

**A REVIEW ARTICLE ON VICHARCHIKA W.S.R TO ECZEMA****Dr. Anita Bhatt<sup>1\*</sup> and Dr. Mayank Bhatkoti<sup>2</sup>**

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**ABSTRACT**

Vicharchika is described under kshudrakushtha in ayurvedic texts vicharchika is chronic disease that is difficult to cure, even recurs after recovery. It is diagnosed with symptoms like kandu (itching), srava (discharge), pidika (vesicles) and shyav varna (discolouration). Vicharchika is kapha dosha pradhan vyadhi.<sup>[1]</sup> But according to sushruta it is pitta dosha pradhan vyadhi. Clinically vicharchika is similar to eczema in modern dermatology. Usually eczema also called “atopic dermatitis”. Clinically eczema is diagnosed with itchy, dry, rough, flakey inflamed and irritated skin. Eczema (AE, or Atopic dermatitis) is a chronic, relapsing, pruritic, inflammatory eczematous eruption that usually starts in early life.<sup>[2]</sup> Eczema is common in

children but it can affect people at any age. There are no specific medications are available to treat eczema. Only symptomatic treatment is available. Antihistamines and corticosteroids are used to treat eczema. Which have lifelong adverse effect on the body and health. vicharchika treatment in Ayurveda is very effective and provide better cure to the patient with least side effects. In this article, we will compare vicharchika with eczema and find out what their clinical features have in common and what is the system of medicine of both in modern medical science and Ayurveda.

**KEYWORDS:** Vicharchika, Eczema, Atopic dermatitis.

**INTRODUCTION**

Skin is the largest organ of the body which covers the whole body and protects us from germ. A large number of population is suffering from the skin disease. Skin disease are not life

threatening but still the routine and appearance of the people gets disturbed by the skin disease. people are restless due to itching, burning sensation and discharge in most of the skin disease like (eczema, psoriasis, dermatitis etc), make it trouble to patients because of its relapsing nature. Children are easily affected by skin disease because skin of the child is delicate so it's got infected quickly. Eczema is an inflammatory condition of the skin, which is characterized by erythema (redness), oedema, vesiculation, oozing, pruritic eruption of the skin. In later chronic phase it become thickened (lichenified) Around 50% of all those with atopic dermatitis develop symptoms with in their first years of life and probably as many as 95% experience an onset below 5 years of age.<sup>[3]</sup>

In *ayurved* *vicharchika* is corelated with eczema. *Vicharchika* is described under the term *kshurdakushtha* characterized by symptoms like *kandu* (itching), *srava* (discharge), *pidika* (vesicles) and *shyava varna* (discolouration).

It is a skin disease characterized by eruption of skin with itching, dark pigmentation and oozing.<sup>[4]</sup> and according to *sushruta* it is a condition where scaly lesions appear on the skin with dry intense itching and pain.

### **Etiopathology of *Vicharchika* and Eczema**

The etiopathology of *vicharchika* slightly varies with each acharya because according to *sushruta* dominant *dosha* is *pitta* but according to *charaka* and *vagbhatta* dominant *dosha* is *kapha*. Etiological factors of *vicharchika* are same as etiological factors of *kushtha*.

### **There are 3 factors including in *nidan* of *vicharchika***

1. *Aharaj Hetu*
2. *Viharaj Hetu*
3. *Achara Hetu*

***Aharaj Hetu***: - intake of *chilchim* fish with milk.

Continuous intake of *gramya*, *audaka*, *anupa mamsa* with *ksheera*.

Excessive oleation.

Food intake during indigestion

*Adhyashana*

**Viharaj Hetu:**<sup>[5]</sup> sudden change of a person from cold environment to warm or *viceversa*.

For eg:- exercise after *snehpan*, Excessive exercise, *Ativyavay*, Take bath after heavy food intake, Excessive exposure to sunlight.

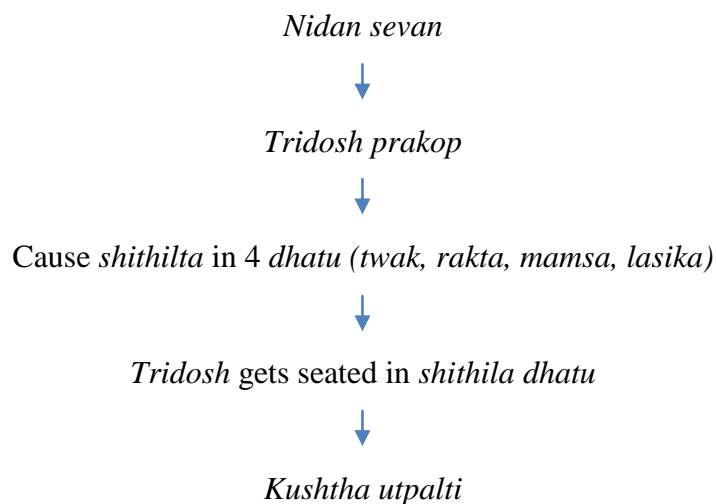
**Achara Hetu:** - improper administration of panchakarma therapies.

According to some ayurvedic texts sharing common clothes, common bed can cause contagious disease.<sup>[6]</sup> In Some Ayurveda literature it is also described that *kushthayukta shukra* and *shonita* results in “*kushti*” child.<sup>[7]</sup>

The etiopathology of eczema is not fully understood according to some texts, genetic defects affect cornification process resulting in abnormal skin cell proliferation and differentiation which allows its penetration by immunogenic proteins and subsequent immune activation.<sup>[8]</sup> Some experts believe that eczema also can be caused by improper production of a skin protein filaggrin. Eczema also can be caused by some allergic reaction in the body and harmful bacterial colonization. According to modern and Ayurveda science there are many similarities in etiopathology of eczema and *vicharchika* in both sciences, the cause of the diseases has been attributed to genetic factors, faulty eating habits and bacterial infection.

### Pathogenesis of *vicharchika* and eczema

In Ayurveda texts there is no separate discussion of pathogenesis (*samprapti*) of *vicharchika* it is same as of *khustha*. Because of various causative factors described in *Khustha hetu*, all three *doshas* (vata, pitta, kaph) gets imbalanced and contaminated to four *dushyas* (twacha, mamsa, rakta, lasika). Thus skin, flesh, blood and lymphatic system of our body gets infected by different causative factors thus *kushth* or skin disease is produced.<sup>[9]</sup>



Likewise, eczema is caused by various factors, it is a heterogenous skin disorders, resulting from interaction between genetic, immunologic and environmental factors.

These pathogenic factors are influenced by each other which cause impairment in epidermal skin barrier. Because of this, external antigens easily penetrate the skin and cause skin inflammation very easily.

### **Sign and symptoms of *vicharchika* and eczema**

From the above study it is found that sign and symptoms of *vicharchika* and eczema are very similar as follows-

#### ***Lakshana of Vicharchika In eczema***

*Kandu* Itching

*Atiruja* Pain

*Daah* Burning sensation

*Shyav pidika* Skin eruption with dark  
discolouration

*Bahusrav* Profuse discharge

*Raji* Marked Linings

*Rukshta* Dryness

*Suptata* Loss of sensation

That is why Vicharchika is considered very similar to eczema

Vicharchika is the characterized by the skin lesion like kandu (itching), shyavpidika (eruption), srav (oozing).<sup>[10]</sup>

According to acharya sushruta scaly lesion (rajyo), excessive itching (atikandu), severe pain (atiruja) and dryness (rukshta) are the main symptoms of vicharchika.

Acharya vagbhatta described same symptoms as charaka but he mentioned lasika (lymph) srav instead of oozing.

Acute eczema is characterized by redness, swelling, papules, vesicles usually with ill-defined margins and more rarely large blisters, exudation, crackling and scaling.<sup>[11]</sup>

In the chronic stage Symptoms are same as of acute eczema followed by skin lichenification,

### **Chikitsa of Vicharchika and Eczema**

The most essential step in the treatment of any disease is *nidan parivarjan* (avoiding of disease-causing factors) the treatment of *vicharchika* is same as of *kushtha*. As it is *tridoshaj vyadhi*, with the dominance of one *dosha* as *vata*, *pitta* or *kapha*. acharyas prescribed various treatment for *vicharchika* as in case of *vata pradhan kushtha*, *Snehpan* is prescribed for *pitt pradhan kushtha* *virechan* followed by *raktamokshana*. In *kapha pradhan kushtha* *vaman* is prescribed.

- *Raktamokshana* with *jalaaukavacharana* has very good effect in curing *pitt Pradhan kushtha*.
- As *kushtha* is relapsing in nature so *rasayana* therapy helps in preventing the recurrence of *vicharchika*.
- *Aragwadhadi kwath*, *udaybhaskara rasa*, *rasamanikya rasa*, *amritankur loha*, *marichadi tail*, *vicharchakari tail* are some useful medicines used to treat *vicharchika*.<sup>[12]</sup>

As eczema is relapsing in nature and can be persistent so treatment may be needed over months or years. As no specific treatment is available to cure eczema So, sign and symptoms may return even after a successful treatment. Physician may prescribe a corticosteroid ointment that controls itching and helps in healing of skin and other creams containing drugs like tacrolimus (protopic) and pimecrolimus (elidel).but these drugs have a potential risk of cancer.

Other than these, antibiotics and anti-inflammatory drugs are also used to treat eczema. These drugs also have a very harmful, and lifelong adverse effect to the health.

### **DISCUSSION**

According to the study eczema described in modern medical science is similar as of *vicharchika* described in Ayurveda literature. Disease is difficult to cure and may recur after a successful treatment. Therefore, as the disease is detected, it should be treated as soon as possible, because newly diagnosed disease can be cured easily and chronic disease becomes difficult to cure.

In allopathy medications used to treat eczema have lifelong adverse effect on health. But in Ayurveda a promising line of treatment is available in the form of *shodhana* and *shaman chikitsa* followed by *sadvritt* and *pathya sevan*. It is very effective treatment without any side effects on the body by expelling out the vitiated *doshas* from body. It is a very effective treatment available in Ayurveda without any lifelong harmful effects on body thus improving the health and quality of life of a affected individual.

## CONCLUSION

Skin is the largest body organ that protects us from harmful microorganism, bacteria, virus and many other harmful pathogens that are present in the outer environment. skin disease like *vicharchika* (eczema) have a physical and psychological impact on a individual life. A plenary approach in Ayurveda like *Ahar*, *vihar*, *nidan parivarjan* and purification methods of panchakarma helps the individual to stay healthy from this terrible disease with no possible side effects. Whereas medications used in modern medical science to treat eczema have lifelong side effects on body and health.

Panchakarma in Ayurveda provides complete oral as well as topical treatment to cure *vicharchika* (eczema) followed by complete knowledge of *pathya-apathya* regimen which improves the quality of a individual's life also having complete awareness about the disease make it easier to prevent it.

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