

**SHAMAN CHIKITSA IN THE MANAGEMEN OF VICHARCHIKA -A CASE STUDY W.  
S. R OF ECZEMA**

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**ABSTRACT**

In Ayurveda, Eczema is a form of dermatitis is termed as “vicharchika”.The most common twak vikara affecting all the age group of population.vicharchika is one among Kushata roga.so, samanya nidan, samprapti, poorvarupa mentioned for kushta Can be considered here.vicharchika is identified as Raga,kandu, daha , rookshata with predominance of kapha dosha. In the present study 28 year male patient vicharchika (eczema) was treated with Arogyavardhini Vati, Gandhak Rasayan, Karanj tail for external application Patient reported significant improvement in sign and symptoms.

**KEYWORDS:** Vicharchika, eczema, Arogyavardhini Vati, Gandhak Rasayan, Karanj tail.**INTRODUCTION**

Skin is largest organ of human body.in the recent years,there has been considerable increase in incidence of skin problems in india,due to poverty, poor sanitation, unhygienic condition. vicharchika is one of kushta rog.incidence of vicharchika gradually increasing day by day because of improper vihara aahara.according to Ayurveda, three doshas mainly aggravation of pitta and kapha causes fungal skin disorders.skin diseases have been comprehended under heading of kushta in Ayurveda and we find a vivid description of vicharchika.All the acharyas have considered the involvement of all 3 doshas in kushta.All the three doshas jointly or separately get vitiated by the causative factor and further vitiate the four body elements to cause kushta.twak is the site where the vitiated dosha get localized.charak has mentioned that kushta is first located in the skin and later on it involves deeper and deeper dhatus.In modern science vicharchika is termed as eczema.It is known as dermatitis or inflammation of skin.in modern medicine eczema is treated with steroid medication,moisturizers for the skin long time usage of these can produce adverse effect in eczema there are number of formulation in Ayurveda treatment of vicharchika. Arogyavardhani vati, Gandhak Rasayan, Karanj tail are some of the medicine found useful in present case of vicharchika kushta.

**Presenting Concern**

A 28 year male patient Complaining of red and circular patches over hand and leg,redness over the affected site,craking,scaling of the skin.patient has been suffering from this problem since 6 month.previously patient has

consulted as allopathic dermatologist for the same but did not get relief.Patient is not known case of hypertension and DM.

**Skin Examination**

Erythematous scaly eruptions on hand and leg,scaling and itching on both hand and both leg.

- Hetu:- Viruddhaanna, excessive intake of non-veg,salty and oily food excessive intake.
- Lakshanas:- Kandu (itching), rookshata, Daha (burning sensation), redness
- Locally:-Redness, erythematous elevated scaly eruptions.
- Vyadhi Vinishchaya:- vicharchika (eczema)

**Tretment**

1. Arogyavardhini vati 250 mg TDS
2. Gandhak rasayan 250 mg TDS
3. Karanj tail Local application

Duration:- 1 Month Follow up :- After 7-7 days

Pathya:- Apathya (Dietary and lifestyle modicafication)

Patient is advised to Avoid non vegetarian diet, oily and salty deit.Patient advised to avoid sleeping at day time. Patient is suggested to Maintain her personnel hygiene by taking bath daily, wearing clean cotton clothes after drying clothes in proper sunlight.

Grades of assessment:- Clinical features 1) Raga (Erythema)

Grade 0:-Absent

Grade 1:-Mild –Faint red

Grade 2:-Moderate Blanching and red colour  
Grade 3: Red color 2) Daha (Burning sensation)

Grade 0:-Absent  
Grade 1:-Mild burning  
Grade 2:-Moderate burning  
Grade 3:-Severe burning

Rookshata (Dryness)  
Grade 0:-Absent  
Grade 1:-Mild Dryness  
Grade 2:-Moderate Dryness  
Grade 3:-Severe Dryness

Kandu (itching):-  
Grade 0:-Absent  
Grade 1:-Mild  
Grade 2:-Moderate  
Grade 3:-Severe

### OBSERVATION

Assesment of the patient for vicharchika was done according to grading creteria during the follow up after 7 days:-

1. Raga (Erythema) 1st follow up :-3 2nd follow up :-1 3rd follow up :-0 4th follow up :- 0
2. Daha (Burning sensation) 1st follow up :-3
3. 2nd follow up :-3 3rd follow up :-2 4th follow up :- 0
4. Rookshata (Dryness)
5. 1st follow up :-3 2nd follow up :-2 3rd follow up :-2 4th follow up :- 0
6. Kandu (itching) :- 1st follow up :-3 2nd follow up :- 2 3rd follow up :-1 4th follow up :- 0

### RESULT

There was significant relief in sign and symptoms of vicharchika. There was more than 80% relief after 3 weeks.

### DISCUSSION

In Ayurveda all three doshas can lead to vicharchika. kapha, pitta is dominant doshas. There is involvement of Rasa and Rakta in pathogenesis.

In present case treatment given was Arogyavardhini, Gandhak rasayan, Karanj tail for local application. Highly significant relief was observed in kandu also Raga was significantly reduced.

### Probabale action of medicines

#### 1. Arogyavardhini Vati

This mainly contains kutaki with other herbo mineral compounds like triphala, chitrak, guggul, Nimb, Parad, Gandhak, Lauha Bhasma, Abhrak Bhasma Shilajit Tamra. It is extensively used in skin diseases. Arogyavardhini is Kushaghana formulation. but also posses actions like Pachana, Deepana, Malashodhana. So, it is responsible for Agnideepan, Doshashaman,

Kusthanashan and shodhan.

#### 2. Gandhak Rasayan

It is well known commonly used formulations mainly indicated in kushta roga. It acts as blood purifier. it reduce kandu and daha. it is raktashodhak, vranaropak, krumighna, twachya.

#### 3. Kranj Tail

Karanj tail are laghu, anushna. it can be used against Krumi, Kushtha, prameh, shirorog. Oil contains many fatty acids which can act on skin layer as anti microbial or anti fungal. it works against dermatitis having properties of scaling, itching, redness etc.

### CONCLUSION

Vicharchika is common skin disease which clinically stimulates with eczema. As it is a contagious disease, maintaining personal hygiene is a important part of its management. The present case study concludes that Arogyavardhini Vati, Gandhak Rasayan, Karanj Tail for local application over the lesions of vicharchika is found to be very effective in vicharchika.

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