

**RANDOMIZED CONTROL STUDY ON EFFICACY OF  
SNUHIKSHAR (PRATISARNEEYA) IN THE MANAGEMENT OF  
CHARMAKEEL WITH SPECIAL REFERENCE TO WARTS.**

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**ABSTRACT**

*Shalyatantra* is considered as the most Important Branch among the eight branches of ayurveda term as *Ashtang Ayurveda*. The uniqueness of *Shalyatantra* is due to availability of various modalities of treatment procedures like *Ksharkarma*, *Agnikarma*, *Raktmokshan*. Among these *Ksharkarma* is unique Because of its simple technique & optimum results. *Charmakeel* a skin disorder mention in *Sushrut samhita* amongst various skin disorder in a group *Kshudrroga*. *vyan vaayu* with *kapha* project nail, finger like projection on skin. it resemble with warts. caused by Human Papiloma Virus. *Acharya Sushruta* mention *Snuhikshar* application one of best treatment modalities of *Ksharkarma*. While comparing it with *Apamarga Kshar* it result in low pain, healing will be fast with no recucorance while treating with *Snuhikshar*. *Pratisaraneeya kshara* External local application of *Snuhikshaar* possessing penetrating, corrosive, scraping, and healing properties, is good for *Charmakila*. also *Kshara karma* procedure is milder, effective, safe, cost effective procedure when compared to other wart treatment procedure like cryotherapy, chemical applications, excision etc

**Keywords:** *Charmakeel, Kshar, Wart, Snuhikshar, Apamagrakshar.*

## INTRODUCTION

Warts are a skin condition in which abnormal skin growths appear. It caused by human papilloma virus HPV. With a minor breach in the epithelial surface, HPV enters the epithelial cells via putative surface receptors and proliferates. This results in persistent viral infection with metaplasia of keratinocytes, which gradually accumulate keratohyalin granules and are sloughed off. As these virally infected keratinocytes are not destroyed, the HPV virions are rarely exposed to the Langerhans cells of the skin, and therefore evade being cleared by systemic immunity. This facilitates the viral persistence and continual growth of the wart.<sup>1</sup> While it can be unsightly, it can also be quite painful and can prevent you from moving comfortably. Warts are widespread in the worldwide population. Although the frequency is unknown, warts are estimated to affect approximately 7-12% of the population. In school-aged children, the prevalence is 10-20%. An increased frequency also is seen among immune-suppressed patients and meat handlers.<sup>2</sup> According to Ayurveda, this ailment can be compared with *Charmakeela*. The pathogenesis of this disease due to vitiation of *Vata* along with *Kapha* over the skin causes the development of hard nail structures called *Charmakeela*<sup>3</sup>. *Snuhi* (*Euphorbia neriifolia*), also called *Sehund*, is an Ayurvedic herb used for the treatment of swelling, for purgation, cough, rhinitis and piles. *SnuhiKshara* is an alkaline Ayurvedic medicine, in powder form. *Kshara*<sup>4</sup>, being a caustic chemical and alkaline in nature, useful as the substitute of surgical instruments according to ayurveda. *Kshar karma* i.e used of medicinal plant ash internally or externally. There is a widely available about description of *Kshara* in many of classical texts such as *Sushruta Samhita*, *Chakra Datta*, *Sharangadhara Samhita*<sup>5</sup>, *Rasatarangini*, *Dravyaguna Vigyana*<sup>6</sup>, *Ayurveda Sara Samgraha*, *Ayurved Prakasha*.<sup>7</sup> External application of *Kshar karma* is milder procedure compared to surgery and thermal cautery. It is the superior most among the sharp and subsidiary instruments because of performing excision, incision and scraping. *Kshar karma* divide in two types *Pratisarniya kshar* (external application ) and *Paneeeya kshar*(internal used). There is direct indication of *Pratisaraneeya kshara* for *Charmakila treatment*.<sup>8</sup> *Snuhi Kshara* has been mentioned first time in *Sushruta Samhita*.<sup>9</sup>

Here in above study *Snhui kshar* and *Apaamagra kshar* were taken to understand which is more effective in *Charmakeel* treatment.

**AIM**

Randomized control study on efficacy of *SnuhiKshar (Pratisarneeya)* in the management of *Charmakeel* with special reference to Warts.

**OBJECTIVE**

- a) To study the *Kshar karma* treatment modality on *Charmakeel* with reference to warts.
- b) To study effect of *Snuhikshaar and apamargakshar on Charmakeel*.

**PROCEDURE****MATERIAL AND METHODOLOGY****MATERIAL**

- *Snuhikshar*
- *Apamargakshar*
- Lemon juice
- Soft cotton
- Betadine solution

**METHODOLOGY****KSHAR PREPARATION**

1. The *Snuhipanchang/Apamarga* is taken, cut into small pieces and dried well.
2. Ignite the fire and start to putting slowly pieces in earthen pot and burnt into ash.
3. When all the pieces are burnt and convert to ash then leave it for self cooling.
4. Add water in ratio 6:1 and mixed well.
5. Filtered the mixture through a two layered muslin piece of cloth.
6. This process of filtration may be done 21 times till a clear liquid is obtained.
7. Filtered liquid is then put in an iron vessel and heated over a moderate fire till the water evaporates, leaving a solid salty white substance i.e *Snuhikshar/Apamarga* is collected.

**PURVAKARMA (PRE-PROCEDURE)**

Selection and Examination of patient were done according to Symptoms of warts with inclusion and exclusion criteria. Prepare *Snuhikshar* and *Apamargakshar* according to mention in *samhita* (*Sushrut Samhita* ). Clean the area with betadine solution first before applying *Pratisarneeya kshar*.

**PRADHANKARMA (ACTUAL PROCEDURE)**

Allow patient to be in comfortable position. Clean the surface with disinfectant like betadine. Allow to dry it. Patient is divided in two groups. Group A is treated with *Snuhikshar* application for 7 days for 15 days. And Group B is treated with *Apamargakshar* application for 7 days for 15 days. After application let it kept for few minutes and latter it followed by cleaning with *Nimbu swaras*.

All procedure is performed under all aseptic precautions.

**INCLUSIVE CRITERIA**

1. Patients having sign and symptoms of *Charmakeel* / Warts.
2. Patients between the age group of 10-40 years.

**EXCLUSIVE CRITERIA**

1. Deeply seated Warts
2. Genital Warts
3. Warts having carcinomatous appearance
4. Warts associated with any other skin manifestations.
5. Patients having HIV, Diabetes ,STD's
6. Other systemic illness.

**WITHDRAWAL CRITERIA**

1. Patient who is on irregular follow-up or irregular medication's.
2. On occurrence of serious event's/side effects.
3. Patient who is willing to get withdrawal.

### IMPORTANCE OF KSHAR KARMA

*Kshara karma* is useful as the substitute of surgical instruments because they can be used safely on the patients who are afraid of surgery. The diseases which are difficult to treat can be cured by *Kshara* therapy.<sup>10</sup> *Ropan* (wound healing), *Vrana Shodhana* (purification of wound) are special properties of *Kshara*.<sup>11</sup> *Kshara karma* is milder procedure when compared to surgical procedure so application of *kshara* is found to be safe, and cost-effective method of treatment. With less or no complications, better result, less or no chance of recurrence. The above properties of *Kshar* made it as an important factor in treatment of *Charmakeel* or other diseases in which surgery could not perform externally.

### OBSERVATION

Efficacy of therapy with *Snhuikshar* and *Apamarga kshar* will assess on the basis of reduced symptoms of *Charmakeel* like pain, size, and Numbers. When *Snhuikshar* application compared with *Apamarga kshar* treatment pain gradation from which was initially grade 3 will reduced to 0 to 1. The no. of warts before treatment will also reduced to some extent. Size of warts will not show that much significant result but numbers of warts will get reduced treating with *Snhuikshaar*. Initially the pain was increased for few days as *Kshar* having *Tikshan*, *ushna* properties will do *kshaarana* of *Twacha* this will irritate locally so mild pain will increase. Most of patient having *Agnimandya* these will also conclude the explanation about Agni concept as the low Agni is the key caused of every disease in ayurveda.

### DISCUSSION

Ayurveda mentions briefly about *Charmakeel*. The *vyaanvayu* taking along the *kapha dosha* producing firm and nail-like projection externally which are known as *chamakila arsha*. Few commentators mention the site as outside the anal verge and few opine it to be in other places also. *Chamakila* is classified into three types. The pricking pain is due to *vata*, similar color and knottiness are due to *kapha*, while roughness, blackness, and glossiness are due to *pitta* and *rakta*. *Kshara* is one of the important dosage forms as mentioned in Ayurveda to cure various diseases. *Kshar* treatment is best alternative to minor surgery externally. Also helpful to treat uneven part where surgery not possible. *Snuhi kshar* having pH up to 10.8 which is like

more alkali in nature with sodium, potassium and chloride in it. which is irritative to wart, skin. *Snuhikshaar* having properties of *Ushna*, *Tikshna* hence it can melt *kapha vata vibandha*, *Darana* properties will help in reducing warts by brusting it, latter *vrana shodhan and ropan* happen to heal the wound, *kleda shoshan* will reduced itching sensation and *Stabnhna* reduced bleeding slightly happen after irritation of skin. It was interesting to see that, even though the scarring was seen in few patients, the size of the scar was lesser than the lesion existed before in Group 1 (*pratisaraneeya Snuhikshar*) compared to Group 2 (*pratisaraneeya Apamargakshar*). It was also encouraging that the scar was acceptable by the patients in comparison with the original lesions.

We found that, out of thirty cases of warts, thirteen were found on foot, eight were found on the hands and four case presented on the neck whereas all the five cases presented the on the forehead in Group 1. In Group 2, twelve cases presented warts on the foot and ten cases presented on the hands whereas remaining eight cases presented on thigh.

## CONCLUSION

By above mention observation we can say that *Pratisaraneeya Snuhikshar* showed greater improvement in warts when compared to *Pratisaraneeya Apamrgakshar*. In the management of the *Charmakeela*..Also the *kshara karma* in our classical text are found to be beneficial for non surgical procedures. Even though the scarring was seen in a some patients, the size of the scar was lesser than the lesion existed before in Group 1 treated with *Snuhikshar* compared to Group 2 treated with *Apamargakshar*. *Kshara* play an important role among all surgical and parasurgical measures, due to its properties which do not come under the procedures of *agnikarma* or *jalaukacharana*.

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