

**PANCHANIDANATMAK CASE STUDY OF VICHARCHIKA WITH UPASHAYATMAK
ADHYAYAN****Dr. Vaishali Nawalkar***Professor and HOD of Rog Nidan and Vikrutti Vigyan Dept., Sri Sai Institute of Ayurvedic Research and Medicine,
Bhopal, Madhya Pradesh, India.***Corresponding Author: Dr. Vaishali Nawalkar**Professor and HOD of Rog Nidan and Vikrutti Vigyan Dept., Sri Sai Institute of Ayurvedic Research and Medicine, Bhopal, Madhya Pradesh,
India.

Article Received on 29/05/2023

Article Revised on 19/06/2023

Article Accepted on 09/07/2023

ABSTRACT

Mahakushta and Kshudrakushta are the two categories into which kushtarog is divided. Ayurvedic dermatologists frequently see patients with Vicharchika, a skin ailment that is listed under Kshudrakushta in the medical system. Kandu (itching), Srava (oozing), Pidaka (papules or small eruptions), and Shyava varna (dark discoloration) are few of the symptoms that define it. Vicharchika's clinical manifestations are frequently linked to eczema. There is no one drug in contemporary medicine that can guarantee a cure for eczema. Steroids and other symptomatic medications are frequently used to control the illness. Ayurveda, on the other hand, employs a comprehensive approach and tries to cure the underlying cause of eczema by balancing the Dosha and Dhatus (tissues) and purging the vitiated Dosha (imbalanced bioenergies). For instance, a 40-year-old female patient with chronic atopic dermatitis who visited the Ayurvedic OPD (Outpatient Department) for treatment for the past 10 years received an entirely Ayurvedic treatment plan consisting of shaman (palliative) and shodhan (cleansing) chikitsa (therapy).

KEYWORDS: Vicharchika, Eczema, Kushta, Itching, Dermatitis.**INTRODUCTION**

SU.NI.5.13 – Vicharchika is the ailment in which the skin has linear rough region with intense itching and pain but when the same symptoms appear at the feet alone, it is termed as Vipadika. Vicharchika, according to Ayurveda, is considered a Rakta Pradoshaja Vikara, which means it is a disorder primarily involving the blood and is associated with the involvement of all three Doshas, with a dominance of Kapha. Although it falls under the category of Kshudra Kushta (minor skin diseases), Vicharchika tends to have a chronic course and can exhibit periods of exacerbations. In the modern medical system, Vicharchika can be correlated with eczema. It is important to note that while the concept of Vicharchika and its correlation with eczema exist in both Ayurveda and modern medicine, the specific treatment approaches and management may differ. Ayurveda aims to address the imbalances in the Doshas and overall health of the individual, while modern medicine often focuses on symptomatic relief and the use of medications such as steroids. Eczema is a inflammatory skin disease which may affect 10% population at any one time. And 40% peoples experience it at some point of life. The inflammation common to all forms of eczema causes erythema, dryness, scaling as well as itch which ranges from mild to intolerable.

Classification

A] 1. Acute eczema 2. Subacute eczema 3. Chronic eczema

B] 1. Exogenous (Irritant or Allergic contact),

2. Endogenous (Atopic, Seborrheic, Discoid, Venous, Chronic hand & feet eczema). In acute eczema, tiny vesicles or larger bullae may be noticed within edematous, inflamed skin. Cratching leads to serous exudates and crust. In subacute eczema, there is less edema and scaling. Chronic eczema is thickened and dry with prominent skin creases (Lichenification). Secondary bacterial infection may occur and may cause papules, pustules and crusts. Atopic Eczema usually starts under the age of 2 years and commonly affects 20 % children. It is associated with other atopic diseases.

Definition of Health

Samadosha
Samagnischa
Samadhatu
Mala Kriyaha
Prasanna
Atma Indriya Manaha
Swastha iti abhidheeyate

CASE STUDY AS FOLLOWS

Age: 40 years

Prakriti: PV (Pitta Vaat)Vikruti: Tridosha

Sex: Female

Chief complaint: Redness, pain, itching, burning, crusting, cracking, and secretion to the upper layer of the skin in both hands for ten years.

History: depression, heavy menstrual bleeding, endometriosis, anaemia.

Rogi Pariksha

Nadi: KP (Kapha Pitta) 80/min Agni: Mandagni

Mutra: Normal

Mala: no sweda, loose bowels

Bloods: Raised LDL and Triglyceride, Normal ESR and CRP Sparsha: ushna

Hetu of Khusta

Classical reference Madhava Nidana.

- Contradictory and incompatible food, fish, milk and radish
- Excessive intake of fish, yoghurt, salt and sour substances (pitta and raktaprakop)
- Oily and fermented food
- Use of cold water immediately after exposure to heat
- Exercise after eating

Ayurvedic Causes of Skin Diseases

- Beeja dosha
- Rasadushti
- Raktadushti
- Krimi
- Desa
- Asathmya
- Ojodushti Manasika Bhavas
- Virudha Ahara
- Visha

Vihara

Patient Vihara	Vihara Nidana from classical text
Occasional Day sleep	It is said that day sleep after abhisyanandi and guru diet causes dushti mamsavaha srotas Ch.Vi. 5/15
Dislikes exercise	drinking cold water after fear, exhaustion or sunlight causes the same effect.
Exposure to excess heat followed by bathing by cold water.	Sudden change from hot to cold, this causes dushti in svedavaha srotas(ca.Ni 5/22)

Manasika

- Mother of patient diagnosed with ovarian cancer.
- Building a house
- Running her own business
- 2016 Trauma in her marriage
- Divorce
- Her brother passed away at a very young age
- Stress and depression

- Manasika Bhavas

Purvarupa / Rupa of Khusta

Decreased sweating- aswedanam
Parushyam - roughness of the skin
Kandu - itching
Suptata - numbness
Paridaha - mild burning
Klama - fatigue
Ruksha - dryness
Rakta – redness
Vrana – ulceration

Jivha Pariksha**Examination**

- Coated tongue
- Aruchi
- Mandagani
- Irregular bowels, more loose

**Aahara**

- Cold/iced coffee
- Cold chocolate milk
- drinks after food
- Fish and meat
- Fruits with yoghurt
- Sesame seeds, jaggery
- Chinese food
- Soya sauce
- Fish and chips
- McDonalds every Sunday

- Single mum of her 10-year-old daughter

Upashaya

Rest and normal veg diet.

Anupashaya

Non-veg food, sour food, curd and hot exposure.

Samprapti Ghataka

- Dosh: Tridosha/pitta kapha pradhana vyadhi
- Dooshya: Rasa, lasika and rakta
- Agni: Jatharagni and dhatuagni AMA - present
- Srotas: Rasa and Raktavaha, Svedavahasrotas
- Srotodusti: Sanga
- Sanchara: Tiryaga sira Udbhava
- shana: Amashaya
- Adhithana: Tvak
- Rogamarga: Sakha

- Svabhava: Chirkari

How does a disease develop?

- ↓ Nidana
- ↓ Dosha Vitiating
- ↓ Agnimandya
- ↓ AAMA
- ↓ Dhatuagnimandya
- ↓ Improperly nourished dhatus
- ↓ Srotorodha
- ↓ Vyadhi

**Aim of Chikitsa**

To break the samprapti Srotoshodhana and Dosha shamana, Balya chikitsa to improve twak Sara, Ojokara, Varnaprasadana.

Treatment Plan

- Nidana Parivarjana - avoid etiological factors. Avoid Virrudha ahara and mithya ahara.
- Deepana Pachana
- Rukshana
- Utsadana/Lepana
- Achha Snehapana
- Abhyanga and Svedana, Shirodhara
- Virechana
- Samsarjana Krama
- Basti?
- Rasayana

- Shamana chikitsa

Purvakarma

- Rukshana
- Deepana/Pachana
- Snehapana
- Bahya Snehana
- Svedana

Deepana Pachana and Rukshana

- Guduchi is Deepana and PittaKapha shaman. Guluchyadi kashayam until Nirama Lakshana and Agnideepti
- Other medication given - Kaishore guggulu, Triphala churna
- Utsadana was done for 3 days.
- Takra pana for 1 day

Snehapana**Accha Snehapana**

Day	Dose	Time of appetite	Time of Food	Comments
1	Test dose 45ml	2:30 pm	2:30 pm	9pm bowel movement, light colour, no smell
2	70 ml	1:30 pm	2:00 pm	Oily stool, bala good, good sleep
3	100ml	1:30 pm	2:00 pm	Oily stool
4	125ml	2:00 pm	2:15 pm	Oily stool
5	155ml	2:30 pm	3:00 pm	Diarrhoea, Sneha Samyak lakshana



For snehapana, **Haridradi Ghrita** was used.

Bahya Snehana

Sarvanga Abhayanga for 3 days.



Svedana

Bashpa sveda for 3 days.



Virechana Karma

Tatra Doshaharanam Abhobhagam Virechanam CS Kal ¼.

The process of expelling morbid material through the downward tract (anus) is called virechana (purgation).

Pradhana Karma

Administration of herbal purgative

Virechana Dravya + Anupana, considering kosta.

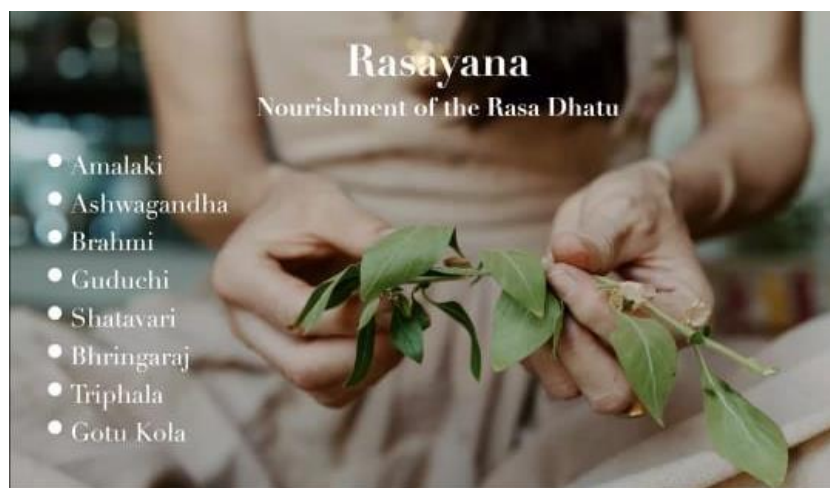
Example: Eranda Mulkwath, Triphala kwath

Basti

- Looking at most references about basti, it states it is contra indicated in kushta.
- Acharya Charaka says in vata dosha pradhana kushta first give virechan then give niruha basti.

Paschatkarma

- Samsarjana Karma
- Rasayana
- Shamana

**RESULTS****Before****After****Mode of Treatment**

- Acting against the different levels of samprapti vighata
- Gives equilibrium of the doshas
- Corrects Dhatuagni Paka
- Attempting Srotosodhana
- Ojas par excellence
- Eliminates Malas
- To optimise Rasayana treatment

CONCLUSION

The case study demonstrates how Vicharchika was successfully treated with just Ayurvedic medicine, including Shaman and Shodhan Chikitsa (palliative and cleansing therapies). In contrast to Apathya (unfavourable diet and lifestyle), Pathyasevan (following a suitable diet and lifestyle) is essential in the therapy of Vicharchika. Samsarjana Karma, or a gradual reintroduction to a normal diet after therapeutic fasting, should be followed by the patient. Medicines used for rejuvenation, or rasayana, were very important in the treatment. After receiving the Ayurvedic treatment, the patient felt alleviation and their symptoms dramatically

subsided. As a result, the offered Ayurvedic medication proved effective in treating the illness.

REFERENCES

1. Ashtang Hruday Nidan 14/4.
2. Sushrut Nidan 5/5.
3. Charak Chikitsa 7/48.
4. Madhar Nidan 46/1-6.
5. Sushrut Nidan 5/28.
6. Sushrut Nidan 5/13.
7. Charak Chikitsa 7/27.
8. Madhav Nidan 46/22.
9. Hutchinson clinical method.
10. <https://ijapr.in/index.php/ijapr/article/view/1410>.
11. https://www.researchgate.net/publication/331087651_Ayurvedic_management_of_Vicharchika_Eczema-A_case_report.
12. T.B. of roga nidana and vikruti vigyana II by Dr. Subhash Waghe.