

AN AYURVEDIC MANAGEMENT OF VICHARCHIKA: A SINGLE CASE STUDY**Dr. Kosuru Devasree*¹, Dr. Geeta Kanchan²**¹PG 2nd Year, Department of Ayurveda Samhita and Siddhanta, Dr. BRKR Govt. Ayurvedic Medical College, Hyderabad, Telangana, India.²Assistant Professor (PhD), Department of Ayurveda Samhita and Siddhanta, Dr. BRKR Govt. Ayurvedic Medical College, Hyderabad, Telangana, India.***Corresponding Author: Dr. Kosuru Devasree**PG 2nd Year, Department of Ayurveda Samhita and Siddhanta, Dr. BRKR Govt. Ayurvedic Medical College, Hyderabad, Telangana, India. DOI: <https://doi.org/10.5281/zenodo.23034673>**How to cite this Article:** Dr. Kosuru Devasree*¹, Dr. Geeta Kanchan² (2026). An Ayurvedic Management Of Vicharchika: A Single Case Study. World Journal of Pharmaceutical and Medical Research, 12(10), 197–201.

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ABSTRACT

Background: *Vicharchika* is classified under *Kshudra Kushtha* in classical Ayurvedic literature and clinically presents features similar to eczema (dermatitis). Due to its chronic and recurrent nature, it significantly impairs quality of life. **Case Presentation:** A 38-year-old female presented with a 2-year history of severe itching (*Kandu*), skin darkening (*Shyava Varna*), oozing (*Srava*), and skin thickening (*Raji/Twak Shoolata*) on her left leg. **Interventions:** The patient was managed with a comprehensive Ayurvedic protocol including *Deepana-Pachana*, *Snehapana* with *Maha Tiktaka Ghrita*, *Virechana Karma* using *Trivrit Lehya*, *Samsarjana Krama*, and oral *Shamana* medicines (*Arogyavardhini Vati*, *Gandhaka Rasayana*, *Maha Tiktaka Kashaya* tablets, *Khadirarishta*) along with topical application of *Eladi Taila*. **Outcomes:** Marked clinical improvement was observed across all parameters (*Kandu*, *Srava*, *Pidaka*, *Rukshata*, and *Shyava Varna*). Symptoms resolved within 15 days to 1 month with no adverse events or recurrence during follow-up. **Conclusion:** Integrative Ayurvedic management focusing on *Shodhana*, *Shamana*, and *Pathya-Apathya* provides effective, safe, and sustained relief in chronic *Vicharchika*.

KEYWORDS: *Vicharchika*, *Eczema*, *Kshudra Kushtha*, *Panchakarma*, *Shodhana*, *Shamana*, *Pathya-Apathya*.**1. INTRODUCTION**

Vicharchika is described under *Kshudra Kushtha*^[1] in classical Ayurvedic texts (e.g., *Charaka Samhita*, *Sushruta Samhita*). It is characterized^[2] by *Kandu* (itching), *Pidaka* (eruptions), *Srava* (oozing), *Raji* (thickened lines/skin), *Rukshata* (dryness), and *Vaivarnya* (discoloration). Clinically, it correlates with eczema (dermatitis)—a chronic inflammatory skin conditions characterized by exacerbations and remissions.

Pathogenically, *Vicharchika* is a *Kapha-Pitta* dominant *Tridoshaja*^[3] condition involving four main *Dushyas*: *Twak* (skin), *Rakta* (blood), *Mamsa* (muscle/tissue), and *Lasika* (lymph/plasma fluid). Similarly, *Sushruta Samhita*^[4] describes it as a chronic skin disorder presenting with severe itching, thickened lesions, and discharge.

Ayurvedic management targets *Nidana Parivarjana* (avoidance of etiology), systemic *Shodhana* (purification), *Shamana* (pacification), and *Pathya*

(dietary/lifestyle regimens) to break the disease mechanism (*Samprapti Vighatana*).

2. PATIENT INFORMATION

- **Demographics:** 38-year-old married female.
- **Primary Complaints:** Severe itching, hyperpigmentation, skin thickening, and occasional serous oozing on the anterior aspect of the left leg for 2 years.
- **History of Present Illness:** Patient was symptom-free 2 years ago. She gradually developed localized itching, followed by reddish eruptions, serous discharge, and progressive skin thickening. Symptoms aggravated intermittently. Previous conventional/symptomatic treatments provided only transient relief.
- **Past History:** No known history of Diabetes Mellitus, Hypertension, Bronchial Asthma, or Thyroid dysfunction.
- **Family History:** Nothing Particular.

3. CLINICAL FINDINGS & DIAGNOSTIC ASSESSMENT

General Examination

- **Vital Signs:** Hemodynamically stable.
- **Personal History - TABLE: 1**

Parameter	Status
Appetite	Poor
Bowel	Regular
Urine	Clear
Sleep	Disturbed occasionally due to itching
Addictions	Nil

Ayurvedic Diagnostic Assessment (Ashtavidha & Dasavidha Pariksha)

Ashtavidha Pariksha - TABLE: 2

S.NO	PARAMETER	FINDINGS
1	NADI	Kapha – Pitta
2	MALA	Prakruta
3	MUTRA	Prakruta
4	JIHVA	Amayukta
5	SPARSHA	Ushna
6	SHABDA	Prakruta
7	DRUK	Prakruta
8	AKRUTI	Madhyama

Dasavidha Pariksha - TABLE: 3

PRAKRUTI - Vata - Pitta Prakruti	SATMYA – Madhyama
VIKRUTI - Kapha - Pitta Dushti	SATVA – Madhyama
SARA – Madhyama	AHARA SHAKTI – Madhyama
SAMHANANA - Madhyama	VYAYAMA SHAKTI – Madhyama
PRAMANA - Madhyama	VAYAH – Madhyama

Local Examination (Left Leg - Anterior Aspect)

- **Lesion Type & Size:** Single, irregular patch, approx. 3–6 cm in diameter.
- **Color & Texture:** Hyperpigmented with erythematous margins; thickened, rough surface (*Twak Sthoolata*).

- **Exudate:** Serous discharge (*Srava*) present on active areas.

Laboratory & Diagnostic Investigations - TABLE: 4

Investigation	Result
ESR (Erythrocyte Sedimentation Rate)	11 mm/hr
Hemoglobin (Hb)	10.3 g/dl
Serum Calcium (S. Cal)	7.3 mg/dl
C-Reactive Protein (CRP)	1 mg/L
TSH (Thyroid Stimulating Hormone)	2.793 mIU/ml

Pathological Analysis (*Samprapti Ghatakas*) - TABLE: 5

Parameter	Details
Dosha	Kapha-Pitta Pradhana Tridosha
Dushya	Twak, Rakta, Mamsa, Lasika
Agni	Mandagni
Ama	Present
Srotas	Raktavaha, Mamsavaha, Rasavaha Srotas
Srotodushti	Sanga and Vimargagamana
Udbhava Sthana	Amashaya
Adhithana	Twak
Rogamarga	Bahya Rogamarga
Vyadhi Swabhava	Chirakari (Chronic), Punaraavartaka (Recurrent)

4. THERAPEUTIC INTERVENTIONS

Phase 1: Preparatory & Purificatory Therapy (*Shodhana - Virechana Karma*)^[5]

1. *Deepana-Pachana* (Days 1–3): (07/03/2025 to 09/03/2025)

Table: 6.

Medicine	Dose	Frequency	Time of Intake	Anupana
<i>Chitrakadi Vati</i> ^[6]	1 tablet	BD (twice daily)	Before food	Lukewarm water
<i>Hingwastaka Churna</i> ^[7]	1 tsp	BD (twice daily)	With first bolus of food	Along with food

2. Snehapana (Internal Oleation) (Days 4–8)

Table: 7.

Date	Day	Procedure	Medicine	Dose	Time of Intake	Observation
10/03/2025	Day 1	Snehapana	Maha Tiktaka Ghrtam	30 ml	Early morning before food	—
11/03/2025	Day 2	Snehapana	Maha Tiktaka Ghrtam	60 ml	Early morning before food	—
12/03/2025	Day 3	Snehapana	Maha Tiktaka Ghrtam	90 ml	Early morning before food	—
13/03/2025	Day 4	Snehapana	Maha Tiktaka Ghrtam	120 ml	Early morning before food	Mild itching is observed
14/03/2025	Day 5	Snehapana	Maha Tiktaka Ghrtam	150 ml	Early morning before food	Itching reduced, Redness reduced, Sound sleep, no discharge, Samyak snigdha lakshanas achieved.

3. Abhyanga & Swedana (Days 9–11)

(15/03/2025, 16/03/2025, 17/03/2025)

External application with Tila Taila followed by mild Nadi Sweda.

4. Virechana Karma (Day 12): (18/03/2025)

- Trivrit Lehya⁸ (40 g) with lukewarm water at 7:00 AM.

- Outcome:** 11 Vegas (bowel evacuations) achieved without complications (SAMYAK SHUDDHI).

5. Samsarjana Krama (Days 12–15)

- Strictly regulated diet progression using Peya (rice gruel) and Vilepi (thick rice soup).

Phase 2: Palliative & Maintenance Therapy (Shamana Chikitsa)

Administered for 1 month following Samsarjana Krama

Table: 8.

Medicine	Dose	Frequency	Time of Intake	Anupana	Duration
Arogyavardhini Vati	1 tablet	BD	After food	Water	1 Month
Gandhaka Rasayana	1 tablet	BD	After food	Water	1 Month
Maha Tiktaka Kashayam Tab	1 tablet	BD	After food	Water	1 Month
Khadira Arista	10 ml	BD	After food	Equal quantity of water	1 Month
Eladi Taila	—	—	External application	—	1 Month
Eladi Soap	—	—	During bathing	—	—

Phase 3: Dietary & Lifestyle Regimen (Pathya-Apathya)^[9]

- Pathya (Recommended):** Yava (barley), Mudga (green gram), Patola (pointed gourd), Karavellaka (bitter gourd), lukewarm water (Ushnodaka), light digestible food (Laghu Ahara), adequate rest.
- Apathya (To be Avoided):** Dadhi (curd), Viruddhahara (incompatible food combinations), excessively salty/sour/spicy foods (Amla-Lavana-

Katu), heavy/oily foods, day sleeping (Divaswapna), night vigil (Ratri Jagarana).

5. OUTCOMES AND FOLLOW-UP

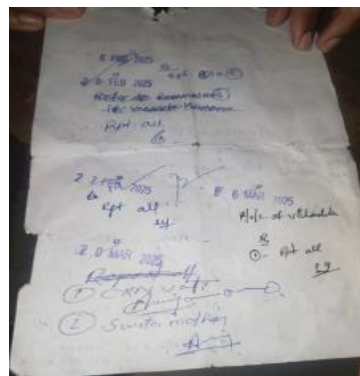
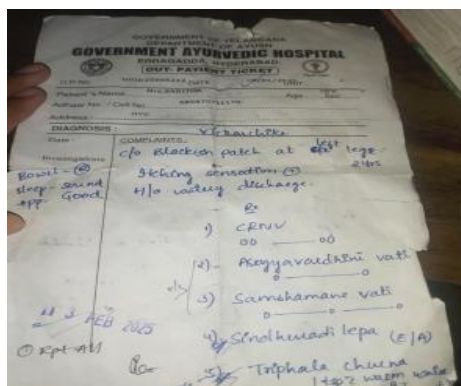
Symptom severity was assessed using a standardized 0–3 grading scale at baseline and post-treatment follow-up.

Table: 9.

Parameter	Criteria / Description	Pre-Treatment (Day 0)	Post-Treatment (Day 30)
Kandu (Itching)	0: None; 1: Mild; 2: Moderate; 3: Severe (disturbs sleep)	Grade 3	Grade 0
Srava (Oozing)	0: None; 1: Mild; 2: Moderate; 3: Severe (profuse)	Grade 2	Grade 0
Pidaka (Eruptions)	0: None; 1: Mild; 2: Moderate; 3: Severe	Grade 3	Grade 0
Rukshata (Dryness)	0: Normal; 1: Mild; 2: Moderate; 3: Severe (fissures)	Grade 3	Grade 0
Shyava Varna (Pigmentation)	0: Normal; 1: Mild; 2: Moderate; 3: Marked changes	Grade 2	Grade 1

Clinical Progress Narrative

- **Day 16 (Post-Shodhana):** Marked reduction in itching, complete cessation of oozing, and notable decrease in erythema.
- **Day 45 (Post-Shamana):** Complete resolution of itching, dryness, and active eruptions. Near-complete restoration of skin tone and normal skin texture without side effects or recurrence during the observation period.



BEFORE



AFTER SHODHANA



FOLLOW UP

6. DISCUSSION

The management of Vicharchika requires addressing multi-systemic imbalance (Tridosha with Kapha-Pitta dominance along with Rakta and Lasika involvement).

1. **Mechanism of Shodhana:** Maha Tiktaka Ghrita^[10,11] Snehapana pacifies Pitta and Kapha, mobilizes deep-seated toxins (Doshas) from Dhatus to the Koshtha, and prepares the body for Virechana. Trivrit Lehya Virechana expels vitiated Pitta and

Kapha, reducing inflammatory exudates (*Srava*) and cutaneous hyper-reactivity (*Kandu*).

2. Mechanism of Shamana

- **Maha Tikta Kashaya**^[12] & **Arogyavardhini Vati**^[13]: Possess *Tikta-Kashaya Rasa*, *Deepana-Pachana*, and *Raktashodhaka* properties that clear *Ama*, correct *Mandagni*, and purify *Rakta Dhatu*.
- **Gandhaka Rasayana**^[14]: Exhibits potent *Kandughna* (anti-pruritic), *Kledahara* (drying exudates), and *Rasayana* (rejuvenative) properties, aiding tissue healing and preventing relapse.
- **Khadirarishta**^[15]: Recognized classical *Kushtaghna* formulation that clears blood-borne toxins and restores skin integrity.
- **Eladi Taila**^[16]: Applied topically to soothe localized inflammation, soften hyperkeratotic skin, improve local circulation, and clear hyperpigmentation (*Shyava Varna*).

7. PATIENT PERSPECTIVE

The patient reported significant relief from continuous itching and oozing within 2 weeks of starting treatment, allowing her to resume daily routines and sleep soundly. She expressed high satisfaction with the non-invasive nature and sustainable outcome of the Ayurvedic therapy.

8. CONCLUSION

This single case study demonstrates that systematic Ayurvedic management incorporating *Deepana-Pachana*, *Snehapana*, *Virechana Karma*, targeted oral *Shamana* formulations, and strict adherence to *Pathya-Apathya* is effective in providing safe, complete, and sustained clinical remission in chronic *Vicharchika* (eczema).

INFORMED CONSENT

Written informed consent was obtained from the patient for publication of this case report and any accompanying clinical images.

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