

Efficacy of *takradhārā* on selected symptoms of *sidhmakūṣṭa*

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Sidhmakūṣṭa imposes an enormous health burden on individuals causing severe irritation and loss of body luster. It is a *krcrasādhyā* (difficult to cure) disease according to Ayurveda prognosis. In Sri Lanka this disease is known as "*potukabara*" in Sinhala. *Sidhmakūṣṭa* is a disease, which has many features similar to that of "Psoriasis" in modern medicine. If there is no proper treatment in due time *sidhmakūṣṭa* can be deteriorated.

In Ayurveda, *takradhārā* treatment is said to be effective in obstinate skin disease. This study was conducted to study the efficacy of *takradhārā* on the symptoms of *pūyāsrāva* (oozing pus), *lasikāsrāva* (oozing fluid), *alpakanḍu* (little itching), *alpavedanā* (little pain) and *dāha* (burning sensation) in *sidhmakūṣṭa*.

Sixty (60) patients were selected randomly as per the inclusion criteria and they were divided in to two equal groups A and B. Group A was given selective Ayurveda modalities and group B was given the *takradhārā* treatment with selective Ayurveda modalities for fourteen days.

Assessment was done through observation of sign and symptoms every fifteen days for two months.

A series of hypothesis tests have been carried out in order to check whether the treatment effect is significant for symptoms among the patients for each of group A and B.

P-values of the 4th comparison after two months {*pūyāsrāva* (P.value 0.011), *lasikāsrāva* (P.value 0.000), *alpakanḍu* (P.value 0.000), *alpavedanā* (P.value 0.000) and *dāha* (P.value 0.000)}. Group B treatment has been more effective than group A (P- value <0.05).

The results indicate that *takradhārā* treatment with selective Ayurveda modalities can effectively be introduced to improve the efficacy of managing the studied symptoms of *sidhmakūṣṭa*.