

**AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA): A
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Unani Tibbia College and
Hospital, Karol Bagh, New
Delhi, India.**ABSTRACT**

Vicharchika (Eczema) is one of the most common skin disease. In Ayurvedic texts Vicharchika (Eczema) has been described under Kshudrakusthas and is included under Raktapradoshaja vikar. Kandu (itching), Pidika (Vesicles), Shyava varna (blackish discoloration) and Srava (discharge) are the characteristic symptoms of Vicharchika. Medicines used in the treatment of Vicharchika (eczema) are having Raktashodhak, Kusthaghna and Kandughna properties.^[1] Eczema is a type of dermatitis, and these terms atopic eczema or atopic dermatitis [AD] are often used syn- onymously. Eczema is a reaction pattern that presents with variable clinical findings and the common histologic finding of spongiosis (intercellular edema of the epidermis).^[2] In this case study, Vicharchika (eczema) can be successfully managed with Ayurvedic medicines only without any complications and side effects.

KEYWORDS: Vicharchika, Kshudrakusthas, Eczema.**INTRODUCTION**

In Ayurveda “kustha” is defined as “twachaha kurvanti vaivarnya dustah kusthamushanti tat” the disease which destroys the tvak (skin) of the human body is called Kushtha. Kushta is further divided in to Mahakustha and Kshudrakusthas. Vicharchika comes under the Kshudra Kusthas. Being one of a variety of Kshudrakusthas, Vicharchika also destroys affected part of the tvak (skin). Acc to Acharya Charak, vicharchika is Kapha pradhan vyadhi and acc to Acharya Sushrut Vicharchika is Pitta pradhan vyadhi.

सकण्डःपिडका श्यावा बहुस्रावा विचर्चिका । (च.चि. 7/26)

Vicharchika has symptoms such as Kandu (itching), Srava (discharge), Pidaka (vesicles), and Shyava varna (blackish discoloration) which are similar to the symptoms of Eczema. Etiological factors (Nidana) including viruddha annapana, suppression of natural urges (Vegadharan) especially vomiting (Charrdi). Excessive intake of drava, snigdha and guru dravyas; Indulging in habits such as, taking shita quality food followed by ushna quality.^[3]

The vitiated three doshas- vata, pitta, kapha along with impaired tvak, rakta, mamsa and ambu together constitute seven essential entities which play role in pathogenesis of Kustha. Vicharchika, as a Kaphaja condition according to Acharya Charak, Involves Kapha aggravation and accumulation in the Annavaha strotas, obstructing the Rasavaha and Raktavaha strotas and eventually settling in the Mamsavaha strotas, leading to kandu (itching), Pidika (Vesicles), shyava varna (Blackish discoloration) and Srava (exudation). Charakacharya categorises all skin disorders as Sannipataja, but the variation in clinical presentation depends on the dominance of a specific Dosha. Kushthas with Similar causative factors have distinct presentations based on colour, symptoms, type of pain, name, effects, and treatment, Determined by the association, variation, and location of Doshas. The initiation of Dosha accumulation and vitiation begins In Rasa dhatu, progressing to Rakta dhatu, which affects and enlarges the Rasa, Rakta, and Mamsa.^[4]

Eczema or dermatitis is a group of inflammatory skin diseases provoked by a wide variety of stimuli, i.e. direct injury from toxic chemicals, mechanical trauma and immunological reactions. The word eczema is derived from the Greek word 'eczein' meaning 'to boil over' or 'to effervesce'. The terms, dermatitis and eczema are often used as synonyms, but the term eczema is preferably used for exudative dermatitis.

The exact cause of eczema isn't fully understood, but it's believed to involve a combination of genetic, environmental, and immune system factors. Genetic predisposition plays a role, as the condition often runs in families. A family history of asthma, hay fever (rhinitis and conjunctivitis), atopic dermatitis and even urticaria is common in patients with this condition. The environmental factors which act as triggers for atopic dermatitis are climatic changes, food items (eggs, dairy products, nuts, etc.), bacterial infection and dry skin.

Acute eczema represents wet dermatitis characterised by intense pruritus, erythema, oedema, papules, vesicles, oozing, crusting, and even blister formation.

Sub acute ezema is characterised by diffuse erythema, oedema and scaling. In this stage, oedema, vesiculation and oozing components come down. The lesion starts scaling.

Chronic eczema is represented by severe itching, hyperkeratosis and lichenification (thickening, hyper-pigmentation and accentuated skin markings).^[5]

Topical steroids are used for local application in acute stages, wherein orally preferred to manage chronic cases. However, these steroids can cause other side effects in the short term as well as on long-term use.^[6]

CASE REPORT

A 42 years old female patient was consulted in Out-Patient Department (OPD) of A & U Tibbia College and hospital, New Delhi with the chief complaints of recurrent erythematous skin lesion over b/l palms and soles characterized by redness, skin edema and Blistering, cracking, oozing and bleeding. Patient was suffering with these symptoms from last 6 months.

There was no history of hypertension, diabetes mellitus, hypothyroidism or any other systemic ailments.

No previous surgical history.

Family history of the patient is not significant.

Medication history - She was previously taking ayurvedic medicines but got no relief. she has no history of allergy to any drugs.

PERSONAL HISTORY

Marital status – Married

Appetite – Normal

Bowel – Constipated

Bladder – Normal

Sleep – Regular

Addiction – NO

Occupation – House wife

Diet – Mixed.

Asthavidha Pariksha.

Nadi – Pitt kaphaj.

Mala – Saam (Constipated)

Mutra – Samyak.

Jihva – Saam (Coated)

Shabd – spasta

Sparsha – ushna

Druk – prakrit

Aakriti –Madhyam

On Examination

General condition – Fair

Pulse – 80/min

BP – 136/96 mmHg

Temperature – Afebrile

Timeline: A detailed history was taken and examination was done and the treatment protocol was chosen as per the treatment of Kustha specifically as per Vicharchika. The patient was advised for Nidana parivarjana (elimination of etiological factors).

Treatment was taken for total 180 Days with follow up taken on every 15 days.

Timeline	Treatment given	Consultation
Visit (1-4)	<i>Khadirarista, kaishoreguggulu, triphalachurna, marichyadioil.</i>	Examination, historytaking, diagnosis, t/t focusing on kushta chikitsa.
Visit (5-8)	<i>Samet/t, Haridrakhand, Arogyavardhinivati, Mahamanjisthadi kwath.</i>	Modification of t/t and medication.
Visit (9-12)	<i>Khadirarista, haridrakhand, Mahamanjisthadi Kwath, Arogyavardhinivati, marichyadioil.</i>	Continuation of t/t .

Therapeutic Intervention

Drug	Dose	Duration
<i>Khadirarista</i>	15ml BD (with eq amt of water after food)	6 months
<i>Kaishoreguggulu</i>	2 tab TDS. (with Luke warm water after food)	4 months
<i>Arogyavardhinivati</i>	250mg TDS (With lww after food)	3 months
<i>Haridrakhand</i>	3 gm BD (with milk, after food)	3 months
<i>Triphalachurna.</i>	4 gm HS (with Lww at bed time)	4 months
<i>Mahamanjisthadikwath</i>	15 mL BD (with LWW)	3 months
<i>Marichyaditaila</i>	Local application	6 months

Changes in the symptoms based on the assessment criteria.

Symptoms	BT	AT
<i>Kandu (pruritus)</i>	3	1
<i>Pidika (Papules)</i>	3	0
<i>Shyava (Discoloration)</i>	3	1
<i>Srava (secretion)</i>	3	0
Daha (Burning Sensation)	2	0

In-house grading criteria using the Likert scale (Severe: 3) Moderate: 2, Mild: 1; and Nil: 0). BT: Before treatment, AT. After treatment



Before treatment



Before treatment



Before Treatment



After 2 months

After 6 months of treatment



DISCUSSION

Acc to Acharya Charak, vicharchika (eczema) is Kapha pradhan vyadhi and acc to Sushrut vicharchika (eczema) is Pitta pradhan vyadhi.

Vicharchika (Eczema) caused due to faulty diet and lifestyle (Virrudha aahar and Vihara), which leads to impairment of digestion and aggravation of kaphadosha. The vitiated doshas- vata, pitta, kapha along with impaired tvak, rakta, mamsa and ambu together constitute seven essential entities which play role in pathogenesis of Kustha. Vicharchika (Eczema), as a Kaphaja condition according to Acharya Charak, Involves Kapha aggravation and accumulation in the Annavaha strotas, obstructing the Rasavaha and Raktavaha strotas and eventually settling in the Mamsavaha strotas, leading to kandu (itching), Pidika (Vesicles),

shyava (exudation).^[7]

The formulations used for the management of the present case were having Tikta rasa (astringent taste) dominant ingredients such as Kutki in Arogyavardhini vati.

Vyadhii pratayaneeka potential of the compound formulations having Kusthaghna, Kandughna, Raktashodhak and Varnya herbs with antiinflammatory, anti-allergic, anti-bacterial, and blood purifier properties was found effective in the present Vicharchika (eczema) case.

Probable mode of action of drugs

Arogyavardhini vati – Has ingredients like Kutki, shuddh guggulu, Chitrakoot mool, neem patra rasa, shuddh parad, Tamra bhasma, abhrak bhasm etc. It act as vata reducing agent (vata shamak), kapha reducing agent (kapha shamak) that helps in reducing symptoms like kandu, shyavata and rukshata. It also act as agnideepana, Kushtaghna, malashodhaka.^[8]

Triphala churna

As the patient was having irregular bowel movements triphala nishottar was given for anuloman. Triphala churna is used in the ailments of all Doshas, stimulates digestive capacity, Rasayana and Vrisya etc.

Khadirarista

It contains drugs like khadira, bakuch, devdaru, dhataki, triphala etc. It has the following actions like Antipruritics, Anthelmintic, Anti-allergic, Blood purifier, Antimicrobial. The regular use purifies blood, reduces toxins production and inhibits bacterial growth.^[9]

Kaishore Guggulu

Kaishoru guggulu said to be effective in Kushtha, Shotha (swelling), and Vrana (wound). Kaishore guggulu has anti-allergic, antibacterial, and blood purifier potential.^[10]

Mahamanjithadi kwath

Contains Manjistha, kutaja, Nimba, Guduchi, Musta etc. It helps in detoxification and purification of the blood. Thus, through its Rakta prasadan property it helps in reliving symptoms of vicharchika as it is a raktapradoshaja vikara. It is particularly effective in helping to maintain Pitta vitiation. It is also known as an immune-modulator.^[11]

Haridrakhanda

Haridra khanda a compound formulation of Haridra (*Curcuma ge L.*). Haridra and Amalaki (*Phyllanthus emblica L.*) are also mentioned in Kushtaghna mahakashaya (group of ten anti-dermatosis Dravya).^[12]

The anti-inflammatory and anti-allergic activities of Haridra are wellreported.

Marichaydi Oil

Has contents likemaricha, hartala, manahshila etc. This oil acts as a soothing as well as a healing agent that provides relief from soreness, redness, various types of irritations, etc. This oil helps to fight skin infections and has antimicrobial properties.^[13]

CONCLUSION

Based on the results of present case report, it can be concluded that ayurvedic medicines and Nidana parivarjan (particularly virudhahara) can help us to cure such dermatological condition like Vicharchika.

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