INTRODUCTION

In our daily life we come across many disease or symptoms which are side effect of our busy life style and modern technology. We ignore such small disease but afterward they become huge problem. In long term Vichrchika is one of such problem.

Vichrchika is Kaphaja vyadhi and Raktadushti is also observed. The diagnosis and treatment of Vichrchika have been discussed in this chapter of Charaka Chikitsa Sthana under the heading of Kshudra Kushtha, which have been included in Kshudra rogas by Sushruta and Vagbhatta. In Bhela Samhita Vichrchika is included in the category of Sadhya Kushtha.

Vichrchika can co-relate with Eczema. Eczema is a constitutional disease, which is observed as exfoliation of the skin, mostly accompanied by severe itching. In the chronic stages, there may be oozing of pus and bleeding from the affected regions. Its cause is deep-seated within the body. Hence external medications are not effective in eczema. With such medications, the outer symptoms may disappear, but the underlying cause remains. Ayurveda attempts at curing Vichrchika (eczema) from its roots.

The incidents of skin disease are increasing day by day. At least 200 types of skin diseases are detected till now. Therefore, whole world is gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of skin problems Ayurveda can contribute remarkably.

Ayurvedic management in Vichrchika (eczema) involves medicaments like some combination of herbal Choorna and medicine like Jalaukacharan, Awagaha are also advised.

A case report as follow:

A 55 year old male patient came to us with chief compliant of

1) Ubhaya hasta pradeshi pidika-upttii (papules on both palms). [1, 2]
2) Kandu (Itching). [1, 2]
Patient had above complaints since last 1.5 years.
No H/o Dm/HTN, Asthma

**History of personal illness**

The patient was normal 1.5 year back. Since then patient have been suffering from *Ubhaya hasta pradeshi pidika-utpattii* (papules on both palms), *Kandu* (Itching), *Jal-stava* (Oozing- serum). For this patient took treatment from different modern doctors but did not get relief, then for better management, he came approached our hospital – Seth Sakaram Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department OPD.

**Personal History**

**Occupation:** OT-Assistant.

**Bad Habits:** Chronic smoking.

**O/E:**

- *Nadi* (pulse) = 78/min.
- *Mala* (stool) = Normal
- *Mutra* (urine) = Normal
- *Jeeva* (tounge) = Eshatha sam.
- *Agni* = Normal.
- *Shabda* (speech) = Normal.
- *Druka* (eyes) = Normal.
- *Akruti* = Madhyama.
- *Bala* = Madhyama.
- *Raktadaaba* (B.P) = 130/80 mm/Hg.

**Material and Method:**

**Method** -

- Center of study : S. S. N. J. Ayurvedic Rugnaayan, Solapur.

**Material with Daily treatment & prognosis:**

**Day1st**

- **Orally:**
  1. *Manjishta* – 400 mg - 1 pack TDS with luck
  2. *Daruharidra* - 400 mg
  3. *Khadir* – 300 mg
  4. *Pachak vati* : 1 TDS
  5. *Aragyawardhini* : 250 mg 1 BD.
  6. *Mahagandhaka rasayana* : 250 mg 1 BD

- **Externally:**
  - *Avagahana* (Triphala + Khadir + Nimba)

<table>
<thead>
<tr>
<th>Days</th>
<th>2st</th>
<th>10th</th>
<th>20th</th>
<th>30th</th>
<th>40th</th>
<th>50th</th>
<th>60th</th>
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<tbody>
<tr>
<td>Treatment</td>
<td>All the above treatment as it is</td>
<td>All the above treatment as it is + <em>Avagahan a</em> (triphala + khadir + nimba)</td>
<td>All the above treatment as it is + <em>Jalaukachar an</em></td>
<td>All the above treatment as it is + <em>Avagahan a</em> (triphala + khadir + nimba)</td>
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Clinical examination of the patients revealed regression of symptom due to our Ayurvedic management

**DISCUSSION**

**Hetu of vichrchiuka as -**

1) **Ahar** :

- Improper and irregular diet causes the disturbance of *Vata Dosha*.

2) **Vihar** :

- *Ratri jagran*
- *Shitoshna-vytasa* [3]
- Repeated use of gloves which cause allergy [4].
- Work in Humid climates.
- The general causes are varied; viz. chemicals, plants, clothing, cosmetics, medicaments, infections, drugs, diet, focal sepsis etc [4].
SAMPRAPTI

Ayurvedic view[^3]:

In classics, there is no separate description regarding the Samprapti of Vicharchika. But being a variety of Kushtha, the common Samprapti of Kushtha should be considered. Acharyas have given vivid description of Samprapti of Kushtha in general. According to Charaka Nidana 5:3, Samprapti of Kushtha is as follows. The various causative factors are mentioned in Kushtha Nidana in which all the three Doshas are simultaneously provoked, the four Dushyas (Twacha, Mansa, Rakta & Lasika) thin out or lose their tone. In these deranged four Dushyas, the provoked Doshas get located. This causes them to become vitiatted and so the Kushtha or the skin disease is produced.

The three Dosha - Vata, Pitta and Kapha

Dushyas - Twak, Rakta, Mansa and Ambu

Purvarupa: Atiswedanam, Vaivarnyam, Kandu, Paridaha,

Rupa : kandu, strav, pidika

Modern view[^4]

Two factors cause eczema. Firstly, an allergic or a sensitive skin and secondly, exposure to an irritant.

<table>
<thead>
<tr>
<th>Erythema</th>
<th>Papules with Oedema</th>
<th>Vesicles</th>
<th>Weeping, Crusting and Pustules</th>
<th>Scaling</th>
<th>Lichenification</th>
<th>ECZEMA</th>
</tr>
</thead>
</table>

Action of Drug & Other Procedure in Management of Vicharchika

- Pachak vati –Pacchana mainly Amadosa nasaka & Agni vardhaka.
- Avagahapanashyat Somya nadi sweda: In avaghana we use Triphala, Khadir, Nimba[^10] Kwatha which is Kandughna, Tridoshghna, Vranya, Raktashodhaka. This procedure brings sweat on the skin through hair follicle by opening the pores of the skin due to Nadi Sweda Agni is incenses & the fatty tissue get mobilised. While throwing out waste as Ama (toxin) through the skin it also helps liquefy aggravated Doshas, dilating all body channels for cleaning.

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STUDY PHOTOGRAPHS

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