

CLINICAL EFFICACY OF RASATALESWARA RASA IN THE MANAGEMENT OF KITIBHA KUSTHA

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ABSTRACT

Kustha is a very obnoxious disease which can be compared to various skin diseases in the modern day science. Despite of great advancement in dermatology and the advent of powerful Antibiotics as well as steroids. Kitibha Kustha continues to challenge the best efforts of dermatologists. Skin diseases like Kitibha get a suitable atmosphere specially in developing countries, because of fast life style, industrial and occupational hazard, repeated use of chemical additives etc. Rasataleswara rasa is a Herbo-mineral formulation specifically prescribed for Skin diseases. The clinical study was carried out to evaluate the efficacy of Rasataleswara rasa in patients suffering from Kitibha Kustha. Patients were given Rasataleswararasa in a dose of 500mg tablet twice a day for 45 days randomly and results was evaluated on pre-test and post-test design. Statistically significant ($p < 0.01$) results were seen in subjective symptoms like Syavata, Kandu, Khinakharasarsa, Parushata giving a conclusion that Rasataleswara rasa is effective in the management of Kitibha Kustha.

KEYWORDS: *Kitibha Kustha, Herbo-mineral, Rasataleswara rasa*

INTRODUCTION

Skin is the chief wrap of the body, plays a chief role in maintaining barrier between internal and external environment. Specially, the healthy skin is the primary requirement for the attractiveness as well as having an attractive personality. Any disease that is related to skin leads to cosmetic problems and it not only causes physical uneasiness but also leads to social embracement and psychological uneasiness. Kustha is a very obnoxious disease which can be compared to various skin diseases in the modern day science. The drug chosen for present study is Rasataleswara rasa which was mentioned in Rasendra chintamani.¹ Here the study is

conducted for practical implication and clinical efficacy of Rasataleswara rasa in Kithibha Kustha.

Aims and objectives:

To evaluate the efficacy of Rasataleswara Rasa in kitiba kushta

MATERIALS AND METHODS

The patients having classical symptomatology of Kitibha Kustha have been selected from OPD of TTD's Sri Venketeswara Ayurvedic Hospital, Tirupati, irrespective to gender, Religion and Occupation etc.

The drug Rasataleswara rasa is prepared in Department of R.S & B.K Sri Venketeswara Ayurvedic College Tirupati. Total 35 patients with signs and symptoms of Kitibha Kustha

were registered. Out of which 30 patients completed the course of treatment.

Trail drug:

The drug chosen for the present study is Rasataleswara rasa

Table No 1: Showing the Results of preparation of Rasataleswara rasa:

S.NO	Weight of Drugs Taken	Quantity of Liquid Taken	Weight of final product (Rasataleswara Rasa)
1.	Kajjali - 360gms	Gomutra - 17litres and 280ml	4100gms
2.	Shankha Bhasma - 180gms		
3.	GunjaBija(Abrus precatrius) Churna - 180gms		
4.	Bhallataka)(Semecarpus Anacardium)bija churna -180gms		
5.	Karanja (Pongamia pinnata) bijaChurna -180gms		
6.	Chitramoola (Plumbago Zelylanica) twak Churna - 180gms		
7.	Apamarga(Achyranthes aspera)moola Churna-180gm		
8.	Punrarnava (Boerhaavia diffusa) moola Churna-180gms		
9.	Arka (Calotropis giganteaca) Ksheera -180ml		
10.	Kumari (Aloe vera) swarasa- 180ml		
11.	Haridra (Curcumalonga) Churna-180gms		
12.	Maricha (Piper nigrum) Churna-180gms		
13.	Vidanga(Embelia ribes) Churna-180gms		

Method of Preparation:

Suddha Parada and Suddha Gandhaka are taken in a Khalvan yantra and Kajjali has been prepared. To this Shankha bhasma,, Gunja churna, Bhallataka churna, Chitrakamoola churna, Karanja beeja churna, Apamarga churna, Punarnava moola churna, , Arka ksheera, Kumari swarasa are taken and made into homogenous mixture. To this eight times gomutra has been added and kept over mild fire till it become semisolid and dried in sunlight. After drying 500mg tablets are prepared.

Posology:

The actual dose according to reference is 1gm available in the commentary.² 500mg tablets were given twice in a day after food for Forty five days. Even though we did the Sodhana of upavishas mentioned in the yoga, it is not advisable to give on empty stomach. Madhu is taken as anupana according to the commentary in the reference.

Pathya/Apathya: Kitibha Kusta is caused by Vata and Kapha doshas. Hence patients are suggested to avoid Vata/Kaphavardhaka ahara. Food items with allergic nature like

brinjal, milk foods, and non-veg should be avoided.

Protocol: Randomized Open - Labelled Clinical study:

Plan of study

Patients were selected by random sampling technique i.e. irrespective of age, caste, religion & occupation, they were advised to visit the hospital every 2 weeks for regular check up & to assess the effect of the therapy there by in case any patient leaves the treatment without completing 45 days he/she will be declared out from the research work.

Criteria for Inclusion of Patients:

Patients with typical features narrated in the classics under the heading of Kitibha Kustha.

Criteria for Exclusion of Patients:

Diabetes Mellitus

Heart disease

Tuberculosis

Malignancies

Leprosy

Coronary artery disease

Investigations:

Investigations like RBS, ESR, Total blood count etc. are carried out to rule out exclusion criteria. The results of the therapy were assessed after completion of treatment on the basing on two considerations.

Demographic parameters: General assessment of patients is carried out basing on various parameters like age, education, sex, location, religion, marital status, occupation etc...

Subjective Parameters: Criteria of assessment were kept based on relief in the sign and symptoms of Kitibha Kustha before & after the treatment. For this purpose, cardinal signs and symptoms were given scores.

Showing the Score of Subjective parameters of Rastaleswara rasa

S.No	Subjective parameter	Score 0	Score 1	Score 2	Score 3	Score 4
1	Shyava	No	Mild	Moderate	Severe	Extensive
2	Kina khara sparsa	No	Mild	Moderate	Severe	Extensive
3	Parusham	No	Mild	Moderate	Severe	Extensive
4	Rukshata	No	Mild	Moderate	Severe	Extensive
5	Kandu	No	Mild	Moderate	Severe	Extensive
6	Utsannatha	No	Mild	Moderate	Severe	Extensive

Showing criteria adopted for assessment of drug effect:

Sl.No	Interpretation of effect	Result of drug in percentage
1.	Complete remission	76% to 100%
2.	Markedly improved	51% to 75%
3.	Moderately improved	26% to 50%
4.	Unchanged	Below 25% relief

Statistical analysis:

The gathered information was subjected to statistical analysis in terms of Mean, Standard Deviation and Standard error.

Paired 't' test was carried out at $p < 0.05$, $p < 0.01$, $p < 0.001$. The obtained results were interpreted as

Insignificant : $P > 0.05$

Significant : $P < 0.05$

Highly significant : $P < 0.01$, $P < 0.001$

OBSERVATIONS

In the present study, 30 patients of Kitibha Kustha were registered. All the 30 patients of Kitibha Kustha were randomly selected. Total biostatistical data like age, sex, etc. of 30 patients of Kitibha Kustha who were registered for the present study, is as given below.

Age wise distribution: Highest incidence is in age group between 40-50 years.

Religion wise distribution: Most of the registered patients are Hindus.

Gender: The gender wise distribution of the patients reveals that 63.33% of the patients were male while 36.66% patients were female.

Marital status:: Majority of the patients i.e. 86.6% are married and 13.3% are unmarried.

Occupation: Out of 30 patients of Kitibha reported maximum number of patients i.e, Agriculture 36.6% were followed by 26.6% patients were housewives, 13.33% patients were students, 10% were businessmen.

Education: In this series 30% were uneducated followed by 26.6% patients were graduates 23.3% were primary and 20% are secondary.

Socio-economic status: In this series, 33.66% of patients were from lower middle class, 30% patients were poor followed by 23.33% patients were from middle class and 10% patients were rich.

Habitat: In this series, maximum number of patients i.e. 66.6% were coming from urban area, whereas 33.3% patients were from rural area.

Chronicity: Maximum number of patients i.e. 50% of patients had chronicity of 1-2 years, 34.61% had chronicity less than one year and 15.38% had chronicity of 3-5 years.

Aggravating factors: Maximum number of patients i.e. 43.33% had cold climate as aggravating factor, 33.3% had occupational, 26.66% had damp climate, 16% had diet and as aggravating factor.

Diet: Maximum number of patients i.e. 70% was of mixed diet and 30% were of vegetarian.

Sleep: The study shows 53.3% had disturbed sleep and 46.6% had moderate sleep.

Addictions: The study shows that maximum number of patients i.e. 63.33% didn't have any addiction, 23.33% were smokers, 13.33% had habit of drinking and 6.66% had habit of snuff.

Bowel: The above collected data reveals that maximum number of patients i.e. 43.33% had normal bowel habit and 56.66% had constipation.

Agni : In the clinical study maximum number of patients i.e. 36.33% had samagni, 33.33% with madhyamagni and mandagni and 23.33%.

Prakruti: In the clinical study, maximum numbers of patients were of Vata-kaphaja i.e. 43.3% Kapha-Pittaja were of 30.0% were of Vata Pitta Prakruti were of 26.6%.

Emotional stress: In the clinical study, 40% of patients didn't have any kind of emotional stress and 60% of patients had emotional stress.

Location of lesion: In the clinical study, maximum numbers of patients i.e. 63.33% had lesion in Lower limb, 26.6% had lesion in the upper limb and 10% had lesion in the middle part of the body.

Pradana Vedhana: The data reveals that all the patients had Syavata, Kinakharasarsa, parusha as 100% as their chief complaints, Utsannata had 93.3% Rukshata, 83.3% Kandu 73.3% as their associated complaints..

In the present study, 30 patients of Kitibha were treated with Rasataleswara *rasa*. The effect of this therapy on the subjective and

objective parameters of Kitibha patients are presented here.

Showing the statistics of Subjective Parameters

SYMPTOM	- n-	B.T	A.T	MEAN	% RELEIF	S.D	S.E	't'	P
Syavata	30	1.96	1.36	0.6	30.6%	0.56	0.10	5.83	0.01
Kinakhara sparsa	30	2.46	1.16	1.3	52%	0.59	0.10	11.8	0.01
Parushata	30	2.06	0.96	1.1	53.3%	0.60	0.11	9.94	0.01
Rookshata	25	1.9	0.9	0.9	47%	0.7	0.13	6.9	0.01
Kandu	22	1.2	0.3	0.9	75%	0.80	0.14	6.13	0.01
Utsannata	28	1.86	1.13	0.7	37.6%	0.58	0.10	6.8	0.01

Inference of statistical reports:

Above data clearly shows that Rasataleswara *rasa* gives Statistically highly significant relief in all the symptoms.

Showing overall assessment percentage of therapeutic effect.

Sl.No	Result obtained	No of Patients	% of patients
1	Complete remission	00	00
2	Marked Improvement	15	50
3	Moderate Improvement	13	43.3
4	No relief	2	6.6

DISCUSSION

Skin diseases comprises of the major part of common diseases that afflicts both men and women of all ages. Apart from discomfort, skin related ailments leads to social embarrassment and disturbs emotions of man. Kitibha Kustha is one of such skin infection, which creates lot of discomfort to afflicted patients. The incidence of this disease is highly rising in India despite of improvement in standard of living, in past decades. It is need of the moment to develop effective and less expensive medication for this ailment. There are various formulations mentioned for treatment of Kitibha Kustha. Rasataleswara *rasa* which was mentioned in Rasendra chintamani consists of Kajjali, Shankha bhasma, Gunja, Bhallataka,

Punarnava, Apamarga, Karanja, Kumari swarasa, Arka ksheera, Vidanga maricha curna and gomutra. Adequate data is not available related to treatment with a formulation made up of Kajjali and other Herbo,marine compounds boiled in Gomutra.. Hence, an attempt was made by this study to assess the effect of above drug and procedure in treating Kitibha Kusta. . Above data clearly shows that Rasataleswara *rasa* gives statistically highly significant relief in all the symptoms. It was observed in the clinical study that there was marked improvement in 50% and Moderate relief in 43.3% of patients and no relief in 6.6%. *Kajjali* when used properly with other metals and herbs can cure all the diseases and pacify tridoshas, immediately spreads in

the body when consumed clears all the obstructed channels and enhances the properties of other metallic or herbal medicine when taken with proper Anupana.³ Shankha is vishagna and Agnideepana and Pidaka hara. ⁴ Bhallataka is a Upavisha, and it is *Kapha-Vatahara* and *Kusthagna*⁵. Gunja is a Upavisha *Kapha-Vata* hara. it has highly antioxidant and anti proliferative activity⁶. Arka is a Upavisha and It has antioxidant and hepato protective properites.⁷ *Karanja* is included under *Kapha-Vatahara* and *Kustaghna*⁸. Seeds contain Pongamia oil(Pongamal). It contains an active compound Karanjin (S₁₈H₁₂O₄). It is highly effective in Skin diseases⁹. *Haridra* has antioxidant¹⁰, immunomodulatory¹¹ effect, Hepato-protective effect¹². *Chitrakamoola* is *Vata-Kapha hara*.and *Kustagna*.¹³ *Sweta Punarnava* is *vata-kapha hara* and *Rasayana*¹⁴. *Maricha* is *Kapha-Vata hara*¹⁵. *Apamarga* is *Vata-Kapha hara*, *Kandugna*¹⁶. *Vidanga* has a wide spectrum of biological activities, including antioxidant¹⁷, Wound healing¹⁸ properties. In *Kitibha Kustha Shyavata* and *Parushata* are *Vata* lakshanas and *Kandu* is due to *Kapha*. Being all the ingredients of as *Rasataleswara rasa* are having the *Vata Kaphaharatva*, the efficacy of the medicine is very effective.

CONCLUSION

Rasataleswara rasa is a unique type of preparation in which *Kajjali*, *Shanka bhasma* and other herbal drugs are boiled in *gomutra*. The chief reference of the present preparation is taken from *Rasendra Chintamani*. Clinical trial was conducted following ‘Randomized Open-Labeled Clinical Trial’ protocol. It was observed in the clinical study that there was marked improvement in 50% and moderate relief in 43.3% of patients and no relief in 6.6%.

Above data clearly shows that *Rasataleswara rasa* gives Statistically highly significant relief (p>0.01) in all the symptoms.



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