



Research Article

ROLE OF *ARKA TAILA* AND *BAKUCHIKADYAM CHURNA* ON *VICHARCHIKA*: A RANDOMIZED CONTROL TRIAL

Sheetal Yadav<sup>1\*</sup>, Anita Sharma<sup>2</sup>, Dinesh C. Chouhan<sup>3</sup>

<sup>1</sup>P.G. Scholar, <sup>2</sup>Professor and Head of Department, Department of Agad Tantra, National Institute of Ayurveda, Jaipur.

<sup>3</sup>Assistant Professor, Department of Sharir Kriya, Mahatma Jyotiba Fule Ayurved Mahavidhyalaya, Chomu, Jaipur, India.

ABSTRACT

In the present era skin diseases like atopic dermatitis/eczema get a suitable atmosphere especially in developing countries like India, due to unhygienic living condition, Disturbed life style, Polluted environment and repeated use of chemical additives. This type of diseases make a person feels much more humiliation in society because no one wants to touch them, forbidden by everyone, in that conditions person leads to lack of confidence and feels underestimated mentally as well as physically. Due to this life disturbing condition this disease was chosen for the study.

The study was conducted in 30 clinically diagnosed patients of *Vicharchika* (Atopic Dermatitis) and randomly divided in to two groups, namely group A and group B. Each group has 15 number of patients. Group A is treated with *Arka Taila* (external application) used twice in a day for 45 days along with *Baakuchikadyam Churna* for internal consumption (3-6 grams). Group B is treated with Cutis Capsule (2 Capsules) twice a day orally along with external application of Cutis Cream as required for 45 days.

**KEYWORDS:** *Vicharchika*, Atopic dermatitis and *Arka Taila*, *Baakuchikadyam Churna*.

INTRODUCTION

Ayurveda describes the triple support of life that are ingestion of right food, adequate sleep and observance of celibacy. But in today's era drastic changes in the food habits like *Viruddha Ahara*, *Mithya Ahara*, sedentary life style and avoiding of physical exertion are consumed frequently by majority of peoples. All these drastic changes of life style are taking us away from the nature and we trapped in various disorders including a large number of skin disorders.

Skin is the first organ of the body which interacting with the environmental agents like physical, chemical & biological agents. Interaction with such factors skin should be leads to specific reaction pattern, producing characteristic skin lesions in different parts of the body. Skin is a mirror that reflects internal & external pathology & thus helps in diagnosis of diseases. Skin ailments effects all ages from the neonates to the elderly & cause harm in a number of ways, such as discomfort, disfigurement, disability, etc. Biologically, cosmetically and socially the color of the skin is important factor. The unbroken skin is the nature's

effective barrier against the entry of diseases. It acts as a dressing over the body.

According to contemporary science, *Vicharchika* can be considered as Eczema<sup>[1]</sup>. Ayurvedic texts, there are so many special procedures and hundreds of medicaments as a successful and safer remedy for the chronic derma problems including *Vicharchika*<sup>[2]</sup>.

The clinical presentation of *Vicharchika* is considered with symptoms like Itching, Discharge, Pustules, Scratches, Pain and Discoloration of skin etc<sup>[3]</sup>. According to *Tridosha* theory of Ayurveda *Vicharchika* shows pathology with vitiation of *Tridosha* along with *Pitta* & *Kapha* vitiation majorly. The *Rakta* and *Twak* is considerably included in pathology as *Dushya* in *Vicharchika*<sup>[4]</sup>. In Ayurveda there is an elaborated description available regarding the treatment of *Vicharchika*, which includes both *Shodhana*<sup>[5]</sup> and *Shamana Chikitsa*<sup>[6]</sup>. In the present study the management of *Vicharchika* was planned by *Baakuchikadyam Churna*<sup>[7]</sup> for internal use and *Arka Tail*<sup>[8]</sup> for external use.

The above selected trail drugs help in breaking the pathology of *Vicharchika* by internal and external application. In both the formulation most of the drugs are having *Deepana*, *Pachana*, *Srotoshodhana*, *Kaphaghna*, *Kandughna*, *Kushthghna*, *Raktaprasadaka*, *Vranashodhaka* and *Rasayana* properties. According to modern pharmacology these drugs possess Anti-inflammatory, Anti-oxidant, Anti-allergic, Mast cell stabilizer, Anti-histaminic, Antibacterial, Antifungal, Blood purifier and Immunomodulator properties which helps in breaking the pathogenesis of *Vicharchika*<sup>[9]</sup>.

So, in the present study "Role of *Arka Taila* and *Baakuchikadyam Churna* on *Vicharchika*: A randomized control trial" was planned & carried out.

#### Aims and Objectives of the Study

- To study the disease *Vicharchika* clinically & comprehensively in the light of the description available in Ayurveda & modern science for Eczema.
- Clinical evaluation of the safety and efficacy of *Baakuchikadyam Churna* and *Arka Taila* for local application in the management of *Vicharchika*.
- Clinical evaluation of the safety and efficacy of Cutis Capsule (Oral), and Cutis cream for local application in the management of *Vicharchika*.
- Compare the efficacy of study group and control group.

#### MATERIAL AND METHOD

**a. Source of Data** - Subjects was randomly selected irrespective of age, sex, religion, education, socio economic status & occupation from OPD of NIA hospital.

**b. Study Design** - Open labeled randomized clinical trial.

**c. Sample size** - 30 clinically diagnosed patients were randomly selected into two groups. Namely group A and B. Each group has 15 patients.

**Group A:** *Arka Taila* (external application) as required twice daily for 45 days along with *Baakuchikadyam Churna* (3-6 grams) orally twice daily for 45 days.

**Group B:** Cutis Cream (external application) as required twice daily for 45 days along with Cutis Capsule (2 capsules) twice a day orally for 45 days.

#### d. Drugs

**1. Study Drug:** *Arka Taila*<sup>[8]</sup> (external application) and *Baakuchikadyam Churna*<sup>[7]</sup> (orally) were prepared in the Pharmacy of National Institute of Ayurveda, Jaipur.

**2. Control Drug:** Cutis cream (external application) as required and cutis capsule for internal uptake

were purchased from Vasu Healthcare Pvt. Ltd. Pharmaceuticals

#### e. Dose

**1.** *Arka Taila* (external application) as required and *Baakuchikadyam Churna* (3-6 grams) orally twice daily for 45 days.

**2.** Cutis cream (external application) as required twice daily for 45 days along with cutis capsule (2 capsules) twice a day for internal consumption for 45 days.

**f. Time period of Clinical trial** - Total duration of clinical trial was 45 days.

**g. Follow up** - Follow-up of patient was done on 15th and 30th days of treatment. Improvement in the symptoms if any and other effects were noted down.

The collected data will be analyzed statistically.

**Ethical Clearance:** This study was approved by Institutional Ethical committee (IEC) of National Institute of Ayurveda, Jaipur letter no. IEC/ACA/2017/05; dated 26/04/2017 and also registered in Clinical trial registry - India CTRI/2018/11/016438 before starting the clinical trial on patients of *Vicharchika* (Atopic dermatitis).

#### Inclusion Criteria

- Patient willing for trial.
- The patients of age group between 16-70 years.
- The patients having clinical signs and symptoms of *Vicharchika*.
- Either sex.

#### Exclusion Criteria

- Patient below 16 years & above 70 years of age.
- Patients with long term Steroid and cytotoxic treatment.
- Systemic illness like HTN; DM, HIV, Venereal disease, TB and other bleeding disorders.

#### Withdrawal Criteria

- Occurrence of any serious events.
- Patient has become uncooperative.
- The patient is not willing to continue the trial.

#### Criteria for Assessment

- Classical signs & symptoms of *Vicharchika* (Atopic Dermatitis) according to Ayurveda and Modern system of medicine.
- A special Performa was prepared incorporating all the signs & symptoms of *Vicharchika* and Atopic dermatitis as well as the *Duṣṭi Lakṣaṇa* of *Doṣa*, *Duṣya*, *Srotas*, *Agni* etc. On the basis of the Performa, all the patients of the present study were examined in detail.

**Subjective Criteria:** Scoring criteria for assessing *Vicharchika*.

**1. Kaṇḍu (pruritis)**

- 0 - No itching
- 1 - Mild itching not disturbing normal activity
- 2 - Occasional itching disturbs normal activity
- 3 - Itching present continuously & even disturbing sleep

**2. Daha (burning)**

- 0 - No burning sensation
- 1 - Mild type of burning not disturbing normal activity
- 2 - Occasionally burning disturbing normal activity
- 3 - Burning present continuously & even disturbing sleep

**3. Srava (Oozing)**

- 0 - No discharge
- 1 - Occasional discharge after itching
- 2 - Occasional oozing without itching
- 3 - Excessive oozing making clothes wet

**4. Rukṣhata (Dryness)**

- 0 - No dryness
- 1 - Dryness with rough skin (*Ruksha*)
- 2 - Dryness with scaling (*Khara*)

- 3 - Dryness with cracking (*Parusha*)

**5. Pidikotpatti (Eruption)**

- 0 - No eruption in the lesion
- 1 - Scanty eruptions in few lesions
- 2 - Scanty eruptions in at least half of the lesion
- 3 - All the lesions full of eruption

**6. Vaivarnyata (Discolouration)**

- 0 - Nearly normal skin colour
- 1 - Brownish red discoloration
- 2 - Blackish red discoloration
- 3 - Blackish discoloration

**7. Raji (Thickening of skin)**

- 0 - No thickening of skin
- 1 - Thickening of skin but no crisscross marking
- 2 - Thickening with crisscross marking
- 3 - Severe Lichenification

**EASI (Eczema Area and Severity Index) score:** The intensity of redness (erythema), thickness (infiltration, population, and edema), scratching (excoriation) and Lichenification (lined skin) of the eczema is assessed as none (0), mild (1), moderate (2) and severe (3). Half scores are allowed.

**Area of involvement**

0	1	2	3	4	5	6
No eruption	< 10%	10-29%	30-49%	50-69%	70-89%	90-100%

**Showing subjective Criteria of Vicharchika (Atopic dermatitis)**

<b>Erythema</b>	<b>(E)</b>
0	None
1-Mild	Faintly detectable erythema: very light pink
2- Moderate	Dull red clearly distinguishable
3-Severe	Deep/ dark red
<b>Infiltration/population</b>	<b>(I)</b>
0	None
1-Mild	Barely perceptible elevation
2- Moderate	Clearly perceptible elevation but not extensive
3-Severe	Marked and extensive elevation
<b>Excoriation</b>	<b>(Ex)</b>
0	None
1-Mild	Scant evidence of excoriation with no sign of deeper skin damage (erosion, crust)
2- Moderate	Severe linear marks of skin with showing evidence of deeper skin injury (erosion, crust)
3-Severe	May erosive or crustily lesion
<b>Lichenification</b>	<b>(L)</b>
0	None
1-Mild	Slight thickening of the skin dissemble only by touch and with skin marking minimally exaggerated
2- Moderate	Define thickening of the skin with skin marking exaggerated so that they form a Crisscross pattern
3-Severe	Thickened indurated skin with skin marking visibly portraying an exaggerated Crisscross pattern

**RESULTS**

All the Results are calculated by using Software: In Stat Graph Pad 3.

- For Nonparametric Data Wilcoxon matched-pairs signed ranks test is used and results Calculated in each group.
- For calculating the Inter group comparison, Mann-Whitney Test was used Results showing effect of therapy in subjective parameters.

**Showing effect of therapy on subjective parameters (wilcoxon matched pairs single ranked test)**

Variable	Gr.	Mean		Mean Diff.	% Relief	SD±	SE±	p value	S
		BT	AT						
Kandu	Gr. A	2.53	1.87	0.67	26.32	0.62	0.16	0.0039	VS
	Gr. B	2.67	2.20	0.47	17.50	0.52	0.13	0.0156	S
Daha	Gr. A	2.40	2.00	0.40	16.67	0.51	0.13	0.0313	S
	Gr. B	1.53	0.93	0.60	39.21	0.63	0.16	0.0078	VS
Srava	Gr. A	1.60	0.93	0.67	41.67	0.62	0.16	0.0039	VS
	Gr. B	1.73	1.27	0.47	26.92	0.52	0.13	0.0156	S
Rukshata	Gr. A	1.80	0.93	0.87	48.33	0.83	0.22	0.0020	VS
	Gr. B	1.87	1.20	0.67	35.71	0.82	0.21	0.0156	S
Pidika	Gr. A	1.53	1.00	0.53	34.78	0.64	0.17	0.0156	S
	Gr. B	1.40	1.00	0.40	28.57	0.51	0.13	0.0313	S
Vaivaranyata	Gr. A	1.53	0.87	0.67	43.48	0.82	0.21	0.0156	S
	Gr. B	1.93	1.20	0.73	37.93	0.70	0.18	0.0039	VS
Raji	Gr. A	1.00	0.47	0.53	53.33	0.52	0.13	0.0078	VS
	Gr. B	1.93	0.73	1.20	62.07	1.08	0.28	0.0010	ES
EASI Score	Gr. A	5.79	2.67	3.12	53.92	3.33	0.86	0.0027	VS
	Gr. B	7.72	3.73	3.99	51.73	3.34	0.86	0.0004	ES

(VS: Very Significant; S: Significant; NS: Non Significant)

**Intergroup Comparison**

To access the efficacy of two therapies intergroup comparison was done. As the variables are nonparametric Mann-Whitney Test was used for statistical analysis. The results are as follows:

**Intergroup Comparison in Subjective Parameters of Group A & B (Mann-Whitney Test)**

Variable	Gr.	Mean		Mean Diff.	% Relief	SD±	SE±	p value	S
		BT	AT						
Kandu	Gr. A	2.53	1.87	0.67	26.32	0.62	0.16	0.0039	VS
	Gr. B	2.67	2.20	0.47	17.50	0.52	0.13	0.0156	S
Daha	Gr. A	2.40	2.00	0.40	16.67	0.51	0.13	0.0313	S
	Gr. B	1.53	0.93	0.60	39.21	0.63	0.16	0.0078	VS
Srava	Gr. A	1.60	0.93	0.67	41.67	0.62	0.16	0.0039	VS
	Gr. B	1.73	1.27	0.47	26.92	0.52	0.13	0.0156	S
Rukshata	Gr. A	1.80	0.93	0.87	48.33	0.83	0.22	0.0020	VS
	Gr. B	1.87	1.20	0.67	35.71	0.82	0.21	0.0156	S
Pidika	Gr. A	1.53	1.00	0.53	34.78	0.64	0.17	0.0156	S
	Gr. B	1.40	1.00	0.40	28.57	0.51	0.13	0.0313	S
Vaivaranyata	Gr. A	1.53	0.87	0.67	43.48	0.82	0.21	0.0156	S
	Gr. B	1.93	1.20	0.73	37.93	0.70	0.18	0.0039	VS
Rajii	Gr. A	1.00	0.47	0.53	53.33	0.52	0.13	0.0078	VS
	Gr. B	1.93	0.73	1.20	62.07	1.08	0.28	0.0010	ES
EASI Score	Gr. A	5.79	2.67	3.12	53.92	3.33	0.86	0.0027	VS
	Gr. B	7.72	3.73	3.99	51.73	3.34	0.86	0.0004	ES

(VS: Very Significant S: Significant NS: Non Significant)

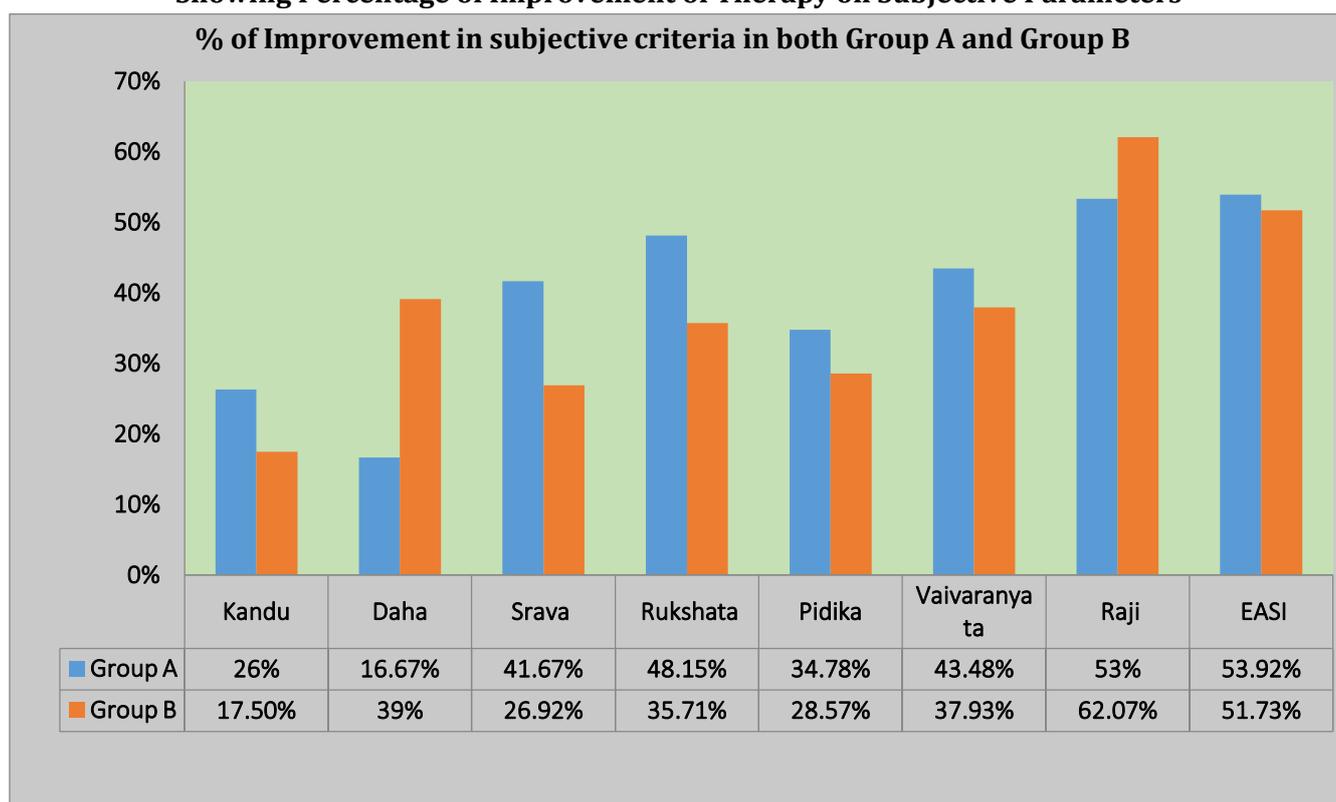
**Showing the % relief in both the groups in Subjective Parameters**

Subjective Parameters	% Relief in Group A	% Relief in Group B
<i>Kandu</i>	26.32 %	17.50%
<i>Daha</i>	16.67 %	39.13 %
<i>Srava</i>	41.67 %	26.92
<i>Rukshata</i>	48.15	35.71
<i>Pidika</i>	34.78	28.57
<i>Vaivaranyata</i>	43.48	37.93
<i>Rajii</i>	53.33	62.07
<b>EASI Score</b>	53.92	51.73

**Follow-Up Study**

Regular follow up during the trial & after 45 days of successful completion of trial was done. Regular follow up after trial was done after 15 days & 30days.

**Showing Percentage of Improvement of Therapy on Subjective Parameters**



**DISCUSSION**

**Probable Modes of Actions of the Drug**

Selection of trial drug is milestone in any research project because success of the project is totally depends on that. Selection of drugs was the most difficult job in this trial. While selecting the trial the following points was taken into consideration.

- Trial drug should be effective, safe & economic & easily available.
- As recurrence is the most serious problem so it must have some property to check the relapse of disease.
- Drug should be easy for administration.

**Baakuchikadyam Churna**

Considering all above things in mind trial drug *Baakuchikadyam Churna*, was selected for this study. It was prepared in Pharmacy of NIA, Jaipur by the method mentioned in *Bharat Bhaishajya Ratnakara*.

- *Baakuchikadyam Churna* containing drugs *Baakuchi*<sup>[10]</sup>, *Haritaki*<sup>[11]</sup>, *Bibhitaki*<sup>[12]</sup>, *Amlaki*<sup>[13]</sup>, *Chitraka*<sup>[14]</sup>, *Bhallataka*<sup>[15]</sup>, *Shatavarj*<sup>[16]</sup>, *Nirgundi*<sup>[17]</sup>, *Ashwagandha*<sup>[18]</sup>, *Nimba*<sup>[19]</sup>.
- All drugs containing in *Baakuchikadyam Churna* having predominantly *Katu-Tikta-Kasaya* in *Rasa*, *Laghu-Ruksha* in *Guna*, *Ushna Virya* and *Madhura* in *Vipaka*.

- Due to all above mention properties presents *Baakuchikadyam Churna*, the drug act as *Bhedana*, *Deepana*, *Krimighna*, *Sophahara*, *Vatahara*, *Vranahara*, *Vishaghna*, *Kusthaghana* and *Kandughna* etc.

### Arka Tail

Considering all above things in mind trial drug *Arka Tail*, was selected for this study. In the original form drug is described as a *Tail Kalpana* was prepared by the method mentioned in *Sharangadhara Samhita*, was made in *Rasayanshala*, Pharmacy of NIA, Jaipur.

- *Arka Tail* containing drug *Arka*, *Haridra*, *Sarshapatail*.
- *Arka*<sup>[20]</sup> has *Katu-Tikta Rasa*, *Laghu-Ruksha-Tikshna Guna*, *Ushna Veerya*, it act as *Bhedana*, *Deepana*, *Krimighna*, *Sophahara*, *Vatahara*, *Vranahara*, *Vishaghna*, *Kusthaghana*, *Kandughna*.
- *Haridra*<sup>[21]</sup> has *Katu-Tikta Rasa*, *Laghu-Ruksha Guna*, *Ushna Veerya*, it act as *Kushthaghna*, *Kandughna*, *Raktaprasadana*, *Raktavardhaka*, *Vishaghna*, *Anulomana*, *Shothahara*, *Varnya*.
- *Sarshapa Tail*<sup>[22]</sup> has *Katu-Tikta Rasa*, *Tikshna*, *Snigdha Guna*, *Ushna Veerya*, it act as *Lekhana*, *Varnya*, *Krimighna*, *Jantughna*, *Kushthaghna*.

### Probable Mode of Action of Tail

#### Pilosebaceous Uptake

When a Tail is applied over the surface of skin opposite to the direction of hairs on it, through a proper base, the active principles of the ingredients of Tail are released into that base. After that, this combination enters the *Romkoopa* and further gets absorbed through the *Swedavahi Srotas* and *Siramukh*<sup>[23]</sup>. However, it should be kept in mind that the pilosebaceous uptake i.e. absorption of Tail differs as per the site variation, skin condition & more important is the base through which it is applied.

#### CONCLUSION

*Vicharchika* being a *Kshudra Kustha* has *Kapha* dominance & even involvement of *Tridosha* can be evident from its signs & symptoms. *Vicharchika* in modern parlance has similarity with *Eczema* & its types. Administration of *Arka Taila* and *Baakuchikadyam Churna* relieves in symptoms due to its properties like *Katu-Tikta*, *Kashaya Rasa*, *Laghu*, *Ruksha*, *Tikshna*, *Guna*; *Ushna Veerya*, *Katu Vipaka*, and *Kaphashamaka*, *Kandughna*, *Kusthaghna* etc. This properties of drug help in reduced *Vitiated Guru* and *Sheeta Guna* in *Vicharchika* by counting their action. Trial (study) drug '*Baakuchikadyam Churna*' and '*Arka Tail*' are found comparatively more effective in reducing *Vicharchika* then control drug (*Cutis*). Thus it can be concluded that external application of *Arka*

*Taila* and internal administration of *Baakuchikadyam Churna* can be used as safe and effective therapeutic agent in the management of *Vicharchika*. Medicine was well tolerated by all the patients no unwanted/ side effects were seen in any patients.

#### REFERENCES

1. Ronald marks, *Roxburghs common skin diseases*, 17th Edition, London, Taylor & Francis Group, 2003; 107.
2. Sushruta, *Sushruta Samhita with Ayurved Tatvasandipika* by Kaviraj Dr.Ambikadatta Shastri, Varanasi, Chaukhamba Sanskrit Sansthan, 2010; 365.
3. Sushruta, *Sushruta Samhita with Nibandha Sangraha of Dalhanacharya and Nyayachandrika Panchika* of Gayadasa, Yadava T. Varanasi, Chaukhamba Surabharati Prakashana. 2002; 285-283.
4. Sushruta, *Sushruta Samhita with Ayurveda Tatva Sandipika* by Kaviraja Ambikadutt Shastri, Varanasi, Chaukhamba Sanskrit samsthana, 2011; 370.
5. Agnivesha, *Charaka Samhita*, Revised by Charaka & Dridabala with Elaborated Vidyotini Hindi Commentary by Pt. Kashinath shastri Dr. Gorakhanath chaturved, Varanasi, Chaukhamba Bharati Academy, 2009; 257.
6. Agnivesha, *Charaka Samhita*, Revised by Charaka & Dridabala with Elaborated Vidyotini Hindi Commentary by Pt. Kashinath shastri Dr. Gorakhanath Chaturved, Varanasi, Chaukhamba Bharati Academy, 2009; 255.
7. Shree Nagindas Chaganlal Shah Rasvaidhya, *Bharat Bhaishajya Ratnakar* by Pt. Nivaran Chandra Bhattacharya, New Delhi. Jain Publishers, 2005; 543.
8. Vaidya Laksmipati Sastri, *Yogratnakar with Vidyotini Hindi commentary*, edited by Bhisagratna Brahmashankar Shastri, Varanasi, Chaukhamba Prakashana, 2017; 232.
9. Asui, Brauneald, Iselbacher, Wilson, Martin, Kasher Hauser and Lango. *Harrison's Principle of Internal Medicine*, 20th Edition, New York, Mc Graw Hill, 2020; 344.
10. Prof.P.V.Sharma, *Dravya Guna Vigyan*, Varanasi, Chaukhamba Bharati Academy, 2007; 175.
11. Dr.K.Niteswar, *Text book of Dravya Guna*, Varanasi, Chaukhamba Surbharati Prakashana, 2007; 215.
12. Dr.J.L.N.Shastri forward By Prof. K.C. Chunekar, *Illustrated Dravya Guna Vijanana (Study of the essential medicinal plants in Ayurveda)*, Varanasi, Chaukhamba Orientalia, 2011; 216.

13. Dr.K.Niteswar, Text book of Dravya Guna, Varanasi, Chaukhamba Surbharati Prakashana, 2007; 219.
14. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 359.
15. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 166.
16. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 562.
17. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 66.
18. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 763.
19. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 149.
20. Prof.P.V.Sharma, Dravya Guṇa Vigyan, Varanasi, Chaukhamba Bharati Academy, 2007; 266.
21. Dr.J.L.N.Shastri forward By Prof.K.C.Chunekar, Illustrated Dravya Guna Vijanana (Study of the essential medicinal plants in Ayurveda), Varanasi, Chaukhamba Orientalia, 2011; 513.
22. Dr.K.Niteswar, Text book of Dravya Guna, Varanasi, Chaukhamba Surbharati Prakashana, 2007; 365.
23. Sushruta, Sushruta Samhita with Ayurveda Tatva Sandipika by Kaviraja Ambikadutt Shastri, Varanasi, Chaukhamba Sanskrit samsthana, 2010; 582.

**Cite this article as:**

Sheetal Yadav, Anita Sharma, Dinesh C. Chouhan. Role of Arka Taila and Baakuchikadyam Churna on Vicharchika: A Randomized Control Trial. International Journal of Ayurveda and Pharma Research. 2021;9(1):1-7.

**Source of support: Nil, Conflict of interest: None Declared**

**\*Address for correspondence**

**Dr. Sheetal Yadav**

P.G. Scholar,

Department of Agad Tantra,

National Institute of Ayurveda,

Amer Road, Jaipur, Rajasthan, India.

Email:

[drsheatlyadav0201@gmail.com](mailto:drsheatlyadav0201@gmail.com)

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.

