

## ROLE OF AYURVEDIC TREATMENT IN MANAGEMENT OF VICHARCHIKA (ECZEMA): A SINGLE CASE STUDY

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### ABSTRACT

*Vicharchika* is a skin lesion of varying size with inflammation, itching and bleeding. According to *Ayurveda* science, *Vicharchika* is a *Rakta Pradoshaja Vikara* with the involvement of three *Doshas* with dominance of *Kapha*. It is a type of *Kshudra Kushta* which runs a chronic course, having a tendency of exacerbation. The disease can be correlated with eczema with modern system of medicine. In the present case study, a 30 year old man consulted in Out Patient Department of Panchkarma, Gurukul Campus, UAU, Haridwar with the complaint of recurrent skin rashes with dryness, redness, itching, blistering and bleeding of skin. *Vicharchika* is not a life threatening disease but it makes the patient worried due to its appearance, itching and disturbing routine work. Its nature is susceptible to be chronic. In classical texts various treatment modalities are explained by different *Acharyas*, out of which the *Shodhana* therapy is considered as the best line of treatment. *Vamana Karma* is chiefly advocated as a purifactory measure in *Vicharchika*. *Vamana* is not only a cleaning procedure, but also has a systemic effect.

**KEYWORDS:** *Vicharchika*, *Vamana*, *Eczema*.

### INTRODUCTION

All *Kushta* are having *Tridoshaja* origin, hence *Vicharchika* can be explained in similar manner. It is a type of *Kshudra Kushta* characterized by symptoms namely, *Kandu*, *Srava*, *Pidika* and *Shyava Varna*. It is included under *Rakta Pradoshaja Vikara*.<sup>[1]</sup> Also, it is classified as one of the “*Ashta Mahagada*”. *Vicharchika* has similar presentation as Eczema. Eczema, which is also known as atopic dermatitis is a chronic inflammatory skin disease, characterized by dry, itchy skin which is prone to infection with areas of poorly demarcated erythema and scale. Environmental or genetic factors seems to play an important role in the progression of the disease.<sup>[2]</sup>

### CASE SUMMARY

A 30 year old male patient consulted in our O.P.D with the complaints of recurrent skin rashes over whole body characterized by redness, itching, flaking, blistering, oozing and bleeding. The patient was suffering from these symptoms since 8 years. The patient took allopathic treatment but didn't get much relief. The symptoms got worse which time and started affecting his personal life. So, the patient decided to take *Ayurvedic*

treatment, therefore he came to the O.P.D of UAU, Gurukul Campus, Haridwar for the better management. The *Ayurvedic* diagnosis is considered as *Vicharchika*. The involvement of *Vata* results in dry, blackish lesion of *Vicharchika*, itching in the affected area is due to *Kapha* whereas *Pitta* is responsible for *Srava*.

**Name:** \*\*

**Age:** 30 year

**Sex:** Male

**OPD/IPD No.:** 2516/30016

**Residence:** Jamalpur, Haridwar

**Occupation:** Farmer

**Religion:** Hindu

**Diet:** Vegetarian

**Drug History:** The patient was taking oral antifungal, antihistaminics drug daily from

### Personal History

Addiction: No addiction

Oedema: Not present

Blood Pressure: 120/80 mmHg

Icterus: Not present

Clubbing: Not present

**Systemic Examination**

Respiratory: B/L equal air entry

Cardiovascular: NAD

Gastrointestinal: NAD

Central Nervous System: Patient was conscious and well oriented to person, place and time; speech and higher mental functions were normal.

<b>O/E</b> <b>Ashtvidha Pariksha:</b> Nadi: 72/min, Regular Mala: Samanya Mutra: Samanya Jihva: Nirama Shabda: Spashtha Sparsha: Rooksha Drika: Samanya Akriti: Madhyama Ahara Shakti: ▪ Abhyavarana Shakti: Madhyama ▪ Jarana Shakti: Madhyama Vaya: Madhyamavastha	<b>Dashvidha Pariksha</b> Prakriti: Vata-Kaphaja Vikriti: Kapha-Vata Sara: Madhyama Samhanana: Madhyama Pramana: Madhyama Satva: Pravara Satmaya: Madhyama Vyayama Shakti: Madhyama
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**INVESTIGATIONS****TABLE NO. 1.**

PARAMETERS	VALUE
Hb%	14.2 gm%
ESR	20
TLC	8,000/Cumm
Neutrophils	68%
Lymphocytes	22%
Eosinophils	04%
Basophils	0%
Monocytes	01%
RBS	85 mg/dl

**MATERIAL AND METHOD**

- As the patient was having *Kandu*, *Srava*, *Pidika* and *Shyava Varna* etc. from last 8 years, he was

registered for present study in O.P.D of Gurukul Campus, UAU, Haridwar in Panchkarma Department. Depending upon sign and symptoms, the patient was diagnosed as *Vicharchika* (Eczema). *Vamana Karma* was given to the patient followed by the *Shamana Aushadhi* for one month.

- Single case study

**ASSESSMENT CRITERIA**

- Subjective Parameters**

*Kandu* (itching)*Rukshta* (dryness)*Srava* (oozing)*Pidika* (vesicles)*Shyava Varna* (skin discoloration)**Table No. 2: Showing Grading Of Subjective Parameters.**

<i>Kandu</i> (itching)	Grade	<i>Rukshta</i> (dryness)	Grade
No itching	0	No line on scratching with nail	0
Mild or occasional itching	1	Faint line on scratching by nail	1
Moderate itching (tolerable), frequent	2	Excessive dryness leading to itching	2
Very severe itching (disturbing sleep and other activity)	3	Dryness leading to cracks and bleeding	3

<i>Srava</i> (oozing)	Grade	<i>Pidika</i> (papular eruption)	Grade
No discharge	0	No papular eruption	0
Moisture on the skin lesion	1	Mild developed papular eruption	1
Occasionally discharge	2	Moderate developed papular eruption	2
Discharge	3	Severely spread all over the body	3

<i>Shyava Varna</i> (skin discoloration)	Grade
Normal color	0
Not normal but near to normal	1
Reddish discoloration	2
Deep black reddish discoloration	3

Table no. 3 Nidana Panchaka.

<b>NIDANA</b>	<i>Viruddhahara, Snigdha Ahara, Sheeta-Ushna Ahara Kramam, Muktvaha Sevana, Vegadharana</i>
<b>PURVARUPA</b>	<i>Asweda, Atisweda, Toda, Raga, Kandru, Vaivarnya, Paridaha</i>
<b>RUPA</b>	<i>Kandru, Pidika, Daha, Ruja, Srava, Rukshta</i>
<b>UPSHAYA</b>	Application of oil
<b>SAMPRAPTI</b>	<i>Nidana Sevana → Agnimandya → Kapha Pradhana Tidosha Prakopa → Shithilta of Twaka, Rakta, Mamsa and Ambu → Vitiatio of Sapta Dravya Samgraha of Kushtha → Uttapatti of Kandru, Srava, Pidika → to Vicharchika</i>

Table NO. 4 Samprapti Ghataka.

<b>Dosha</b>	<i>Kapha Pradhana Tridoshaja</i>
<b>Dushya</b>	<i>Twaka, Rakta, Mamsa, Ambu</i>
<b>Shrotasa</b>	<i>Rasavaha, Raktavaha, Mamsavaha, Udakavaha Shrotasa</i>
<b>Shrotodushti</b>	<i>Sanga, Vimargagamana</i>
<b>Udbhava Sthana</b>	<i>Amashaya</i>
<b>Adhithana</b>	<i>Twaka</i>
<b>Marga</b>	<i>Bahya</i>

Table 5 Differential Diagnosis.

<b>Paama (Scabies)</b>	In Paama symptoms like Scattered <i>Pidika</i> with different <i>Varna</i> (white, red & black) <sup>[3]</sup>
<b>Vicharchika (Eczema)</b>	In Vicharchika Symptoms like <i>Pidika</i> with <i>Bahusraava</i> <sup>[4]</sup>
<b>Dadru (Tinea)</b>	In Dadru symptoms like <i>Pidika</i> , <i>Varna</i> (Atasipushpa) with <i>Mandala</i> (Round patch) <sup>[5,6]</sup>

**VYADHI VINISHCHAYA (DIAGNOSIS):** *Vicharchika* (a) *Deepana-Pachana*

**TREATMENT**

1. *Nidana Parivarjana*
2. *Shodhana Karma*

- (b) *Vamana Karma*
- (c) *Samsarjana Krama*
3. *Shamana Chikitsa*

Table no. 5: Showing The Drug Used For Deepana-Pachana For 5 Days.

S.No.	Dravya	Dose	Duration	Anupana
1.	<i>Chitrakadi Vati</i>	2 tablet	BD	Luke warm water
2.	<i>Panchakola Phanta</i>	3 gm	BD	Luke warm water

Table No. 6: Showing Snehapana for Vamana Karma.

Procedure	Days	Medicine	Date	Dose	Observation
<i>Snehapana</i>	1	<i>Goghrita</i>	22/03/22	50 ml	
	2		23/03/22	100 ml	
	3		24/03/22	150 ml	
	4		25/03/22	200 ml	
	5		26/03/22	250 ml	
<i>Sarvanga Abhyanga &amp; Swedana</i>	1	<i>Sarvanga Abhyanga with Tila Taila and Vashpa Sweda with Dashmoola Kwatha</i>	27/03/22		Itching reduced, sound sleep, redness reduced.
	2		28/03/22 (on the day of Vamana)		

Table No. 7 Showing Vamana Karma and Samsarjana Krama.

S.No.	Procedure	Medicine	Vega
1.	<i>Vamana Karma</i>	<i>Madanaphala Churna – 10 gm</i> <i>Vacha Churna – 2 gm</i> <i>Saindhava Lavana – 1 gm</i> <i>Madhu – Q.S</i>	[8]
2.	<i>Samsarjana Krama (for 7 days)</i>		

Table no. 7: Showing *Shamana Chikitsa*.

S.No.	Medicine	Duration
1.	<i>Panchnimbadi Churna</i> - 3 gm <i>Shudha Gandhaka</i> - 250 mg <i>Giloya Satva</i> - 250 mg <i>Shudha Swarna Gairika</i> - 250 mg	1 month
2.	<i>Arogyavardhini Vati</i> - 2 BD	1 month
3.	<i>Panchtikta Ghrita Guggulu</i> - 2 TDS	1 month
4.	<i>Mahamanjishthadi Kwatha</i> 40 ml BD	1 month
5.	<i>Marichyadi Taila</i> <sup>[7]</sup> for local application	1 month

## RESULT

Table no. 8 Showing The Comparison of Symptoms Before and After The Treatment.

Symptoms	BT	AT
<i>kandu</i> (itching)	3	0
<i>rukshata</i> (dryness)	3	0
<i>srava</i> (oozing)	2	0
<i>pidika</i> (vesicles)	3	0
<i>shyava varna</i> (skin discoloration)	2	1

## DISCUSSION

According to all *Acharyas*, *Kushtha* is a *Rakta Pradoshaja Vikara*. In all the *Twaka Vikaras*, the vitiation of *Rakta* and *Pitta* is mentioned. *Vamana Karma* was taken as it acts on all the *Doshas* in general. *Deepana*, *Pachana*, *Snehapana* and *Vamana Karma* were followed in a sequential order. *Deepana* and *Pachana* was administered with *Chitrakadi Vati* and *Panchakola Phanta* which enhanced the digestive power and also facilitated the early digestion of *Snehana*. *Goghrita* was administered in *Vardhamana Krama*. During the *Snehpana Kala* itself, some of the symptoms were deteriorated. *Vamana Karma* was done by the combination of *Madanaphala* and *Vacha Churna*.

## CONCLUSION

*Vicharchika* is a skin lesion of varying size with inflammation, itching and bleeding. In the present study both *Shodhana* and *Shamana Chikitsa* have shown highly significant result. The maintenance of hygiene is a very important issue and should not to be neglected during treatment.

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