

## CLINICAL STUDY OF BAKUCHYADI YOG IN VICHARCHIKA WITH SPECIAL REFERENCE TO ECZEMA

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### ABSTRACT

**Introduction:** In the field of practice we come across many patients of skin disease who are physically as well as mentally disturbed because a sufferer of skin disease. Skin diseases result in disfigurement, discomfort, depression, disablement and very rarely death. Among all the skin disease which prevail in society like taenia infections, psoriasis, eczema etc. eczema accounts for the large portion of population suffering. An estimated 10% of all people worldwide are affected by eczema. Ayurvedic line of management aims to give a blissful life by improving the immune system of the individual by removing the toxins and even controlling the mind. Controlling

Vicharchika more effectively can make a radical improvement to patients quality of life. Major lifestyle modifications in terms of dincharya, rutucharya, panchakarma interventions proves helpful in treating Vicharchika. Vicharchika is explained under the title Kshudrakushtha. A polyherbal combination of Triphala, Musta, Guduchi and Bakuchi was selected for dissertation study to evaluate its efficacy in patients with Vicharchika. **Purpose:** The study was conducted to evaluate the efficacy of Bakuchyadi Yog in reducing Kandu, Pidika, Vaivarnya, Daha, Srav, Rukshtha and thickening of skin. For objective criteria maximum longitudinal and vertical length area of the eczematous patch was measured. **Materials and Method:** In this study 30 patients with age group 20 – 70 years, diagnosed with Vicharchika were selected. Bakuchyadi Churna was given 12 grams early in the morning for the period of 1 month. Patients were analyzed before and after the study. **Rug:** Bakuchyadi yog 12 grams Contents for Yog: Bakuchi beej churna (3gram), Triphala churna

(3 gram), Musta mul churna (3 gram), Guduchi kand churna (3 gram): total 12 grams churna.

**Observation:** The parametric data was analyzed by paired t test and the non parametric data was analyzed by Wilcoxon signed rank test which showed significant result. **Result:** Out of 30 patients of Vicharchika, 22 were partially improved and 8 were markedly improved. None of the patient were cured completely. **Conclusion:** Bakuchyadi Yog is effective in relieving signs and symptoms of Vicharchika and showed significant result.

**KEYWORDS:** Eczema, Vicharchika, Kandu, Pidika, Vaivarnya, Daha, Srav.

## INTRODUCTION

In this world of modernization the most important thing what matters to the people is looks and people now a day spend lot of money for that purpose without giving a thought that inner intoxication is equally important in the pathogenesis of disease, unless and until we don't remove toxicity from body it will definitely reflect on skin. Our skin is considered to be the first organ of the body that interacts with outer environmental factors i.e. physical, chemical and biological agents. Skin is an envelope of internal structure which protects oneself from various external invasions. Skin is the seat of complexion which maintains the beauty and personality.

In the field of practice we come across many patients of skin disease who are physically as well as mentally disturbed because a sufferer of skin disease most of the times is a victim of depression as the disease snatches ones confidence to face the world. Among all the skin disease which prevalent in society like taenia infections, psoriasis, eczema etc. eczema accounts for the large portion of population suffering. An estimated 10% of all people worldwide are affected by eczema. More than 10 million cases per year in INDIA are noted of different types of Eczema. Eczema being increased number of cases in recent days appears to be significantly resulted from unwholesome food and habits and bad combinations. Chemical contacts and allergic substances too have direct impact over this. The lifestyle which is changing so rapidly is also leading to increase the rate of skin diseases also. Like now a day's use of cosmetics is also one of the causes of skin diseases.

When our ancient texts are referred all the variety of skin disease are mentioned and explained one single title called Kushtha either mild form of skin disease or severe leprosy it is all under one title in Samhita. Out of which Vicharchika is one that seen in large amount in patients and can be correlated with eczema that is explained in modern science. Ayurvedic

line of management aims to give a blissful life by improving the immune system of the individual by removing the toxins and even controlling the mind.

### Hetu

**Aharaj hetu:** These are the main causes of Kushtha among which Viruddh and Mithya ahar are main dietary factors.

**Mithya aahar:** The Ahar which is opposite to Ashtau aahar vidhi vishesh aayatanani is defined as Mithya Aahar.

**Viruddh aahar:** There are 18 types of Viruddha aahar as described by Acharya Charak like Desh, Kaal, Agni, Matra, Satmya, Dosh, Sanskar, Veerya, Kosht, Avastha, Karma, Parihara, Upachar, Vidhee, Viruddh etc.

**1) Viharaj hetu:** Vegavidharan, Mithya vihar, Panchakarmapcharan are few main Viharaj hetu. Aupsargik Vyadhi described by Acharya Sushrut can be included under this.

**Mithya vihar:** it means improper activities like excessive Vyayam, sudden change from cold to hot and vice versa.

**Panchakarmapcharn:** Improper activities during Panchakarma therapy may lead to skin diseases, like improper administration of Snehapan also causes skin disease.

**Vega Vidharan:** Acharya Charaka stated thirteen types of natural urges in Sutrasthan. The suppression of which are harmful to the body.

**3) Aacharj hetu:** Aachar hetu is said to be one of the important causative factor for Kushtha which includes insult to teachers or other respectable persons.

### Poorvaroop

1. Aswedanam: due to Srotovrodh, there can be absence of Sweating. This results in cracking and dryness.
2. Atisvedan: increased sweating may present as Purvaroop of Kushtha. Srotomukh Vilayan
3. Parushya: due to increased Shaitya of Kapha.
4. Atishlakshata: due to increased Snigdha Guna resulting in Kledvrudhi.
5. Vaivarnya: Vitiated Pitta causes Vikruti of Bhrajak pitta resulting in discolouration.
6. Kandu: Vitiated Kaphapitta causes Kandu. It is said to be Naanaatmaj Vyadhi of Kapha

and Pitta.

7. Toda: Suchivat Vedanaa
8. Suptata: means Sparshahaani, it can be due to Vaat or Kapha Dushti.
9. Paridaah: means burning sensation it is due to Vikrut Pitta.

### Lakshana

- 1) **Kandu:** Kandu is the main complaint in Vicharchika and described most of the Acharya. It means to feel to itch frequently. According to Acharya Charak, it is caused by vikrut kapha and pitta. It is also considered in Nanatmaj vikar of Kapha and Pitta.
- 2) **Pidaka:** Pidaka means that which creates the pida (pain). It can be compared with small boil, pustules. Acharya Charak stated that Vikrut pitta and rakta create inflammation in twak with redness resulting in pidika.
- 3) **Shyava (vaivarnya):** Shyava means dark brown or dark colored
- 4) **Srav:** Srav means flowing or streaming. Symptom of Srav is mentioned by all Acharya except Sushrut because may be he has explained dry type of Vicharchika.

### Samprapti of Vicharchika according to Shadvidh kriyakaal

- 1) **Sanchay:** Dosha remain in samyavastha in swasth vyakti, but any disturbance in the normal state results into excessive accumulation within their more expressive sites i.e. at vishesh sthan. Vicharchika is a Shaakhaashrit vyadhi, but in sanchay avastha the dosha are in the kosht.
- 2) **Prakop:** If sanchaya avastha of dosh is not cured and hetu continues further, it enters in prakop avastha. In this stage already accumulated dosh get strengthened at their places. In Vicharchika, tridoshaj prakop as well as dominancy of vikrut pitta and kaph is present in greater extend.
- 3) **Prasara:** If previously provocative factors are not corrected, then the prakopavastha enters in to the next stage known as Prasar avastha. At this stage the prakopit dosh move in wrong direction into other body organs, structures and parts. In Vicharchika, vikrut dosha travel by tiryak sira and vitiate four dushya i.e. twak, lasika, mans and ambu.
- 4) **Sthan sanshray:** In this stage, the spreading dosh becomes localised wherever there is kha vaigunya or reduced immunity and it marks the beginning of specific disease pertaining to the structure. This condition represents poorvrup stage and interaction between dosh dushya takes place. Poorvarup of kushth is produced in this stage.
- 5) **Vyakti:** This is the stage which gives clear picture about a disease along with other

systematic symptoms with full manifestation of the disease i.e roop. In Vicharchika, kandu, pidika, shyavata, srav, etc. are expressed with full potential.

- 6) **Bhed:** If proper management of this stage is not done, the disease may become incurable. In this stage of Vicharchika pak and vran may occur. This can be compared with stage of complication. Symptoms like raji, arti, etc indicates chronicity.

## 7) Classification of Eczema Acute Eczema

It represents wet dermatitis characterized by intense pruritus, erythma, oedema, papules, vesicles, oozing, crusting and even blister formation.

### Subacute Eczema

It is characterized by diffuse erythma, edema and scaling. In this stage edema, vesiculation and oozing components come down. The lesion starts scaling.

### Chronic Eczema

It is represented by severe itching, hyperkeratosis and lichenification (thickening, hyper-pigmentation and accentuated skin marking).

## (B) Classification based on Etiology- Endogenous eczemas

It implies that the condition is not a result of exogenous or external environmental factors, i.e. is mediated by processes originating within the body includes.

- Atopic eczema
- Seborrhoeic eczema
- Asteatotic eczema
- Discoid eczema
- Eyelid eczema
- Exudative discoid and lichenoid chronic dermatosis
- Chronic superficial scaly dermatitis
- Hand eczema
- Venous eczema
- Juvenile plantar dermatosis
- Metabolic eczema or eczema associated with systemic disease
- Eczematous drug eruptions

**Exogenous eczemas**

These are related to clearly define external triggering factors, although inherited tendencies can also play a part, this group include.

- Irritant eczema
- Allergic contact eczema
- Photo allergic contact eczema
- Eczematous polymorphic light eruption
- Infective eczema
- Post-traumatic eczema

**General Management of All Types of Eczema**

- Explanation, reassurance & encouragement
- Avoidance of contact with irritants
- Regular use of greasy emollients
- Appropriate use of topical steroids
- Topical steroids- Lotions & creams are in acute eczema & ointments in chronic eczema
- Topical immunosuppressant including tacrolimus & pimicrolimus
- Emollient soap substitutes (Aqueous cream)
- Sedative antihistamines (Alimemazine tartrate)

**Prevention of Eczema**

1. The following suggestion may help to reduce the severity and frequency of flare-ups.
2. Moisturize frequently.
3. Avoid sudden changes in temperature or humidity.
4. Avoid sweating or overheating.
5. Reduce stress.
6. Avoid scratchy material e.g. wool or other irritant.
7. Avoid harsh soaps, detergents and solvents.
8. Avoid environmental factors, that trigger allergies e.g. pollens, molds, mites and animal dander.
9. Be aware of any food that may cause an outbreak.

**Bakuchyadi yog**

Bakuchyadi yog contains Bakuchi, Triphala, Musta and Guduchi. All these drugs are having

Kushthghn, Virechanopag, Kledopshoshak and Aampachak properties. Klednashak properties cause Jantughnata / Krumighnata which makes Vran of Kushth Shudhh. So that fast recovery of the impaired skin occurs.

Twak is updhātu of Mans Dhatu so the drugs which act on Ras, Rakt and Mans like Musta, Bakuchi are effective on treatment of Vicharchika.

Dravya	Gan/ gun	Dhatugamitwa
Triphala (Abhaya+aamalaki)	virechanopag	Rasa
kushthaghn)		
Musta	kandughna	rasa, rakta mansa
Guduchi	dahprashaman	Rakta
Bakuchi	twachya	Rakta

### Mode of action of Bakuchyadi yog in Vicharchika

**Triphala:** It has Rasayan effect. It helps in nourishment of Dhatu and helps in reducing Dhatudaurbalya. It is Virechanopag and has cleansing effect in body.

**Musta:** It is Kandughn according to Aachary Charak. It acts on Rakt Dhatwagni and Mans Dhatwagni. After improvement of Raktdhatwagni good quality of Mans Dhatu is formed from which good quality of its Updhātu are formed i.e. skin. It acts as Aampachk. So Srotovrodh is decreased. It is Kruminashak.

**Guduchi:** it acts on Rakta Dhatu and maintains Rakt Dhatwagni.

**Bakuchi:** It also acts on Raktdhatu. It helps in removing Srotovrodh by its Ushna guna.

### Action On Dosha

Guduchi, Amalaki, Haritaki acts as Tridosahara. Bhibhitak is Vatkaphashamak. Musta is Kahphpittaghna.

### Action on Dushyas

Bakuchyadi yog has specifically Kledahara property. So by removing Kleda it reduces Dhatushaithilya of Vikrut dhatu in the patient of Vicharchika. It acts on Vikrut Twak, Rakt, Mans and Kleda. As a result Dhatwagni Deepan occurs. So, it has capacity to improve metabolism.

**Action on Agni and Aam**

By Katu Rasa it stimulates Pachakagni which destroys the Aam rasa and removes obstruction and dilates the passages of Dushit Kapha and Pitta Doshas. The main action of Bakuchyadi yog may be Amapachana, Kledopshoshan, Doshpachan. As it has combination of Katu, Tikta Rasa. It is helpful in Santarpanjanya vyadhi like Vicharchika Kushtha.

**Action on Srotodushti**

The Tikta Rasa has potency to improve the basic cellular metabolism due to their Shodhana properties. Lekhan property of Triphala helps in Srotoshudhi.

**MATERIALS AND METHODS**

Type of study: Open clinical study Number of patients: 30

Drug: Bakuchyadi yog

- 1) Bakuchi beej churn: 3 gm
- 2) Triphala churn : 3 gm
- 3) Musta mul churn : 3 gm
- 4) Guduchi kand churn: 3 gm Total: 12gm

The patients were given Bakuchyadi yog every day.

**Method of preparation**

Bakuchyadi Yog was prepared under the guidance of “Bhaishajyakalpna Department” of our institute as per classical text reference of Sharangdhar Sanhita where Churna kalpana is explained. According to Sharangdhar Aacharya, dried drugs were used for formation of Churna. The dried ingredients were taken and cleaned properly. The entire ingredient were powdered separately and sieved. The individual powder was weighted separately and well mixed together in a crusher.

Matra –12 gm

Anupan: Kosha jal (To increase efficacy) Aushadhsevakal: Early in the morning Duration: 1 month.

Mental state: Regular counseling was done to avoid stress, tension, anxiety and aggressiveness. Follow-up: weekly (i.e. at 1st, 2nd, 3rd, 4th week).

End point of the study: The drug Bakuchyadi Yog was given for 1 month to 30 patients.

Case Record Form - Record of all patients was documented & follow up was mentioned in Case Record Form. Follow up signs and symptoms were recorded.

Consent: An informed written consent of all patients was taken in the language best understood by them Examination of the patient- Complete Clinical examination was done to diagnose & assess the condition of patient.

## INVESTIGATIONS

Blood CBC, ESR, BSL fasting and PP, Liver Function and Renal Function Tests, urine routine and microscopic, lipid profile were done as routine investigations.

## INCLUSION CRITERIA

- Patients of Vicharchika with symptoms like Kandu, Pidaka, Vaivarnya, Srav, Rukshata and Daha will be taken.
- Patients with endogenous eczema (It results from internal body products or metabolites, internal constitutional factors) were included.
- Patients in the age group 20 to 70 years.

## EXCLUSION CRITERIA

- Pregnant & lactating woman.
- Persons with severe disorders like HIV, CA, Liver disorders, TB, renal disorders, cardiac problems, bed ridden due to chronic illness.
- Patients having uncontrolled Diabetes mellitus, Hypertension were excluded.
- Any complication arising during the treatment or any patient discontinuing the treatment was the subject to be excluded. (but no complication was observed)
- Patients with exogenous (Allergic /photo/infectious) eczema was the subject of exclusion.

## Criteria of Assessment

Patients with the clinical signs and symptoms of Vicharchika.

Both the subjective and objective parameters were taken into consideration to assess the severity of the disease.

1	Kandu: pruritus /itching	acute/chronic
2	Pidaka: papule /vesicle /macule	Acute
3	Vaivarnyata: Erythema/pigmentation (Arun varn/shyav varn,etc)	acute/chronic
4	Srav:oozing	Acute
5	Rukshata:Dryness	Chronic
6	Dah:Burning sensation	Acute
7	Thickening of the skin i.e.licheniform	chronic

### CRITERIA OF ASSESSMENT

- a) **Subjective criteria:** Effect of drug on signs and symptoms of Vicharchika.
- b) **Objective criteria:** Effect of drug on morphological features of the lesion: Using butter paper external margins of eczematous patch were marked before and after treatment. Using maximum longitudinal and vertical length area was calculated before and after treatment. unit of measurement was cm.

### Grading and scoring of signs and symptom

Following gradations & scoring were taken as subject parameters to study the effect of drug

- Kandu (Itching)
  - 3 - Itching continuously and cannot concentrate on routine work and at night 2 – Occasional itching disturbs normal activity
  - 1 – Itching only once or twice a day 0 – No itching
- Twak Vaivarnya (discolouration) 3 – easily looking discolouration
  - 2 – mild discolouration only visible in light
  - 1 – very mild discolouration only visible in light 0 – nearly normal skin colour
- Dah (burning sensation)
  - 3 – continuously burning can not concentrate on work and even during sleep 2 – burning sensation but can concentrate on work
  - 1 – burning only 1 or 2 times a day 0 – no burning
- Srava (discharge)
  - 3 – continuous discharge – patient requires dressing to lesion to soak up the discharge and disturb his routine work
  - 2 – need to put dressing but not disturbing 1 – need not to put dressing

0 – scanty discharge need not to soak or dressing and dries their own

- Pidaka (eruption)

3 – All the lesions full of eruption

2 – Scanty eruptions at least half of the lesion 1 – Scanty eruption in few lesion

0 – No eruption in the lesions

- Rukshata

3 – Dryness with cracking (parush) 2 – Dryness with scalling (khar)

1 – Dryness with rough skin 0 – no dryness

- Thickening of skin

3 – severe lichenification

2 – thickening with criss cross marking

1 – thickening of skin without criss cross marking 0 – no thickening of skin

## RESULTS AND DISCUSSION

- In the present Study majority of the patients were Males.
- Upto 73.33% and majority of patients were belonging to age group 50-60 years; having sedentary, unhygienic life style.
- Most of the patients were from middle class family (43.33%).
- Around (70%) patients were literate.
- Most of the patients included in this study were of Kapha-Vataj Prakriti.
- In this study majority of the patients were of Madhyam and awar Satwa.
- There is significant reduction in gradations of Kandu than other Lakshanas.
- Among all, maximum percentage of relief found in Kandu symptom which was 75.34%

## CONCLUSION

In Ayurveda, Eczema can be compared with Vicharchika as the sign and symptoms can be co-related with it.

Charaka mentioned the role of Kaphpradhanyata along with Pitta Vata and other vital elements like Twak, Rakt, Mansa which are involved in Samprapti of Vicharchika.

Sushruta described dry type of Vicharchika which is Pittapradhan along with Kaph Vata.

Most of Lakshanas of Vicharchika are subjective, but some objective parameters can help us

to define its chronicity.

Average percentage of relief in patients was 59.70%. It was 59.33% for subjective criteria and 13.61% for objective criteria. Out of 30 patients of Vicharchika, 22 were partially improved and 8 were markedly improved. None of the patient were cured completely.

## OBSERVATIONS AND RESULTS

### BEFORE TREATMENT (thickness of the skin lesion)



### After treatment (thickness of the skin lesion)



### Before treatment



**After treatment****BIBLIOGRAPHY**

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