

**AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA) – A
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College, Worli, Mumbai-18.**ABSTRACT**

Kushtha is one of the Ashtamahagad described in Ayurveda as structural changes in the look of skin. Mahakushtha and Kshudra kushtha are the two main forms of kushtha. Vicharchika is a form of kshudra kushtha characterized by symptoms such as pidika, kandu, shyavata, raji, and rukshta. According to Acharya Sushruta, the dosha involved in vicharchika is Pitta. Raktamokshana is recommended for the treatment of pittaja and raktaja vyadhi. The patient complained of recurring skin rashes with redness, swelling, itching, crusting of skin flaking, blistering, cracking, and bleeding of the upper layer of skin. The patient was diagnosed with eczema after evaluating the indications

and symptoms of his complaints. In the current case report, the patient was to be treated with some ayurvedic formulations under the supervision of Vicharchika. According to Ayurveda, Vicharchika is Rakta Pradoshaja Vikara, involving three Doshas with a Kapha preponderance. The current standard of care in mainstream medicine is inadequate. Various Ayurvedic remedies have been used to treat these manifestations. The patient was diagnosed with Vicharchika and was treated with mahatiktaghrit, and other herbs.

KEYWORDS: Eczema; Vicharchika; Rakta Pradoshaja Vikara; Mahatiktaghrit.**INTRODUCTION**

The skin is the outermost layer of our bodies. Skin is called as sparshanendriya (touch sense organ) in Ayurveda. It protects the body's surface from heat, cold, and external infection. In today's environment, one's appearance and appearance carry a lot of weight. There are numerous skin illnesses that can negatively impact an individual's appearance. Vicharchika is

another skin ailment mentioned under the topic of kshudra kushtha. It is not a lethal disease, but it can have a psychological influence on patients. In modern science, Vicharchika can be linked to eczema. There are many causes of vicharchika, excessive consumption of foods that are dry, stale and cold, salty, spicy sour, fermented or fried, late night work schedules, regular late-night dinners, excessive physical, mental and sexual activities and the stress is responsible for causing vicharchika. Excessive intake of teas, coffee, alcoholic beverages, aerated drinks, indigestion, constipation, acidity or flatulence too can cause eczema. Treatment options for vicharchika in modern medicine include topical steroids and systemic steroids, although long-term use of these medications can result in side effects such as skin burn, atrophy, and skin thinning. For kushtha roga and Pittaja Vyadhis, Raktamokshana is explained. Acharya Sushruta considers Vicharchika to be pittaja vyadhi, hence Siravedhana, combined with internal medications, is utilized to treat it.

CASE REPORT

Patient information: A 32-years old female patient from mumbai, India having complaints of Itching on dorsum of left foot. Burning present occasionally, No any discharge, Blackish discoloration As per the history provided by patient he has taken medication for this lesion, but there was no relief. H/o Past illness: There was no history of DM, HTN and any other systemic disease. No any history of allergy i.e. sneezing and breathlessness. There was no suggestive family history. Diet: Nonvegetarian Appetite: loss of appetite Sleep: normal Micturition: 4-5/ day, 1/night Bowel: constipation (on & off) Occupation: Housewife.

Rogi pariksha

- ❖ Built: Normal
- ❖ Temperature: 36.3°C
- ❖ Pulse: 74/min
- ❖ Height: 164cm
- ❖ weight: 75kg
- ❖ Tongue: Coated
- ❖ Pallor: Absent
- ❖ Icterus: Absent
- ❖ Cyanosis: Absent
- ❖ Edema: Absent
- ❖ Lymphadenopathy: Absent

Local examination**On inspection**

- ❖ Size: 5×6cm
- ❖ Shape: Irregular
- ❖ Number: Single
- ❖ Position: Dorsum of left foot
- ❖ Discharge: Absent
- ❖ Colour: Blackish discoloration

On palpation

- ❖ Tenderness: Absent
- ❖ Sensation: Present
- ❖ Temperature: Normal

Treatment

According to specific line of treatment described for vicharchika in Ayurvedic texts treatment was planned for patient. As it is a predominantly kaphadisorder due to involvement of symptoms like discoloration of skin, cold in touch, pruritus, non-progressive / slow progression of disease, elevated; heaviness in rashes so foods which are easily digestible and wholesome, green leafy vegetables bitter in taste were advised to the patient and foods which are heavy to digest, sour food, milk, curd, meat of animals residing in marshy area, fish, jaggery and sesame advised to be avoided. Along with medications Mahatiktaghrit, Arogyavardhini, jatyadihar Gandhakrasayan, Khadirarishta, Panchvankal dhawan. vicharchika (Eczema) is one of the skin disorder described in all ancient texts of Ayurveda. Sushruta described it as the Raktaja Vyadhi and the choice of treatment is Raktamokshana

Process of siravyadha (Venepuncture)**Pre procedure**

- ❖ Prepared the patient mentally for Siravyadha.
- ❖ Written informed consent of patient was taken.
- ❖ Routine hematological investigations were done.
- ❖ The entire materials viz. 16 no. wide bore needle, tourniquet, dressing materials were kept ready.

Procedure

- ❖ Patient was laid down in supine position.
- ❖ Vein nearer to affected site was elevated by using tourniquet.

Most of the cases were in the one leg or both legs lesions

- ❖ Punctured with 16 no. wide bore needle.
- ❖ The tourniquet was released immediately after puncture of the vein.
- ❖ It was allowed to ooze for 15 minutes.
- ❖ Then needle was taken out.

Post procedure

- ❖ Dressing was done with shatadhauta ghrita

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Sr. no.	Medicine	Dosage	Duration
1.	Arogyavardhini	2 TID AFTER FOOD	1MONTH
2.	Gandhak Rasayan	2 TID AFTER FOOD	1MONTH
3.	MahatiktGhrita	2 TSF EMPTY STOMCH MORNING	1MONTH
4.	Panchavalkal Dhawan	Twice a Day	1MONTH
5	Panchatikta Ghrita Guggulu	2BD AFTER FOOD	1MONTH
6.	Jatayadi Tail Malhar	Local application	1MONTH

Pidika and Daha are Pittaja Vyadhi with involvement of Rakta Dosha. Due to removal of Rakta which is Asraya Sthana of Pitta, these symptoms were relieved by Siravedhana. Siravedhana done with internal Snehapana and Abhyanga for three days may give better result. It is a Sarvanga Shodhana procedure and Poorvakarma is required before Siravedhana Karma. In present study, "Jalaukavacharana Karma" proved to be more effective in the management of Vicharchika, whereas results provided by Siravedhana was not much

encouraging. Jalaukavacharana is safest and scientific method among Raktamokshana Mode of action of Arogyavardhini Vati: Arogyavardhini vati is explained in kushtharogadhikar as per Bhaishajaya Ratnavali. It can be used in all types of kushtha. Arogyavardhini vati is Deepaniya i.e. increases the Agni, Pachaniya, Pathya and Hridya. It causes Malashudhi and is Medovinashini.

Mode of action of panchatikta ghrita guggulu: It is also a potent drug to treat all types of kushtha. It is also explained in Bhaishajaya Ratnavali kushtharogadhikar. All the contents have tikta rasa, laghu & ruksha gunas so it decreases the kandu and helps to stimulate immune system.

Mode of action of gandhak rasayan: Gandhak Rasayan is a Herbomineral formulation. It is Raktashodhak, Vranaropak, Twachya and krumighana. Shudh Gandhak has properties to cure all 13 types of kshudra kushtha. Gandhak is a good Rasayan.

Mode of action of mahatiktak ghrita: Mahatikta ghrita is indicated in various diseases. Its use gives relief in boil, rashes, pus discharge and similar skin diseases. Mahatikta ghrita is also prescribed in the treatment of hyperacidity, jaundice, vaat-rakta or gout, chronic fever and bleeding piles. The preparation of Ayurvedic ghee requires mainly three essential components viz. Drava (a liquid which may be one or more as Kashaya, Svarasa, Dugdha, Mastu, etc., Kalka (a fine paste of the drug(s)) and Sneha dravya (Ghee). For preparing medicated ghee, the decoction, kalkas (paste of drugs) of herbs are boiled in ghee according to formula. The processing is done for absorbing the therapeutic principle absorption in ghee. Here is given more about Mahatiktaka Ghrita such as indication/therapeutic uses, composition, and dosage.

Mode of action of Panchwalkal dhawan : Panchwalkala Kwatha Dhawana eliminates the impurities wound which results in formation of healthy granulation tissue and its enhanced healing robable . This herbal mixture is composed of following five astringent herbs- 1. Nyagrodha (Ficus benghalensis) 2. Udumbara (Ficus glomerata) 3. Ashvattha (Ficus pedigiosa) 4. Parisha (Thespesia populanea) 5. Plaksha (Ficus laco) Panchavalkala possess astringent property which is responsible for wound contraction and increased rate of epithelialization in the granulation formation and scar remodeling phase. Panchwalkala have both Shodhana and Ropana properties which promotes wound healing. It is also having kledaghna property which removes vikruta kleda from the dushta vrana which is the main

cause for the varicose ulcer. Panchvalkala kwatha also shows raktashuddhikar and vranaropana property which is helpful for wound healing process.

Mode of action of Jatyadi Tail Malhar: Neem, Haridra, Daruharidra, Abhaya, Lodhra have Anti-Microbial Activity So Prevent Secondary Infection. Manjwastha, Sariva, Karanj, are Varna Sodhana Properties. Karanja And Abhya Have Anti Oxidant And Wound Healing Properties. Kutaki Improve Re-Epithelization. Jati, Patol, Siktha Have Varna Ropan Properties. Kustha Has Anti-Inflammatory Action. Madhuk Has Soothing And Healing Action On Skin Lesion Topically.



Before treatment



After treatment

DISCUSSION

Eczema or vicharchika is caused due to faulty diet and lifestyle, which leads to impairment of digestion and aggravation of kaphadosha. Kapha manifests in the skin and causes accumulation of toxins. Consuming new grains, curds, fish, excessive salty and sour food items. Black grams, radish, food prepared from flour paste, sesame, milk and jaggery products. Indulging in sexual activity even if the food is not well digested (sexual intercourse immediately after taking food), sleeping during day time, insulting peers like brahmin / guru and other respected personal and doing sinful acts are the etiological and risk factors of vicharchika. 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 this skin disorder and Kapha is the predominant dosha involved in vicharchika⁴. Recurrent skin rashes over extensor surface of foot and nearby areas characterized by redness, skin edema and cracking, oozing and bleeding were the symptoms of patient. Patches of skin were inflamed, itchy and red. Kaphadosha is responsible for symptoms like whitish discoloration,

cold in touch, pruritus, non-progressive / slow progression of disease, elevated; heaviness and oiliness are presented along with maggot's formation and stickiness like symptoms which are similar to the symptoms of the patient. Patient should consume easily digestible and wholesome food, green leafy vegetables bitter in taste, food and ghee prepared by fortifying with bhallataka, triphala and nimba, one year old cereals, meat of animals inhabiting from arid area, preparations of mudga and patola. Patient should avoid food which are heavy to digest, sour food, milk, curd, meat of animals residing in marshy area, fish, jaggery and sesame⁵. Mahatiktaghritis an ayurvedic polyherbal medicated ghee that can calm vata and pitta in the body. This ayurvedic medicine has ghee at its base. Tikta rasa itself is non-relishing, enhances appetite, is anti-poison, anthelmintic, alleviates fainting, burning sensation, itching, skin disorders and thirst, provides firmness to skin and muscles, is antipyretic, appetizer, digestive, galactodepurant (i.e., an agent that cleanses any adverse reaction of milk), lekha (making thin), absorbs moisture, reduces fat, muscle-fat, marrow, lymph, pus, sweat, urine, feces, pitta and kapha; and is rough, cold and light. Tiktara possess so many qualities, if used singly and excessively, on account of its roughness, coarseness and non-sliminess, dries up rasa, rakta, mamsa, medas, asthi.

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