *vicarcikā* as explained in *Āyurvedic* texts. It further proves that its purgation and emetic action noted in *Āyurveda* text.
4. *Virecana karma* with fresh juice of *Ficus hispida* and decoction of *Thespesia populnea* (combined therapy) indicates a very high effectiveness in reducing the symptoms of *vicarcikā*.
5. Out of all the therapies (i.e *Virecana*, *Virecana placebo*, *Kaṣāya*, *Kaṣāya placebo* and combined therapy), *Kaṣāya* and Combined therapy have very high effectiveness

of reducing the symptoms of *vicarcikā* without any statistical significant difference between both groups.

6. Considering the total effect of therapy, *Kaṣāya* and **combined** therapies shows very highly effects of relieving the symptoms of *vicarcikā*. *Virecana* therapy shows less effect of relieving the symptoms of *vicarcikā*, and the least effect was shown in *Virecana placebo*.
7. The *Ghanasāra* of *Thespesia populnea* has dose dependent anti-inflammatory activity in animal models.
8. The stem bark extract *Ficus hispida*, as a purgative drug, shows (144mg/kg) mild purgative activity in animal models.
9. No toxicity was observed in stem bark extract of *Thespesia populnea* and *Ficus hispida* during the long term treatment (thirty days) in animal models.