

## A CASE STUDY ON VICHARCHIKA TREATED BY AYURVEDA SHODHAN AND SHAMAN

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### ABSTRACT

**Background:** In *Ayurveda* literature there are two categories of *kustha*, one is *Mahakustha* and another one is *Kshudra kustha*. There are eleven types *Kshudrakushtha* and *Vicharchika* (Eczema) is one of them. It is *Kapha Pradhan Tridoshaj Vyadhi* with involvement of *rakta*. Due to similarity in symptoms It can be correlated with atopic dermatitis (eczema), such as *Kandu* (pruritus), *Pidika* (papules, vesicles, and pustules), *Shyavata* (erythematiclesion with discoloration), *Srava* (discharge), and *Rukshata* (dry lesion). In *Ayurveda*, *Shodhana chikitsa* and *Shamana chikitsa* are mentioned for the treatment of all types of *kustha*. **Case Report:** A 53- year- old female reported having blackish thick patches on back side of both legs

with severe itching, burning sensation for the last 3 months. The case was treated with *Nitya Virechan* with *Phaltrikadi Kadha* and *Avipattikar Churna* for 7 days followed by *Arogyavardhini Vati* for 15 days. **Result and Discussion:** The assessment of subjective parameters like *Kandu* (itching), *Srava* (discharge), *Daha* (burning sensation), *Shyavata* (discoloration), and *Rookshata* (dry skin) was done on days 0, 7, and 14 along with this photographs of the affected areas are compared before and after treatment. Patient showed remarkable response from all symptoms after treatment. **Conclusion:** *Nitya Virechan* followed by *Shamana chikitsa* (that includes oral intake of *Arogyavardhini vati* and

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*Sarivadhyasav* along with external application of *Brihat Marichyadi* oil is very effective in the management of *Vicharchika* (eczema).

**KEYWORDS:** *Arogyavardhini vati*, Eczema, *Nitya Virechan*, Atopic dermatitis.

## INTRODUCTION

Eczema is a non contagious inflammatory condition of the skin characterized by groups of vesicular lesions with a variable degree of scaling, exudates, dryness, erythema and little inflammation. The term Eczema is broadly applied to a range of persistent or recurring skin rashes characterized by itching, intense pruritus, Redness of skin with possible cracking, crusting, flaking, blistering, edema, bleeding or oozing. Its prevalence is 2–5% in children and young adults.<sup>[1]</sup> *Vicharchika* is *Kapha pradhan Tridoshaja* in nature with vitiation of *Dushya* like *Rasa*, *Rakta*, *Mamsa*, and *Kleda*. Mostly skin conditions are described under the *Kushtha vyadhi* in Ayurveda, there are two main types of *kushtha* are mentioned in the ayurvedic literature named as *Mahakushtha* and *Kshudrakushtha*, these two have further subtypes. eleven type of *Kshudrakushtha* in *samhita* are mentioned, *Vicharchika* is one of them. The main symptoms of *Vicharchika* are *Kandu*, *Pidika*, *Shyavata*, *Srava*. In this disease, itching is due to *Kapha*, dryness and blackish lesions occur due to *Vata* and *srava* and *daha* occur due to *Pitta*. The mainstay of treatment in *Ayurveda* for *Vicharchika* is *Shodhana*, which help to correct the *Dhatus* and bring them to normalcy by eliminating the vitiated *Doshas*. The present case in the case study was treated by *Nitya Virechana* followed by intake of *Arogyavardhini vati*, *Sarivadhyasav* along with local application of *Brihat Marichyadi* oil.

## CASE REPORT

A 53- year- old female reported to *panchakarma* OPD of Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi, with chief complaints of blackish thick lesions on back side of both bilateral legs with severe itching, pain, erythema and burning sensation since the last 4 months.

**History of present illness:** The patient gradually developed patches on anterior aspect of bilateral legs with intense itching. Then patches increased in size and started to get blackish in color along with burning sensation. For this problem she took allopathic treatment for 2 month, but didn't got satisfactory relief. So she visited the Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, Najafgarh, New Delhi, hospital for further Management.

**Past history:** No any past significant history.

**Family history:** Not significant history.

### Clinical examination

1. Dryness- Present
2. Itching-Present
3. Blackish discoloration-Present
4. Watery discharge-Absent

*Ashtavidha Pariksha* showed no abnormality except constipation. Patient had *Madhyam Akrut*.

### Vital parameters

B.P -130/80

Pulse rate- 80 beats per minute

Temperature -Afebrile All vitals within normal limits.

**Laboratory investigations:** No any investigation needed

**Skin Examination:** Deep blackish discoloration patches with itching and dryness and fine scales present on anterior aspect of bilateral legs. Local lesion was thick without watery discharge.

### Therapeutic Interventions

*Bahya* (external): Local application of BR. MARICHYADI OIL tail 2 Times.

*Abhyantar* (internal): 20 ml freshly prepared *Phalatrikadi Kwath* as per procedure mentioned in *Sharandhar Samhita* by adding 15 gm *Avipatkar Churna* for *nitya virechan*. once at 6 am for 7 days. After 7 days, *Arogyavardhini vati* 500mg twice a day was started for 14 days. All drugs used in the study were procured from the IMPCL (Indian Medicines Pharmaceutical Corporation Limited).

### OBSERVATIONS AND RESULTS

Patient was treated by daily purgation with 20 ml freshly prepared *Phalatrikadi Kwath* and 15gm *Avipatkar Churna* for continuous 7 days followed by internal drug therapy as shown in Table 1 for 14 days. Patient was assessed by decrease in the severity parameters on the basis of gradation shown in Table 2. After completion of treatment reduction in symptoms as shown in Table 3. Assessment of patient done by taking photographs of lesion before treatment as shown in Figure 1 and after treatment as shown in Figure 2

Follow-up was taken after every 7 days.

**Table 1: Shaman Chikitsa (internal medicine) given to the patient during Nitya Virechan.**

Medicine	Dose	Period	Anupana	Aushadha Kala
<i>Arogyavardhani Vati</i>	500 mg bd	14 days	<i>Koshna jala</i>	<i>Adhobhakta</i>
<i>Sarivadaasav</i>	20 ml bd	14 days	<i>Koshna jala</i>	<i>Adhobhakta</i>
<i>Panchatiktaghrita</i>	500 mg bd	14 days	<i>Koshna jala</i>	<i>Adhobhakta</i>
<i>Br. Marichyadi Tail</i>	twice in a day	14 days	-	L/A

**Table 2: Gradation of subjective parameters.**

S. No	Subjective parameters	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Shyavata</i> (discoloration)	Normal skin color	Brownish red color	Blackish red color	Blackish discoloration
2	<i>Rookshata</i> (dry skin)	No	Mild, dryness with rough skin	Moderate dryness with scaling	Severe dryness with cracking
3	<i>Kandu</i> (Itching)	No	Mild, rarely present	Moderate, disturbing attention	
4	<i>Daha</i> (burning sensation)	No	Mild, occasional		
5	<i>Strava</i> (discharge)	No	Mild, occasional		

**Table 3: Assessment of symptoms of *vicharchika* on Days 0, 7, and 21.**

S. No	Symptom	0 day	7 day	21 day
1	<i>Kandu</i> (Itching)	75%	50%	0%
2	<i>Daha</i> (burning sensation)	50%	25%	0%
3	<i>Shyavata</i> (discoloration)	75%	50%	25%
4	<i>Rookshata</i> (dry skin)	75%	50%	0%
5	<i>Strava</i> (discharge)	0%	0%	0%



**Figure 1: Before**



**Figure 2: After**

## DISCUSSION

### Probable Mode of Action of *Nitya Virechana*

20 ml *Phalatrikadi Kwath* and 15gm *Avipattikar Churna* was selected In the present study for *Virechana Karma*. *Vicharchika* is a subtype of *kshudra Kushtha* that is *Tridoshaj vyadhi* with dominance of *Kapha dosha* also *Rakta pradoshaja* and *Bahu pradoshaja Vyadhi*. *Nitya Virechana* acts on all Doshas and reduce dryness and scaling due to Vata Dosha, *Nitya Virechana* help in *Vatanulomana* and ultimately control *Rukshta*(dryness) & scaling.<sup>[2]</sup> *Daha* (burning) mainly caused by *Rakta Dosha* and *Pitta Dosha*, *Nitya Virechana* expels out vitiated *Pitta Dosha* and *Rakta*, thus control *Daha*.<sup>[3]</sup> *Nitya Virechana* has *Pitta Shodhaka* and *Rasa Rakta Prasadana* property, *Kandu* (itching) indicates the involvement of *Kapha*, *Rasa*, and *Rakta Dushya*, that's why virechan helps in reduced *Kandu*.

*Virechana* drugs have various properties like *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, and *Vikasi* properties and reach the whole body through small and large *strotas*. *Virechaka* drugs by their properties and have dominance of *Pruthvi* and *Jala Mahabhuta Doshas* travel to *shakha to koshta* then *Adhobhaga*. *Prabhav* of these medicine is responsible for the expulsion of the *Doshas* towards the *Adhobhaga* through the *Guda* (rectum).<sup>[4]</sup> Hence we say that *Virechana karma* is the best and ultimate therapy for expulsion of vitiated *Pitta*, *Kapha* and *Rakta dosha*.

### Probable action of *Avipattikar Churna*

*Avipattikar Churna* is an *ayurvedic* medicine used for acidity (*Amal Pitta*), loss of appetite and indigestion gastritis(*Urdhva Amal Pitta*), whose constituents are *Shunthi* (dried ginger) *Zingiber officinale*, *Piper Nigrum*, *Piper Longum*, *Haritaki* (*Terminalia Chebula*), *Bibhita* (*Beleric Myrobalan*) – *Terminalia Bellirica*, *Amalaki* or Indian Gooseberry – *Emblica Officinalis*, *Mustaka* (Nut Grass) – *Cyperus Rotundus* 0.83% *Vaividang* (False Black Pepper) – *Embelia Ribes*, *Green Cardamom* – *Elettaria Cardamomum*, *Tejpatta* (Indian Bay Leaf) – *Cinnamomum Tamala*, *Laung* (Clove) – *Syzygium Aromaticum*, *Nishoth* (Turpeth) – *Operculina Turpethum*, *Misri* (candy sugar – crystallized sugar lumps). *Avipattikar Churna* has mild laxative (*Mrudu Virechaka*), *Deepan*, and *Pachan* properties & helps in removal of vitiated *Doshas*, corrects *Agnimandya* and all these actions break *Samprapti* of *Vicharchika*.<sup>[5]</sup>

### Probable action of *Arogyavardhani Vati*

*Arogyavardhini vati* is mentioned in the *Ayurvedic* texts of *Rasaratnasamucchaya* for the treatment of all types of *kustha* i.e. leprosy and also known as *Sarvarogaprashamani*, it could



destroy all *vyadhi*.<sup>[6]</sup> Its main constituents of 2 parts of each Triphala, 3 parts of *Shilajatu* (mineral pitch) – Asphaltum, 4 parts of *Guggulu* i.e. Indian bdellium (gum resin) - *Commiphora mukul*, 4 parts of *Chitrakmool* i.e. root of Indian leadwort - *Plumbago zeylanica*, 22 parts of Kutki - *Picrorhiza kurroa* (Main ingredients), Juice extract of Nimba leaf (Neem) - *Azadirachta indica* (as per requirement), 1 part of *Shuddha Parada* (herbal purified mercury), 1 part of *Loha Bhasma* (ash obtained from iron), 1 part of *Shuddha Gandhaka* (purified sulphur), 1 part of *Abhraka Bhasma* (purified mica), 1 part of *Tamra Bhasma* (Ash obtained from copper) It is specifically indicated for many skin disorders. Also. Ch. brahm prakash ayurveda charak sansthan, Khera dabar, Najafgarh, New Delhi, use of this potent medication for jaundice, skin infections, fever, oedema, indigestion and obesity. It has antioxidant and *kandughan* property, which helps in relieving *Kandu* and improve eczema.<sup>[7]</sup>

### Probable action of *Sarivadyasava*

*Sarivadyasava* is described in *Bhaishjya Ratnavali* and *Sharangdhar Samhita* as mainly containing *Sariva*, *Nagarmotha* or *Mustak*, *Bargad* or *Barh*, *Pipal Tree*, *Kachur*, *Padmaka*, *Netrabala* (*Sugandha Bala*, *Patha*, *Amalaki*, *Guduchi*, *Ushira*, *Safed Chandan*, *Lal Chandan*, *Ajwain*, *Kutki*, *Badi Elaichi*, *Tejpata*, *Kuth* or *Kushta*, *Haritaki*, *Sanay* or *Swarna Patri*, *Dhataki Flower*, *Munakka*. *Saribadyasavam* has following medicinal properties – Nephroprotective, Anti-gout, Antihyperuricemic, Detoxifying, Diuretic, Anti-syphilis, Depurative (purifies blood) *Kushtaghna*, *Raktashodhaka*, and *Vranaropaka* properties, *Sarivadyasavam* mainly acts on kidneys, skin, and blood and help in alleviation of symptoms of *Vichachika*.<sup>[8]</sup>

### Probable action of *Br. Marichyadi Talia*

*Br. Marichyadi taila* is mentioned in *Bhaishajya Ratnavali kushta Chikitsa*. Its main ingredients are *Marich*, *Nishoth*, *Dantimool*, *Devdaaru*, *Haldi*, *Daruhaldi*, *Jatamansi*, *Hartal*, *Manshil*, *Chitrakmool*, *Kalihari*, *Giloy*, *Amaltas*, *Nagarmotha*, *Khadir*, *Vatsnabh* etc. It has *Kruminashaka*, *Kandughna*, *Vranashodhaka* and *Vranaropaka*, antiseptic, antioxidant, antifungal properties. These properties help in reducing symptoms of *Vicharchika*.<sup>[9]</sup> Most of the drugs are of *Laghu*, *Snigdha Guna* reduces scaling. *Katu* and *Tikta Rasatmaka*, which acts as *Kapha ghana* and improvement in itching (*Kandu*)<sup>[10]</sup>

### CONCLUSION

The present case study concludes that *Nitya Virechana* with *Shamana Chikitsa* (internal medicine) was the best treatment for eliminating the *Dosha* and equally beneficial for the

promotion and preservation of health by removing toxic wastes and by correcting *Agni*. It effective in relieving the symptoms of *Vicharchika*(eczema).

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### Conflicts of interest

There are no conflicts of interest.

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