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Research Article

CLINICAL EVALUATION OF GANDHAKA DRUTI AND GANDHAKA TAILA IN SCABIES: A COMPARATIVE CLINICAL STUDY

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ABSTRACT

Scabies is an acute communicable disease known as Pama in Ayurveda. Gandhaka Taila and Gandhaka Druti are well known drugs of Ayurveda used in various skin disorders and Kshudra Kushtha. The present study is aimed to evaluate the clinical efficacy of Gandhaka Taila and Gandhaka Druti on scabies. For this single blind clinical trial with two groups 'A' and 'B' of d diagnosed patients of scabies was done. Group A received Gandhaka Druti for local application and 500mg Gandhaka Rasayana in two divided doses per day internally; while group B received Gandhaka Taila for local application and Gandhaka Rasayana 500 mg in two divided doses per day internally. The duration of study was twenty one days. The subjective and objective observations were evaluated statistically using *t*-test. The results suggested that both the drugs are effective in scabies, but Gandhaka Taila was a little more effective statistically.

Keyword: Gandhaka Taila, Gandhaka Druti, Gandhaka Rasayana, Scabies, Ayurveda.

INTRODUCTION

Pama (scabies) is an acute communicable disease, caused by *Sarcoptes scabiei* an Antropode, of the order Acarina. Although a long recognized disorder of skin but is a common problem in India. Its incidence is about 30% of all the dermatoses and 2-3% of all medical problems seen in practice. Despite all the modern advances in medical science in general and in the sphere of skin in particular, scabies is far from being fully understood.

The treatment of Pama is still a challenge to dermatologists. Except symptomatic relief for time being, permanent cure cannot be assured in all cases with any modern drug known today for its treatment.

Gandhaka Druti is a stable liquefied state of Sulphur and it is very popular preparation used for Rasayana, Kasa, Pandu, Pama, Vicharchika and many other skin diseases. Gandhaka Taila is also a similar to Gandhaka Druti, with similar procedure but different medicines used. These products are frequently manufactured by several physicians and institutes for their patients.

Thus in view of importance and day to day occurrence of Pama in the population, clinical study was planned to evaluate above two traditional medicine i.e. Gandhaka Druti and Gandhaka Taila in management of scabies, which might prove helpful for suffering humanity.

MATERIALS AND METHODS

Preparation of the drug

Gandhaka Druti and Gandhaka Taila both were prepared in the pharmacy of National Institute of Ayurveda, Jaipur as per the reference of Rasa Ratna Samuchhaya as follows.

Gandhaka Druti:

The purified Gandhaka and Trikatu powder were sprinkled over a cotton cloth and then rolled gradually to form a Varti. That Varti was tied with a thread and immersed in Tila Taila for 3 hours. The Varti was then removed from Taila and held with forceps and set to fire. The drops falling from Varti were collected as the Druti.

Gandhaka Taila:

A medicated cloth prepared by soaking and drying it in the latex of Snuhi and Arka for 7 times was spread with purified Gandhaka powder and Butter. The similar method of making Varti and setting on to fire was adopted to collect Gandhaka Taila in a beaker.

Clinical Study

The clinical study was designed as follows:

Selection of cases

The sample population for this study was selected from the hospital OPD, Department of Rasashastra, National institute of Ayurveda, Jaipur. Initially 30 patients were selected for the study, out of them 11 patients were dropped out due to failure in completion of the full treatment and follow up. Thus final

sample contain randomly selected 19 scabies patients. The patients were randomly divided into two groups A and B

Group A: In this group 9 patients were kept for the study. All these patients received Gandhaka Druti for external local application and Gandhaka Rasayana for internal consumption.

Group B: In this group 10 patients were kept and all patients received Gandhaka Taila for local application and Gandhaka Rasayana internally.

History of illness

History of all the cases was recorded as under the following headings

a) Chief complaints and its duration

b) History of present illness

Dose schedule

Gandhaka Rasayana generally in Group A and Group B in a dose of 500 mg in two divided doses.

Period of treatment

Duration of treatment given was 21 days with regular follow up interval of 7 days.

Parameters for assessment

1. Patient's observation
2. Examination by the investigator

Assessment of the effect of treatment

1. Clearance of lesion
2. Relief from itching

Above signs and symptoms were the main criteria to assess the effect. However, other relevant signs like Excoriation, Erythema, Papule, Pustules were also recorded during follow-up, and at the end of the treatment.

Scoring

Two scoring charts were designed to evaluate the outcome of the treatment:

Score chart I

Score	Explanation
0	No clearance of lesion or no relief
1	Some clearance of lesion or mild relief
2	Moderate clearance of lesion or moderate relief
3	Marked clearance of lesion or marked relief
4	Complete clearance of lesion or complete relief

Score chart II

Score	Explanation
0	Much severity of itching
1	Severe itching
2	Mild Itching
3	No itching

Clinico-statistical study

The Clinico-statistical study was done under various headings as follows:

Age, Sex, Religion, Habitat, Literacy, Occupation, Hygiene, Sanitation, Food habits, Onset and total duration of disease, Family history, Seasonal variation, Sign and symptoms and Involvement of body parts.

OBSERVATIONS AND RESULTS

Table 1: Clearance of lesion in patients of group A and Group B

Score relief	Follow-up : Group A			Follow-up : Group B		
	7 Days	14 Days	21 Days	7 Days	14 Days	21 Days
0	2	1	0	1	0	0
1	2	1	0	1	0	0
2	2	2	0	3	1	0
3	1	0	1	2	2	1
4	2	5	8	3	7	9
Mean	1.89	2.89	3.89	2.5	3.6	3.9
SD	± 1.527	± 1.624	± 0.333	± 1.354	± 0.699	± 0.316
SE	± 0.509	± 0.541	± 0.111	± 0.428	± 0.211	± 0.100
T	3.713	5.342	35.045	5.841	15.289	39.000
P	>0.001	<0.001	<0.001`	<0.001	<0.001	<0.001`

The data shows that the Drug group A is significantly effective in clearance of lesion in all the patients except one after 21 days therapy. The drug group B is significantly effective in clearance of lesion in all patients, except one after 21 days therapy. [Table 1]

Table 2: Clearance of itching in patients of group A and Group B

Score relief	Follow-up : Group A			Follow-up : Group B		
	7 Days	14 Days	21 Days	7 Days	14 Days	21 Days
0	1	0	0	3	0	0
1	4	0	0	4	1	0
2	4	4	2	2	1	1
3	0	5	7	1	8	9
Mean	1.33	2.67	2.89	1.1	2.7	2.9
SD	±0.706	±0.527	±0.453	±0.994	±0.675	±0.313
SE	±0.235	±0.176	±0.151	±0.314	±0.214	±0.100
T	5.659	15.17	19.139	3.530	12.617	29.00
P	<0.001	<0.001	<0.001	>0.001	<0.001	<0.001

The data shows that the Group A is significantly effective in suppressing the itching completely except two patients who had mild itching after 21 day treatment. The Group B drugs are highly significantly effective in relieving itching. [Table 2] The comparative effect of group A and group B is not significant means both the drugs are effective in clearance of lesion. Also both the drugs are effective in suppressing itching. But comparatively group B drug is more effective than group A.

CONCLUSION

The clinical study suggests that, the use of Gandhaka Druti and Gandhaka Taila in Pama as external application markedly subsidizes lesion and itching. Thus, Druti and Taila can be safely used in treatment of skin diseases especially in Pama. Further study is essential to know the exact mode of action of these drugs in Pama.

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