

## A CASE STUDY ON VICHARCHIKA TREATED WITH AYURVEDIC DRUGS

Dr. Asha Kumari<sup>1\*</sup>, Dr. Sanjay Kumar Tripathi<sup>2</sup>, Dr. O. P Singh<sup>3</sup> and Dr. Shobhit Kumar<sup>4</sup><sup>1</sup>Assistant Professor, Department of Kayachikitsa, Motherhood Ayurveda Medical College, Roorkee, Haridwar.<sup>2</sup>Professor, PG Department of Kayachikitsa, Rishikul Campus, UAU Haridwar.<sup>3</sup>Professor and Head, PG Department of Kayachikitsa, Rishikul Campus, UAU Haridwar.<sup>4</sup>Professor and Head, Department of Swasthvritta, Rishikul Campus, UAU Haridwar.

\*Corresponding Author: Dr. Asha Kumari

Assistant Professor, Department of Kayachikitsa, Motherhood Ayurveda Medical College, Roorkee, Haridwar.

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## ABSTRACT

Ayurvedic texts, all skin diseases were included under the term '*Kushtharoga*' which is classified into two main divisions i.e., *Mahakushtha* and *Kshudrakushtha*. *Vicharchika* is a type of *Kshudra Kushtha* often encountered by Ayurvedic dermatologists characterised with symptoms namely *Kandu*, *Srava*, *Pidika*. Main line of treatment for *Vicharchika* in Ayurveda is *Shodhan* and *Shaman*. all types of *Kushtha* occur due to *Tridoshaprakopa* (involving vitiation of these bio-humors) and *Rakta Dushti* (blood impurities). *Vicharchika* is also a vitiation of *Tridosha* in general and *Kapha* in particular described by *Acharya Charaka* and *Acharya Sushruta* has mentioned it under *Pitta* dominancy. The clinical presentations of *Vicharchika* is 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. According to modern science, *Vicharchika* has similar clinical presentation as eczema. Eczema is a form of dermatitis where inflammation of dermis occurs. It is also known as atopic dermatitis which is characterized by dry itchy skin with areas of poorly demarcated erythema and scale. Modern science has no specific medication or treatment for cure of eczema but symptomatic treatment like steroids are used as it has serious side effect. That lead to reoccurrences is common. Ayurveda treats from the root of eczema by cleansing *Doshas* and balancing *Doshas* and *Dhatus*.

**KEYWORDS:** *Vicharchika*, *Mahakushtha*, *Kshudra Kushtha*, Eczema, *Agnimandya*.

## INTRODUCTION

The skin is the largest sense organs of the body. It is the protective covering of the body. It protects over body by various organisms, chemicals, antigen etc. skin disease occurs all over the world. skin disease is more prevalent among children and in low socio-economic group of people due to poor hygiene. According to Ayurveda, *Vicharchika* has similar clinical presentation as eczema. According to *Bruhatryee*, *Vicharchika* come under *Kshudrakushtha*. As *Kushtha* is caused due to *Viruddhaahara* which leads to *Agnimandya*. As per modern science, eczema is also known as atopic dermatitis. Eczema or atopic dermatitis is a pattern of inflammatory response of the skin which is the resultant of delayed types hypersensitivity mediated by memory T lymphocytes in the skin. The clinical lesions may be acute (wet and edematous) or chronic (dry, scaly, thick), depending on the persistence of the insult. The term eczema is broadly applied to a range of persistent or reoccurring skin rashes characterized by redness, itching and dryness with possible crusting, flaking, blistering, cracking, oozing or bleeding. Areas of temporary skin discoloration sometime healed lesions, though scarring is

rare. In early stage of eczema appears as red, smooth and edematous plaque. Chronic eczema is dry and is characterized by thickened, scaly skin with hyperpigmentation.

## CASE REPORT

A 28 years old male patient visited our OPD with the chief complaints of:-

Blackish discolouration on both lower legs.  
Flaking and cracking of skin of both lower legs.  
Burning sensation after itching on both lower legs.  
Dryness on both lower legs.

All the above complains was in the last 10 months  
No H/o DM / HTN / Asthma, thyroid disorder.

## HISTORY OF PRESENT ILLNESS

The patient was normal 10 months back. He developed dryness itching and blackish discolouration on both lower legs. After 7 months patients developed cracking and flaking over the discolored areas. He decided to go for Ayurvedic treatment from our hospital.

**PERSONAL HISTORY****Occupation-** private job (company)**Addiction-** smoking 2 cigarettes / day, alcohol – occasionally**MATERIALS AND METHODS****Method****A. Centre of study-** Rishikul campus, UAU, Haridwar**B. Type of study-** Open Randomised Trial**C. Drug Dosages-****1. Vicharchikari Tail** - Applied on affected area twice a day for 45 days.**2. Laghu Manjisthadi Kwath** - 40 ml before meal twice a day for 45 days.**D. Duration of treatment-** 45 days**E. Plan of treatment-** the treatment was done on an OPD basis, the drug is Vicharchikari Tail and Laghu Manjisthadi Kwath was prescribed with the guidance of Pathya Apathya the patient. The was observed after every 15 days for 45 days. the changes in symptoms are noted along in each visit.**Material:-** Treatment with Assessment**Clinical examination of the patient**

- Nadi - 74 bpm
- Mala - 2 time / day (irregular)
- Mutra - normal
- Jihva - saam
- Sparasha - ruksha
- Twaka - dry skin
- Drika - normal
- Akriti - Madhyama

**General examination**

- Weight – 68kg
- Height – 5.8 feet
- BP – 120/80 mmHg
- Respiration – 18/min
- Sleep – disturbed
- Oedema – not present

**PARAMETER OF ASSESSMENT****Table No. 1: Grading of Subjective Parameters.**

Symptoms	Gradation	Score
<i>Kandu</i> (Itching)	No itching	0
	Mild / infrequent itching	1
	Moderate (tolerable)	2
	Very severe itching disturbing sleep and other activity	3
<i>Vedana</i> (Pain)	No pain	0
	Mild pain	1
	Moderate pain	2
	Very Sever pain	3
<i>Daha</i> (Burning sensation)	No burning sensation	0
	Mild burning sensation after itching	1
	Moderate burning sensation with no disturbance in sleep	2
	Sever burning sensation with disturbed sleep	3
<i>Vivarnata</i> (Discolouration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3
<i>Srava</i> (Discharge)	No discharge	0
	Slightly discharge	1
	Moderate discharge	2
	Extremely discharge	3
<i>Rukshata</i> (Dryness)	No dryness	0
	Slightly dryness	1
	Moderate dryness	2
	Extremely dry	3
<i>Thickness</i>	No Thickness	0
	Slightly raised	1
	Thick	2
	Very thick	3

**Table No. 2: Grading of Objective Parameters.**

Symptoms	Gradation	Score
Number of Mandala	No Mandala	0
	1 to 3 Mandala	1
	4 to 6 Mandala	2
	> 7 Mandala	3

Area occupied by the <i>Mandala</i>	Zero cm <sup>2</sup>	0
	< 25 cm <sup>2</sup>	1
	25 to 50 cm <sup>2</sup>	2
	> 50 cm <sup>2</sup>	3

Table No. 3: Details of Medicines Used in Study.

S. NO.	DRUGS	DOSES	ANUPANA
1.	<i>Vicharchikari Tail</i>	L/A (2 times/day)	
2.	<i>Laghu Manjisthadi Kwath</i>	40 ml BD	Lukewarm water before meal

**VICHARCHIKARI TAIL LAGHU MANJISTHADI KWATH**

Table No. 4: Prognosis of Treatment.

1 <sup>st</sup> F/U after 15 days	<i>Vicharchikari Tail</i> L/A (2 time/day) <i>Laghu Manjisthadi Kwath</i> 40 ml BD before meal
2 <sup>st</sup> F/U after 15 days	<i>Vicharchikari Tail</i> L/A (2 time/day) <i>Laghu Manjisthadi Kwath</i> 40 ml BD before meal
3 <sup>st</sup> F/U after 15 days	<i>Vicharchikari Tail</i> L/A (2 time/day) <i>Laghu Manjisthadi Kwath</i> 40 ml BD before meal

**Day 1 Day 45****BEFORE TREATMENT****AFTER TREATMENT****OBSERVATION**

Symptoms	Grade Before Treatment	Grade After Treatment
<i>Kandu</i>	2	0
<i>Vedana</i>	1	0
<i>Daha</i>	1	0
<i>Vivarnata</i>	3	1
<i>Srava</i>	0	0
<i>Rukshata</i>	2	0
<i>Thickness</i>	2	1

**RESULT:-** The patients had started improving during treatment and at the end of 45 days there was overall recovery (relief) in subjective and objective parameters.

**PROBABLE MODE OF ACTION OF VICHARCHIKARI TAIL**

- Vicharchikari tail* is described the *Bhaisajya-Ratnavali* (B.R 54/325-327).

- The contents of *Vicharchikari Tail - Jaati, Nimba, Arka, Kutaja, Dronpushpi, Haridra, Vatsnaabha, Shunthi, Maricha, Pippali, Kuchala, Indrayava, Kanera, Manahshila, Hartaal, Kashisa, Shunthi*.
- All these have *Vicharchikari tail* with the properties like- *Ushna, Tikshna, Laghu, Madhura, Lekhana Guna, Ushna Virya & Katu Vipaka*. This *Tail* is also having *Sukshma* properties. Pharmacologically all the ingredients of tail have an Anti-microbial, Anti-fungal, anti-inflammatory, anti-allergic action hence can effectively reduce the infection and prevent its recurrence by improving the immunity of skin by its antioxidant property.
- Almost all the drugs are having, *Kandughna, Krimighna, Kushthaghna, Rakta Vikarshamak, Twagdosha hara, Vishaghna properties*.

#### PROBABLE MODE OF ACTION OF *LAGHU MANJISTHADI KWATH*

- *Laghu manjishthadi Kwath* is described in *Bhaishajya Ratnakara*.
- *Laghu Manjishthadi Kwath* contain *Manjistha, Haritaki, Vibhitaki, Amalaki, Kutaki, Vacha, Daruharidra, Haridra, Giloy, Nimba*.
- The contents such as *Manjishta, Katuki, Haridra, Giloy* and *Nimba* having *Rakta Shodhaka* property removes the *Ama* (Advanced glycation end products and toxic substances) from blood and helps to maintain moisture and pH of the skin.
- all the drugs are having, *Kandughna, Krimighna, Kushthaghna, Rakta Vikarshamak, Twagdosha hara, properties*.
- Most of drugs are *Deepana, Pachana, Laghu, Ruksha, Ushna and Tikshna*. So they do *Aampachan*. So the *Srotorodha* is removed and *Sroto Vishodhana* is done.

#### CONCLUSION

The case report demonstrates the treatment of vicharchika completely with only ayurvedic medicines. pathyaseven plays a major role in the treatment of vicharchika. Apathya should be avoided. The patient had relief and symptoms had lowered significantly. Therefore, the given ayurvedic treatment was successful in treating the disease.

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