

AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA)- A SINGLE CASE STUDY

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Article Received on
15 June 2024,

Revised on 05 July 2024,
Accepted on 26 July 2024

DOI: 10.20959/wjpr202415-33395



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ABSTRACT

According to ayurved all the obstinate skin disorders were explained under the name *Kusht*. Basically, *kusht* is of two types *Maha kusht* and *Kshudra kusht*. *Vicharchika* is one among the *kshudra kusht* with the predominance of *Kaph dosa*. This is a *rakt pradoshaj vikar* runs a chronic course and having a tendency of exacerbation. In this case study, a 50-year-old man consulted in our skin OPD of GACH Dharashiv with the complaint of recurrent skin rashes with dryness, redness, itching, blistering and bleeding of skin. This can be correlated with the skin eczema according to modern system of medicine. *Vicharchika* is not a life-threatening disease but it makes the patient worried due to its appearance, itching and disturbing daily routine. Its nature is susceptible to be chronic. *Dosha pratyanka chikitsa* itself reduces the patient's symptoms to a great extent. Correction of *ama*, *ras-rakth prasadan*, *dosa samsodhan* and *lep kriya* are the treatment

protocols adopted here. This single case study will unveil the glory of simplified Ayurvedic OPD treatments.

KEYWORDS: *Vicharchika*, *kusht*, eczema.

INTRODUCTION

Ayurveda explains the skin diseases under the broad name *Kusht*. Even though all the *kushtas* are *tridoshaja*, *dosa* predominance varies in each one. Among the 20 *kushtas* *vicharchika* comes under *kshudra kusht* with *kaph dosa* as predominant one. *Vicharchika* is characterized

by symptoms namely, *Kandu*, *Srava*, *Pidika* and *Shyava Varna*. *Vicharchika* is included under *rakta pradoshaja vicar*^[1] and has similar presentation as Eczema.

According to charak -सकण्डूः पिडका श्यावा बहुश्रावा विचर्विका (cha.chi-7/26).^[2]

According to Sushrut

राज्योऽतिकण्ड्वर्तिरुजः विचर्विकायाम सरुक्षा भवन्ति गात्रेषु

कण्डूमती दाहरुजोपपन्ना विपादिका पादगतैयमेव (Su. Ni. 5:13)^[3]

According to Vagbhat

सकण्डुपिटिका श्यावा लसीकाद्या विचर्विका

परुष तनु रक्तान्तमन्तः श्यावं समुन्नतम् (A.H. NI. 14/18)^[4]

Eczema, which is also known as atopic dermatitis is a chronic inflammatory skin disease, characterized by dry, itchy skin which is prone to infection with areas of poorly demarcated erythema and scales. Environmental or genetic factors seems to play an important role in the progression of the disease.^[2]

CASE SUMMARY

A 50 year old male patient consulted in our OPD with recurrent skin rashes over bilateral palms and foot characterised by redness, itching, flaking, oozing and bleeding. The patient was suffering from these symptoms for 8 years. The patient took allopathic treatment but didn't get much relief. The symptoms got worse with the time and started affecting his personal life. So, the patient decided to take *Ayurvedic* treatment. The *Ayurvedic* diagnosis is considered as *Vicharchika*. The involvement of *Vata* results in dry, blackish lesion of *Vicharchika*, itching in the affected area is due to *Kapha* whereas *Pitta* is responsible for *Srava*.

Name: **

Age: 50 years

Sex: Male

Residence: wadgaon, Dharashiv

Occupation: Farmer

Religion: Hindu

Diet: Vegetarian

Drug History: The patient was taking oral antifungal and antihistamines daily for last 2 weeks.

Personal History

Addiction: No addiction

Oedema: Not present

Blood Pressure: 120/80 mmHg

Icterus: Not present

Clubbing: Not present

Systemic Examination

Respiratory: B/L equal air entry

Cardiovascular: NAD

Gastrointestinal: NAD

Central Nervous System: Patient was conscious and well oriented to person, place and time; speech and higher mental functions were normal.

O/E**Ashtvidha Pariksha**

Nadi: 72/min, Regular

Mala: Samanya

Mutra: Samanya

Jihva: Nirama

Shabda: Spashtha

Sparsha: Rooksha

Drik: Vyakta

Akriti: Madhyama

Dashvidha Pariksha

Prakriti: Vat-Kaphaj

Vikriti: Kaph-Vat

Sara: Madhyam

Samhanana: Madhyam

Pramana: Madhyam

Satva: Pravar

Satmaya: Madhyam

Ahara Shakti

- Abhyavarana Shakti: Madhyam

- Jarana Shakti: Madhyam

Vyayama Shakti: Madhyam

Vaya: Madhyamavasth

INVESTIGATIONS

PARAMETERS	VALUE
Hb%	14.2 gm%
ESR	20
TLC	8,000/Cumm
Neutrophils	68%
Lymphocytes	22%
Eosinophils	04%
Basophils	0%
Monocytes	01%
RBS	85 mg/dl

MATERIAL AND METHODS

Depending upon sign and symptoms, the patient was diagnosed as *Vicharchika* (Eczema).

Samana oushadhi were given to the patient along with mridu sodhan for one month.

ASSESSMENT CRITERIA

Subjective Parameters

Kandu (itching)

Rukshta (dryness)

Srava (oozing)

Pidika (vesicles)

Shyava Varn (skin discoloration)

Table No. 2: Showing Grading of Subjective Parameters.

<i>Kandu</i> (itching)	Grade	<i>Rukshta</i> (dryness)	Grade
No itching	0	No line on scratching with nail	0
Mild or occasional itching	1	Faint line on scratching by nail	1
Moderate itching (tolerable), frequent	2	Excessive dryness leading to itching	2
Very severe itching (disturbing sleep and other activity)	3	Dryness leading to cracks and bleeding	3

<i>Srava</i> (oozing)	Grade	<i>Pidika</i> (papular eruption)	Grade
No discharge	0	No papular eruption	0
Moisture on the skin lesion	1	Mild developed papular eruption	1
Occasionally discharge	2	Moderate developed papular eruption	2
Discharge	3	Severely spread all over the body	3

<i>Shyava Varna</i> (skin discoloration)	Grade
Normal color	0
Not normal but near to normal	1
Reddish discoloration	2
Deep black reddish discoloration	3

Table no. 3: *Nidana Panchaka*.

NIDANA	<i>Viruddhahara, Snigdha Ahara, Sheeta-Ushna Ahara Kramam, Muktvaha Sevana, Vegadharana</i>
PURVARUPA	<i>Asweda, Atisweda, Toda, Raga, Kandru, Vaivarnya, Paridaha</i>
RUPA	<i>Kandru, Pidika, Daha, Ruja, Srava, Ruksha</i>
UPSHAYA	Application of oil
SAMPRAPTI	<i>Nidana Sevana → Agnimandya → Kaph Pradhana Tidosha Prakopa → Shithilta of Twaka, Rakta, Mamsa and Ambu → Vitiation of Sapta Dravya Samgraha of Kushiha Uttapatti of Kandru, Srava, Pidika → to Vicharchika</i>

Table NO. 4: *Samprapti Ghatak*.

<i>Dosha</i>	<i>Kaph Pradhana Tridoshaj</i>
<i>Dushya</i>	<i>Twak, Rakt, Mams, Ambu</i>
<i>Shrotasa</i>	<i>Rasavah, Raktavah, Mamsavah, Udakavah Shrotas</i>
<i>Shrotodushti</i>	<i>Sang, Vimargagaman</i>
<i>Udbhava Sthana</i>	<i>Amashay</i>
<i>Adhithana</i>	<i>Twaka</i>
<i>Marga</i>	<i>Bahya</i>

Table 5: Differential Diagnosis.

<i>Paama</i> (Scabies)	In <i>Paama</i> symptoms like Scattered <i>Pidika</i> with different <i>Varna</i> (white, red & black) ^[5]
<i>Vicharchika</i> (Eczema)	In <i>Vicharchika</i> Symptoms like <i>Pidika</i> with <i>Bahusraava</i> ^[6]
<i>Dadru</i> (Tinea)	In <i>Dadru</i> symptoms like <i>Pidika</i> , <i>Varna</i> (Atasipushpa) with <i>Mandala</i> (Round patch) ^[7,8]

VYADHI VINISHCHAYA (DIAGNOSIS): *Vicharchika*.

TREATMENT

1. *Nidan Parivarjan*
2. *Saman chikits*
3. *Bahya lep*

Table 6: Internal medication and its action.

Sr. no	Medication	Method of administration	Number of days	Properties
1	Hinguvastakam choornam	1 teaspoon with plain ghee just before food at noon	15 days	Improves agni Amaharatwam
2	Manjishtaadi kwath	15 ml kwath mixed with 60 ml warm water twice daily before food	15 days	Rasa raktha prasadana Twak doha hara Kushta samana
3	Vilwadi tab	1 tab twice daily after food	15 days	Visha hara
4	Haridra khand	1 teaspoon with honey twice daily after food	15 days	Kandu visphota nasanam
5	Triphala kwath	For kshalana over the area	15 days	Kushta hara
6	Jivantyadi yamak	Local application	15 days	Eczema Psoriasis
7	Avipattikar choorn	1 teaspoon at night after food	15 days	Samsodhan Sarva vishahar

After 15 days vilwadi tablet, haridrakhand and jivantyadi yamak was continued for 15 days more.

RESULT

Table no. 7: Showing the Comparison of Symptoms Before and After Treatment.

Symptoms	Before treatment	After treatment
<i>kandu</i> (itching)	3	0
<i>rukshta</i> (dryness)	3	1
<i>srava</i> (oozing)	2	0
<i>shyava varna</i> (skin discoloration)	2	0

**Before treatment****After treatment**

DISCUSSION

Vicharchika is a *rakth pradoshaj vikar* and *kaph* predominant *kusht*. *Virudh ahar* and *dooshivish* are the important *hetus* causing all kinds of skin diseases. So, the *nidan parivarjan* includes correcting the food habits and adopting healthy life style. *Saman oushadhi* used were aimed at correcting ama, increasing *jadharagni*, removing toxicity from body. *Haridrakhanda* is a wonderful drug having anti-oxidant, anti-allergic properties and improves quality of skin. *Jeevantyadi yamak* is a combination of two *sneha*, *taila* and *ghrita* which effectively manages the *rukshat* of skin and improve skin texture.

CONCLUSION

Vicharchika is a chronic disease which can be easily treated with ayurvedic *samana oushadhis* along with *nidan parivarjan* and correcting life style and food habits. Localised skin lesions can be effectively treated with herbal medicines after proper evaluation of *dosa* predominance at OPD level.

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