



A REVIEW ARTICLE-AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA) THROUGH KANKARISTHA

Mandal Somit¹,

Verma Vipul²

Shrivastava Akhilesh³

¹PG Scholar, Department of Rasashastra and BhaishajyaKalpana ,ShubhdeepAyurved Medical College & Hospital, Indore (M.P).

²PG Scholar, Department of Rasashastra and BhaishajyaKalpana ,ShubhdeepAyurved Medical College & Hospital, Indore (M.P).

³Professor, PG Department of Rasashastra and BhaishajyaKalpana, ShubhdeepAyurved Medical College & Hospital, Indore (M.P).

ABSTRACT

In ancient medical texts, all skin diseases come under the headline of *Kustha*. *Kustha* is also divided in to two groups *Maha Kustha*, *Kshudra Kustha*. *Vicharchika* is a condition which comes under *Kshudra Kustha*. It is one of the chronic disorder as described in *Ayurveda Grantha's*. In *Charak Samhita*, it has been mentioned that *Khadir* is very useful in any type of *Kustha*. *Kankaristh* which contain *khadir* is most effective in the treatment of *Kustha*. It contain 5-10% of self-generated alcohol, so that we can stored for long time without losing their potency, instead there is increase in the potency as these preparation becomes old. It possess *Ashukari Guna* that's work at the level of *Dosh* and *Dhatus*. There for *Asava*, *Aristha* is popular in the community of *Ayurvedic Vaidhyas*. Another thing is that, it is a liquid dose form to take all age group, without any discomfort.

Key words; *Kustha*, *Vicharchika*, *Kankaristh*

INTRODUCTION: Skin is the chief casing of body, it contributes a chief role in maintaining barrier between internal and external environment, and especially the healthy skin is the first requirement for the attractive personality. *Ayurveda* has described all skin disease under the headline of the *kustha*. In the other word it can be listed as *Ayurvedic* dermatology. *Kustha* is considered by *Charak* and other ancient medical authority that all dermatological manifestation under 18 subtypes of *Kustha*, *Vicharchika* is one of the *KshudraKustha*.

AIM AND OBJECTIVES: To stabilise the efficacy of *Kankaristha* in *Vicharchika* (eczema).

MATERIAL AND METHOD:

A.Disease review: In modern science eczema is a chronic superficial inflammation of the skin, which is usually

itching in nature. It is form of dermatitis known as atopic dermatitis. It may begin in infancy childhood or in adults¹. The clinical lesions may be acute or chronic, Depending on the persistence of the insult.² Eczema is a pattern of inflammatory response of the skin which is the resultant of delayed type hypersensitivity mediated by memory T lymphocytes in the skin³. The term eczema is broadly applied to arrange of persistent skin condition. These include dryness, crusting, flanking blistering, and cracking, oozing or bleeding. The cause of eczema is unknown but is presumed to be combination of genetic and environmental factor⁴. This disease has a number of external and internal factors acting singly or in combination.

In ancient medical science *Vicharchika* is considered to be a subtype of

*KshudraKustha*⁵. Which is a type of the skin disease *Samprapti* of *Kustha*, *Nidan* cause *Agnimandya* in patients, *Agnimandya* leads to produce *Aamotpatti*, leading *TridoshDushti* and *Kileda* formation. That create *Twakdusti*, *Lasikadusti*, *Mansa Dusti* and *Raktadusti* and causes *Vicharchika* (eczema). *Vicharchika* is *KaphaPradhanaTridoshaj Vyadhi*⁶.

Nidan⁷-

1. Incompatible food and drink.

2. Milk with *Chilchim* fish (*Rohu* fish),
3. Fish, honey, salty and sour food black gram.
4. Improper method of administering *Panchkarma*.
5. Exposure to heat immediately after taking food.
6. Improper method of eating hot and cold food
7. Exposure to sun light immediately taking bath.

Table No.1 B. Drug review⁸ The Contents Of Kankaristha:

<i>Dravya</i>	<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>.Doshaghnata</i>	<i>Rogaghnata</i>
1 <i>Khadir</i>	<i>Tikta</i>	<i>Katu</i>	<i>Seeta</i>	<i>Kapha pitta shamaka</i>	<i>Kushthaghnnavranaropan</i>
2 <i>Haritaki</i>	<i>Pancha rasa</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Tridoshahara</i>	<i>Kushthaghna Krumighna</i>
3 <i>Bibhitaki</i>	<i>Kashaya</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Pitta kaphahara</i>	<i>Virechanopaga jwarahara</i>
4 <i>Amalaki</i>	<i>Pancharas</i>	<i>Madhur</i>	<i>Seeta</i>	<i>Tridoshaghna</i>	<i>Dahashamana</i>
5 <i>Sunthi</i>	<i>Katu</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Kaphavatahara , bhedana</i>	<i>Raktashodhaka</i>
6 <i>Pippali</i>	<i>Katu</i>	<i>Madhur</i>	<i>Anushnash ita</i>	<i>Kaphavatahara</i>	<i>Krimiroganut</i>
7 <i>Maricha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatahara</i>	<i>Pinasa, kasappravahika,</i>
8 <i>Haridra</i>	<i>Katu, tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatahara</i>	<i>Kushtha</i>
9 <i>Nirmalake beej</i>	<i>Madur, kashaya, tikta</i>	<i>Madhur</i>	<i>Seeta</i>	<i>Kaphavatahara</i>	<i>Kusthagna</i>
10 <i>Dalchini</i>	<i>Katu, tikta, madhu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Vatapittahara</i>	<i>Raktashodhak</i>
11 <i>Bakuchi</i>	<i>Katutikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatahara</i>	<i>Kusthaghna Raktapittahara</i>
12 <i>Giloya</i>	<i>Tikta,</i>	<i>Madhur a</i>	<i>Ushna</i>	<i>Tridoshaghna</i>	<i>Kusthaghna</i>
13 <i>Vidang</i>	<i>Katu, kashaya</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavatahara</i>	<i>Krimiroganut Kusthaghna</i>
14 <i>Dhaykephool</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kaphapittahara</i>	<i>Kusthaghna</i>
15 <i>Madhu</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Kaphapittaghan a</i>	<i>Tvachya</i>

DISCUSSION-*Kankaristha* is an Ayurvedic formulation used to manage the

different type of health complication⁹. Antimicrobial action of this medicine help

to fight against the various infection in our body. *Raktshodhak* properties of this medicine are quite effective to treat the skin diseases like boils, dryness of skin, acne, eczema, etc. *Kankaristha* help to manage the symptoms in skin diseases like itching, rashes, discoloration, oozing etc. It help to remove the waste materials from our blood and body. But how it work in our body that is main aims. At that time we saw about *RasPanchaka* of this formulation, what we found that maximum herbs are *Kushtaghna*, *Kandughna*, *Kaphaghna*, and *Raktprasatk*. In this *Aristha* first and main content is *Khadir.Khadir* (*Acacia catechu*) is main choices for every practitioners and also popular in between society. It work on his *Kusthaghna Prabhav*. And *Ras*, *Veerya*, *Vipak* and *Guna* also provide help to cure skin diseases that told by *Charak*¹⁰ and *Sushrut* also. *Trifala* is *kapha Pittahar*, *Kusthaghna*, and use in *Prameh*, *Kustha*, *Mandagni*, *Virechan* also¹¹. *Trikatu* contains the herbs *Pippali*, ginger, and black pepper. The powerful *Ushna Virya* of this combination is traditionally used to support the digestive fire and a healthy detoxification (*shroto shodhak*)¹². *Haridra* (*Curcuma longa*) is *Katu* and *Tikta* in taste. It is *Ushna Virya*, and *Rooksha* in *Guna*. It acts against vitiated *Kapha* and *Pitta Dosha*¹³. So it useful in skin diseases, diabetes, and wound healing¹⁴. *Giloy* (*Tinospora cordifolia*) is known as *Amrita* also, It is used in the treatment and curing of many diseases and disorders. His properties and action *Rasa- Tikta*, *Kasaya*, *Guna-Laghu*, *Virya- Usna*, *Vipak-Madhur*, *Karma-Rasayana*, *Raktasodhaka*¹⁵. *Dalchini* (*Cinnamomum zeylanica*) it has amazing therapeutic properties like anti-bacterial, anti-fungal, anti-oxidant. *Dalchini* can cure

many skin, hair and health problems. Its anti-microbial properties purify your skin, while its anti-biotic effects protect skin from irritations, rashes, allergic reactions, and infections¹⁶. *Bakuchi* (*Psoralea corylifolia*) is excellent medicinal herb that is used in *Ayurveda* to cure skin related diseases e.g. eczema, itching, vitiligo, psoriasis, hypopigmented lesions¹⁷. *Nirmalike Beej / Kataka* (*strychnos potatorum*) is a well known in *Ayurvedic* treatment of skin diseases, anorexia, renal calculi, because it reduces vitiated *Kapha* and *Vata Dosha*¹⁸. *Vidang* (*Embelikaribes*) has *Ushna Guna* there for it balances *Kapha* and *Vata Doshas*. It is widely used against intestinal worm infestation¹⁹. *Dhataki phool* (*Woodfordia fruticosa*) it balance *kapha pitta dosha*. *Dhataki* is used as ingredient in many products of *Asava* and *Arishta* preparations. Because it have on special effect fermenting agent²⁰. Honey is a delicious and natural sweetener many of us are already familiar with. It balance *Pitta* and *Kapha Dosha*, and work on cough & cold, diabetes, cholesterol, lose weight, heal wounds, skin disease²¹. Over all we found that every single content has on capacity to cure the skin disease. But there are fifteen contents in this formulation there for *Kankaristha* is working on maximum of skin disease, *Vicharchikais* also one of them.

Pathyaapathya : Non vegetable food like meats of different type of animals and birds, various preparation of the cooked or an cooked food. If *Kustha* patient intake these always that causes indigestion and imbalance of *Kapha*, leading to worsening of itching. *Dugdha*- excess of milk and dairy products causes *Kapha* that's why in eczema increase itching and excessive secretion. *Amla rasa* like *Dadhi* increase *pitta*. And now aquatic area, sugarcane,

wine, and day sleeping , taking sour fruits, various preparation of flour . All of these products aggravate *Kapha Vata, Pitta* and as well as *Rakta* also . There for ancient medical authority pressurizing on *Pathya Kalpana*.

CONCLUSION: In *Ayurved Saar Shangrah* has mentioned about *Kankaristha* .*Kankaristha* is a very effective in the treatment of *Kustha* , Specially *Vicharchika*. It contains 5-10% of self generated alcohol in preparation. And alcohol improve the quality of drug potency to cure several type of skin problem .Because it has some major property such as *Yogvahi, Aashukari, and Teekshana, Laghu Guna*. By *Yogvahi Guna* it take all the property from herbs in to the *Aristha*. And *Aashukari Guna* it improves the drugs potency to deliver the property in the body to the level of *Dosh, Dhatu. Teekshna Guna* is working as (channel refiner). And about *Laghu Guna*, It is so light for digest the preparation. There for *Kankaristha* is better medicine for *Vicharchika*.

REFERENCES:

1. Robyn Beirman & Roger Engel , An - A-Z of symptoms and signs, First published(2009) by Palgrave Macmillan(2010) (page no.-287).
- 2 Kipper : Harrison principles of internal medicine, mc grew hill medical publishing Davison, New Delhi , (2004) 16 th edition ,(page no: 289).
- 3 Sehgalnv , Eczema In text book of clinical dermatology , jay pee brothers medical publisher (p) ltd. (2004) new Delhi (page no.- 19).
- 4 Eczema \ dermatitis sign and symptom available on <http://en.wikipedia.org/wiki/eczema>. (Date-02-01- 2019/Time-04:00p.m.)

5 Agnivesha, charaka, dridhabala charakasmhita chikitsasthanana ,kustha chikitsa adhyay, hindi commentary .(2015)(page no- 182).

6 Agnivesh, charak ,dridhabala charakasmhita chikitsa sthana, kustha chikitsa adhyay, hindi commentary. (2015) (page no -185)

7 Agnivesh, charaka, dridhabala charaka smhita nidansthan, kustha nidanadhyay, hindi commentary (2011)(page no – 513).

8Vd. Hajareelal Sharma, Ayurved sharshangrah , Published by shree badynath ayurved bhawan private ltd. (2014) (page no.-614).

9 Ved. Hajareelal Sharma, Ayurved saar shangrah , Published by shree badynath ayurved bhawan private ltd. (2014) (page no- 614).

10 Agnivesh, charak ,dridhbala charakasmhita, sutra sthan ,yajjapurushheeya adhyay, hindi commentary(2015)(page no- 343).

11Bhavprakas nighantu,Visvnatha divedi shastri,,publish by Motilal banarsidass. (2015) (page no- 11).

12 Vagbhata, ashtanga hridayam ,hindi commentary by dr. Brahmanand tripathi, chaukhamba Sanskrit pratishthan,delhi(2010)(pg – 120).

13 Dravyaguna- vijnana voll.. -2, prof.- p.v. sharama, head, department of dravyaguna, Banaras hindu university, chaukhambha bharti academy. (2011) (page no- 163).

14 Dravyaguna- vijnana voll.. -2, prof.-pv. sharama. Head, department of dravyaguna, Banaras hindu university, chaukhambha bharti academy. (2011) (page no- 164).

15.Bhavprakash nighantu,Vd.Visvnatha divedi shastri, publish by Motilal banarsidass,(2015)(page no. – 143).

- 16 [https://cashkaro.com/blog/benefits of dalchini](https://cashkaro.com/blog/benefits-of-dalchini).(2019,January 02)10:00 p.m.)
17[https://www.bimbima.com>ayurved](https://www.bimbima.com/ayurved). (2019,January 02) (10:05 p.m)
18.Dravyaguna-vijnana, voll.- 2, prof.- p.v.sharama, head, department of dravyaguna , Banaras hindu university, chaukhambha bharati academy. (2011) (page no.- 96).
19 Dravyaguna-vijnana voll.- 2, prof.- p.v. sharama, head, department of dravyaguna, Banaras hindu university, chaukhambha bharti academy.2011pg 503.
20 Dravyaguna-vijnana voll.-2, prof.- p.v.sharam, head, department of dravyaguna, banaras hindu university, chaukhambha bharti academy.(2011) (page no.-472).

21Bhavprakash nighantu,Vd.Visvnathadivedi shastri, publish by Motilal banarsidass.(2015)(page no- 447).

Corresponding Author:

Dr. Somit Mandal, PG Scholar, Department of Rasashastra and Bhaishajya Kalpana ,Shubhdeep Ayurved Medical College & Hospital, Indore (M.P).
Email: somitm890@gmail.com

Source of support: Nil
Conflict of interest: None
Declared

Cite this Article as : [Mandal Somit et al : A Review Article-Ayurvedic Management of Vicharchika (Eczema) Through Kanakaristha] www.ijaar.in : IJAAR VOLUME III ISSUE XI NOV-DEC 2018 Page No:1598-1602