

**AYURVEDIC MANAGEMENT OF VICHARCHIKA KUSHTHA: A CASE STUDY****<sup>1</sup>Vd. Vivek S. Chandurkar and <sup>2</sup>\*Vd. Pooja M. Mokashi**<sup>1</sup>Professor and HOD, Kayachikitsa Department, SGR Ayurved College, Solapur.<sup>2</sup>MD Scholar, Kayachikitsa Department, SGR Ayurved College, Solapur.Article Received on  
02 September 2024,Revised on 23 Sept. 2024,  
Accepted on 13 October 2024

DOI: 10.20959/wjpr202420-34244

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**ABSTRACT**

Skin is the largest and primary protective organ of the body, serving as a first order physical barrier against the environment. When the skin's integrity or functions are compromised, it can lead to the development of skin disease, which can be acute or chronic, mild or severe, affecting both physical and mental health. Ayurveda includes all skin diseases under the heading of *Kushtha* and it is classified into two broad types' viz. *Maha kushtha* and *Kshudra kushtha*. *Vicharchika* is included under *Kshudra kushtha* with *Kaphadosha padhanata*. Clinically it includes eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge. *Vicharchika* can be correlated with *eczema*. The prevalence of atopic eczema in 56 countries had been found to vary between 3% to 20.5%. The prevalence of *Vicharchika* in India is about 6.75%. In present case study, female patient with complaints of Blackish discoloration over

the neck, Itching and burning sensation at neck, crackling of the skin and oozing from the site since last 2 months, preparation used *Khadirashtaka Kwatha* administered for 45 days and subject showed significant improvement at the end of the study.

**KEYWORDS:** *Vicharchika, Khadirashtaka kwatha, Kushtha, Eczema.***INTRODUCTION**

In *Ayurveda*, All the skin diseases are included under the broad title of *Kushtha*. *Vicharchika* is described under *Kshudra Kushtha*<sup>[1]</sup> by *Bruhatrayis*. In *Samhita's* (classical literatures), it is described that all *Kushthas* having involvement of *Tridosha*<sup>[2]</sup> (three bodily humors) but the type of *Kushtha* depends on the predominance of particular *Dosha*. *Acharyas* have

classified *Kushtha* into two broad type's viz. *Maha Kushtha* & *Kshudra Kushtha*. In disease progression *Vata*, *Pitta* and *Kapha* which have become morbid<sup>[3]</sup>, and vitiate the *Twak*, *Rakta*, *Mansa* and *Lasika*. This is the complex of seven elements affected in *Kushtha*. So, Any single *element* cannot cause *Kushtha*. Clinically it includes eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge.

Skin diseases occur all over the world at a significant level and pose a significant public health burden. It affects people of all ages; this can place a heavy psychological and physical impact on Subjects. It disturbs cosmetic harmony of the Subject. Also, there is a loss of beauty and personality which in turn leads to stress, anxiety and depression. The prevalence of atopic eczema in 56 countries had been found to vary between 3% to 20.5%. The prevalence of *Vicharchika* in India is about 6.75%.<sup>[4]</sup>

In modern medical science, management of skin disease is carried out with usage of topical steroids and antihistamines. Long lasting usage of these may produce adverse effect; therefore it is necessary to find a solution over it. in the field, there is great need to find effective remedy. So, we have selected *Khadirashtaka kwatha*<sup>[5]</sup> mentioned in *yogratnakara*, the ingredient's present in the formulation are *Khadira*, *Triphala*, *Nimba*, *Patola*, *Guduchi*, *Vasa*.

## A CASE REPORT

A 36 year old female patient reported to the OPD of Kayachikitsa department of SSNJ Ayurved Rugnalaya, presenting with C/O of Blackish discoloration over the neck, Itching and burning sensation at neck, crackling of the skin and oozing from the site since last 2 months.

All the details of the patient including present and past history, dietary habits and lifestyle were recorded before the treatment. Patient did not have any systemic diseases like DM, HTN and thyroid dysfunction.

### Personal History

*Ashtavidha Parikshan*

*Nadi: Kapha Pradhan*

*Mutra: 5-6 times/ day*

*Mala: 1-2 times/ day*

*Jivha: Saam*

*Shabdha: Spashta*

*Sparsha: Anushnasheet*

*Druk: Avishesh*

*Akruti: Madhyam*

### Vital Data

BP- 120/70

Pulse-76/min

Respiratory Rate- 17/min

Weight-51 kg

Systemic Examination

Respiratory- Bil. equal air entry

Cardiovascular- NAD

Gastrointestinal- NAD

Central nervous system- Patient was conscious, oriented and afebrile.

### MATERIALS AND METHODS

Subjective criteria<sup>[6]</sup>

1. Kandu (Itching)
2. Pitika (Eruption, Papules, Pustules)
3. Shyavata (Erythema with discolouration)
4. Lasikasrava (Discharge)

**Table No. 1: Gradation for subjective parameters.**

Symptoms	Gradation	Score
<i>Kandu</i> (Itching)	No itching	0
	Mild –Occasional itching	1
	Moderate Frequent itching	2
	Severe itching-Disturbs daily routine activity and even disturbs sleep (Daily)	3
<i>Pitika</i> (eruption)	No eruption in the lesion	0
	Scanty eruption in few lesion	1
	Scanty eruption in at least half of lesion	2
	All the lesions full of eruption	3
<i>Shyavata</i> (Erythema with discolouration)	Normal skin colour	0
	Brownish red discolouration	1
	Blackish red discolouration	2
	Blackish discolouration	3
<i>Lasikasrava</i>	No discharge	0

(Discharge)	Moisture on the skin lesion	1
	Weeping from the skin lesion	2
	Weeping from the skin lesion followed by crusting	3
<i>Daha</i> (Burning sensation)	Absence of Burning sensation in affected part	0
	Rarely burning sensation in affected part	1
	Continues burning sensation in affected part	2
	Disturbing patients sleep	3

Table No. 2: Objective parameters.<sup>[7]</sup>

Symptoms	Gradation	Score
Number of patches	No patches	0
	1-2 patches	1
	3-4 patches	2
	5 or more than 5 patches	3
Size of patches	0 sq. cm	0
	In between 0-10 sq. cm	1
	In between 11-20 sq. cm	2
	More than 20 sq. cm	3

Considering the *vicharchika kushtha*, following *ayurvedic* management plan was administered.

1. *Nidan parivarjana*- The patient had a daily habit of consuming cold beverages after lunch and would often drink cold water after being exposed to intense heat. Here, observed *Sheet-ushna krama sevan hetu*, which is mentioned by *Aacharya Charak* in *Kushtha chikitsa adhyaya*.

Educating the patient about *Nidan parivarjana* (avoiding causative factors) and advised *Pathyapathya* to the patient.

2. *Ayurvedic* medication

*Khadirashtaka Kwatha*-

खदिरत्रिफला निम्बपटोला मृतवासकैः ।

अष्टकोऽयं जयेत्कुष्ठकण्डु विस्फोटकानपि ॥<sup>[9]</sup>

यो.र. 19/63.

Table No. 3: Ingredients of *Khadirashtaka Kwatha*.

Sr.No.	Name of <i>Dravyas</i>	<i>Rasa</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Guna</i>
1.	<i>Khadira</i> <sup>[8]</sup>	<i>Tikta, Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>
2.	<i>Haritaki</i> <sup>[9]</sup>	<i>Kashaya pradhana Lavan varjita Pancharasa</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu, Ruksha</i>
3.	<i>Bibhitaki</i> <sup>[9]</sup>	<i>Kashaya</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Guru, Ruksha</i>

4.	<i>Aamlaki</i> <sup>[9]</sup>	<i>Amla pradhan lavan varjit pancharasa</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Laghu, Ruksha</i>
5.	<i>Nimba</i> <sup>[10]</sup>	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu</i>
6.	<i>Patola</i> <sup>[11]</sup>	<i>Tikta</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu, Snigdha</i>
7.	<i>Guduchi</i> <sup>[12]</sup>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu, Ruksha</i>
8.	<i>Vasa</i> <sup>[13]</sup>	<i>Tikta, Kashay</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>

*Kwatha* Preparation (Decoction) - 10gm of *bharad churna* (mixed in equal quantity) is taken and 160ml of water has been added to it. The heat will be given to the mixture till it remained to 1/8th of total (20ml)<sup>[14]</sup>

Fresh prepared *Kashaya* should be administered when it is lukewarm.

Dose- 20ml twice a day

Time of administration- *Paschatbhakta*

Treatment duration- 45 days follow up on 10th, 15th, 45th day

## OBSERVATION

**Table 4: Showing changes in symptoms before and after treatment.**

Symptoms	Grade Before treatment	Grade After treatment
<i>Kandu</i>	3	1
<i>Pitika</i>	2	0
<i>Shyavata</i>	2	1
<i>Lasikatrava</i>	3	0
<i>Daha</i>	2	0
Number of patches	1	0
Size of patch	1	0

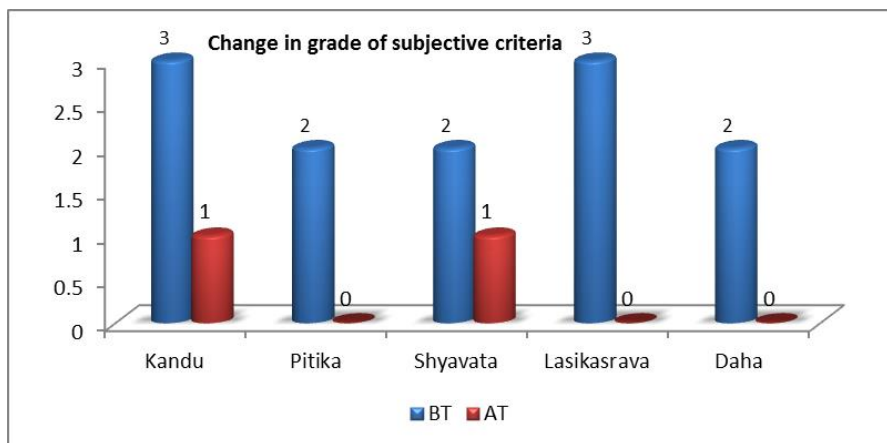


**Fig. No. 1: Before and After image.**

## RESULT

The patient had started improving during treatment and at the end of the 45th day there was overall recovery, it has relief in all the subjective and objective parameters.

Bar Diagram No.1



## NIDAN PANCHAK

*Hetu- Virudha ahara, Sheet-ushna karma sevan, Amla-lavan rasa ati sevan, Withholding Mutra and Purish vega*

## Samprapti Ghataka

*Dosha- Tridosha*

*Dushya- Twak, Rakta, Mamnsa, Lasika*

*Strotas – Rasa, Rakta*

*Adhishthana – Twacha*

*Sanchara – Tiryaga sira*

*Rogmarga – Bahya*

*Avastha - Nav*

## Samprapti

Since the *Samprapti* of *Vicharchika* is not specifically described in the classics, a common *Samprapti* of *Kushtha* may be taken into consideration.

Due to *Nidana sevan*, such as *aaharaj* and *viharaj hetu*, *Agnimandya* develops.

Simultaneously, *hetusevana* leads to the disturbance of *tridosha* and *dhatu (dushya) shaithilya*. *Agnimandya* results in the formation of *Aama*, which circulates with *rasa* through *Tiryakgami Siras*, causing the impairment of *dushya* like *rasa*, *rakta*, and *mamsa*.

Then, the *dosha-dushya sammurchana* occurs, leading to *strotodushti* such as *rasavaha*, *rakataavaha*, *mamasavaha*, and *swedovaha*. At the site of *khavaigunya*, *lakashnotpatti* occurs, and eventually, *Vicharchika Kushtha* develops. According to *hetusevan*, *dosha pradhanya* is observed in *samprapti*, and *lakshana* develop accordingly.

### **Pathya**

*Laghu Anna*, *Tika Shak*, *Puran Dhanya*, *Patola*, and *Nimba*. *Triphala*, *jangal maansa*, *bhalataka*, *mudga*, and *ghrita*.

### **Apathya**

*Anoop Maansa*, *Dughdha*, *Tila*, *Maansa* and *Vasa*, *Guru Anna*, *Amla Ras Guda*, *Matsya*, and *Dadhi* are examples of *Apathya*.

## **DISCUSSION**

It's a prevailing myth that Ayurvedic remedies act slowly. Nevertheless, using the right medication at the right time can dispel this misconception. In this case, *khadirashtaka kwatha* were advised along with dietary regimen, in the early stage of disease. As a result, remarkably outcomes were observed within a short duration.

### **Mode of action of khadirashtaka kwatha**

Most of the drugs present in *kwatha* including *Nimba*, *Patola*, *Guduchi*, *Khadir* possesses *tikta kashay rasa*, *Laghu*, *Ruksha guna*, *Ushna veerya* and *katu vipaka* and it act as *agnideepan* and facilitating *aampachan*. It leads to increase in *jatharagni* further increases *dhatwagni*, which causes decrease in *dhatushaithilya*. this is the main step in the disruption of disease progression.

Also, *Aamalaki*, *bibhitaki*, *khadira*, *nimba* has *kapha pittahara* property which pacifies vitiated *kapha* and *pitta dosha*, which is the main *dosha* involvement in the pathogenesis of *kushtha*.

Function of *Tikta rasa* is "*kleda-medovasa-majja-lasika-puya-sweda-pittashleshmo-upshosana*." Acts on *rasa*, *mansa*, *lasika dushthi*. *Khadira*, *Nimba*, *Patola* acts as *raktashodhaka*, *Raktaprasadaka* eventually corrects *raktadushthi*.

All the drugs in combination are having *Kushtaghana*, *Kandughana*, *Krimighna*, *Rasayana*, *Raktashodhaka*, *Raktaprashadaka* and also *Varnya* properties.



Functions of *katu-tikta rasa*, including *Mamsa-kleda-sweda-nashak*, *Mamsa vilekhan*, *marganvivrunoti*, *sleshmanam shamayati*, *kleda-lasika upshoshana*, focused on eliminating *kleda*, thereby removing *strotorodh* caused by *doshadushya samurchana*.

*Samprapti-vighatana* of *Vicharchika* occurs, thereby eliminating the symptoms.

## CONCLUSION

*Vicharchika* is a *Kaphapradhan kushtha*, In the present study, *Khadirashtaka kwatha* mentioned in *Yogaratanakar* was used to treat the condition. It includes *tikta rasa* and *Laghuruksha guna pradhan* drugs. *Tikta rasa* itself has *kushthaghna* property. In the care of *Vicharchika*, along with medication, *pathyasevan* is crucial. Avoiding *apathya* is advised. The patient felt better and her symptoms had greatly decreased. As a result, the offered *Ayurvedic* medication proved effective in curing the illness.

From the above case, we can conclude that, *Ayurvedic* remedy has great affinity to cure the skin disease. Especially, it acts on the root cause of the disease and cure disease completely.

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