



**WELLNESS MANAGEMENT *THROUGH PANCHAKARMA* IN
JARAVASTHA W.S.R. TO *VICHARCHIKA* (EZCEMA) – A CASE STUDY**

PATEL NM¹, TOSIKHANE SH^{2*}, PATIL MS³ AND PATEL MK⁴

- 1:** PG Scholar, Department of *Panchakarma*, Parul Institute of Ayurved, Parul University,
Vadodara, Gujarat, India
- 2:** Professor and HOD, Department of *Panchakarma*, Parul Institute of Ayurved, Parul
University, Vadodara, Gujarat, India
- 3:** PG Scholar, Department of *Panchakarma*, Parul Institute of Ayurved, Parul University,
Vadodara, Gujarat, India
- 4:** PG Scholar, Department of *Panchakarma*, Parul Institute of Ayurved, Parul University,
Vadodara, Gujarat, India

***Corresponding Author: Dr. Sangeeta H Toshikhane: E Mail: drsangeetaj@gmail.com**

Received 12th Dec. 2021; Revised 14th Jan. 2022; Accepted 7th Feb. 2022; Available online 5th March. 2022

<https://doi.org/10.31032/IJBPAS/2022/11.3.1014>

ABSTRACT

Vicharchika is one of the *Kshudra Kustha* which is generally considered difficult to cure & recurrent relapse; it is characterized with *symptoms* like, *Kandu* (itching), *Pidika* (vesicles), *strava* (discharge), and *Shyava varna* (discolouration). The clinical presentation of *Vicharchika* similar to Eczema in modern dermatology. The term eczema is broadly applied to a range of persistent or recurring skin rashes with itching, dryness redness, and skin edema, with possible crusting, cracking, oozing flaking, blistering, or bleeding. *Kustha* is one of the *astomahagada*. Here is an attempt to present a case study of A male Patient, aged 70year, who came to outdoor patient department of parul Ayurveda Hospital, Parul University, Vadodara, Gujarat, with complaints of itching, scaly patches over bilateral upper limb, lower limb, back region and abdominal region. Patient diagnosed with *vicharchika*. He got admitted in hospital IPD and Given *Panchakarma* treatment along with *Shamana Ausadhi* and *specific diet*. Patient got significant result in all sign and symptoms after treatment.

Keywords: *vicharchika*, *eczema*, *Kustha*, *Astomhagada*, *Panchakarma*, *shaman aushadhi*

INTRODUCTION

Human skin is considered, as the largest organ of the integumentary system and it is also the vehicle for the biological and social communication to the external world. Any deformity or disease condition of the skin leads to both physiological and psychological disturbance of the patient. Skin diseases result in disfigurement, discomfort, depression, disablement and very rarely death.(1) In Ayurveda, skin diseases have been described as 'Kushta' Roga. Kushta is considered as a *Bahu Doshaja Vyadhi*, it has all *TriDosha* involvement with *Saptadhatu* as its Dushya (2). Acharya Charaka identified *Kushta Roga* as one among *Deergakaalina Vyadhi* (3), *Kushta* is considered as a *AshtAmahagada* (4) and *Aupsargika Roga Vyadhi* (5) so it is difficult to cure. If it is

not treated properly it spreads to the deeper *Dhatu*(6). *vicharchika* is one of the *KshudraKushta* out of 11 *Kshudra Kushta* and 7 *Maha Kushta* explained in classics (7)..

Case Details

A 70-year-old male patient registered by the O.P.D. number 19027542 on the date of 22/10/2019 and came to the O.P.D. of Panchakarma department-room no. 105 of Parul Ayurveda Hospital, Vadodara, Gujarat. He was given treatment for 2 months on OPD base and then he got admitted in *Panchakarma* Department, with IPD number 194026 from 24/12/2019 to 07/01/2020(12 days). Patient was resident of Pipadi, Vadodara, Gujarat. He was a farmer by occupation.he presented herself with the following complaints

Table 1: Complaints and duration

Chief complaints	Duration
Scaly itchy patches and Blackish discoloration with at bilateral foot with thickness of skin	4 to 5 months
Scaly patches over whole body	4 to 5 months
Radish Discoloration whole body	
Whole body itching	
Dryness	
Associated complain	Duration
Irregular bowel habits	6 year

Past History- No H/O- DM, HTN, Surgical Procedures.

General condition:

- Pulse rate: 72/min
- B.P: 130/80 mm of Hg

- R.R: 18/min
- H.R: 74/min
- Temperature-96.8⁰F

Dasavidh pariksha

Table 2: Dashvidh pariksha

1	<i>Prakruti</i>	<i>Vatakapha</i>
2	<i>Vikruti</i>	<i>Tvaka vicar</i>
3	<i>Sara</i>	<i>-Asthisara</i>
4	<i>Samhanana</i>	<i>Avara</i>
5	<i>PrAmana</i>	<i>Madhyam(Ht-155cm,wt-57kg)</i>
6	<i>Satva</i>	<i>Avara</i>
7	<i>Satmya</i>	<i>Avara</i>
8	<i>Aaharshakti</i>	<i>Madhyam</i>
9	<i>Vyayamshakti</i>	<i>Avara</i>
10	<i>Vaya</i>	<i>Vridhdha(70yr)</i>

Astavidha pariksha

Table 3: Astavidha pariksha

1	<i>Nadi</i>	<i>Vatakaphaj</i>
2	<i>Mala</i>	<i>Anischit malapravruti.</i>
3	<i>Mutra</i>	<i>Samyak</i>
4	<i>Jihva</i>	<i>Niram (Alipta)</i>
5	<i>Shabda</i>	<i>Prakrut</i>
6	<i>Sparsha</i>	<i>Mridu</i>
7	<i>Drik</i>	<i>Prakrut</i>
8	<i>Akruti</i>	<i>Madhyam</i>

Systemic examination

- Cardiovascular System- S1 S2 found, normal
- Respiratory System- B/L Chest clear, Airway entry, breathing entry Clear
- CNS- Patient is conscious and well oriented. All sensory and motor system was normal.
- GIT-Abdomen-NO pain/Swelling, P/A soft, No tenderness Bowel sound heard. No organomegaly detected

Skin examination:

- Shape - Irregular Scaly Patches
- Size - Multiple Patches, no specific size. (Ranging from 7mm to 10cm too)
- Site- whole body (B/L upper limb; lower limb, Back region, Abdominal region, neck region)

- Scaling- candle grease test++++
- Color- blackish discoloration at B/L foot
Radish discoloration at back, abdominal region, upper limb and lower limb

Samprapti ghatak [8]

- **Dosha-** Vata,Pitta,Kapha
- **Dusya-** Twaka, Rakta, Mansa, Lasika
- **Srotasa** - Rasavaha, Raktavaha, Mamsavaha and jalavaha
- **Srotodushti Lakshana** - Sanga and VimargagAmana
- **Marga** - Bahya Rogamarga
- **Udbhava Sthana-** Amashaya & Pakvaashaya
- **Sankara Sthana** - Triyaka-gami Sira
- **Gati** - Tiryaka

- *Adhithana - Tvaka and Uttarottara Raktadi Dhatu*
 - *Twaka, Rakta, Mansa dhatu*
 - *Agni- Jatharagni and Dhatvagnimandya of*
 - *Vyadhi Swabhava – Chirakari*
- Treatment protocol:**
OPD based treatment-

Table 4: OPD based treatment

<i>Ausadh</i>	<i>Matra</i>	<i>Avadhi</i>
Tab aarogyavardhini	2 TDS	2 Months
Tab Gandhak Rasayana	2 TDS	2 Months
Manjistha kasaya	80ml BD	2 Months
Nimb taila	Q.S.	2 Months

IPD based treatment-

Table 5: IPD based treatment

<i>Samana Ausadhi</i>		
<i>Ausadh</i>	<i>Matra</i>	<i>Duration</i>
Tab aarogyavardhini	2 TDS	12 days
Tab Gandhak Rasayana	2 TDS	12 days
Manjistha kasaya	80ml BD	12 days
Avipattikar churna	3 grm BD	12 days
<i>Panchakarma</i>		
<i>Procedure</i>	<i>Ausadh</i>	<i>Duration</i>
<i>Bahya snehana (Abhyanga)</i>	<i>Mariochyadi taila ChakrAmarda taila Nimba taila</i>	12 days
<i>Swedana (pariseka)</i>	<i>(Nima, Manjistha, Guduchi) Kasaya</i>	12 days
<i>Raktamokshana</i>	<i>Jalauka vacharana</i>	1 day
<i>Abhyantara snehapana</i>	<i>Panchatikta Ghrita (30 ml BD B/F)</i>	12 days

Pathya Pathya advised-laghu, Ruksh, tikta Rasa yukta Aahar, yava, Purana Dhaanya, Mudga, Patola, Purana Shaali, Yava, Godhuma etc

B) *Pathya Vihara* advised: *Brahmacharya. Divaswap Varjana, Vegaavarodha Varjana Uccha Vachan Varjana: Shoka, Krodha Varjana. Hima Aatap varjana, Pravaata*

varjana, AtivyaayAma varjana, Yaanadhwa Varjana, Bath should be taken daily.(9)

Observation

Itching was reduced within one week of treatment. Patient's *Agni* was improved, *bala* improved and sleep was also improved. Gradation on assesment(10),of Symptomatic improvement of *vicharchika* is as below.

Table 6: Assesment of symptoms

Symptoms	Befor treatment	After treatment
Itching	++++	+
Candle grease test	++++	-
Blackish discoloration	++++	++
Discharge from skin	Present	Absent

DISSCUSSION

As *vicharchika* is *TriDoshaja Vyadhi* treatment should be plan to pacify all three

Doshas.In *vicharchika* , *Vaivarna* is due to the *Pitta Dosh*. *Kandu* is due to vitiation of *Kapha Dosh* in the body *Rukshata* is

due to vitiated *Vata Dosha*, (11). In this study patients age was 70 year and having *avara bala*, so classical *vAmana* and *virechana* was not adopted for treatment. *Nitya virechana* was given to patient for *mridu sodhana*. Description of treatment protocol is as below,

- **Nidana parivarjana:** *Nidana Sevana of various disease* results into pathological changes in the body and creates a disease. *Eczema* or *vicharchika* is caused by improper diet habits and lifestyle, which leads to hamper *Agni* and vitiation of *Dosha*. The vitiated three *Doshas- vata, pitta, Kapha* along with impaired *Rasa, rakta, tvak* and *mamsa* together constitute seven essential entities which are involves in pathogenesis of this skin disorder and *Kapha* is the predominant *Dosha* involved in *vicharchika*. *Nidana Parivarjana* is essential to stop further pathogenesis in the Body. Therefore, *Pathya & Apathya* have to follow while doing treatment of any disease..
- **Aaroyavardhini Rasa:** *Arogyavardhini Rasa* is having *Kushtahara, Kledahara, DhatuGata Amapachana, Raktaprasadana*, and also having *Dipana-Pachana* and *Kapha-Vata Shamaka* property, *katuki* is main ingredient of *aarogya vardhini rasa*.it is acting over *panchyamanashaya* and reduces the *aama* acting as a *pitta saraka & mridu virechaka*, all these qualities are very much helpful for *Samprapti Vighatan* of *Kushta*
- **Gandhak Rasayana:** *Gandhaka* is *Ushna Veerya, Katu Rasa* and *katu Vipaki* so acts as best *kaphghna and kledaghna*.It is having properties like *Kushtagna, Vranasodhana, Vishaghna, Rakta Doshahara, Ropana, Vishahara, balya*. All these properties are helps to manage *vicharchika*.
- **Manjistadi-guduchi kashayam:** The *Kashaya* is having *Deepana-Pachana* and *Ama-Pachana* property so it does *Srotoshodhana Krama*. It also helps in natural purification of blood so can be used in skin disease. *Manjishtadi Kashayam* helps in blood detoxification and also dissolves the obstructions in blood flow.*Manjistha-Kashaya* having properties like *Kusthshghna, Rasagata-Amapachana, Rasa-Rakta Prasadana, dahaprasamana, Varnya, TiktaRasa Pradhana* which is indicated in *Kushta roga*.
- *Guduchi* having *Rasayana, Sangrahi, Balya, Agnidipana,*

Tridoshshamaka properties which helps to *samprativighatana* of *Kustha*.

- **Samanaga snehapana-Samanang snehana** normalize the aggravated *Doshas* without without expelling them and without disturb normal *Doshas*. Tikta rasa of *Panchatikta Ghrita* is usfull to reduce ama condition, kleda bhava in *kustha*, reduces itching and along with *Ghritha* it helps to rehabilitates each dhatu and dosha vilayana at the level of shakha and giving the gati towards *kostha*.
- **Abhyanga-** Abhyanga not only for skin but it provides whole body dhatu Vardhna asIf it is done for sufficient time, the oil reaches to the different Dhatu subsequently and pacify the doshas situated in perticular dhatu (12). *Abhyanga* is *vatadhna,shramahara, and tavachya* so it is effective in treatment of *vicharchika*. *Marchyadi taila* is use full in all type of *Kustha* and reduces redness, itching, *nimb* is *Pitta kaphadhna krumidna, vranaahars* and *kandudh, Karanj* is having *ushna,tikshna* property.so it acts on *Vata* and *Kapha Dosh*a and treats the *Kustha*.
- **Swedana-swedana** helps to liquefy *Dosha* and brings *Dosha* towards *shakha* to *kostha*.
- **Raktamokshana-Raktamokshana** is ideal treatment when vitiated *Doshas* are situated in *rakta* dhatu. When *Jalauka* applied on skin,it sucks the superficial blood that might be from capillaries or extra cellular level.so it may more vitiated than other body channels, *Jalaukavcharana* has irritant effect on the lesion, it creates new cellular division which takes place removing dead cell layer and makes reduction of local swelling and lichenification.(13) saliva of *jalauka* is reported to have many therapeutic contents Which is having anti-inflammatory and antifungal property which gives relief in symptoms of *vicharchika* (14)
- **Nitya virechana-** Virechana is act on internally situated on pitta, pittaasthanagata alpa kapha, kaphasthanagata bahu pitta, pittavruta vata, pakwashayagata pitta or kapha pitta(15)and expels them out of the body through anal route. *Nitya virechana* is the type of *virechana karma* in which daily basis *doshanirharana* is to be done in *alpamatra* when patient is

durbala and there is *bahudoshavastha* state. In *kushta* it helps for *pitta rechana*, *koshta shodhana* and *vatanulomana* as *vata* and *pitta dosha* are the mainly responsible for spreading of the *kushta*. (16) *Avipattikara Churna* is indicated in *Pitta* imbalance disorders. It has antibacterial, antiviral and antimicrobial property. so it is advisable in *kushta roga*.

CONCLUSION

The present case study concludes that use Ayurvedic management with limited *Panchakarma*, patient got marked improvement in symptoms like *kandu*, *shyaavta*, *Rukshta*, *charamadala* and *ghanta*. As the patient is in *Jaravastha*, the case was managed with very delicately using mild *Panchakarma* therapies like, *Mrudu rechana*, *Mrudu Abhyangam*, *Swedanam*, *Rakta mokshanam*, *Snehanam* therapies would help patient get relief; The color of the skin was last to become normal approximately on 1st follows up after 15 days.

REFERENCE-

[1] Vd. Gunjan Ashok Rawal *et al* a conceptual study of *vicharchika* with special reference to *eczema*, International Journal of Scientific research volume-7 | Issue-9 |

September-2018 | PRINT ISSN No 2277 – 8179 & ISSN: 2322

- [2] Sharma, R. And Dash, B., 2012. *Caraka Samhita*. Varanasi: Chaukhamba Sanskrit, pp. Vol 3 Pg 320.
- [3] Dutta, C., 2004. *Charaka Samhita*. Varanasi: Chaukhamba, p. pg-132.
- [4] Sharma, P., *Sushrut Samhita*. Varanasi: Chaukhamba.
- [5] *Sushruta Samhita*, *Nidana Sthana* 5.33 with *Nayachandrika Panjika* of Sri kayada Commentary edited by Yadavji Trikamji Chaukhamba Varanasi Reprint edition 2013 pg 289.
- [6] Sharma, R. And Dash, B., 2012. *Caraka Samhita*. Varanasi: Chaukhamba Sanskrit, p. Vol III Pg 320
- [7] Byadgi, P., 2012. *Ayurveda Vikriti Vijnana And Roga Vijnana*. Varanasi: Chaukhamba Sanskrit, p. Vol II, Pg 277.
- [8] Vd. Gunjan Ashok Rawal *et al* a conceptual study of *vicharchika* with special reference to *eczema*, International Journal of Scientific research volume-7 | Issue-9 | September-2018 | PRINT ISSN No 2277 – 8179 & ISSN: 2322
- [9] Surajkumar Bangar *et al*, The Role of *Pathya – A Pathya* in Psoriasis w. S. R to *Kushta – A literary review*, National Journal of Research in Ayurved Science, Nov- 2020 | Volume 08th | Issue: 6th ISSN: 2320-7329
- [10] Kritika Thakur *et al.*, Management of *Eka Kushta* through *Panchakarma*

Published online in <http://ijam.co.in>

ISSN No: 0976-5921

- [11] Md Imtiaz, A pilot study on jimutaka v *Amana* yoga in the management of eka *Kushta* w.s.r to psoriasis, International Journal of Pharmaceutical Research Oct - Dec 2020 , Vol 12 , Issue 4 , 356
- [12] Purnima Sangwan: Abhyanga – A Conceptualized Study –A Review Article, IAMJ: Volume 6, Issue 11, November - 2018
- [13] Priyadarshan M. Sawant, A case report on ayurvedic management of *vicharchika* (eczema), IJAPR | March 2020 | Vol 8 | Issue 3
- [14] [Hiren N. Raval](#) et al, Role of *Raktamokshana* by Jalaukavacharana and Siravedhana in the management of *Vicharchika* (Eczema)[Ayu.](#) 2012 Jan-Mar; 33(1): 68–72.
- [15] Murthy K.R.S; Translation of Ashtanga Samgraha Sutra sthana; Chaukhambha orientalia Varanasi; reprint 2012; Vol 1, chapter 27/ 4, pp-4
- [16] S. Rashmi et al, A conceptual study on nitya virechana: review article,ejbps, 2018, Volume 5, Issue 9, 181-186.