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## A CLINICAL STUDY TO EVALUATE THE EFFICACY OF PANCHAVALKADI TAILAM IN IRRITANT POSONING W.S.R TO...

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## A CLINICAL STUDY TO EVALUATE THE EFFICACY OF PANCHAVALKADI TAILAM IN IRRITANT POSONING W.S.R TO CEMENT ALLERGY

### ABSTRACT

Ayurveda has mentioned different types of poisons, characteristic symptoms and its management. Unique concepts of Dooshivisha and Garavisha are mentioned by Agadatantra, which plays a major role in the manifestation of disease. Cement allergy is caused by the physical properties of cement that irritate the skin mechanically. Panchavalkaditailam explained in 'Sahasrayogam' is found effective in cement allergy. Initially the various ingredients of formulation of Panchavalkaditailam mentioned in Sahasrayogam procured after proper identification. The various ingredients are Panchavalka, Nisha, Gopi, Tila taila, Rambha, Udakakanda, Madhooka, twak, sevya, Amaya, Chandana.

Fifteen patients from various construction sites, suffering from cement allergy coming under inclusion criteria were randomly selected.

### RESULT

Ingredients in panchavalkaditailam is having dahaprasamana, kandugna and vruropana action. Synergistic or combined action of ingredients helps in treating the major symptoms like itching, burning sensation, skin cracks and blisters.

The overall result shows there is a significant effect in treatment with Panchavalkaditailam in the symptoms of cement contact dermatitis.

Keywords:PanchavalkadiTailam,Cement allergy

### INTRODUCTION

Healthy body and healthy mind make a man master in the art of happy living.Living in twenty first century, man has discovered plenty of scientific methods and techniques. He is exposed to various types of chemicals which are having mild to severe poisonous effect, resulting in different diseases. One among them is 'cement allergy.' Ayurveda has mentioned different types of poisons, their characteristic symptoms and its management. Today human beings are facing multitude of problems. The reason behind this is rapid industrialization and commercialization. Onclose observation over this, we can consider the cause of all being indiscriminate use of resources and which lead to endogenous and exogenous toxicity. These problems well explained in Agadatantra, subject deals mainly natural poisons and artificial poisons (garavisha).

32 'Panchavalkaditailam' explained in Sahasrayogam is effective in Raktapittapradhana disorders. The  
33 ingredients present in this yoga having Dahagna, Vishagna, Kandugna and Vrunaropana action. This  
34 medicine is very cost-effective and potent enough to cure the disease and patient can take it as per their  
35 convenience. Being a combination of drugs bearing similar qualities a synergistic action can be assumed  
36 and 'Panchavalkaditailam' is a logical choice.

37

## 38 CEMENT ALLERGY

39 The word 'allergy' refers to an altered reaction or hyper-sensitivity to a particular substance which a  
40 majority of individuals can tolerate easily. Cement allergy is an allergic reaction in response to external  
41 stimulus acting either as an allergen or an irritant.

42 Cement allergy is an allergic reaction to chemicals in cement like hexavalent chromium can cause  
43 occupational dermatitis, characterized by skin irritation, itching, and potentially severe reactions  
44 like cement burns.

45

## 46 MECHANISM OF DISEASE PROCESS

12 The skin allergy really begins with a process called sensitization. It starts with a penetration of allergic  
5 substance in to the outer layer of skin. This process starts from 4 days to 3 weeks. Once penetrated, the  
49 allergic substance combines with in natural skin proteins. The combination formed by allergic substance  
50 and skin protein is then carried throughout the body by white blood cells called lymphocytes. When  
7 sensitized workers are exposed to cement, lymphocytes recognize allergen and react with it and release  
52 tissue damaging chemicals which causes itching, pain, redness, swelling and formation of small blisters  
53 on skin.

54 In Ayurveda, 'Gara Visha' refers to an artificial poison formed by the combination of two or more  
55 substances, leading to chronic toxicity and various health problems.

56 It is Acharya Delhana who clearly mentions that garavisha has its domain not only in annapana (foods  
57 and drinks) but can be used in a variety of medium. In present era, exposure to many chemicals, toxins,  
58 pollution, etc. give rise to contact dermatitis in hyper sensitive persons.

59

## 60 OBJECTIVE

61 To evaluate the effect of Panchavalkaditailam in irritant cement contact dermatitis.

62

## 14 INCLUSION CRITERIA

- 64 1. Patients between 18 to 60 years of age.
- 65 2. Patients with continuous exposure to cement.

66 3. Patients irrespective of age, sex and religion are taken.

## 67 **EXCLUSION CRITERIA**

68 1. Patients suffering from other systemic diseases or other skin diseases that interfere with  
69 prognosis and treatment of disease.

70 2. Patients suffering from fatal diseases like skin carcinoma

71

## 72 **TREATMENT PROTOCOL**

73 Fifteen patients fulfilling the diagnostic and inclusion criteria will be selected randomly. Diagnosed  
74 patients of cement allergy, Panchavalkaditailam was applied externally twice daily for 4 weeks.

75

## 9 **ASSESSMENT CRITERIA**

77 Effect of treatment will be assessed on the basis of gradation for both subjective and objective  
78 parameters before and after treatment.

79

## 80 **SUBJECTIVE PARAMETERS**

- 81 • Itching
- 82 • Burning sensation

83

## 84 **OBJECTIVE PARAMETERS**

- 85 • Scaling
- 86 • Cracking
- 87 • Bleeding
- 88 • Blisters

89

## 90 **METHODOLOGY**

92 Different phases of the study: The current study was carried out through different systematically  
designed steps to get unbiased results. The following steps were adopted to complete the study.

93 1. Preparation of Panchavalkadithailam

94 2. Preparation of case proforma

95 3. Conceptual study

- 96 4. Study design
- 97 5. Collection and analysis of data
- 98 6. Discussion and interpretation of findings
- 99 7. Conclusion of the study

100

101 **DRUG REVIEW - PANCHAVALKADI TAILAM**

102 Panchavalkaditailam explained in sahasrayogamis effective in raktapittapradhanadisorders. The  
 103 ingredients in Panchavalkaditailam are:

104

No.	Ingredients
1	Panchavalkala
2	Nisha
3	Gopi
4	Tilataila
5	Kadhali
6	Kumudam
7	Yashtimadhu
8	Twak
9	Sevya
10	Amaya
11	Chandana

105

106 Here panchavalkaditailam has both Vishagna as well as Kushtagnaproperties. Panchavalka is the barks of  
 107 five trees. These are also known as 'Panchaksirivrikshas'. The drugs grouped under panchavalkala  
 108 are Nyagrodha, Udumbara, Aswatha, Plaksha and Parisha.

109

INGREDIENTS	BOTANICAL NAME	FAMILY	PROPERTIES
NYAGRODA (VATA)	Ficus Bengalensis Linn chronic	Moraceae	Rasa – Kashaya Guna - Guru, Rooksha. Veerya - Sheeta, Vipaka- Katu, Karma - Dahagnata, Vrnahara, Visarpahara. Doshagnata-- kapha pittahara.
UDUMBARA	Ficus racemosa Linn	Moraceae	Rasa - Kashaya,

			<p><b>Guna</b> - Guru, Rooksha  <b>Veerya</b> - Sheeta,  <b>Vipaka</b>- Katu  <b>Karma</b> - Vranasodhaka, Vranaropaka, Dahahara, Trsnahara, Raktadoshahara  <b>Doshagnata</b>- kapha pittahara.</p>	
11	ASWATHA	Ficus religiosa Linn	Moraceae	<p><b>Rasa</b> - Madhura, kashaya, Tikta.  <b>Guna</b> -Guru, Rooksha.  <b>Veerya</b> - Sheeta.  <b>Vipaka</b>- Katu  <b>Karma</b> – Rakthapittahara, Vranahara, Dahahara.  <b>Doshagnata</b>- Kapha pittahara.</p>
3	PLAKSHA	Ficus microcarpa Linn.	Moraceae	<p><b>Rasa</b> - Kashaya,katu.  <b>Guna</b> - Rooksha.  <b>Veerya</b> - Sheeta  <b>Vipaka</b>- Katu.  <b>Karma</b> -Dahahara, Raktapittahara, Vranadaha.  <b>Doshagnata</b>-, Rakta, Pitta, Kaphahara.</p>
6	PARISHA	Ficus arnottiana	Moraceae	<p><b>Rasa</b>- Kashaya, madhura, Amla.  <b>Guna</b> - Laghu, Ruksha, snigdha.  <b>Veerya</b> - Sheeta.  <b>Vipaka</b>- Katu.  <b>Karma</b> - Dahahara, Sandhaniya.  <b>Doshagnata</b> - Pitta vatahara</p>
6	HARIDRA(NISHA)	Curcuma longa	Scitaminae	<p><b>Rasa</b> - Tikta, Katu.  <b>Guna</b> - Ruksha, laghu.  <b>Veerya</b> - Ushna.  <b>Vipaka</b> - Katu.  <b>Karma</b> - Kapha vata hara, Lekhana, Vishaghna.  <b>Doshagnata</b> - Pitta vatahara</p>
4	GOPI(SARIVA)	Hemidismus indicus	Asclepiadaceae	<p><b>Rasa</b> -Madhura Tikta  <b>Guna</b> - Guru, Snigdha</p>

			<b>Veerya</b> - Sheeta <b>Vipaka</b> - Madhura <b>Karma</b> - Grahi <b>Doshagnata</b> - Thridoshasamaka mainly pittagna	
13	TILATAILA	Sesamum Indicum Linn.	Pedaliaceae	<b>Rasa</b> - Madhra, kashaya, Tikta. <b>Guna</b> - Guru Snigdha. <b>Veerya</b> - Ushna. <b>Vipaka</b> - Madhura. <b>Karma</b> - Twachya, Balya <b>Doshagnata</b> - Thridoshasamaka mainly pittagna
10	KADALI	Musa paradisiacal Linn	Musaceae	<b>Rasa</b> - Madhurarasa <b>Guna</b> - Guru snigdha <b>Veerya</b> - Sheeta <b>Vipaka</b> - Madhura <b>Karma</b> - Dahahara, Brmhana, Vrsya. <b>Doshagnata</b> - Pittagna
16	KUMUDAM	Nymphaea nouchali	Nymphaeaceae	<b>Rasa</b> - Madhura <b>Guna</b> - Snigda <b>Veerya</b> - Sheeta <b>Vipaka</b> - Madhura <b>Karma</b> - Trsna, Daha, Sphota, Vishahara <b>Doshagnata</b> - Pittagna
15	YASHTIMADHU	Glycyrrhiza glabra Linn	Fabaceae	<b>Rasa</b> - Madhura. <b>Guna</b> - Guru, Snigdha. <b>Veerya</b> - Sheeta. <b>Vipaka</b> - Madura <b>Karma</b> - Dahahara ,Vishahara <b>Doshagnata</b> - Kapha pittahara
4	TWAK	Cinnamomum Zeylanica	Lauraceae	<b>Rasa</b> - Katu, Tikta, Madhurarasa. <b>Guna</b> - Laghu, Rooksha, Teekshna. <b>Veerya</b> - Usna. <b>Vipaka</b> - Katu. <b>Karma</b> - Vatapittahara <b>Doshagnata</b> - Pittahara
11	SEVYA (USHIRA)	Vetiveriazizanooides	Graminae	<b>Rasa</b> - Tikta Madhura.

	Linn.		<b>Guna</b> - Ruksha, Laghu. <b>Veerya</b> - Sheetha. <b>Vipaka</b> - Katu. <b>Karma</b> - Kapha pittahara	
4	AMAYA(KUSHTA)	Saussurialappa	Asteraceae	<b>Rasa-Tikta, Madhura.</b> <b>Guna-Laghu, Ruksha.</b> <b>Veerya-Ushna.</b> <b>Vipaka-Katu.</b> <b>Karma-Vata</b> kapha hara, lekhaniya.
3	CHANDANA	Santalum album Linn	Santalaceae	<b>Rasa - Tikta, Madhura.</b> <b>Guna - Laghu Rooksha</b> <b>Veerya - Sheeta</b> <b>Vipaka - Katu.</b> <b>Karma-</b> Varnya, Dahaprasamana <b>Doshagnata-Kapha</b> vatahara.

110

#### 111 Drug Standardization and Safety Protocol:-

112 All the ingredients mentioned above were procured from the market. These were then authenticated by  
113 the experts.

#### 114 PREPARATION OF TAILA

Sl. No.	Ingredients	Quantity
1	Panchavalka	3kg
2	Nisa	3kg
3	Gopi	3kg
4	Tilatila	6lts
5	Rambha	100 gm
6	Udakakanda	100gm
7	Twak	100gm
8	Sevya	100gm
9	Amaya	100gm
10	Chandana	100gm

115

116 Taila was prepared on the basis of Taila Kalpanapreparation. At first Kashaya has to be prepared, then it  
 117 has to add with tilataila, till the Sneha Siddhi Lakshanas were obtained.

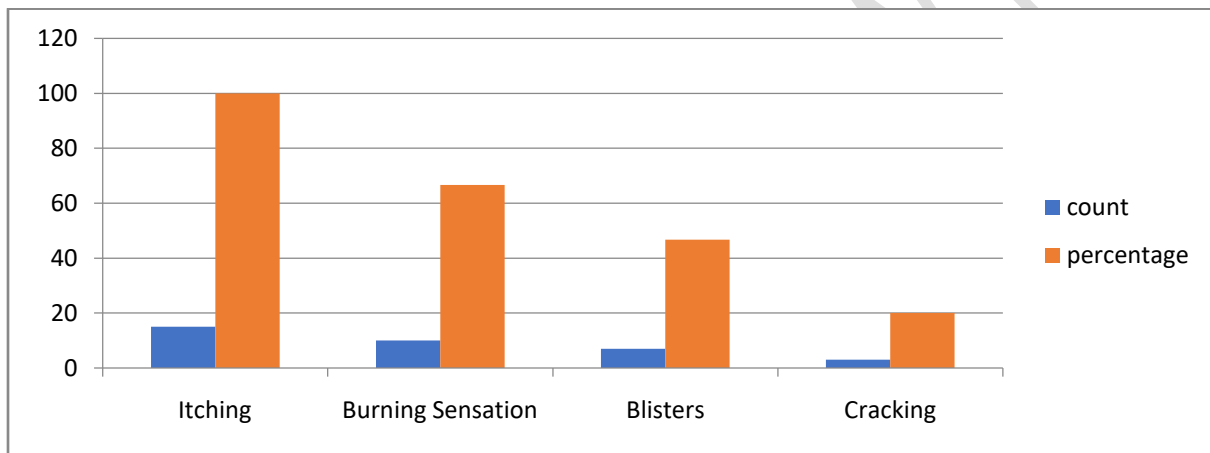
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119 **OBSERVATION**

Signs and Symptoms	count	Percentage
Itching	15	100
Burning Sensation	10	66.67
Blisters	7	46.67
Cracking	3	20

120

121 Signs and symptoms wise distribution of 15 patients showed that 100% of patients have itching, 66.67%  
 122 of patients have burning sensation, 46.67% of patients have blisters and 20% of patients have cracks.



123

124

125 **RESULT**

126 8 observations procured on the assessment parameters of 15 patients before and after treatment were  
 127 statistically analyzed to determine the effect of treatment with Panchavalkaditailam.

128

129 **PERCENTAGE OF RELIEF**

Symptoms	%of Relief
Itching	64.29
Burning Sensation	60
Blisters	50

Cracking	50.94	130
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132

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136

### 137 DISCUSSION

138 The drug Panchavalkaditailam is taken from text 'Sahasrayogam'.The ingredients in this taila  
139 haveDahaprasamana,Kandugna,Vishagna properties. The combined effect of ingredients helps in  
140 reducing the symptoms of cement allergy.

141 Panchavalkaditailam,a combination of drugs contains Kashaya,Tikta, Katurasa which exerts Kandugna,  
142 Kushtagna,Dahaprasamana and Twachya action on the skin. This relieves the symptoms of cement  
143 allergy such as burning sensation, itching, blisters and cracking. Dryness caused by the vitiation of vata  
144 dosha is reduced because of snigdaguna andvatahara properties of taila.

145

### 146 CONCLUSION

147 There are many medications related to skin ailments. Panchavalkaditailam which is explained in  
148 Sahasrayogam shows its efficacy in treating the symptoms like itching, burning sensation, cracking and  
149 blisters. The ingredients ofPanchavalkaditailam are potent enough to bring down the symptoms of  
150 cement allergy. Further studies can be conducted with internal administration of drugs along with  
151 Panchavalkaditailam to treat Cement allergy.

152

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