



A CONCEPTUAL STUDY OF VICHARCHIKA WITH SPECIAL REFERENCE

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ABSTRACT

All the skin diseases in *Ayurveda* have been described under the heading of '*Kustha*', which are further divided into *Maha Kustha* & *kshudra kustha*. *Vicharchika* is one of the *Kshudra Kustha* runs a chronic course generally considered difficult to cure & even if it is cured relapses are common. It is characterized with symptoms, namely *Kandu* (itching), *Srava* (discharge), *Pidika* (vesicles), and *Shyavavrana* (discolouration). The clinical presentation of *Vicharchika* similar to eczema in modern dermatology. Eczema (also called atopic dermatitis) is characterized by dry itchy skin with areas of poorly demarcated erythema and scale. In the acute phase eczema may be vesicular and oozing, in the chronic phase it may become hyperpigmented and lichenified (thickened). Excoriations (scratch marks) are frequently seen. The modern science has greatly advanced, particularly in dermatology but there is no specific medicaments for sure cure of eczema but symptomatic treatment like antiallergic, steroids are used but they produce serious side effects like nephrotoxicity, osteoporosis, skin cancer etc. *Ayurveda* offers treatment for the root of eczema by cleansing vitiated *dosha* and balancing the *dosha* and *dhatu*s. In *Ayurveda* main line of treatment of this disease is *Shodhana*, *Shamana* and *Rasayana* therapy.

KEYWORDS: *Vicharchika*, Eczema, *Shodhan*, *Shamana*.**VICHARCHIKA REVIEW****Samhita Kala**

- **Charaka Samhita**- Detail description of *Kushtha* have been described in given (Ni-5 & Chi.-7.)
- **Sushruta Samhita**- Acharya *Sushruta* first time clearly described the *Anuvansika* and *Krimija Nidana* as a causative factor of *Kushtha* (Su Ni-5/5).
- **Astanga Hridaya**- He has described *Vicharchika* under *Kshudra Kushtha* (A.H.Ni.14/18)

NIDANA

Factors responsible for the pathogenesis of disease are called *Nidan*. Knowledge of the *nidan* helps in the prevention of the disease.

Though there is no specific description about etiological factors of *vicharchika* but it is being variety of *kshudra kusht*, the etiological factors are accepted as the etiological factors of the *Vicharchika*.^[14]

Nidan of *Kushth* and hence of one of its sub typ may be classified into following groups:

1. *Aharaj Nidana*
 2. *Viharaj Nidana*
 3. *Aacharaj Nidana*
- **Aharaja Nidana** - *Virudha Ahar*, Excessive and continuous use of *Nav-Anna*, *Dadhi*, *Guda*, *Tila*, *Mulak*, *Matsya*, and excessive intake of *Amla* and

Lavan Ras Paradhan Dravya etc.

• **Viharaj Nidana**

1. Drinking cold water after fear, exhaustion or sunlight.
2. Suppression of urge of *Mala*, *Mutra* and *Vaman*.
3. *Vyayam* and *Atap Sevan* just after taking excessive amount of diet *Divaswapna* etc.

• **Mansika Nidan**: - *Atishoka*, *Krodha*, *Bhaya*, *Santap*, *Irshya*, *Dweshha* etc.• **Krimi**: - Many Acharya accepted **Raktaj Krimi** as aetiological factor of **Kushtha Roga****CLASSICAL DEFINITION OF VICHARCHIKA**• **Acc to Charaka Samhita**

सकंडूः पिङ्का श्यावा बहुस्रावा विचर्चिका || (च.चि.7/26)

It is a skin ailment wherein eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge.

• **Acc to Sushruta Samhita**

राज्योऽतिकंडूवर्तिरुजः सरुक्षा भवन्ति गात्रेषु विचर्चिकायाम् | (सु.नि.5/13)

It is a condition in which the skin has linear rough lesions with intense itching and pain but when the same itching, burning and pain are experienced in the feet alone, it is termed as "*Vipadika*".

• Acc to Acharya Vagbhatta

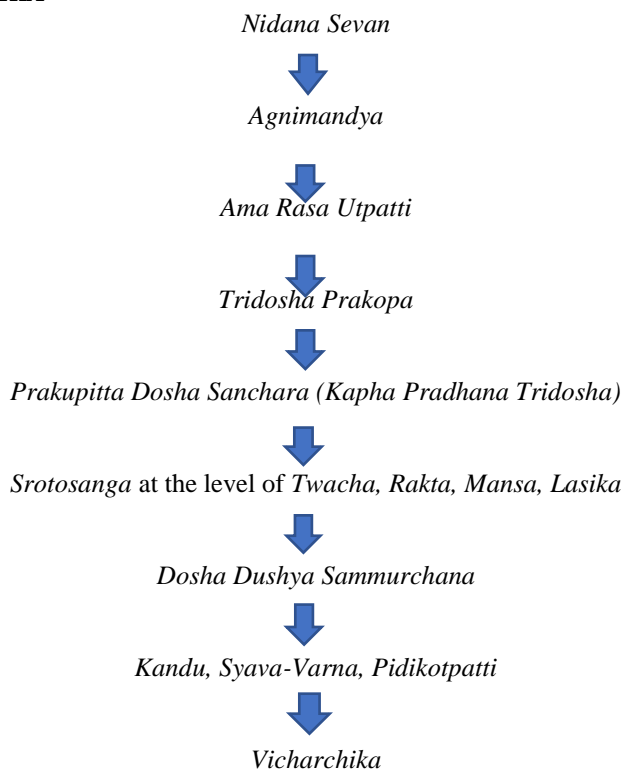
सकंडूपिटिका श्यावा लसीकाद्या विचर्चिका || (अ.ह.नि.14/18)

The blackish eruptions with intense itching and watery discharge i.e. *lasikadhya* is referred to as *Vicharchika*.

PURVARUPA OF VICHARCHIKA

There is no illustration regarding the premonitory sign and symptoms of *Vicharchika* in the text, but as it is classified as one of the *Kshudra Kushtha roga*.

SAMPRAPTI OF VICHARCHIKA



SAMPRAPTI VIGHATAN

<i>Samprapti ghataka</i>	<i>Vicharchika</i>
<i>Doshas</i>	<i>Tridoshaja (Kapha pradhan)</i>
<i>Dushya</i>	<i>Twak, Rakta, Mamsa, Lasika</i>
<i>Agni</i>	<i>Jatharagni and Dhatvagnimandya</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Mamsavaha and Ambuvaha</i>
<i>SrotoDushti Lakshana</i>	<i>Sanga and Vimargagamana</i>
<i>Marga</i>	<i>Bhaya Rogamarga</i>
<i>Udabhavasthana</i>	<i>Amashaya</i>
<i>Sancharasthana</i>	<i>Triyaka-gami Sira</i>
<i>Gati</i>	<i>Tiryak</i>
<i>Adhithana</i>	<i>Twak and uttrottar Rakthadi Dhatu</i>
<i>Vyadhi swabhava</i>	<i>Chirkari (Dirgharonam)</i>

PATHYA AND APATHYA IN THE VICHARCHIKA

Pathya

- *Laghu anna*
- *Tikta shaka*
- *Purana dhanya*
- *Jangala mansa*
- *Ghrita*
- *Mudaga*

- *Triphala*
- *Bhallatak*
- *Nimba*
- *Patola*

Apathya

- *Guru anna*
- *Dugha*

- *Dadhi*
- *Amla rasa guda*
- *Tila*
- *Anupa mansa*
- *Matsya*
- *Mansa and vasa*
- *Taila*
- *Masha*
- *Kulatha*
- *Ikshu vikara*
- *Mulaka*
- *Madhya*
- *Lavana*
- *Vidahi anna*
- *Abhisyandi anna*
- *Vistambhi anna*
- *Maithuna*

UPADRAVA (Complications)

- In *charaka nidana sthana* 5:11 the following complications of *kushtha* have been described:

1. *Puyasravam*
2. *Angabheda*
3. *Trishna*
4. *Jwara*
5. *Atisara*
6. *Daha*
7. *Daurablya*
8. *Arochaka*
9. *Avipaka*

Infestation by parasites, gaping lesion with profuse discharge, erythematous eyes and loss of voice. Out of above stated complication, *Arochaka*, *Avipaka*, *Jwara*, *Daha* and *Daurbalya* may be found in *Vicharchika*, *Nidranasha* due to severe itching it seen. It may be regarded as one of the *Upadravas*.

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