

AYURVEDA ASPECTS OF VICHARCHIKA W.S.R. TO ROLE OF AYURVEDA LEPA
AND VIRECHAN KARMA IN DISEASE MANAGEMENTDr. Arunesh Kumar Dwivedi^{*1}, Dr. Archana Tiwari², Dr. Hari Prasad Sharma³ and Dr. Hanuman Pancholi⁴¹Assistant Professor & Guide, PG Dept of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.²Assistant Professor & Guide, PG Dept of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.³HOD, Dept. Shalya Tantra, Govt. P Khushilal Sharma Ayurveda College, Bhopal (M.P.) India.⁴PG Scholar, Dept. Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.***Corresponding Author: Dr. Arunesh Kumar Dwivedi**

Assistant Professor & Guide, PG Dept of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.

Article Received on 15/09/2020

Article Revised on 05/10/2020

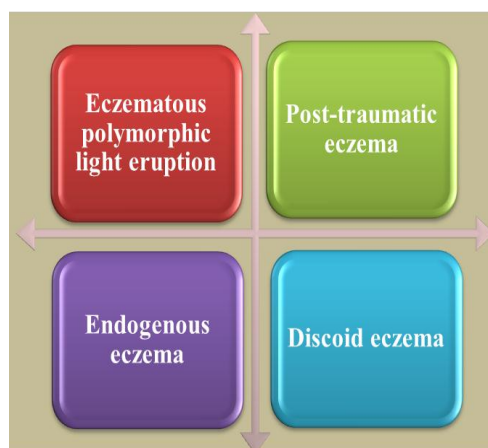
Article Accepted on 26/10/2020

ABSTRACT

Vicharchika is pathological condition mainly related to the skin tissue which is considered as Rakta Pradoshaja Vikara and can be correlated with eczema as per modern term on the basis of sign and symptoms. It is believed that disease mainly involves vitiation of Kapha Dosha and possesses symptoms like; redness, edema, itching, dryness, cracking, blistering and crusting. The disease affects person physically as well as psychologically therefore Ayurveda takes prime focuses on such conditions and mentioned line of treatment in the form of herbal remedies, Ayurveda formulations, Panchkarma and avoidance of causative factors. The topical applications of Ayurveda formulations in the form of Lepa mainly recommended curing skin manifestation and Virechan Karma as modality of Panchkarma also provides health benefits in such types of pathological condition. Therefore this article summarizes Ayurveda aspects on Vicharchika and its management W.S.R. to role of Lepa and Virechan Karma for topical and detoxification purpose respectively.

KEYWORDS: Ayurveda, Vicharchika, Eczema, Kushtha.**INTRODUCTION**

The science of Ayurveda described causes, symptoms, pathogenesis and management of diseases of various systems like skin and disease of skin mainly comes under heading of *Kushtha*. *Vicharchika* (eczema) is one such disease of skin comes under *Kshudra Kushtha* and considered as curable disease but it is difficult to manage due to its relapsing nature. *Vicharchika* is *Kapha Pradhana Tridoshaja Roga* characterized with symptoms of *Shyava*, *Atikandu*, *Raji*, *Rukshata* and *Ruja*, etc. *Shodhana* along with *Shamana* therapies suggested for treating such types of diseases. The disease not only *Kapha* aggravation but also associated with *Raktapradoshaja Vikara*. The some types of eczema depending upon causes and symptoms as per modern science depicted in **Figure 1**.

**Figure 1: Some types of eczema as per modern science.**

Viruddha Ahara, *Mithya Vihara*, *Vegadharana*, infection caused by *Krimi*, effect of diversified climatic condition, side effects of medicines, hormonal imbalances and etiological factors can triggers disease pathogenesis. The *Kapha* mainly involves in disease manifestation however other *Doshas* also play major role in symptomatic manifestation. The vitiation of *Vata Dosha* causes skin

dryness, itching and pain. Similarly *Pitta Dosha* leads burning sensation and major symptoms such as; redness, blistering and cracking of skin arises due to the pathological events of *Kapha* vitiation. Pathologically disease involves following components:

- ✦ **Doshas:** *Tridoshas* mainly *Kapha*
- ✦ **Dushya:** *Rakta, Twak & Mamsa*
- ✦ **Srotas:** *Rasa & Rakta*
- ✦ **Adhistana:** *Twacha*

Samprapti of disease take places after indulgence in *Nidana sevana* which resulted *Tridosha* vitiation mainly *Kapha Dosha*, further aggravation of *Dushya Rakta & Mamsa Dhatu* causes *Shaithilya* in *Twak* resulting *Lakshanotpatti* of *Vicharchika*.

Management of Vicharchika

Rasayana drugs offers antimicrobial action, improves metabolic activities, facilitates detoxification, boosts *Rasa Dhatu* quality and maintain nutritional supply to the tissue; nourishes skin also thus helps in skin condition like eczema.

Herbs like *Tumeric* helps to heal skin lesion, *Manjishta* cure symptom of eczema such as; itching and burning. *Mulethi* imparts cooling and soothing reaction and pacifies inflammatory manifestation of disease. Moisturizing effect of *Aloe* relive itching and *Chandana* gives cooling sensation thus patient feel relax and calm.

Ayurveda formulations such as; *Gandhak Rasayana* and *Arogyavardini Vati* also suggested for health benefits in case of eczema. *Gandhak Rasayan* treats many skin diseases and cure symptoms such as itching and inflammatory lesion. *Arogyavardini vati* offers *Agnideepana* action thus improves quality of *Rasa Dhatu*, correct vitiation of *Rakta* and offers anti-inflammatory activity.

The following properties of Ayurveda drugs offer benefits in eczema:

- ✦ *Tikta & Kasaya Rasa* helps to break disease pathogenesis.
- ✦ *Laghu Guna* of drugs facilitates transportation through minute channels and clears obstruction of *Srotas*.
- ✦ *Madhura Vipaka* imparts symptomatic relief in burning and itching.
- ✦ *Sita Virya* helps to imparts cooling and soothing effects to feel calm and relax.
- ✦ *Kaphapittahara* action of Ayurveda drugs prevents pathological progression of disease.
- ✦ *Raktasangrahika* drugs purify *Rakta* and break pathogenesis of disease since it is considered as *Rakta Pradoshaja Vikara*.

Yoga and meditation recommended to correct psychological issues related to the skin diseases, *Yoga* poses such as; *Shirshasana*, *Uttanasana*, *Pawanmuktasana* and *Bhujangasana* facilitate

detoxification of waste, maintain circulation of body, clears *Srotas* and imparts mental peace thus give health benefits in skin disorders.

Role of Topical Formulations W.S.R. to Lepa

The topical applications of medicines also recommended for eczema, the drugs can be applied topically in various forms such as; *Lepa*, *Parisheka*, *Avachurana*, *Avagahana* and *Dhuma*. *Lepa* means application of paste or cream over affected part, *Parisheka* involves sprinkling of liquids over affected area, in *Avachurana* dusting of powder done.

Avagahana associated with dipping of lesion in medicated liquid and *Dhuma* means medicated fumigation of affected skin.

Amongst the above mentioned approaches for topical applications of medicines in eczema the *Lepa* is very common and effective one since it is easy to use and imparts long lasting effect. *Lepa* used for local application in case of *Kushtha* since it controls *Doshas* at localized level. It offers instant relief (*Sadyah Siddhi Karaka*) since application of medicaments through skin provides large surface area so that maximum amount of drug reaches to the site of action. The drugs applied through *Lepa* enter into *Romakupa*, absorbed through *Svedavahi Srotasa* and *Siramukha* and finally exerts its therapeutic action in quick period of time. The most of the drugs used for *Lepa* purpose in skin disorder offers *Kushthagha*, *Kriminashaka*, *Kandughna* and *Rakta Shodhaka* effects thus helps to reduces microbial infections and inflammation, suppress itching, heals wound and imparts soothing effects. It is believed that *Lepa* with *Takra* penetrates skin easily and provides early improvement. Following *Lepas* were investigated by various researchers for the management of eczema:

- ✦ *Aragwadhapatra Lepa*
- ✦ *Snuhyadi Lepa*
- ✦ *Edgajadi Lepa*
- ✦ *Karanjadi Lepa*
- ✦ *Kushthadi Lepa*

Role of Shodhana Karmas W.S.R. to Virechana Karma

Kaphaja predominant *Kushta* needs *Vamana* and *Virechana* as *Shodhana Karmas*. *Shodhana karmas* detoxify body, maintain circulatory process regulates nutritional supply and pacifies excess *Pitta* and *Kapha*. *Abhyanga* and *Vashpa Sveda* recommended before *Virechana Karma* to liquefy vitiated *Doshas*. The *Sukshma guna* and *Kledana karma* of *Virechana* acts on the morbid *Doshas* and facilitate elimination of accumulated *Doshas* and toxins responsible for skin manifestation.

Virechana Karma removes *Doshas* by dragging them towards *Adhobhaga* followed by *Guda*. *Virechana* acts on vitiated *Kapha Dosha*, the *Tikshna*, *Sukshma*, *Ushna* and *Vyavayi* properties of *Virechana* drugs facilitates their transportation towards *Hridaya* then spreads

through *Srotasa* and bring morbid humour from *Shakha* to *Kshotha*. The predominance of *Pruthvi* and *Jala mahabhoota* of *Virechana* drugs take these *Doshas* towards *Guda* from where these *Doshas* get eliminated by virtue of *Prabhav* of *Virechana* drugs. The removal of vitiated *Kapha Dosh* and other toxins helps in pathological suppression of *Vicharchika*. The *Kushthaghna*, *Rakta Shodhana* and *Krimighna* effects of *Virechana* drugs imparts *Tridoshaghna* action and helps in all types of skin ailments associated with *Dosha* vitiation. *Virechana* corrects *Dushit Rakta Dhatu*, offers *Srotoshodhana* property and *Varnaprasadak* effects helps in symptoms such as; burning sensation, itching and lesion. *Virechana* excretes fluid thus reduce edema and suppress symptoms of inflammatory consequences. Following *Virechana* drugs were investigated by various researchers for the management of eczema:

- ✚ *Aragvadha Churna*
- ✚ *Avipatkar Churna*
- ✚ *Trivrut Leha*
- ✚ *Hartikyadi* decoction, *Eranda Taila* and *Ichhabhedhi Rasa*

Pathya & Apathya

- ❖ Fruits, rice, vegetables and *Yava*.
- ❖ *Svasthavritta* conduction and maintaining hygienic conditions.
- ❖ Avoidance of *Viruddha Ahara & Mithya Vihara*.
- ❖ *Vegadharana* need to be avoided.
- ❖ Should avoid meat, oil, sours foods and curd.

CONCLUSION

Vicharchika is *Rakta Pradoshaja Vikara* and symptoms of disease considered as characteristics features of eczema as per modern science. *Kapha Dosh* vitiation is major pathological event along with *Rakta Vikara*. Skin edema, itching, redness, crusting, blistering and dryness are major symptoms of disease. Herbs, Ayurveda formulations for oral use and topical formulations like *Lepa* and *Panchkarma* therapy suggested for disease management. Amongst the above mentioned approaches the *Lepa* (topical applications of cream) is very effective since it imparts long lasting effect at localized level. Similarly amongst the *Panchkarma* therapies *Virechana Karma* gives good response in *Vicharchika*.

REFERENCES

1. Cooper KD. Atopic dermatitis: recent trends in pathogenesis and therapy. *J invest Dermatol*, 1994; 102(1): 128-137.
2. Kasper: Harrison's Principles of Internal Medicine, McGraw Hill Medical Publishing Division, NewDelhi, 16th edition, 2004; 289.
3. Dr. Anant Ram Sharma edited with 'Susrutavimarsini' Hindi commentary. (1st Ed.). *Susruta Samhita*, Maharshi Susruta. Nidanstan: Chapter 5. Verse no.3. Varanasi: Chukhambha Prakashan, 2010; 493.

4. Agnivesha, Charaka Samhita, revised by Charaka & Dridhabala with Ayurveda deepika commentary of Chakrapanidatta, edited by Vd. Yadavaji Trikamji Acharya, Chaukhambha Prakashan, Varanasi, reprint Chikitsa Sthana, 2007; 7/10: 450-451.
5. Vagbhatta, Ashtang Hridaya with Sarvangasundari commentary of Arunadatta & Ayurveda Rasayana of Hemadri, edited by Pt. Hari Sadashiva Shashtri, Chaukhambha Surbharati Prakashan, Varanasi, reprint Nidana Sthana, 2007; 12/1: 513.
6. Kaviraj Ambikadutta Shastri, Bhaisajya Ratnavali; Varanasi; Chaukhamba sanskrita samsthana, 2004; 616.
7. Prof. K. R. Srikanta Murthy, Astanga samgraha Of Vagbhata, Chaukhamba Orientalia, Varanasi, 1st Edition, 1995; 312: 644.
8. Behil. P. N., Practice of Dermatology, CBS Publishers and Distributors, Delhi, 7th Edition, 1992; 129 – 153: 517.
9. Vidyadhar SA, Dutt TR, editors. Charaka Samhita of Agnivesha, Chikitsa Sthana. 1st edition. Varanasi: Chaukhamba Sanskrit Sansthan, 2007; 1(28): 8.
10. Acharya YT, editor. Sushruta Samhita of Sushruta, Chikitsa Sthana. 8th edition. Varanasi: Chaukhamba Orientalia, 2007; 9(6): 251.