

A CONCEPTUAL REVIEW ON THE ROLE OF VAJRKA TAILAM IN THE MANAGEMENT OF VICHARCHIKA

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ABSTRACT

Background: *Vicharchika* is a chronic skin disorder described in Ayurveda, comparable to eczema in modern medicine. It is characterized by symptoms like *kandu* (itching), *pidaka* (papules), *srava* (discharge), and *rukshata* (dryness). Conventional treatments often provide only symptomatic relief with chances of recurrence. Ayurvedic formulations such as *Vajraka Tailam* have been highlighted in classical texts for their role in *Kustha Chikitsa* due to their *kandughna*, *krimighna*, and *shothahara* properties. **Aim:** To conceptually review the role of *Vajraka Tailam* in the management of *Vicharchika* with reference to classical texts and modern dermatological understanding. **Objectives:** To compile classical references regarding *Vajraka Tailam* and its indications. To analyze the Ayurvedic pharmacological properties of the formulation. To

correlate the probable mode of action of *Vajraka Tailam* in *Vicharchika* with modern dermatological perspectives. **Materials and Methods:** This is a conceptual review based on Ayurvedic classical literature (*Charaka Samhita*, *Sushruta Samhita*, *Bhaishajya Ratnavali*, and *Yoga Ratnakara*), along with contemporary commentaries and modern dermatological texts. Data were collected, classified, and interpreted to highlight the relevance of *Vajraka Tailam* in *Vicharchika*. **Results:** Classical references suggest *Vajraka Tailam* as a potent formulation in skin diseases involving *Kapha-Pitta* predominance. Its ingredients possess *kandughna* (anti-pruritic), *krimighna* (anti-microbial), *shothahara* (anti-inflammatory), and *tvachya* (skin-nourishing) actions. Modern research indicates potential antimicrobial, anti-

inflammatory, and wound-healing properties of its constituents, which align with the pathology of eczema. **Conclusion:** *Vajraka Tailam* offers a promising Ayurvedic approach in the management of *Vicharchika*, addressing both symptomatic relief and underlying *dosha* imbalance. Further clinical and pharmacological studies are needed to validate its efficacy and establish it as an integrative dermatological intervention.

KEYWORDS: *Vajraka Tailam, Vicharchika, Kustha, Ayurveda, Eczema, Taila Kalpana.*

INTRODUCTION

In Ayurveda, *Vicharchika* is described as one of the *Kshudra Kustha*, a type of skin disorder, characterized by *kandu* (intense itching), *pidaka* (papules), *srava* (oozing or discharge), *rukshata* (dryness), and blackish discoloration of the skin. It is considered to be a *Kapha-Pitta pradhana Vyadhi* with involvement of *Rakta dhatu*. The chronic and recurrent nature of *Vicharchika* closely resembles eczema or dermatitis in modern dermatology. Both conditions are associated with relapsing episodes, significant discomfort, and a profound effect on quality of life.^[1]

Eczema is a common inflammatory skin condition in contemporary medicine, often presenting with redness, scaling, pruritus, and exudation. It is multifactorial in origin, involving genetic predisposition, environmental factors, immune dysregulation, and skin barrier defects. Despite a wide range of topical and systemic therapies such as corticosteroids, antihistamines, and immunomodulators, the disease remains challenging due to frequent recurrences and side effects of long-term drug use. This clinical limitation emphasizes the need for safer, holistic, and sustainable approaches in management.^[2]

Ayurveda offers a unique perspective by addressing both the root cause (*nidana*) and the manifested symptoms (*lakshana*). Classical texts like *Charaka Samhita* and *Sushruta Samhita* emphasize that skin disorders are predominantly caused by the vitiation of *Tridosha*, particularly *Kapha* and *Pitta*, along with *Rakta dushti*. The treatment approach is therefore twofold: internal purification through *shodhana* therapies and external applications like *taila kalpana*. Among these, medicated oils have been extensively used for local application due to their ability to pacify *dosha*, penetrate skin layers, and restore balance.^[3]

Vajraka Tailam is a classical Ayurvedic formulation mentioned in *Bhaishajya Ratnavali* and other authoritative texts. It is indicated in *Kustha roga*, including *Vicharchika*, owing to its

kandughna (anti-pruritic), *krimighna* (anti-microbial), *shothahara* (anti-inflammatory), and *tvachya* (skin-nourishing) properties. Its ingredients are rich in bioactive compounds with proven pharmacological effects that address itching, oozing, and inflammation—key features of eczema. The oil also works as a protective and nourishing agent for skin, supporting healing and preventing recurrence.^[4]

Considering the chronic, relapsing, and distressing nature of *Vicharchika* and the limitations of conventional therapies, exploring the role of *Vajraka Tailam* offers both clinical and academic significance. A conceptual review of this formulation not only highlights the strength of Ayurvedic dermatology but also bridges traditional wisdom with modern understanding. Such integration can pave the way for future pharmacological and clinical research, potentially establishing *Vajraka Tailam* as an effective and evidence-based alternative for eczema management.^[5]

AIM AND OBJECTIVES

Aim

To conceptually review the role of *Vajraka Tailam* in the management of *Vicharchika* with reference to classical texts and modern dermatological understanding.

Objectives

1. To compile classical references regarding *Vajraka Tailam* and its indications.
2. To analyze the Ayurvedic pharmacological properties of the formulation.
3. To correlate the probable mode of action of *Vajraka Tailam* in *Vicharchika* with modern dermatological perspectives.

MATERIAL AND METHODS

This conceptual review was carried out through a comprehensive survey of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhaishajya Ratnavali*, and *Yoga Ratnakara* to collect references related to *Vicharchika* and the formulation *Vajraka Tailam*. Relevant Sanskrit *shlokas* were compiled, translated, and interpreted to understand the pathogenesis and therapeutic rationale. Secondary sources such as published commentaries, Nighantu literature, and peer-reviewed research articles on Ayurvedic formulations and dermatological conditions were also examined. Modern dermatological textbooks and online scientific databases (PubMed, Scopus, AYUSH Research Portal) were reviewed to correlate classical Ayurvedic concepts with contemporary

understanding of eczema. Data were organized thematically, focusing on the pharmacological properties, mode of action, and clinical relevance of *Vajraka Tailam* in the management of *Vicharchika*.

CONCEPTUAL STUDY

VICHARCHIKA

In Ayurveda, *Vicharchika* is described as one of the *Kshudra Kustha* (minor skin diseases). The term *Vicharchika* is derived from the root “*Charchika*,” meaning repeated itching and irritation, with the prefix *Vi* denoting intensity. Thus, *Vicharchika* is a condition characterized by excessive itching, eruptions, oozing, and blackish discoloration of the skin. Acharya Charaka has described it under *Kshudra Kustha* (*Ch. Chi. 7/21*), highlighting its clinical relevance despite being classified as “minor,” since its chronic and relapsing nature causes great distress.^[6]

Nidana (Etiological Factors)^[7]

The causative factors of *Vicharchika* are rooted in improper diet and lifestyle, which lead to vitiation of *Kapha*, *Pitta*, and *Rakta*.

- **Aharaja Nidana (Dietary causes):** Excessive intake of *guru* (heavy), *snigdha* (unctuous), *amla* (sour), *lavana* (salty), *katu* (pungent), *dadhi* (curd), *tila taila* (sesame oil), fermented and incompatible foods (*viruddhahara*).
- **Viharaja Nidana (Lifestyle causes):** Day sleep, lack of exercise, residing in humid environments, suppression of natural urges, and excessive exposure to allergens.
- **Manasika Nidana (Psychological causes):** Stress, anger, and anxiety are also recognized as aggravating factors. These etiological factors disturb *Kapha* and *Pitta dosha* primarily, which in turn vitiate *Rakta dhatu*, leading to manifestation of skin pathology.

Samprapti (Pathogenesis)^[8]

The *Samprapti* of *Vicharchika* involves

1. *Nidana sevana* (exposure to causative factors) vitiates *Kapha* and *Pitta*.
2. These doshas combine with *Rakta dhatu*, producing local *dushti* in the skin (*twak*).
3. *Kapha dosha* causes itching, thickening, and discharge.
4. *Pitta dosha* leads to burning sensation, redness, and oozing.

5. *Rakta dushti* contributes to blackish discoloration, papules, and recurrence. Thus, the *tridosha* (mainly *Kapha-Pitta*) along with *Rakta* play a central role in the pathogenesis of *Vicharchika*.

Lakshana (Clinical Features)^[9]

Classical signs and symptoms of *Vicharchika* include

- *Kandu* (severe itching)
- *Pidaka* (papular eruptions)
- *Srava* (oozing discharge)
- *Rukshata* (dryness)
- *Krishna varnata* (blackish discoloration)

These features closely resemble the clinical picture of eczema in modern medicine, particularly chronic eczema, which shows lichenified patches, scaling, and pigmentation.

Types and Clinical Correlation

Though *Vicharchika* is broadly mentioned as *Kshudra Kustha*, the clinical features show variability depending on *dosha* predominance:

- **Kapha-dominant:** Thick lesions, heaviness, profuse discharge.
- **Pitta-dominant:** Burning sensation, redness, oozing, and acute inflammation.
- **Vata association:** Dryness, cracks, scaling, and severe itching.

Chikitsa Siddhanta (Principles of Management)^[10]

The management of *Vicharchika* is based on *Shodhana* (purificatory) and *Shamana* (palliative) therapies.

- **Shodhana Chikitsa**
- *Vamana* (therapeutic emesis) to expel *Kapha*.
- *Virechana* (purgation) for *Pitta* and *Rakta* vitiation.
- *Raktamokshana* (bloodletting) for *Rakta dushti*.
- **Shamana Chikitsa**
- External application of *taila kalpana* like *Vajraka Tailam*, *Nimbadi Tailam*, or *Manjisthadi Tailam*.
- Use of *Kashayas* (decoctions) like *Khadirarishta*, *Aragwadharishta*.
- Internal administration of *Tikta rasa pradhana dravyas* like *Nimba*, *Guduchi*, and *Patola*.

- **Pathya-Apathya**
- Adoption of a wholesome diet (*laghu, ruksha, tikta, kashaya* rasa) and avoidance of curd, sour, salty, oily, and fermented foods.

Role of *Vajraka Tailam*

Vajraka Tailam is highlighted in Ayurvedic texts as effective in *Kustha roga*. Its actions include:

- *Kandughna* – relieving itching.
- *Krimighna* – antimicrobial and protective.
- *Shothahara* – reducing inflammation.
- *Tvachya* – promoting skin health and regeneration. The synergistic effect of its ingredients makes it particularly beneficial in managing the hallmark features of *Vicharchika* such as itching, discharge, and chronic discoloration.

MODERN REVIEW

ECZEMA

In modern dermatology, *Vicharchika* is most closely correlated with eczema, particularly atopic dermatitis and chronic eczema. Eczema is defined as a group of inflammatory skin disorders characterized by pruritus, erythema, vesiculation, exudation, lichenification, and pigmentation. The condition is classified into several types:^[11]

- **Atopic dermatitis** – chronic, relapsing eczema with genetic and immune dysregulation.
- **Contact dermatitis** – allergic or irritant type due to direct exposure to allergens.
- **Seborrheic dermatitis** – associated with oily skin and *Malassezia* yeast.
- **Nummular eczema** – coin-shaped lesions.
- **Dyshidrotic eczema** – vesicular eruptions on palms and soles.

Etiology and Risk Factors^[12]

Eczema is multifactorial in origin, arising from the interaction of genetic predisposition, immune system imbalance, and environmental triggers.

- **Genetic factors:** Mutations in *filaggrin* gene leading to epidermal barrier dysfunction.
- **Immune dysregulation:** Predominance of Th2 immune response, increased IgE levels, and mast cell activation.
- **Environmental factors:** Exposure to allergens (dust, pollen, foods, chemicals), climatic conditions (humidity, temperature), and irritants (soaps, detergents).

- **Lifestyle and psychological factors:** Stress, poor sleep, and dietary triggers exacerbate the condition.

Pathophysiology^[13]

The pathophysiology of eczema involves epidermal barrier dysfunction and immune-mediated inflammation.

- Defective skin barrier allows increased transepidermal water loss and entry of allergens and microbes.
- Hyper-reactive immune system leads to overproduction of cytokines (IL-4, IL-13, IL-31), stimulating chronic inflammation and itching.
- Secondary bacterial colonization (*Staphylococcus aureus*) worsens symptoms and perpetuates flare-ups.
- Chronicity leads to skin thickening, lichenification, and pigmentation changes.

Clinical Features^[14]

Eczema typically presents with

- Intense itching (often worse at night).
- Red, inflamed patches with vesicles and oozing in acute cases.
- Dryness, scaling, and thickened skin in chronic cases.
- Distribution varies by age: face and scalp in infants, flexural areas in children, and generalized or localized lesions in adults.
- Secondary infections may occur due to scratching and compromised barrier.

Diagnosis^[15]

Diagnosis is primarily **clinical**, based on history and examination. Commonly used criteria include

- Presence of itching.
- Typical lesion morphology and distribution.
- Chronic or relapsing course.
- Supportive investigations:
 - Elevated serum IgE levels.
 - Skin prick test or patch testing to identify allergens.
 - Biopsy in atypical cases.

Management

Modern management of eczema is aimed at symptom relief, flare control, and prevention of recurrence.

- **Topical therapies:** Emollients (moisturizers), corticosteroids, calcineurin inhibitors (tacrolimus, pimecrolimus).
- **Systemic therapies:** Antihistamines for itching, corticosteroids, immunosuppressants (cyclosporine, methotrexate), biologics (dupilumab targeting IL-4/IL-13 pathway).
- **Infection control:** Antibiotics for bacterial superinfection.
- **Lifestyle modifications:** Allergen avoidance, use of mild soaps, stress management, and dietary regulation. Despite these measures, recurrence is common, and long-term steroid or immunosuppressant use carries significant side effects, leading to a growing interest in complementary therapies.

Prognosis and Challenges^[16]

Eczema is a chronic relapsing disorder with no definitive cure in modern medicine. The disease significantly impacts quality of life due to itching, cosmetic concerns, and psychological distress. Treatment adherence, avoidance of triggers, and early management of flare-ups improve outcomes. However, the challenge remains in offering safe, long-term, and sustainable therapies without adverse effects.

Vajrak Tailam

Vajrak Taila is a traditional Ayurvedic medicated oil mentioned in classical texts for its specific indication in *Vicharchika*. Texts such as *Chakradatta*, *Sahasrayoga*, and other compilations describe it as a potent formulation prepared with selected herbs having *Deepana*, *Pachana*, and *Krimighna* properties. The oil is said to act quickly in conditions where *Vata* and *Kapha* are aggravated, leading to *Atisara*, *Chardi*, and severe abdominal cramps. Its name “*Vajrak*” signifies strength, quick action, and potency, much like a thunderbolt (*Vajra*).^[17]

Formulation and Ingredients

The formulation of *Vajrak Taila* varies slightly across texts, but the common ingredients include *Saptaparna*, *Shirisha*, *Ashwamara* (*Kaner*), *Arka*, *Jatiphala* (*Nutmeg*), *Chitraka*, *Nimba*, *Karanja*, *Sarshapa*, *Prapunnada*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Jantughna*, *Shunthi*, *Maricha*, *Pippali*, *Haridra*, *Daruharidra*, *Tila Taila*, *Gomutra*. Each ingredient

contributes to stimulating digestive fire, correcting *Vata-Kapha* imbalance, and neutralizing toxins.^[18]

Sr. No.	Sanskrit Name	Botanical Name	Family	Part Used	Rasa	Guna	Veerya	Vipaka	Doshaghna	Karma (Ayurvedic Actions)	Rogaghna (Therapeutic Uses)	Major Chemical Constituents	Pharmacological Activities
1	<i>Saptaparna</i>	<i>Alstonia scholaris</i>	Apocynaceae	Bark	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-Vatahara	Krimighna, Shothahara	Jwara, Krimi, Shwasa, Atisara	Alkaloids (Echitamine, Alstonine)	Antimicrobial, Antidiarrheal, Anthelmintic
2	<i>Shirisha</i>	<i>Albizia lebbek</i>	Fabaceae	Bark, Seed	Kashaya, Madhura	Laghu, Ruksha	Sheeta	Katu	Kapha-Pittahara	Vishaghna, Shothahara	Visarpa, Shwasa, Kasa, Ajeerna	Flavonoids, Saponins, Tannins	Anti-allergic, Antihistaminic, Antimicrobial
3	<i>Ashwamara</i> (Kaner)	<i>Nerium indicum</i>	Apocynaceae	Root, Leaf	Tikta, Kashaya	Laghu, Tikshna	Ushna	Katu	Kapha-Vatahara	Krimighna, Kandughna	Krimi, Kushta, Visharoga	Glycosides (Oleandrin), Flavonoids	Cardiotonic, Antimicrobial, Antifungal
4	<i>Arka</i>	<i>Calotropis procera</i>	Apocynaceae	Root, Leaf, Latex	Katu, Tikta	Laghu, Tikshna, Ruksha	Ushna	Katu	Kapha-Vatahara	Krimighna, Shoolaghna	Arsha, Gulma, Krimi	Calotropin, Calotoxin, Glycosides	Anthelmintic, Analgesic, Anti-inflammatory
5	<i>Jatiphala</i> (Nutmeg)	<i>Myristica fragrans</i>	Myristicaceae	Seed	Katu, Tikta, Madhura	Laghu, Snigdha	Ushna	Madhura	Kapha-Vatahara	Deepana, Grahi	Atisara, Chardi, Agnimandya	Myristicin, Elemicin, Lignans	Antidiarrheal, Antiemetic, Antimicrobial
6	<i>Chitraka</i>	<i>Plumbago zeylanica</i>	Plumbaginaceae	Root	Katu, Tikta	Laghu, Tikshna, Ruksha	Ushna	Katu	Kapha-Vatahara	Deepana, Pachana, Krimighna	Agnimandya, Gulma, Krimi	Plumbagin, Naphthoquinones	Digestive stimulant, Antimicrobial, Anthelmintic
7	<i>Nimba</i>	<i>Azadirachta indica</i>	Meliaceae	Bark, Leaf	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Pitta-Kaphahara	Krimighna, Jantughna	Krimi, Kushta, Visharoga	Azadirachtin, Nimbin, Quercetin	Antibacterial, Antifungal, Antiviral
8	<i>Karanja</i>	<i>Pongamia pinnata</i>	Fabaceae	Bark, Seed	Tikta, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha-Vatahara	Krimighna, Kushtaghna	Krimi, Kushta, Arsha	Karanjin, Pongamol, Flavonoids	Anthelmintic, Antimicrobial, Anti-inflammatory
9	<i>Sarshapa</i>	<i>Brassica juncea</i>	Brassicaceae	Seed	Katu, Tikta	Laghu, Tikshna, Ruksha	Ushna	Katu	Kapha-Vatahara	Deepana, Pachana, Shoolaghna	Gulma, Arsha, Agnimandya	Allyl isothiocyanate, Sinigrin	Carminative, Antibacterial, Analgesic
10	<i>Prapunnada</i>	<i>Cassia tora</i>	Fabaceae	Seed, Leaf	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-Pittahara	Krimighna, Shothahara	Krimi, Kushta, Kandu	Anthraquinones, Chrysophanol	Laxative, Anthelmintic, Anti-inflammatory

11	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	Fruit rind	Kashaya, Madhura, Amla, Katu, Tikta	Laghu, Ruksha	Ushna	Madhura	Tridoshaghna	Anulomana, Rasayana	Arsha, Atisara, Krimi	Tannins, Chebulagic acid, Gallic acid	Laxative, Antioxidant, Antimicrobial
12	<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Combretaceae	Fruit	Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-Pittahara	Kaphahara, Anulomana	Kasa, Shwasa, Arsha	Tannins, Ellagic acid, Lignans	Expectorant, Antidiarrheal, Antioxidant
13	<i>Amalaki</i>	<i>Phyllanthus emblica</i>	Phyllanthaceae	Fruit	Amla	Laghu, Ruksha	Sheeta	Madhura	Tridoshaghna (esp. Pitta)	Rasayana, Chakshushya	Jwara, Pandu, Atisara	Vitamin C, Gallic acid, Ellagic acid	Antioxidant, Immunomodulator, Anti-inflammatory
14	<i>Jantughna</i>	<i>Embelia ribes</i>	Primulaceae	Fruit	Katu, Tikta, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha-Vatahara	Krimighna, Deepana	Krimi, Atisara	Embelin, Quercitol	Anthelmintic, Antimicrobial, Digestive
15	<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome	Katu	Laghu, Snigdha	Ushna	Madhura	Kapha-Vatahara	Deepana, Pachana, Anulomana	Agnimandya, Atisara, Shwasa	Gingerols, Shogaols	Antiemetic, Carminative, Anti-inflammatory
16	<i>Maricha</i>	<i>Piper nigrum</i>	Piperaceae	Fruit	Katu	Laghu, Tikshna	Ushna	Katu	Kapha-Vatahara	Deepana, Pachana, Rochana	Agnimandya, Atisara, Krimi	Piperine, Alkaloids	Carminative, Antimicrobial, Bioavailability enhancer
17	<i>Pippali</i>	<i>Piper longum</i>	Piperaceae	Fruit	Katu	Laghu, Tikshna	Ushna	Madhura	Kapha-Vatahara	Deepana, Rasayana, Vatanulomana	Shwasa, Kasa, Atisara	Piperine, Piplartine	Immunomodulator, Carminative, Antimicrobial
18	<i>Haridra</i>	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Pittahara	Krimighna, Varnya, Shothahara	Krimi, Prameha, Twak Vikara	Curcumin, Volatile oils	Anti-inflammatory, Antioxidant, Antimicrobial
19	<i>Daruharidra</i>	<i>Berberis aristata</i>	Berberidaceae	Stem	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-Pittahara	Chakshushya, Krimighna	Netra roga, Jwara, Atisara	Berberine, Alkaloids	Antimicrobial, Antidiarrheal, Hepatoprotective
20	<i>Tila Taila + Gomutra</i>	<i>Sesamum indicum</i> (oil) + Cow urine	Pedaliaceae + N/A	Seed oil + Distilled urine	Madhura, Tikta, Kashaya	Snigdha, Guru	Ushna (oil), Ushna-Tikshna (urine)	Madhura	Tridoshaghna (esp. Vatahara)	Yogavahi, Srotoshodhaka	Atisara, Krimi, Shoola	Sesamol, Fatty acids, Volatile salts	Carrier, Antioxidant, Antiseptic, Bioenhancer

MODE OF ACTION

Role of *Vajraka Tailam* in *Vicharchika*

External Application of *Vajraka Tailam*



Penetration into Skin Layers

(due to *Sneha*, *Sukshma*, *Yogavahi Guna of Taila*)



Local Dosha Pacification

- *Kapha Shamana* → ↓ *Itching*, ↓ *Oozing*
- *Pitta Shamana* → ↓ *Burning*, ↓ *Redness*
- *Rakta Shodhana* → ↓ *Discoloration*, ↓ *Recurrence*



Pharmacological Actions of Ingredients

- *Kandughna* (*Anti-pruritic*)
- *Shothahara* (*Anti-inflammatory*)
- *Krimighna* (*Antimicrobial*)
- *Tvachya* (*Skin healing & nourishing*)



Restoration of *Twak* Function

- Improves moisture & barrier function
- Promotes wound healing & tissue repair

RESULT AND FINDINGS

- *Vajraka Tailam* is indicated in *Kustha roga* including *Vicharchika* with actions like *kandughna*, *krimighna*, *shothahara*, and *tvachya*.
- Acts mainly on *Kapha* and *Pitta* while correcting *Rakta dushti*, addressing root pathology.
- Provides relief in itching (*kandu*), oozing (*srava*), burning (*daha*), dryness (*rukshata*), and discoloration (*krishna varna*).
- Ingredients show antimicrobial, anti-inflammatory, and wound-healing properties correlating with modern dermatology.
- Improves skin barrier, enhances local immunity, and promotes regeneration.
- Helps reduce recurrence and chronicity of *Vicharchika*.

DISCUSSION

Vicharchika, classified under *Kshudra Kustha*, is a chronic skin disorder caused mainly by the vitiation of *Kapha*, *Pitta*, and *Rakta*. Its symptoms such as *kandu*, *pidaka*, *srava*, and *rukshata* resemble eczema in modern dermatology. Modern science attributes eczema to immune dysregulation, barrier dysfunction, and environmental triggers. Both perspectives point toward a complex, multifactorial pathogenesis that requires both symptomatic relief and root-level correction. This highlights the importance of holistic approaches such as those described in Ayurveda.^[19]

The role of *Vajraka Tailam* in *Vicharchika* becomes significant because of its multi-dimensional actions. Ayurvedic texts describe its *kandughna*, *shothahara*, *krimighna*, and *tvachya* properties, which directly counteract the primary symptoms of the disease. The oil base ensures deeper penetration into the skin, enabling sustained local action. By pacifying *Kapha* and *Pitta* while purifying *Rakta*, the formulation addresses the root *samprapti* of the disease, not just the surface manifestations.^[20]

Modern pharmacological findings strengthen these classical claims. The ingredients of *Vajraka Tailam* possess anti-inflammatory, antimicrobial, and wound-healing properties. These actions help reduce itching, control secondary infections, and promote skin repair. The protective and nourishing effect of the medicated oil also supports the restoration of the epidermal barrier, which is crucial in preventing relapses of eczema. Thus, the formulation provides both immediate relief and long-term benefits, bridging the gap between traditional theory and contemporary dermatology.^[21]

The findings of this conceptual review suggest that *Vajraka Tailam* can be an effective external therapeutic option for *Vicharchika*. Its unique combination of classical indications and modern pharmacological relevance positions it as a potential integrative solution for eczema management. However, further clinical validation through controlled studies is necessary to establish its efficacy and safety on a scientific basis. Such research could help bring Ayurvedic formulations like *Vajraka Tailam* into mainstream dermatological practice.^[22]

CONCLUSION

Vicharchika, a chronic and relapsing skin disorder comparable to eczema, remains difficult to manage with conventional therapies due to recurrence and side effects of long-term use.

Vajraka Tailam, as described in classical Ayurvedic texts, offers a promising approach through its *kandughna*, *shothahara*, *krimighna*, and *tvachya* properties, addressing both symptomatic relief and underlying *dosha-rakta dushti*. Modern pharmacological evidence supports its anti-inflammatory, antimicrobial, and skin-healing actions, which align with the pathology of eczema. Thus, *Vajraka Tailam* stands as a potential integrative and safe alternative in the management of *Vicharchika*, warranting further clinical research to establish its evidence-based application.

CONFLICT OF INTEREST –NIL

SOURCE OF SUPPORT –NONE

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