

**REVIEW OF VICHARCHIKA & ITS AYURVEDIC MANAGEMENT****\*<sup>1</sup>Dr. Priyanka Joshi, <sup>2</sup>Dr. Ruchi Gupta, <sup>3</sup>Dr. Praphull Goyal, <sup>4</sup>Dr. Ketan Mahajan**<sup>1</sup>PG Scholar, Department of Panchakarma.<sup>2</sup>Professor, Department of Panchakarma.<sup>3</sup>Associate Professor, Department of Panchakarma.<sup>4</sup>Professor & HOD, Department of Panchakarma.

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**\*Corresponding Author****Dr. Priyanka Joshi**

PG Scholar, Department of  
Panchakarma.



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**ABSTRACT**

In *Ayurveda*, skin diseases are included under *Kushtha Roga* with mainly two types as *Maha Kushtha* and *Kshudra Kushtha*. *Maha Kushtha* is further subdivided into seven subtypes and *Kshudra Kushtha* into eleven subtypes. *Vicharchika* is one of subtype of *Kshudra Kushtha* characterized by symptoms namely as *Kandu*, *Srava*, *Pidika* and *Shyava Varna*. *Vicharchika* according to *ayurveda*, is a kind of *Rakta Pradoshja Vikara* having involvement of three *Doshas* i.e *Vata*, *Pitta* and *Kapha*. *Vicharchika* is correlated with eczema characterized by flares of dry, itchy, rough, flaky, inflamed. In acute phase it can be oozing and vesicular but in the chronic phase it may become hyperpigmented and lichenified (thickened). The treatment of eczema in modern medicine includes topical and oral steroids which causes serious side

effects like nephropathies, osteoporosis, hyperlipidemia, acne, skin lesions etc. Ayurvedic management of *Vicharchika* offers effective control of eczematous conditions with minimal side effects. Evidence-based clinical studies on *Vicharchika* can enhance treatment efficacy and help identify newer strategies and therapeutic approaches. Clinical and drug research in this area will contribute significantly towards developing effective anti-eczematous therapies.

**ETYMOLOGY OF WORD VICHARCHIKA**

The word '*Kushtha*' is a broad term which includes almost all skin diseases. In Sanskrit language, the word '*Kushtha*' is derived from the Sanskrit root *Charcha Adhyayane* by adding

prefix *Vi* to it. The word *Adhyayane* has two syllables via. *Adhi* and *Ayane*. *Adhi* means above and *Ayane* means to spread out.<sup>[1]</sup>

### NIKRUTI OF VICHARCHIKA

According to *Shabdakalpadruma*, *Vicharchika* is a disease which coats/covers/injures the skin in distinguished manner and which also causes cracking of skin in hands and feet.

### CLASSICAL DEFINITION OF VICHARCHIKA

#### According to Acharya Charak

सकण्डूः पिडका श्यावा बहुसायः विचर्चिका । (Ch. Chī. 7/26)

It is a skin ailment wherein eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge.<sup>[2]</sup>

#### According to Acharya Sushruta

राज्योऽतिकण्ड्वर्तिरुजः सरुक्षा भवन्ति गात्रेषु विचर्चिकायाम् ।

कण्डूमती दाहरुजोपपन्ना विपादिका पादगतैयमेव । । (Su. Ni. 5/13)

It is condition in which the skin has linear rough lesions with intense itching and pain but when the same itching, burning and pain are experienced in the feet alone, it is termed as "*Vipadika*".<sup>[3]</sup>

#### According to Acharya Vagbhata

सकण्डुपिटिका श्यावा लसीकाठ्या विचर्चिका ।

परुषं तनु रक्तान्तमन्तः श्यावं समुन्नतम् । । (A.H. Ni. 14/18)

The blackish eruptions with intense itching and watery discharge. *Acharya Vagabhata* mentioned *Lasikadaya* instead of *Bahusrava*.<sup>[4]</sup>

#### According to Acharya Bhela

श्यावा रक्ता समुत्पन्ना प्रकिल्त्रा साविणी तथा मांसेनोपचिता युक्ता विज्ञेया सा विचर्चिका

(Bhela. Chi. 6/25-26)

Blackish red deep-rooted lesions i.e. *Mamsenopachita*- accompanied with oozing is called *Vicharchika*.

**Acharya Kashyapa** describes *Vicharchika* in *Kushthdhyaya* as blackish brown eruptions with intense itching and pain.

According to **Acharya Harita**, multiple pinhead sized eruption with ulceration and itching is called *Vicharchika*.

### NIDANA OF VICHARCHIKA

The etiological factors of *Vicharchika* vary with different authors, because the dominant dosha acc to Sushruta is Pitta, whereas *Acharya Charka* and *Acharya Vagbhatta* accept the dominance of Kapha. But acc to *Charka* (Ch.Chi. 7/9-10), the *Kushtha* is never caused by anyone of the single dosha. Because of *Sapta Dravyas Sangraha* (*Vata, Pitta, Kapha and Twak, Rakta, Mamsa and Ambu*), eighteen types of *Kushthas* are produced. Hence, the etiological factors of *Kushthas* are to be accepted as the etiological factors of *Vicharchika*.

विरोधीन्यन्नपानानि द्रवसिग्धगुरूणि च । भजतामागतां छर्दि वेगांश्चान्यान्प्रतिघ्नताम् । ।  
 व्यायाममतिसन्तापमतिभुक्तोपसेविनाम् । शीतोष्णलङ्घनाहारान् क्रमं मुक्त्वा निषेविणाम् । ।  
 घर्मश्रमभयार्तानां द्रुतं शीताम्बुसेविनाम् । अजीर्णाध्वशिनं चैव पञ्चकर्मोपचारिणाम् । ।  
 नवान्नदधिमत्स्यातिलवणाम्लनिषेविणाम् । माधमूलकपिष्टान्नतिलक्ष्मीरगुडाशिनाम् । ।  
 व्यवायं चाप्यजीर्णोऽन्ने निद्रां च भजतां दिवा । विग्रान् गुरून् धर्षयतां पापं कर्म च कुर्वताम् । । (Ch.Chi 7/4-8).<sup>[5]</sup>

So, the *Nidanas* of *Vicharchika* may be classified into 3 groupes:

1. *Ahara*
2. *Vihara*
3. *Achara*

### AHARA HETU

1. Excessive intake of *Masha, Mulaka* (Radish), pastry, *Tila* (Sesamum seed), milk, jaggery, honey, *Lakucha, Kakamachi* and *Pippali*.
2. Excessive intake of foul preparation of harvest d grains, curd, fish, salt and sour substances.
3. Incompatible diet like *Chilchima* fish with milk and continuous use of flesh of *Gramya, Anoopa*, and *Jangala Mamsa* with milk.
4. Intake of uncooked food and intake of food before the previous food digested.

5. Intake of mutual contradictory food and drink which is liquid, unctuous and heavy.
6. Intake of such food which causes burning sensation without vomiting out, undigested food.
7. Excessive use of *Kapha Vardaka Ahara*.

#### **MITHYA AHARA**

1. Excessive use of *Navanna, Dadhi, Matsya, Amla* and *Lavana*.
2. Excessive use of *Tila, Ksheera* and *Guda*.
3. Excessive oleation.
4. Continuous and excessive use of *Madhu, Phanita. Asatmya Ahara*
5. Intake of food during indigestion.
6. *Adhyashana*
7. Intake of polluted water

#### **VIHARA HETU**

##### ***Mithya vihara***

1. To do physical exercise and to take sunbath after heavy meals.
2. To perform sexual intercourse during indigestion.
3. To do exercise or to perform sexual intercourse after *Snehapana* and *Vamana*.
4. Sudden changes from cold to heat or heat to cold without judiciously following the rules of gradual changes.
5. Entering into cold water immediately after one is affected with fear, exhaustion and sunlight.

##### ***Vega-Vidharana***

1. Suppression of the urge of emesis.
2. Withholding of the natural urges i.e. *Mutra* and *Purisha Vega* etc.

#### **ACHARA HETU**

1. Insulting *Brahmanas*, teachers and other respectable persons.
2. Indulgence in sinful activities.
3. Use of money or material acquired by unfair means.

**PURVARUPA OF VICHARCHIKA**

Since there is no specific description of the premonitory signs and symptoms of *Vicharchika* in the classical texts, its prodromal features may be understood by referring to the general premonitory syndrome described for *Kushtha* diseases. Given that *Vicharchika* is classified as a type of *Kshudra Kushtha*, the early manifestations observed in *Kushtha Vyadhi* can be reasonably applied to *Vicharchika*.

स्पर्शज्ञत्वमतिस्वैदो न वा वैवर्ण्यमुन्नतिः I

कोष्ठानां लोमहर्षश्च कण्डूस्तोदः श्रमः क्लमः II

व्रणानामधिकं शूलं शीघ्रोत्पत्ति चिरसिथति I

दाहः सुप्तान्नाता चेति कुष्ठलाक्षणमग्रजम् II (Ch. Chi. 7/11- 12)

**RUPA OF VICHARCHIKA**

**According to Acharya Sushruta:**

1. *Kandu*
2. *Rajyo*
3. *Ruja*
4. *Rukshata*

**According to Acharya Vagabhata**

1. *Kandu*
2. *Pidika*
3. *Shyava*
4. *Srava*

**SAMPRAPTI OF VICHARCHIKA**

- Although classical Ayurvedic texts do not delineate a distinct pathogenesis (*Samprapti*) for *Vicharchika*, it is categorized under *Kushtha*, and thus its pathogenesis aligns with the general mechanism described for *Kushtha*.
- As per *Charaka Chikitsa* 7/9-10, the etiological factors for *Kushtha* provoke all three doshas simultaneously. This provocation leads to the impairment and depletion of the four principals *Dushyas*: *Twak* (skin), *Mamsa* (muscle tissue), *Rakta* (blood), and *Lasika* (lymph). The aggravated doshas then localize within these compromised *Dushyas*,

resulting in their further vitiation and initiating the manifestation of *Kushtha*, that is, dermatological disorders such as *Vicharchika*.

- *Nidana Sevan*.
- *Tridosha Prakopa Vata, Pitta, Kapha*
- *Twak, Rakta, Mansa, Ambu*
- Cause *Shithilta* in four *Dhatu*.
- *Tridosha* get seated in *Shithila Dushya*
- Causes *Dusti* of *Twak*, etc.

### **SAMPRAPTI GHATAKAS**

**Doshas:** *Tridosha, Kapha Pradhana*

- **Vata:** *Vyana, Samana*
- **Pitta:** *Pachaka, Bhrajaka*
- **Kapha:** *Avalambaka, Kledaka*

**Dushya:** *Twak, Rakta, Mamsa, Lasika (Ambu)*

**Srotas:** *Rasavaha, Raktavaha, Mansavaha and Swedavaha*

**Agni:** *Jatharagnimandya & Dhatwagnimandya*

**Srotodusti:** *Sang & Vimargagamana*

**Sanchara:** *Tiryaga Sira*

**Adhishtana:** *Twaka*

**Rogamarga:** *Bahya*

**Swabhava:** *Chirakari*

### **Pathya and Apathya in the Vicharchika**

#### **Pathya**

1. *Laghu anna*
2. *Tikta Shaka*
3. *Purana dhanya*
4. *Jangala mansa*
5. *Ghrita*
6. *Mudaga*
7. *Triphala*
8. *Bhallatak*

9. *Nimba*

10. *Patola*

### ***Apathya***

1. *Guru anna*

2. *Dugdha*

3. *Dadhi*

4. *Amla rasa guda*

5. *Tila*

6. *Anupa mansa*

7. *Matsya*

8. *Mansa and Vasa*

9. *Taila*

10. *Masha*

11. *Kulatha*

12. *Ikshu Vikara*

13. *Mulaka*

14. *Madhya*

15. *Lavana*

16. *Vidahi Anna*

17. *Abhisyandi anna*

18. *Maithuna*

### **UPDRAVA**

In *Charaka Samhita Nidana Sthana* 5/11 the following complications of *Kushtha* have been described:

अस्यां चैवावस्थायामुपद्रवाः कुष्ठिनं स्पृशन्ति; तद्यथा- प्रस्रवणमङ्गभेदः पतनान्यङ्गावयवानां तृष्णाज्वरातीसारदाहदौर्बल्यारोचकाविपाकाश्च, तथाविधमसाध्यं विद्यादिति ॥ (Ch. Ni. 5/11)<sup>[6]</sup>

1. *Puyasravam*

2. *Angabheda*

3. *Trishna*

4. *Jwara*

5. *Atisara*

6. *Daha*
7. *Daurabalya*
8. *Arochaka*
9. *Avipaka*

10. In **Madhava Nidana 49** the following complications have been stated

In cases of *Vicharchika*, parasitic infestations, extensive open sores with excessive discharge, redness of the eyes, and loss of voice may occur as complications. Additionally, conditions such as anorexia (*Arochaka*), impaired digestion (*Avipaka*), fever (*Jwara*), burning sensations (*Daha*), and weakness (*Daurabalya*) are commonly observed. In severe instances, intense itching can cause sleep disturbances, which is considered one of the significant complications (*Upadravas*) of the disease.

### CHIKITSHA OF VICHARCHIKA

The therapeutic guidelines for the disease are traditionally delineated under the heading of *Chikitsa Sutra* in the classical Ayurvedic texts. Notably, the *Samhitas* do not provide a specific or exclusive *Chikitsa Sutra* for *Vicharchika*. *Acharya Charaka*, in his general exposition on *Kushtha Chikitsa*, emphasizes that all forms of *Kushtha* arise from the vitiation of the *Tridosha* (*Vata*, *Pitta*, and *Kapha*). Therefore, the treatment must be customized according to the predominance of the aggravated *Dosha* involved, ensuring a personalized and *Dosha* specific management approach.

- सर्व त्रिदोषजं कुष्ठं दोषाणां तु बलाबलम् । यथास्वैर्लक्षणैर्बुद्ध्वा कुष्ठानां क्रियते क्रिया ॥  
दोषस्य यस्य पश्येत् कुष्ठेषु विशेषलिङ्गमुद्रिक्तम् । तस्यैव शमं कुर्यात्ततः परं चानुबन्धस्य ॥ (Ch.Chi 7/31-32)
- The *Dosha* that is predominantly vitiated should be treated first, followed by the management of the other associated *Doshas*.<sup>[7]</sup>

In addition to classical references, the treatment of *Kushtha* can generally be grouped into three principal approaches:

1. *Shodhana*.
  - *Antaha Parimarjana*
  - *Bahi Parimarjan*
  - *Shashtra Pranidhana*



2. *Shamana*

3. *Nidana Parivarjana*

### SHODHANA CHIKITSA OF KUSHTHA

वातोत्तरेष सर्पिर्वमनं श्लेष्मोत्तरेषु कुष्ठेषु पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाग्रे (Ch.Chi 7/39)

- Acharya Charaka has advised purification therapies in the management of Kushtha according to the predominance of doshas. In conditions dominated by Vata, medicated ghee should be used; when Kapha predominates, Vamana is advised; and in Pitta dominance, Virechana and Raktamokshana are recommended.<sup>[8]</sup>
- Acharya Sushruta also outlines a therapeutic approach for different types of Kushtha in a manner largely consistent with Acharya Charaka's principles.

पक्षात् पक्षाच्छर्दनान्यभ्युपेयान्मासान्मासात् स्त्रंसनं चापि देयम्

साव्यं रक्तं वत्सरे हि द्विरल्पं नस्यं दद्याच्च त्रिरात्रात् त्रिरात्रात् (Su.Chi. 9/43)

- According to Acharya Sushruta administering Vamana every fortnight for Kapha-dominant Kushtha, while Virechana once a month is advised for expelling aggravated Pitta, Raktamokshaṇa should be performed twice a year to eliminate Dushita Rakta and Nasya therapy every third day is suggested as part of the regimen.
- According to Acharya Sushruta, the guiding principle for the treatment of Kuṣṭhā is based on the depth of Dosha involvement in different tissues. (Su. Chi 9/6)<sup>[9]</sup>
- In Twakagata (Rasagata) Kushtha, Sodhana medicines should be used externally in the form of local applications.
- In Raktagata Kushtha, Sodhana measures such as intake of decoctions (Kwatha) and Raktamokshaṇa (bloodletting) are advised.
- In Maṃsagata Kushtha, therapeutic protocols include external applications, Kshaya Pana, Raktamokshaṇa, administration of Asava–Ariṣṭa, Mantha preparations, and Avaleha formulations.
- Acharya Vagbhāṭa further emphasizes that Kuṣṭhā should primarily be treated with Shodhana both internally and externally and only afterward should Shamana drugs be prescribed for pacification.
- In Bhela Samhita, Vicharchika is enumerated under the group of diseases treated with Virechana, indicating that the Acharya considered purgation therapy as a preferred line of management in this condition.

- Similarly, in the *Vidhishonita Adhyaya of Charaka Sutrasthana*, *Kushtha* is described as a disorder originating from *Shonitashraya* and *Virechana* is emphasized as a principal therapeutic measure for its management.

### SHAMANA CHIKITSHA OF VICHARCHIKA

*Shamana Chikitsa* in *Kushtha* is advocated with two primary objectives:

- To manage the disease in patients who are either unfit for or contraindicated for *Shodhana Karma*.
- To pacify the residual doshas that remain even after undergoing *Shodhana* therapy.
- *Acharyas* including *Acharya Charaka* have advised several formulations for *Shamana* purposes, with commonly used drugs being *Khadira*, *Nimba*, *Patola*, and *Triphala* in different combinations and forms.
- In addition to internal medication, external procedures (*Bahiparimarjana*) are also emphasized for cleansing and healing the skin. These include applications such as *Lepa* (paste), *Parisheka* (decoction pouring), *Avachurnana* (dusting with powder), and *Abhigharshana* (rubbing).
- *Acharya Charaka* and *Acharya Vagbhata* particularly recommend *Lepana* (external applications of pastes) following either *Shodhana* or *Shamana* therapies, as this accelerates recovery and provides quicker symptomatic relief in *Kushtha* patients.

### NIDANA PARIVARJANA

*Nidana Parivarjana* refers to the elimination or avoidance of causative factors. By doing so, the further progression of the disease is controlled, as it prevents additional aggravation of the doshas. Since *Viruddha Ahara* (incompatible food) and *Mithya Ahara-Vihara* (improper diet and lifestyle) are considered the prime causes of *Kushtha Roga*, their strict avoidance is emphasized.

### CONCLUSION

In contemporary understanding, *Vicharchika* can be correlated with Eczema. Both modern and Ayurvedic approaches often require long-term management, mainly in the form of suppressive and symptomatic treatment through systemic and topical measures. Ayurveda views *Kushhta* and *Kshudra Kushtha* as broad disease concepts with well-defined principles of management. Specifically, for *Vicharchika*, detailed treatment aspects are available, including *Pathya-Apathya* (dietary guidelines), use of various formulations for internal and

external application such as tablets, *Lepas* (pastes), *Rasayana* preparations, medicated oils, and *Kwathas* (decoctions). Along with these, special purification techniques like Panchakarma are also prescribed. This highlights that Ayurvedic management provides a comprehensive, effective, and acceptable approach in treating skin disorders, particularly Eczema.

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