

Mashaknashak Yog in Mashak

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Abstract: *Maintaining health is a serious issue nowadays. People cant depends on one therapy. Most of the time only Ayurveda has the solution for therapy as well as treatment. Here, done with the comparative effect of Churna and Salactine paint on Mashak. Here, we get an excellent result.*

Keywords: Health, Therapy, Treatment, Natural system

1. Introduction

Ayurveda is the natural system of medicine to maintain health. It is one of the oldest traditional medical sciences. Ayurveda's approach towards the disease is holistic. Numerous therapeutic modalities have been advocated by our Acharyas in the management of every disease [1,2].

It includes a variety of procedures ranging from excision, enucleation, amputation, laparotomy to plastic surgery, etc. Shalya tantra deals with various types of shalyakarmas (surgeries), one of them is "Vaikrutapaham Chikitsa". Vikrutapaham Chikitsa deals with the "Cosmesis" [3]. Nowadays, aesthetics is one of the primary considerations of people. Everybody dreams to look great. Today's generation has adopted the western style of living and unknowingly has set a lifestyle that is not in harmony with India's environment. Improper ahar and vihar cause imbalance in the dosha's of the body which in turn gives rise to many diseases. Accordingly, vitiated Vata dosha become responsible for dushti of Rakta, Meda and Mansavah strotas which causes "Mashak"(Warts). Warts are benign papillomas caused by a large group of Human Papilloma Virus (HPV) which are a large group of DNA viruses that are widely distributed in animals and humans [4,5].

In modern sciences, many treatment modalities for Warts are described like laser therapy, cryosurgery, etc [6,7]. but according to Ayurveda Kshara karma which is one of the Para surgical procedures mentioned by Acharya Sushrut, is one of the best treatment for Mashak. In texts use of Kshara has been mentioned for the treatment of Mashak. In today's fast life people expect fast and simple ways of treatment and in such cases, medicines like Kshara may prove to be a handy tool. By using Kshara people can avoid the highly expensive and invasive surgical procedures for their cure and the results are as the world would want it to be; no scarring, painless, and nodeformity [8].

2. Material

- Drugs
 - Calcium hydroxide
 - Salactine paint (Nulife)
- Patients:-100 patients of Mashak
- Case Record Forms
- Consent Forms
- Sterile Applicator for Local application of the drug.

3. Method

3.1 Methodology for Drug preparations

- Raw materials
 - Calcium hydroxide
 - Water
- Drug preparation - Paste is formed by adding water in Calcium hydroxide in 1:1 (ml/gm) proportion (1 part of water + 1 parts Calcium hydroxide)

3.2 Methodology for clinical trials

- Selection criteria**
 - Pre-diagnosed 100 patients of Mashak were selected as per inclusion criteria.
 - Patients were divided into two groups, each containing 50 patients.
 - Patient between age group 10-80 years
- Inclusion criteria**
Patients of mashak selection shall be irrespective of gender, age, religion, etc.
- Exclusion criteria**
Mashak Site - Neareyes.
- Followup**
1st, 2nd, 7th, 14th, or upto relief (Max 21st day).

e) Grouping and Randomization

- Grouping of patients done with the help of odd and even randomization.
- Odd numbers were included in the trial group and were treated with Churna.
- Even numbers were included in the control group and were treated with Salactine paint.

f) Withdrawal criteria

- Patients not giving proper follow-up
- Patients showing adverse effects will be withdrawn from the study.

g) Procedure

• Purva Karma

Sterile instruments and materials were taken as follows - kidney tray, swab holding forceps, dissecting forceps, gauze piece, cotton, sterile spatula, dressing table, sterile warm water, churna, Salactine, and even informed written consent was taken.

• Pradhanakarma

According to the site of the wart suitable position was given, the wart was cleaned daily with sterile warm water. Churna paste was applied for patients in the trial group drug and salactine paint was applied for patients in the control group and covered with paper sticking.

• Paschyatkarma

- Following instructions were given to the patient
- Do not allow the dressing to get contaminated.
 - Regular follow-ups.
 - Pathyaaapathya.

h) Duration of Treatment

21 days

i) Dosage

Local application of drug (Calcium hydroxide and Salactine paint) twice daily on-site of Mashak as per the size of mashak.

4. Assessment Criteria

Subjective Parameters

- Site
- Discoloration
- Pain
- Itching
- Scar
- Redness

Objective Parameters

Size

Grade	Size
+	1-3 mm
++	3.1-5mm
+++	5.1-7mm

Number

Grade	Number
+	1-5
++	6-10
+++	11-15

Associated changes(Consistency)

Grade	Consistency
+	Soft
++	Hard

5. Observation and Result



Before Treatment



Drug Application

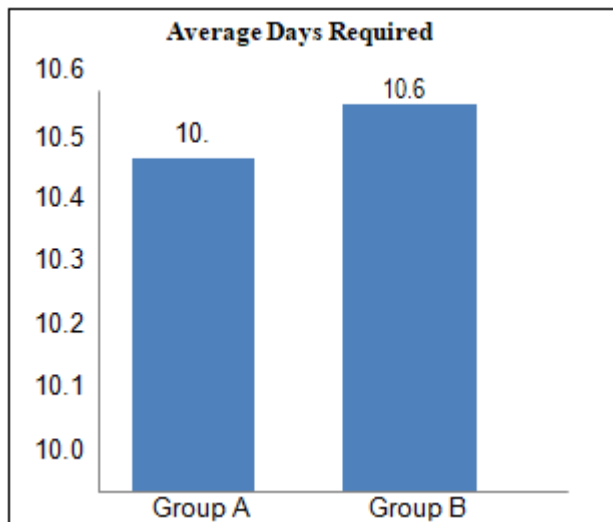


After Treatment

Average Days Required

Days	Mean	SD	SE	Z-Value	P-Value
Group A	10.5	2.26	0.32	0.179	0.858
Group B	10.6	2.20	0.31		

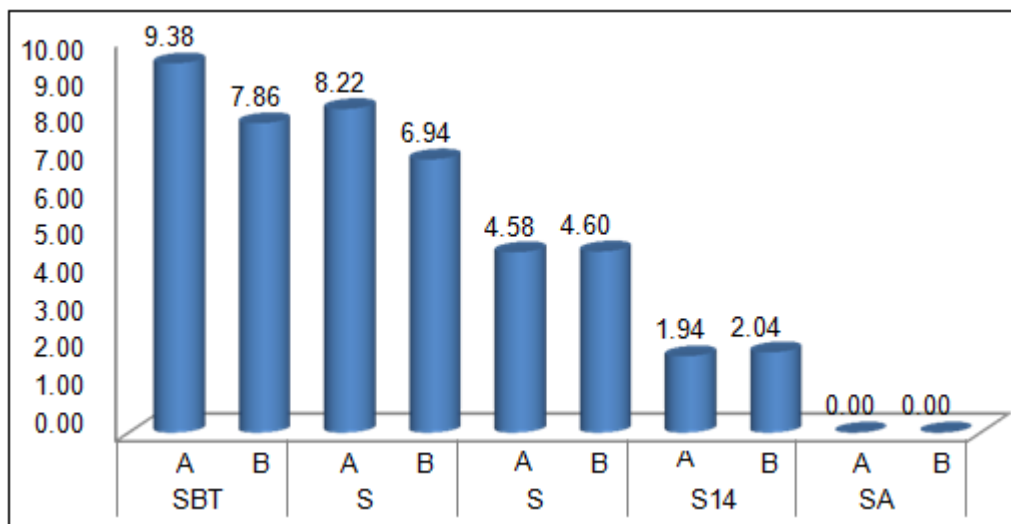
Using Z-Test, from the above table we can observe that P-Value is greater than 0.05 hence we conclude that there is no significant difference in the average day required.



Comparison Between Trial And Control Group

	Group	Mean Score	SD	Z- Value	P
SBT1	A	9.38	1.99	3.791	0.000
	B	7.86	2.02		
S2	A	8.22	2.03	3.094	0.003
	B	6.94	2.10		
S7	A	4.58	2.64	-0.040	0.968
	B	4.60	2.37		
S14	A	1.94	2.06	-0.226	0.822
	B	2.04	2.36		
SAT	A	0.00	0.00	NA	NA
	B	0.00	0.00		

We have used Z-test for comparison between Group A and Group. From the above table, we can observe that there is no significant difference between Group A and GroupB.



6. Discussion

Discussion on demographic data

In group A and group B, maximum persons belong to age group 20-30 years followed by 30-40 years. these age group patients are more prone to exposure to sunlight, dust, etc external factors due to occupational work this could be the reason for mashak occurred more in this group. Females being more cosmetically conscious, approach more for the treatment. It was also seen that the maximum number of patients showed Mashak on the Neck followed by Face. As compared to other body parts, the neck and face remains uncovered and are thus more prone to pollution and sun damage and cosmetically carry more value. These factors could play role in the formation of Mashak.

Discussion on Assessment Criteria

Pain observed in Group A was more than Group B. Itching observed in Group A was more than Group B. Redness observed in Group A was more than Group B. Scar observed in Group A was more than Group B. Discoloration was observed in 41 patients in Group A and 18 patients in Group

B. Size and number of warts were found more in male patients as compared to females.

Comparison Between Trial And Control Group

We have used Z-test for comparison between Group A and Group. From the above table, we can observe that there is no significant difference between Group A and Group B.

Average Days Required

Using Z-Test, from the above table we can observe that P-Value is greater than 0.05 hence we conclude that there is no significant difference in the average day required.

Chronicity

Patients with a history of recurrence since 2-3 years also responded to the treatment. These were included in the study to challenge the drug effects to their limits and to study its role under adverse conditions. This thought was backed up by the references from the texts. It was found that the local application of Kshara Ghruta yielded excellent results in such cases too.

Mode of Action of Trial Drug

Kshara being katu in rasa, ushna in virya and tikshna in guna performs the Lekhan karma. It cures the disease.

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