

## CLINICAL EFFICACY OF VIRECHANA KARMA IN THE MANAGEMENT OF ECZEMA (VICHARCHIKA): A CASE STUDY

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Article Received on  
02 April 2025,

Revised on 22 April 2025,  
Accepted on 12 May 2025

DOI: 10.20959/wjpr202510-36792



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### ABSTRACT

**Background:** Eczema, often equated with Vicharchika in Ayurveda, is a Rakta Pradoshaja Vikara characterized by Kapha and Pitta predominance. Contemporary therapies may not provide sustainable relief and are often associated with recurrence and side effects. This case report explores the effect of Virechana Karma (purgation therapy) in the management of Vicharchika. **Methods:** A 62-year-old male patient presenting with erythema, itching, and oozing lesions on the forearms and feet was treated using Virechana Karma following classical Ayurvedic protocols. **Results:** Significant clinical improvement was observed post-therapy, with complete resolution of itching, erythema, and discharge, along with marked cosmetic recovery. **Conclusion:** Virechana, when appropriately administered with adjunctive Shamana therapy and lifestyle modifications, can offer substantial clinical remission in Vicharchika cases.

**KEYWORDS:** Vicharchika, Eczema, Virechana Karma, Ayurvedic Dermatology, Kustha, Panchakarma.

### INTRODUCTION

Vicharchika, classified under Kshudra Kustha in Ayurvedic texts, presents with Kandu (itching), Pidika (pustular eruptions), Shyava Varna (discoloration), Bahusrava (exudation),

and Rukshata (dryness). It parallels eczema in modern dermatology, a chronic inflammatory condition marked by pruritus, erythema, vesiculation, scaling, and lichenification.<sup>[1–4]</sup> Both Charaka and Sushruta emphasize the vitiation of Kapha and Pitta Doshas in its pathogenesis.<sup>[2,3]</sup> This case report investigates the clinical efficacy of Virechana Karma in a chronic case of Vicharchika unresponsive to conventional medicine.

## MATERIALS AND METHODS

**Study Design:** Single case interventional study.

**Site:** Rognidan Evam Vrikriti Vigyan IPD, National Institute of Ayurveda, Jaipur.

**Patient Profile:** A 62-year-old male with 8-year history of recurrent itchy, oozing skin lesions on forearms and feet.

### Ayurvedic Examination Findings

Prakriti: Pitta-Kapha

Agni: Mandagni

Mala: Irregular bowel with constipation

Naadi: Pitta-Kapha

Jiwha: Sama (coated)

Sara: Rakta Sara

Diagnosis: Vicharchika (Eczema)

Samprapti: Tridosha Prakopa (Kapha and Pitta predominant) leading to Dushti of Rasa, Rakta, Mamsa, and Lasika Dhatus.

### Treatment Protocol

#### 1. Purvakarma

- \* Deepana-Pachana: Chitrakadi Vati 250 mg BD for 3 days
- \* Snehapana: Panchtikta Ghrita (30–120 ml) for 5 days in increasing doses
- \* Abhyanga and Swedana: Dashamoola Taila and Kwatha for 3 days.

#### 2. Pradhanakarma

Virechana: Trivrit Avaleha 60 gm on Day 14

#### 3. Paschat Karma

Samsarjana Krama: Standard 5-day graduated diet protocol (Peya to Samanya Aahara)

**4. Shamana Chikitsa** -(Post-Virechana)

Drug	Dosage	Anupan	Duration
Triphala, Trikatu, Trimad, Malkangni	2 gm each	Madhu	BD
Jwarhar Kashaya + Patol Patra	100 ml		BD
Sarivadyasava	20 ml	Equal water	BD
External Lepa: Chakramarda, Bakuchi, Karanj, Gandhak	4 gm each	With Takra	BD

**Dietary Advice**

\* Pathya: Laghu Aahara, Ghrita yukta food, Mudga, Jangala Mamsa

\* Apathya: Curd, fish, sugar, milk, day sleep, stress, and night awakening

**RESULTS****Table: Clinical Improvement Assessment.**

Time Point	Itching	Discharge	Redness	Pain
Day 0	++++	+++	+++	+++
Post-Virechana	+++	+	++	++
Day 20 post-Shamana	+	-	-	-

**Photographic Evidence**

Visible improvement noted in post-treatment images, including clearance of lesions and pigmentation reduction.





## DISCUSSION

This case demonstrates the classical approach of managing eczema through Shodhana Chikitsa (Virechana). Srotoshodhana and Dosha elimination via Virechana provide the foundation for long-term remission. Deepana-Pachana with Chitrakadi Vati kindled Agni and reduced Ama.<sup>[6]</sup> Snehapana with Panchtikta Ghrita, having Tikta and Katu Rasas, pacified Pitta and Kapha and prepared the system for Shodhana.<sup>[7]</sup> Trivrit Avaleha, a mild purgative with Tikta-Kashaya Rasa and Ushna Virya, facilitated effective Pitta-Kapha expulsion.<sup>[8]</sup> Shamana with herbs like Patola, Bakuchi, and Sariva supported anti-inflammatory, blood-purifying, and skin-regenerative functions. The use of Lepa with classical herbs, dietary restriction, and lifestyle correction helped sustain the therapeutic outcomes, highlighting the role of a holistic Ayurvedic regimen.

## CONCLUSION

Virechana Karma, when administered with precise purvakarma and supported by suitable shamana and ahara-vihara, can provide substantial relief in chronic, treatment-resistant eczema. The present case supports the rationale of employing Virechana for Kapha-Pitta predominant Vicharchika, offering a safe and effective treatment pathway aligned with classical Ayurvedic principles.

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