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**“CONCEPTUAL STUDY OF EFFICACY OF  
SHIRISHADI-VALKALA AGADA IN VISARPA”**

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**ABSTRACT:**

*Ayurveda* have described in detail about skin diseases in terms of classification, diagnosis and general and specific line of treatment. *Kushtha* is one of the diseases which manifest as skin disease due to *Tridosha-prakopa*. *Visarpa* is among the *Kshudra-kushtha* mentioned in *ayurvedic Sanhita* which are characterized by *Daha, Paka, Raga*. *Shirishadi-vaikala Agada* is one of the *agada-kalpa* which is indicated specially for *Visarpa* and *Daha* in *Shloka Phalashruti*. This *Agada* is mentioned in *Ashtang Sangraha Uttartantra Sthana Vishapratishedha Adhyaya* and have 5 herbs and *Go Ghrita* as its constituents. This article intended to provided collective information of properties of *Shirishadi-vaikala* as a whole as well of properties of individual herbal content with reference to its application in treatment of *Visarpa*.

**Keywords:** *Shirishadi-Vaikala Agada, Daha, Visarpadahahara, Kshudra-Kushtha*

## **INTRODUCTION:**

Ayurveda have very unique approach in terms of diagnosis, classification and treatment of skin diseases. *Kushtha* among skin diseases is one of major group of skin problems which has discussed in detail in various *ayurvedic* texts. It is classified as *Maha-kushtha* and *Kshudra-Kushtha* broadly. All *Kushtha* have 7 components to manifest as a disease according to *Charaka Sanhita*.<sup>1</sup> These components are *Vata*, *Pitta* and *Kapaha Dosha* and 4 *Dushya* namely *Twak*, *Rakta*, *Mansa* and *Ambuvaha-strotasa*. These components are taken into consideration while treating any *Kushtha*. Many *Agada Kalpa* are mentioned in text which also have *Kushthaghna* properties and can be used as part of treatment for *Kushtha Chikitsa*. *Agada Kalpa* are fast acting in nature due to potent action of its constituents.

*Shirishadi-vaikala Agada* mentioned in *Ashtang Sangraha Vishapratishedha adhyaya*. This *Agada* contains 5 herbal drugs and *Go-ghrita*. It is especially useful in conditions like *visarpa* and also has a properties like *Trishnahara* and *Dahahara*<sup>2</sup>. *Visarpa* is classified under *Kshudra-Kushtha*. *Visarpa* is described in *Sushruta Sanhita*<sup>3</sup> and *Madhavnidana* as *Kshudrakushtha*. *Visarpa Kushtha* has *Pitta Dosha Pradhanata*<sup>4</sup>

## **MATERIAL AND METHOD:**

*shirishadi-vaikala* has below 5 herbal contents which are used with *Go-ghrita*-  
1. *Shirisha tvaka* 2. *Udumbar tvaka* 3. *Plaksha tvaka* 4. *Nyagrodha tvaka* 5. *Ashwatha tvaka*

Powder of bark (*Vaikala*) of these contents are taken in equal quantity. It can be used internally with *ghrita* and locally as *lepa* mixed with *ghrita*

### **Properties of each constituent:**

#### **2.: *Shirisha*<sup>5</sup>:**

*Shirisha* has *madhura*, *tikta*, *kashaya rasa*, *anishna virya*, It has properties like *Vishahara*, *shothahara*, *visarpa-hara*, *Vranaropaka*.

#### **2. *Udumbara*<sup>6</sup>:**

*Udumbara* has *Madhura Kashaya rasa*; *Sheeta*, *Ruksha Guru Guna*; It is *Kapha-pitta Hara* and *rakta-dosha-nashaka* with properties like *Varnya*, *vranashodhana*, *vranaropaka*

#### **3. *Plaksha*<sup>7</sup>:**

*Plaksha* has *kashaya rasa*; *sheet Guna*; It is *Pitta kapha hara* and *Rakta pitta shamaka* with properties like *shotha-hara*, *vranaropaka*, *Daha-hara*,

#### **4. *Nyagrodha (Vata)*<sup>8</sup>:**

*Nyagrodha* has *Kashaya rasa*; *sheeta*, *Guru* and *ghrahi guna*. It is *Kapha Pitta Shamaka* with properties like *varnya*, *vranaropaka*, *daha-hara* and useful in treatment of *visarpa*, *yoniroga*

#### **5. *Ashwatha (Pipal)*<sup>9</sup>:**

Ashwatha has *Kashay rasa, Sheetaveerya, guru and ruksha Guna*; It is *Kapha Pitta shamaka, RaktaVikarshamaka* with properties like *Varnya, vranaropaka*

#### 6.Go-Ghrita<sup>10</sup>:

Go-ghrita has *madhura rasa and madhura vipaka, sheet, snigdha guna*. It is *vata-pitta-kapha shamaka* with properties like *Kantikara, ojo-vridhdhikara*

#### VISARPA KUSTHA:

Visarpa is characterized by *jwara, daha, araktavarnata* with *shotha and sphota* and it spreads from its source to other parts of body<sup>11</sup>

*Dosha- Pitta Pradhan dosha*

*Dhatu- twacha, mansa, rakta*

Visarpa *Kushtha* has *Pitta Dosh Pradhanya* and symptoms includes *daha, Raaga, paka* which predominantly due *pitta dosha*.

All *kushtha* are *tridoshajanya* hence based on which *dosha* is predominant, the treatment needs to devised<sup>12</sup>

#### DISCUSSION:

All contents of these *Agada* are *Kapha-Pitta shamaka* and most of the contents are *raktadosha shamaka*. Many of the contents are *vishahara* and pose properties like *laghu Guna* and *sheet veerya* which make this *Agada kalpa* fast in action when used to treat specific conditions. The *visarpa-kushtha* have *pitta Pradhan dosha* with *daha* and *raga* as primary symptoms along

with *paka*. Along with *shodhana chikitska* we need *kalpa* which is *pitta shamaka* and has *dahahara, vranaropaka* properties.

#### CONCLUSION:

*Visarpa Kushtha* has *pitta Pradhan dosha*. Content of *shirishadi-alkala agada* individually has *kapha-pitta shamaka doshagnata* with *dahahara, Vranaropaka* properties. This *agada* as single *kalpa* poses properties which makes it *pitta shamaka* and *raktadoshashamaka*. Hence it is potent formulation for treatment of *visarpa-Kushtha*

The review of this article is to provide collective information on therapeutic use of *shirishadi-alkala Agada*

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