



## Case Report

### AYURVEDIC MANAGEMENT OF VICHARCHIKA W. S. R TO ECZEMA

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#### ABSTRACT

Today modern medical science have lots of facilities & technologies for treatment of patient even though many diseases may still in progressive phase in the society. *Vicharchika* is one of such kind of disorders.

In Ayurveda context, eleven types *Kshudra kushtha* are described and *Vicharchika* is one of them. In ancient text, there described many lines of treatments of *Vicharchika* like leech application, local application and many oral medicines.

Eczema is a skin 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.

This case is a example of *Vicharchika* like skin disease can be managed with Ayurvedic therapy. The combination of certain Ayurvedic drug such as *Manjista*, *Daruharidra*, *Khadir*, *Arogyavardhini*, etc is effective for the management of *Vicharchika* (Eczema).

**KEYWORDS:** *Ayurvedic Management, Vichrchika, Eczema.*

#### 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 *Charka Chikitsa Sthana* under the heading of *Kshudra Kushtha*, which have been included in *Kshudra rogas* by *Sushruta* and *Vagbhatta*. In *Bhela Samhita* *Vicharchika* 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 complaint of

- 1) *Ubhaya hasta pradeshi pidika-utpattii* (papules on both palms).<sup>[1, 2]</sup>
- 2) *Kandu* (Itching).<sup>[1, 2]</sup>

3) *Jal-stava*(Oozing-serum).<sup>[1,2]</sup>

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 Sakharam 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 saam*.

*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 :**

**Day1<sup>st</sup>**

❖ **Orally:**

- Manjishta* - 400 mg
  - Daruharidra*-400 mg
  - Khadir* - 300 mg
  - Pachak vati* : 1 TDS
  - Aragyawardhini* : 250 mg 1 BD.
  - Mahagandhaka rasayana* : 250 mg 1 BD
- } 1 pack TDS  
with luck  
warm water

❖ **Externally:**

*Avagahana* (*Triphala* + *Khadir* + *Nimba*)

Days	2 <sup>st</sup>	10 <sup>th</sup>	20 <sup>th</sup>	30 <sup>th</sup>	40 <sup>th</sup>	50 <sup>th</sup>	60 <sup>th</sup>
Treatment	All the above treatment as it is	All the above treatment as it is + <i>Avagahana</i> ( <i>triphala</i> + <i>khadir</i> + <i>nimba</i> )	All the above treatment as it is + <i>Jalaukacharan</i>	All the above treatment as it is + <i>Avagahana</i> ( <i>triphala</i> + <i>khadir</i> + <i>nimba</i> )	All the above treatment as it is.	All the above treatment as it is + <i>Avagahana</i> ( <i>triphala</i> + <i>khadir</i> + <i>nimba</i> )	All the above treatment as it is
S y m p t o m							
Ubhayahasta pradeshi pidika-utpattii (papules on both palms)	++++	++++	++++	+++	+++	++	+
K a n d u (Itching)	++++	++++	++	+++	+	+	0

Clinical examination of the patients revealed regression of symptom due to our Ayurvedic management

**DISCUSSION**

*Hetu* of *vichrchika* as -

**1) Ahar :**

- Improper and irregular diet causes the disturbance of *Vata Dosha*.<sup>[3]</sup>

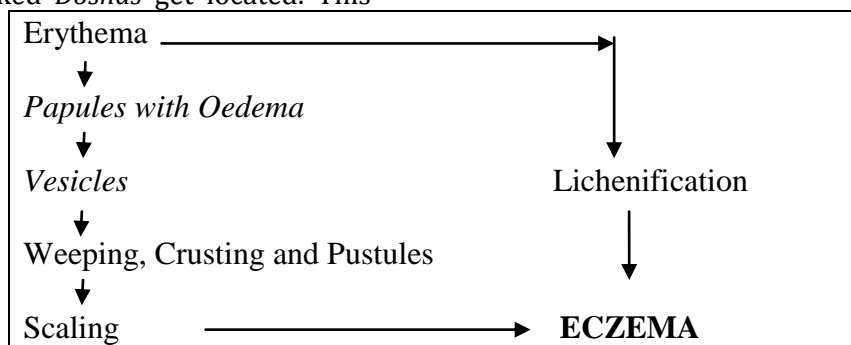
**2) Vihar :**

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

## 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



### Action of Drug & Other Procedure in Management of Vicharchika

- *Manjista*<sup>[5]</sup>- *Varnya, Shothhar, Kushtaghana, Raktaprasadan, Rasayana, Sonithsthapan.*
- *Daruharidra*<sup>[6]</sup>- *Kandughana, Pittaghana, Dipan, Yakruttejak, Vrana.*
- *Khadir*<sup>[7]</sup>- *Kushtanghna, Raktashodhak, Medohara, Kaphapittahara.*
- *Pachak vati* -*Pacchana mainly Amadosa nasaka & Agni vardhaka.*
- *Aarogyavardhini vati*<sup>[8]</sup> -*Grahanishodhak, Diapan, Pachan, Pakwashyadushti nashka.*
- *Maha gandahk rasayana*<sup>[9]</sup>-*Raktashodhak, Kandughana, Rasayana.*
- *Avagahanapashyat Somya nadi sweda: In avagahana we use Triphala, Khadir, Nimba*<sup>[10]</sup> *Kwatha* which is *Kandughna, Tridoshghna, Vranaya, 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.

causes them to become vitiated 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.

- **Jalaukacharan:** For *Rakta dhatu Shodhanartha* this *Panchakarma* done. Saliva of leech contains various compounds having analgesic, anesthetic anti inflammatory, antifungal properties which give relief in symptoms of eczema.

### RESULT

The patient showed improvement at the end of 2 months, *Ubhaya hasta pradeshi pidika-utpattii* (papules on both palms), *Kandu* (Itching), *Jal-stava* (Oozing-serum) got disappear.

### CONCLUSION

Since the therapy for skin disease like *Vichrchika* has limitation and side effects in other *pathies*, Ayurvedic management can be an effective therapy.

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**STUDY PHOTOGRAPHS**

