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AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA) – A CASE STUDY

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ABSTRACT

Background

Mahakushta and Kshudrakushta are the two categories into which kushta rog is divided. Kshudrakushta has a description of Vicharchika. Ayurvedic dermatologists frequently face the kind of Kshudrakushta known as Vicharchika, which is characterized by both Kandu, Srava, Pidaka a, and Shyava varna symptoms. Clinical call presentations based on eczema and vicharchika have frequently been linked. Modern medicine has therefore made significant advancements, notably in the field of dermatology, but when some medications—like steroids—are overused or abused, they can have catastrophic adverse effects like nephrotoxicity, osteoporosis, skin cancer, etc. While Ayurveda heals many cases of eczema without any negative side effects by balancing the Dosha and Dhatus and purging vitiated Dosha.

Materials and methods: A 24-year-old female patient arrived at the OPD complaining of bleeding, cracking, itching, and blackish discoloration on the back. The allegations all dated back Six years. Co-treatment with Ayurvedic remedies such as Raktshodhaka vati, Sukshma triphala, Arogyvardhini vati, Bhringraj ghanvati, and Anulomak vati was administered to the patient. The effects were astounding to observe, and the symptoms significantly improved. This study was used to demonstrate that Ayurvedic management produces outstanding results in Vicharchika (eczema). Based on the evaluation criteria, observations and conclusions were made. Based on all research-related observations, a discussion was conducted. Based on the outcome, a conclusion was reached.

Result: The patient had started improving during treatment and at the end of the 28th day there was overall recovery. As the case had reached *Upadrava*, it needs time to cure but with Ayurvedic treatment, it has relief in all the subjective and objective parameters.

Conclusion: The case study reveals how Vicharchika was treated using solely Panchakarma and Ayurvedic medicine. In the care of Vicharchika, Pathyasevan is crucial. Avoiding apathya is advised. The patient felt better, and her symptoms had greatly decreased. As a result, the offered Ayurvedic medication proved effective in curing the illness.

Keywords: Kushta, Eczema, Itching, and Discoloration

INTRODUCTION

According to Ayurveda, Vicharchika is a Rakta Pradoshaja Vikara with three Dosha involvement and a dominant Kapha Dosha. Even though it is Kshudra Kushtha, it has a propensity for exacerbations and has a chronic history. From the perspective of the contemporary medical system, vicharchika and eczema, a type of dermatitis, or inflammation of the outer layers of skin, can be associated [1-3]. Eczema is a general word used to describe a variety of persistent or recurrent skin rashes marked by redness, swelling, itching, and maybe crusting, peeling, blistering, cracking, seeping, or bleeding. Most frequently, sufferers of Vicharchika (Eczema), who do not profit well from current medical treatment, seek out Ayurvedic treatment with high hopes of

being cured of their illness. After coming into contact with an allergen or irritant, acute eczema develops. Prostaglandins, Helper T cells, and other inflammatory mediators are involved in its process. Redness, swelling, scaling, crusting, and itching are some of its clinical symptoms. Eczema that is severe in any way significantly reduces the quality of life. Allopathic therapy has a dearth of potent therapeutic medicines and risks long-term harmful side effects. Ayurveda's basis for treating Vicharchika is Shodhana, which gets rid of the vitiated Doshas. Similar to Shodhana, Shamanoushadi aids in the Dhatus' correction and return to normalcy [4-6].

MATERIALS AND METHODS

The case Report is as Follows

A year-old female patient approached the OPD with the chief complaints:

Blackish discoloration on the lower back.

Itching at back.

Bleeding at back.

Generalized weakness

Symptoms aggravated during the night time.

All the above complaints ins were for years with No H/o DM/HTN/Asthma.

History of Personal Illness

The patient was normal 6 years before. He developed blackish discoloration and itching his on back. After 2 months patient developed cracking over the discolored The patient took allopathic treatment for the

same and now she started ayurvedic treatment.

Personal History

Occupation: Housewife

Ashtavidha Parikshan

Materials and Method – single case study

Nadi: Kapha Pradhan

Shabdha: Spashta

Mutra: 5-6 times/ day

Sparsha: Anushnasheet

Mala: 1-2 times/ day

Druk: Avishesh

Jivha: Saam

Akruti: Madhyam

Bala: Madhyam

Raktabhara: 120/70

Table 1: Gradation of symptoms based on literature

Symptoms	Gradation	Score
Kandu (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbs patients' attention	2
	Severe itching disturbs patients' sleep	3
Strava (Discharge)	No Strava	0
	Occasional Strava after itching	1
	Mild Strava after itching	2
	Profuse Strava making clothes wet	3
Pidaka (Papules)	Absent	0
	1-2 Pidaka in one affected part	1
	3-4 Pidaka in one affected part	2
	More than 4 Pidaka in one affected part	3
Shyavata /vaivarnyata (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3
Rookshata (Dryness)	No dryness	0
	Dryness with rough skin	1
	Dryness with scaling	2
	Dryness with cracking	3
Daha (Burning sensation)	Absence of Burning sensation in affected part	0
	Rarely burning sensation in affected part	1
	Continues burning sensation in affected part	2
	Disturbing patients sleep	3

Table 2: Gradation of symptoms based on literature

Symptoms	Gradation	Score
Number of patches	No patch	0
	1-2 patches	1
	3-4 patches	2
	More than 5 patches	3
Area of patches	In between 0-10 sq. cm	0
	In between 10-20 sq. cm	1
	More than 20 sq. cm	2

Table 3: Shaman medicines used in treatment

Sr. No	Dravya	Dose	Duration	Aupana
1	RAKTA SHODHAK VATI	250mg	2-2-2	Lukewarm water after food
2	SUKSHMA TRIPHALA	250mg	2-2-2	Lukewarm water after food
3	AROGYVARDHINI VATI	250mg	2-2-2	Lukewarm water after food
4	BHRINGRAJ VATI	250mg	2-2-2	Lukewarm water after food
5	ANULOMAK VATI	500 mg	0-0-2	Lukewarm water at bed time

SHODHAN CHIKITSA

TREATMENT SCHEDULE –

SARWANG SNEHANA –

The patient should have oleation in the beginning. Here, he must daily administer metered quantities of Nimba tail medication. This will eliminate the excessive dryness inside the body that the dosha has caused (7 Days).

SARWANG SWEDAN –

Then sudation is given after oleation. The obstructed doshas in the bodily channels will become unblocked. These liquid doshas will migrate in the direction of the stomach (7 Days).

BASTI –

Anuvasana and Niruha Basti are to be given Alternate days (7 Days).

ANUVASANA BASTI –Total 120 ml of Anuvasana Basti in which 60 ml Sahachara oil and 60 ml of Nimba oil are mixed and given on alternate days for 7 days.

NIRUHA BASTI -

Devdaru, Daruharidra each 10 gm.

SNEHA DRAVYA – Sahachar Oil, Nimba Oil each 60 ml

KWATH DRAVYA - Eranda, Vidanga, Nimba, Karanja, Devdaru, Daruharidra each 10 gm



Table 4: Daily treatment

Days	Treatment
1 st	Panchkarma – Sarwang snehan, Sarwang swedan, Anuvasan Basti and Medicines
2 nd	Panchkarma – Sarwang snehan, Sarwang swedan, Niruha Basti and Medicines
3 rd	Panchkarma – Sarwang snehan, Sarwang swedan, Anuvasan Basti and Medicines
4 th	Panchkarma – Sarwang snehan, Sarwang swedan, Niruha Basti and Medicines
5 th	Panchkarma – Sarwang snehan, Sarwang swedan, Anuvasan Basti and Medicines
6 th	Panchkarma – Sarwang snehan, Sarwang swedan, Niruha Basti and Medicines
7 th	Panchkarma – Sarwang snehan, Sarwang swedan, Anuvasan Basti and Medicines
8-21 st	Medicine

Table 5: Prognosis

1 st f/u after 7 Days	Arogyavardini vati Suksma triphala vati Anulomak vati Bhrnigraj vati Raktamokshodhak vati
2 nd f/u after 14 Days	Arogyavardini vati Suksma triphala vati Anulomak vati Bhrnigraj vati Raktamokshodhak vati
3 rd f/u after 21 Days	Arogyavardini vati Suksma triphala vati Anulomak vati Bhrnigraj vati Raktamokshodhak vati

OBSERVATION

Table 6: Before and After Treatment

Symptoms	Grade Before treatment	Grade After treatment
<i>Kandu</i>	2	0
<i>Strava</i>	2	0
<i>Pidaka</i>	2	0
<i>Shyavata/vaivarnyata</i>	3	1
<i>Rookshata</i>	3	1
<i>Daha</i>	2	0
Number of patches	1	0
Area of patches	1	0

RESULT

The patient had started improving during treatment and at the end of the 28th day there was overall recovery. As the case had reached *Upadrava*, it needs time to cure but with Ayurvedic treatment, it has relief in all the subjective and objective parameters.

Hetu of *Vicharchika* as:

Ahara -

Virudha ahara

Use of Amla and Lavan ras Yukta foods in excess

Drava, Snighda, and Guru Ahara

Vihara -

Heavy physical exercises

Exposure to heat immediately after taking food

Withholding *Mutra* and *Purish vega*

Samprapti Ghataka -

Dosha- Tridosha Dushya- Twak, Rakta, Mamnsa, Lasika Strotas – Rasa, Rakta Adhishthana – Twacha Sanchara – Tiryaga sira Rogmarga – Bahya

Swabhava – Chirkari

Samprapti -

Since the Samprapti of Vicharchika is not specifically described in the classics, a common Samprapti of Kushtha may be taken into consideration. The four Dushyas (Twak, Mansa, Rakta, Lasika) thin out or lose their tone as a result of the numerous causal circumstances that simultaneously excite all three doshas. The provoked doshas are found in these four deranged Dushyas.

They get vitiated as a result, which leads to the development of the skin ailment known as Kushtha.

Pathya: Laghu Anna, Tika Shak, Puran Dhanya, Patola, and Nimba. Triphala, jangal maansa, bhalataka, mudga, and ghrita.

Apathya: Anoop Maansa, Dughdha, Tila, Maansa and Vasa, Guru Anna, Amla Ras Guda, Matsya, and Dadhi are examples of Apathya.

DRUGS AND PROCEDURES IN THE MANAGEMENT OF VICHARCHIKA ACTIONS OF MEDICINES IN VICHARCHIKA-

<i>Sr. No</i>	<i>Dravya</i>	<i>Action</i>
1	Arogyavardini vati	Kledagna, dhatugun vardhak
2	Bhrnigraj vati	Agnideepak, Kaphagna, Raktaprasadak, Kushtaghna
3	Sukshma triphala vati	Raktashodhana, Rasayan
4	Anulomak vati	Anuloman of doshas
5	Raktamokshodhak vati	Rakta Shodhana

DISCUSSION

Mode of Action of Arogyavardini vati

Arogyavardini vati aids in the creation of the correct rasa dhatu and agnideepana. Katuki corrects rakta and aids in the removal of dusta pitta.

Mode of Action of bhrangraj in Vicharchika:-

Bhringaraj is a great herb for smooth, radiant skin because the liver and blood play such a significant influence in the health and look of the skin.

Mode of Action of Sukshma triphala vati in Vicharchika –

Purifies pitta, act on yakrit, kushtaghna, and Raktashodhana as blood play important role in the nourishment of the skin, Rasayan

Mode of Action of Anulomak vati in Vicharchika –

Mode of Action of Sukshma triphala vati in Vicharchika –

Purifies pitta, act on yakrit, kushtaghna, and Raktashodhana as blood play important role in the nourishment of the skin, Rasayan.

Mode of Action of Raktshodhak vati in Vicharchika- Raktashodhana has a significant part in the nutrition of the skin.

Shodhana Chikitsa

Tridoshaja Vyadhi is Kustha. As a result, the major dosha should be treated first, followed by the anubandha.

When Dosha is strong, Shodhan Karma is recommended.

वातोत्तरेषु सर्पिर्वमनंश्लेष्मोत्तरेषुकुष्ठेषु। पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनंचाग्रे॥

(च.चि.७/३९)

When Vata or Kapha is the prevailing energy, Kushtha Ghrita and Kushtha Vamana are suggested, respectively, whereas Pitta dominance calls for Virechana Karma and Raktamokshan.

Raktamokshan must be performed every six months. Virechana must be administered once per month. Vamana must be administered once every 15 days.

- **Shnehan:-** According to Acharya Vagbhata, Snehan should be administered to Kushtha Rogi during the Purvarupa stage. The capacity of a person to digest the Sneha in a given amount of time is used to determine the dosage of Snehan. Charaka counsel Matra of Madhyama.

- **Swedana** Swedana is administered by Nadi Sweda or Vaspa Sweda before Shodhana for a very brief amount of time. The Doshas liquefy as a result.

- **Basti**

Although both types of basti are contraindicated in the majority of cases, it is possible in some circumstances.

CONCLUSION

The case study reveals how Vicharchika was treated using solely Panchakarma and Ayurvedic medicine. In the care of Vicharchika, Pathyasevan is crucial. Avoiding apathya is advised. The patient felt better, and her symptoms had greatly decreased. As a result, the offered Ayurvedic medication proved effective in curing the illness. It is possible to classify it as eczema under the modern interpretation of Vicharchika. Long-term therapies in the form of symptomatic and suppressive (topical and systemic) medications are essential to both treatments. Kshudra Kustha and Kustha are broad concepts with specific management principles in Ayurveda. In vicharchika, every part of the therapy is also described, such as Pathya and Apathya (diet)

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