



AN AYURVEDIC MANAGEMENT OF VICHARCHIKA W.S.R.
ECZEMA- A CASE REPORT

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ABSTRACT

Vicharchika is one of the skin disorder explained by Acharya in *kushta-chikitsa adhyaya*. There are two types of *kushta*, namely *mahakushta* and *kshudrakushta*. *Vicharchika* is one of *kshudra-kushta*. *kandu* (itching), *shyava* (discolouration), *bahusrava* (discharge) and *araktavarniya twaka* (redness over skin) are the main symptoms of *Vicharchika*. *Vicharchika* is most closely resembles like eczema. Which is characterised as redness, swelling, papules, exudation, cracking, lincnification etc. *Vicharchika* can be treated remarkably with procedures of *panchakarma* and internal medications. By this treatment it relieving the symptoms like itching, discharge, cracking, and discolouration over the skin. The present case study is successful Ayurvedic management of a case of *vicharchika* (eczema). Here a case report of a 75 Years-male having with the complaint of *ubhay hasta pradeshi twak vaivarnya, kandu, alpa jalsrava* since 1 year. He was treated with Ayurvedic herbs & some *panchkarma* procedure which give effective result with Ayurvedic Management.

Keywords: *Vicharchika*, Eczema, *panchkarma*, Ayurvedic management, Effective therapy

INTRODUCTION: All the skin diseases in Ayurveda have been described under the heading of 'Kustha'. *Vicharchika* is one of the *Kshudra Kustha*. All *kushta* has its own identity. "*Sakandu-pidika-shyava-bahusrava-vichrchika*" is unique identity of *Vicharchika*⁽¹⁾. Amarkosha describes *nirukti* of *vicharchika* under two main features i.e. cracking of the skin mainly occurs on the skin of hands and legs⁽²⁾. *Kushta vhaydhi* Included under *Rakta Pradoshaja Vikaras*. There is no specific description about *hetu* of the disease *Vicharchika*. It is one of the *Kshudra Kustha*, so *hetu* of the *Kustha* are to be accepted as the *hetu* of the *Vicharchika*. The commentator *Gayadas* quotes the references of *Bhoja* describing same *Samprapati* of *Vicharchika* as *Kustha*. Eczema is define as a pattern of skin inflammation that has characteristic

morphologies in acute, sub-acute, chronic phase. The term dermatitis is usually used synonymously with Eczema. The terms 'Dermatitis' are synonyms of 'Eczema' Exciting cause of Eczema is Chemicals, Clothing, Footwear, Cosmetics, some Medicaments, and faulty Diet & Digestion. *Vicharchika* is most closely resembles like eczema. *Raktamokshan* give dynamic result in *vichrchika*. *Sushruta* advised *Vamana* for *Kaphadhika Kustha* in every fortnight, *Virechana* for the elimination of vitiated Pitta should be undertaken every month. *Raktamokshana* for the expulsion of *Dushita Rakta* should be done twice in a year & *Nasya karma* should be carried out on every 3rd day⁽³⁾.

CASE REPORT

A 75 years old male patient came to us with following chief compliant –

Table 1 : Showing symptoms & duration of patient :

| SR.NO | CHIEF COMPLAINTS | DURATION |
|-------|---|----------|
| 1 | Ubhay hasta pradeshi a) kandu +++ b) discolouration++ c) jalsrava+ d) rukshata+ | 1 year |
| 2 | Sarvang pradeshi alpa kandu | 1 month |

Astavidha pariksha :

Nadi (pulse) = 78/min.

Mala (stool) =
Awastambha

Mutra (urine) = 3-4 times
in a day

Jeeva (tounge) = Eshat
saam.

Agni = prakrut

Shabda (speech) = Normal.

Akruti = Madhyama.

Bala = Madhyama.

Raktadaaba (B.P) = 120/70 mm/Hg.

MATERIALS AND METHODS

MATERIALS:

Table 2: Showing material used in study

| SR. NO | DRAVYA | DOSE | DURATION | ANUPAN |
|--------|---------------------|--------|------------------------|-----------------|
| 1 | Suvena Rajwangeswar | 250 mg | 1 pack Twice in day | Luke warm water |
| 2 | Guduchi satwa | 500 mg | | |
| 3 | Suvena makshik | 250 mg | | |
| 4 | Daruharidra | 1 gm | | |
| 5 | Gandhrava haritaki | 1 gm | At night | Luke warm water |

Table 3: Showing panchkarma used in study

| SR.NO | PANCHKARMA | PALCE | DURATION | DAYS |
|-------|--------------------|---|---|--|
| 1 | patol patra dawan | on both hands | ones in a day | From 1 st days to 3 rd days. |
| 2 | Vranadhupan | on both hands | ones in a day | From 1 st days to 3 rd days. |
| 3 | Abhyanter ghrutpan | 1 st day-25 ml go-ghrut 2 nd day 50ml 3 rd day 75ml 4 th day 100ml | daily taking ghrut with luke warm water before meal | From 4 th days to 7 th days. |
| 4 | Siravedha | venous-blood taking from the vein in both elbow joints | on 6 th day 30 ml from each vein | On 8 th day |

METHODS :

- **Center of study:**
S.S.N.J.Ayurvedic Hospital, Solapur, India.

- **Method of sampling-**
simple
Randomize
d

- **Study design:** experimental clinical single case study.

DISCUSSION :

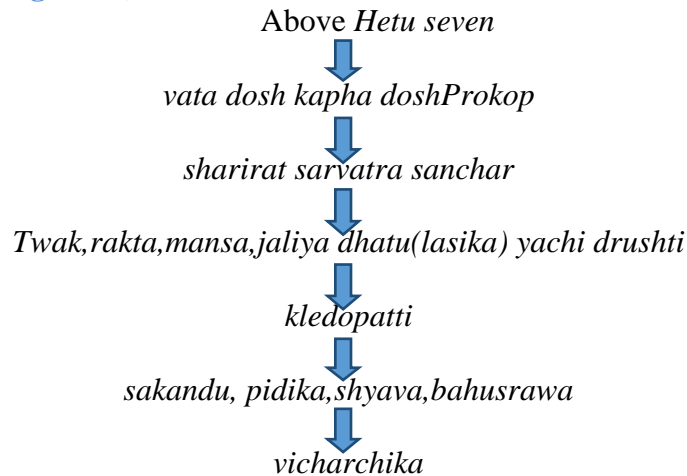
Hetu seven

1) **Aaharaja Hetu :** Aahar is one of *trayopstmbha*, so it is one of the chief responsible factors in the production of the *Vicharchika*. *Viruddha Ahara* (incompatible or antagonistic diet)⁽⁴⁾ Acharya Charaka has stated that the substances acting antagonistic to ‘*Dehadhatu*’ are *Vairodhika*. Acharya Charaka described eighteen types of

ViruddhaAharain vimanstan. *Mithya-Ahara* (irregular Diet)⁽⁵⁾

- 2) **Viharaja Hetu⁽⁶⁾ :** *Viharaja Hetu* also play an important role in the production of *Vicharchika*. *Mithya Vihara*, *Vegadharana* & *Panchakarma pacharanare* included in *Vihara Hetus*. *Mithya Vihara* (irregularity in daily routine). The activities opposite to ‘*Svasthanavritta*’ is called ‘*Mithya Vihara*’. Sudden changes from cold to heat & vice versa comes under in *Mithya Vihara*. *Vega Vidharana* – suppression of natural urges⁽⁷⁾
- 3) **Krimi^{(8),(9)} :** *Mahrshi charak* and *sushrut* both mentioned *Krimi* is one of the probable causative factor for *Vicharchika*.

Samprapti (Pathogenesis)⁽¹⁰⁾



Samprati-Ghatak:

- *Dosha* – *vata kapha dosha prakop*
- *Dushya* – *Ras, Rakta, Mansa, lasika*
- *Srotas* – *rasavaha, raktavaha, mansavaha*
- *Srotodusti* – *sanchaya vrutti*
- *Udhbhavasthanana* – *twak, mansa*

- *Vyaktasthanana* – *ubhay hasta pradeshi*

Samprapti bhanga:

In line of treatment we think about *Aampachn*, *dipan*, *vata kapha shamana* and *shodhan chikitsa*. Action of all individual drug mentioned in following table-

| Sr. No | Dravya | Action |
|--------|--|--|
| 1 | <i>Suverna raj vangeshwar⁽¹¹⁾</i> | <i>Rasayan, puyodoshnashak, twakavikarnashak</i> |
| 2 | <i>Suverna makshik⁽¹²⁾</i> | <i>Raktaprasadak, Rasayan, Yogavahi, Pittashamak</i> |
| 3 | <i>Guduchi⁽¹³⁾</i> | <i>Rasayani, vayasta, jwaragni, vatkaphagn</i> |
| 4 | <i>Daruharidra⁽¹⁴⁾</i> | <i>jatugna, kandughna</i> |
| 5 | <i>Gandrav haritaki</i> | <i>Anulomak, Vatashulanashak</i> |

Table 4: Showing Drvyas & its action used in study.

OBSERVATION & RESULT : The results observed after the treatment: Improvement in signs and symptoms of the patient starting at the end of 7th days.

Relief was found in *kandu*, (itching), *srava* (discharge), *twak vaivarnya* (discolouration over skin) at the end of 21th days.

Table 5 : showing symptoms' before and after treatment Agnikarma.

| SR.NO. | SYMPTOM'S | BEFORE TREATMENT | AFTER TREATMENT |
|--------|--------------------------------------|------------------|-----------------|
| 1) | <i>Ubhay hasta pradeshi Kandu</i> | +++ | - |
| 2) | <i>Ubhay hasta pradeshi Shyavata</i> | +++ | - |
| 3) | <i>Ubhay hasta pradeshi Rukshata</i> | +++ | - |
| 4) | <i>Ubhay hasta pradeshi Srava</i> | ++ | - |
| 5) | <i>redness over all body</i> | + | - |



BEFORE TREATMENT



AFTER TREATMENT

CONCLUSION: All *kushta* is difficult to treat. In modern medicine steroid and all symptomatic treatment give temporary relief. While Ayurvedic herbs along with *panchkarma* therapy shows highly significant results in *vichrchika*. This is single case study which proves effect of ayurved in *vichrchika*. In future, I will do further study with collection of many cases.

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