



Case Study

**EFFECT OF VIRECHANA KARMA ALONG WITH JAPAPATRYADI TAIL LOCAL APPLICATION AND AMRITADI KWATH ORALLY IN THE MANAGEMENT OF VICHARCHIKA**

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Article info

Article History:

Received: 21-04-2024

Accepted: 19-05-2024

Published: 10-06-2024

KEYWORDS:

Vicharchika, Eczema, Kushtha, Itching, Discolouration.

ABSTRACT

In the present case report, a 48-years-old female consulted in the Outpatient department of Dayanand Ayurvedic College, Jalandhar. The complaint of the patient was recurrent skin rashes with redness, skin oedema, itching, flaking and discolouration in the skin. By examining the signs and symptoms, the patient was diagnosed with Eczema (*Vicharchika*), *Shodhana* and *Shaman Chikitsa* was given under the treatment of *Vicharchika*. *Vicharchika*, according to *Ayurveda*, is a *Raktapradoshaja Vyaadhi* with the involvement of *Tridoshas*, and it is *Kapha* in predominance. The patient was given *Virechana Karma* along with the local application of *Japapatryadi tail* and *Amritadi kwath* orally for a period of 2 months. After that, the condition of the patient was assessed on the basis of signs and symptoms of *Vicharchika*, which were cured after taking the treatment. This study shows that the cases of Eczema (*Vicharchika*) can be successfully managed with *Virechana Karma* followed by *Japapatryadi tail* locally and *Amritadi kwath* given orally.

INTRODUCTION

*Vicharchika* is one of the skin disorders (*Twak Vikara*) which is lately described under *Kushtha roga*. *Acharya Charak* has mentioned *Vicharchika* under the category of *Kshudra Kushtha*. *Vicharchika* is *Rakta pradoshaja vyaadhi*, which in clinical presentation resembles signs and symptoms of eczema<sup>[1]</sup>. *Vicharchika* as *Kshudra Kushtha* is considered as *Kapha* predominance *Vyaadhi* as per *Acharya Charak* and is clinically presented with the symptoms as *Kandu*, *Srava*, *Pidika*, *Shyava varna*. *Acharya Sushrut* described the predominance of *Pitta* in *Vicharchika*<sup>[2]</sup>. The term Eczema is broadly used for recurring skin rashes which are characterised by redness, skin oedema, itching with crusting, oozing or bleeding.

MATERIALS AND METHODS

Case Report

A 48 years old female patient was consulted in the Out-Patient Department (OPD) of Dayanand Ayurvedic College, Jalandhar, with complaints of

recurrent skin rashes over the extensor surface of the foot and calf characterized by redness, skin oedema, cracking and discolouration of the skin. The patches of skin were inflamed, itchy and reddish black. Patient was suffering with these symptoms from last one year. The patient also took allopathic treatment but did not get much relief from modern medicine. Following advice from a friend, she decided to seek Ayurvedic treatment and consulted at the outpatient department of MC DAV in Jalandhar.

Clinical Findings

The case was subsequently consulted on 12.10.2023 in OPD of Dayanand Ayurvedic College, Jalandhar, for the Ayurvedic treatment. Patient had recurrent skin rashes over extensor surface of foot and calf region with redness, skin oedema and blistering, cracking, oozing and discolouration. Patches of skin were inflamed, itchy and reddish black. Itching and dryness were prominent. These skin rashes have been recurrent for the last 1 year, with a gap of 2 months.

Personal History

- a) *Ahara* –Diet – Vegetarian  
*Sevana Pramana: Sama*  
Dietetic Habits: *Adhyasana*  
*Agni: Tikshna*  
*Koshta: Madhya*
- b) *Nidra: 7 hrs*

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c) *Vyasana*: Coffee, tea, alcoholice) *Mala*: 2 times/dayd) *Vyavaya Shakti*: *Madhyam*f) *Mootra*- 3-4 times/day**General Examination**

Temperature	98.5	BMI	25.6
Pulse	72/mins	Pallor	Absent
Respiratory Rate	16/mins	Icterus	Absent
BP	120/90 mmHg	Clubbing	Absent
Height	186 cm	Cyanosis	Absent
Weight	89 kg	Odema	Absent

**Systemic Examination**

Central Nervous System- Conscious, well-oriented to person, place and time

Respiratory System- B/L clear airways, no added sounds

Cardiovascular System- S<sub>1</sub> S<sub>2</sub> Normal**Dasha Vidha Pareeksha**

1.	<i>Prakruti</i>	<i>Vata Pittaj</i>
2	<i>Vikriti</i>	<i>Vatta Pittaj</i>
3.	<i>Sara</i>	<i>Madhyama</i>
4.	<i>Samhanana</i>	<i>Madhyama</i>
5.	<i>Pramana</i>	<i>Sama</i>
6.	<i>Satmya</i>	<i>Sarvarasa</i>
7.	<i>Satva</i>	<i>Madhyama</i>
8.	<i>Aharashakti</i>	a. <i>Abhyavaharanashakti</i> - Heen b. <i>Jaranashakti</i> - Heen
9.	<i>Vyayama Shakti</i>	<i>Madhyama</i>
10.	<i>Vaya</i>	<i>Madhyam</i>

**On Motor Examination**

Power, bulk, tone and coordination of arms and legs were normal bilaterally. Normal Joint position sense and vibration sensation bilaterally.

All laboratory and biochemical investigations were normal.

**Objective Parameters**

S.No.	Objective Parameters	Values
1	Hematological test: Hb% ESR	13.6 mg/dl 10
2	Fasting Blood Sugar	124 mg/dl
3	Renal Function Test	S. urea- 25 mg/dl S. Creatnine - 0.9 mg/dl S. Uric acid- 4.8 mg/dl
4	Lipid Function Test	Total bilirubin- 0.7 mg% SGOT-26.5 IU/L SGPT- 24.2 IU/L

The patient primarily reports recurrent skin rashes over the extensor surface of the foot and calf. These rashes are accompanied by redness, skin oedema, blistering, cracking, oozing, and discolouration. The affected skin areas are inflamed, itchy, and show reddish-black patches. Prominent symptoms include itching and dryness. These rashes have been recurring for the past year, with episodes occurring approximately every two months.

### Diagnostic Focus and Assessment

By observing the symptoms of the patient, it was concluded that the patient was suffering from eczema<sup>[3]</sup>. *Vicharchika* was considered as Ayurvedic diagnosis, which is a type of *Kshudra kushtha*<sup>[4]</sup>.

### Symptoms of diseases as per Ayurveda<sup>[5]</sup>

- *Kandu*
- *Pidika*
- *Srava*
- *Shyava*
- *Raji*
- *Rukshata*
- *Ruja*
- *Vedna*

### Treatment Plan

According to the specific line of treatment described for *Vicharchika* in Ayurvedic texts, treatment was planned for the patient. It is a predominantly *Kapha* disorder due to the involvement of symptoms like discolouration of the skin, cold in touch, pruritus, non-progressive/low progression of the disease, and elevated heaviness in rashes. So, foods which are easily digestible and wholesome, green leafy vegetables bitter in taste were advised to the patient and foods which are heavy to digest, sour food, milk, curd, meat of animals residing in marshy area, fish, jaggery and sesame advised to be avoided<sup>[6]</sup>. The patient was advised to take *Virechana Karma* as the process of bio-purification of the body resulting in balance of the *Doshas* in the body<sup>[7]</sup>. To start with, the patient was given *Chitrakadi vati* for *Deepana- Pachana* for 5 days.

Afterwards patient had *Snehapana* for 6 days after doing his *agni* and *Koshta pariksha*. When *Samyak Snigdha lakshana* were seen after that the patient was given *Sarvang abhyanga* and *Sarvang swedana* for 2 days before *Virechana Karma*. One night before *Virechana Karma*, Patient was advised to take *Pitta Vardhak Diet*<sup>[8]</sup>. On the day of *Virechana*, the patient was given decoction of *Bilva kwath* and *Aragwadha phallmajja* 180ml. Patient had 13 Vegas of *Virechana* and was advised *Samsarjana Karma* for 5 days<sup>[9]</sup>. After that, the patient was given *Japapatryadi tail* for topical application over the affected areas along with *Amritadi kwath* orally twice daily orally for 1 month. The patient was advised to follow the strict diet as per advised by the physician.

**Table 1: Japapatryadi Tail Contents- Reference from AFI (Vol-3)<sup>[10]</sup>**

S.No.	Drug	Properties	Karma
1.	<i>Japapatri (Pushp)</i>	<b>Rasa-</b> Kshaya, Tikhta <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Sheeta <b>Vipaka-</b> Katu	<i>Kapha-Pitta Shamak, Rakhtrodhak, Hridya, Shonita-Sthapana</i>
2.	<i>Tamlaki</i>	<b>Rasa-</b> Tikta, Kashaya, Madhu <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Sheeta <b>Vipaka-</b> Madhura	<i>Kapha-Pitta Shamak, Vranropan, Kushthaghan, Raktashodhak</i>
3.	<i>Bilva (Patra)</i>	<b>Rasa-</b> Kshaya, tikta <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	<i>Vata- Kapha Shamak, Krimighana, Rakhtastambhak</i>
4.	<i>Vrikshika Pushp (Pushp)</i>	<b>Rasa-</b> Kashaya, Tikta <b>Guna-</b> Laghu, Snigdha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Anti-oxidant, Anti-bacterial, Blood purifier
5.	<i>Doorva (Sarvaang)</i>	<b>Rasa-</b> Kashya, Madhura <b>Guna-</b> Laghu <b>Veerya-</b> Sheeta <b>Vipaka-</b> Madhura	<i>Kapha-Pitta Shamak, Vranropan, Daha-Prashman, Rakhta-shodhak, Rakta-stambhak</i>

6.	Naagvalli (Tambul) (Patra)	<b>Rasa-</b> Katu, Tikhta <b>Guna-</b> Laghu, Rukhsha, Tikshan <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Vata-Kapha Shamak, Jantughana, Shothhara, Krimighana
7.	Tulsi (Patra)	<b>Rasa-</b> Katu, Tikhta <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Krimighana, Vata-Kapha Shamak, Twak doshhar
8.	Jaati (Patra)	<b>Rasa-</b> Tikhta-kashaya <b>Guna-</b> Laghu, Snighdha, Mridu <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Tridoshar, Kushtaghan, Kandughan, Rakhtaprasadan
9.	Nili (Patra)	<b>Rasa-</b> Tikhta <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Vata Shamak, Vranropan, Kushthaghana, Krimighan, Rakhtaprasadana
10.	Narikel Tail	<b>Rasa-</b> Madhura <b>Guna-</b> Guru Snighdha <b>Veerya-</b> Sheeta <b>Vipaka-</b> Madhura	Vata-Pitta Shamak, Varnya, Daha Shamak, Kushthaghana
11.	Narikel ksheer	<b>Rasa-</b> Madhura <b>Guna-</b> Guru Snighdha <b>Veerya-</b> Sheeta <b>Vipaka-</b> Madhura	Vata-Pitta Shamak, Varnya, Daha Shamak,
12.	Yasti (Moola)	<b>Rasa-</b> Madhura <b>Guna-</b> Guru Snighdha <b>Veerya-</b> Sheeta <b>Vipaka-</b> Madhura	Pitta Shamak, Daha shamak, Shothhar, Kandughan, Kushtaghan, Rasayana
13.	Shwet Jeerak	<b>Rasa-</b> Katu <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Kapha-Vata Shamak, Rakhtshodhak, Twakdoshahar
14.	Krishan Jeerak	<b>Rasa-</b> Katu <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Kapha-Vata Shamak, Shothhara, Vata anulomak, Durghandhnashak

**Preparation of trial drugs:** The preparation of the tail will be carried out according to the Standard Preparation Method mentioned in AFI (Part-3) in DAV Pharmacy, Jalandhar.

**Duration:** Twice along with scheduled Virechana.

**Method of administration:** Local application

**Table 2: Amritadi Kwath<sup>[11]</sup> contents- Reference from Bhaishajya Ratnavali**

S.No.	Drug	Properties	Karma
1.	Guduchi	<b>Rasa-</b> Tikta, Kshaya <b>Guna-</b> Guru, Snighdha <b>Veerya-</b> Ushana <b>Vipaka -</b> Madhur	Tridosghan, Kushtghan, Rakhtshodhak, Rakhtvardhak, Rasayan

2.	Vasa (Mool)	<b>Rasa-</b> Tikta, Kashaya <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Sheeta <b>Vipaka -</b> Katu	Kapha-Pitta Shamak, Kushtghan, Vednasthapana, Rakhtshodhak
3.	Patol Patra	<b>Rasa-</b> Tikta <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka -</b> Katu	Tridosh Shamak, Vranshodhak, Vranropan, Krimighan, Raktshodhak
4.	Naagrmotha	<b>Rasa-</b> Tikta, Katu, Kashaya <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Sheeta <b>Vipaka -</b> Katu	Kapha-Pitaa Shamak, Twakdosshar, Shothhar, Rakhtprasadana,
5.	Saptaparna	<b>Rasa-</b> Tikta, Kashaya <b>Guna-</b> Laghu, Snighdha <b>Veerya-</b> Ushana <b>Vipaka -</b> Katu	Kapha-Pitta Shamak, Kushtghana, Vranshodhana – Ropan, Rakhtshodhak
6.	Khadir (kashtha)	<b>Rasa-</b> Tikta, Kashaya <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Sheeta <b>Vipaka -</b> Katu	Kapha-Pitta Shamak, Kustghana, Rakhtprasadana, Rakhtstambhak.
7.	Anantmool	<b>Rasa-</b> Madhura, Tikta <b>Guna-</b> Guru, Snighdha <b>Veerya-</b> Sheeta <b>Vipaka-</b> Madhur	Tridosh Shamak, Shothhar, Rakhtshodhak, Rasayan
8.	Nimbpatra	<b>Rasa-</b> Tikta, Kashaya <b>Guna-</b> Laghu <b>Veerya-</b> Sheeta <b>Vipaka -</b> Katu	Kapha-Pitta Shamak, Kushtghana, Vranaropan, Kandughana, Rakhtshodhak
9.	Haridra	<b>Rasa-</b> Tikta, Katu <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Kapha-Vata Shamak, Vranshodhan, Kushthaghan, Raktashodhak, Raktaprasadan
10.	Daruhaldi	<b>Rasa-</b> Tikhta -Kshaya <b>Guna-</b> Laghu, Rukhsha <b>Veerya-</b> Ushana <b>Vipaka-</b> Katu	Shothhar, Vedna-stapana, Vranshodhan, Vranropan, Rakhtshodhak

**Preparation of trial drugs:** All ingredients of Amritadi kwath will be taken and the Kashaya will be prepared as per the Standard Preparation Method mentioned in *Bhaishajya Ratnavali* in DAV Pharmacy, Jalandhar.

**Dose:** 20ml

**Dosage form:** Kwath

**Duration:** Twice a day after meals

**Method of administration:** Oral

When patient consulted in OPD on that day itself it was diagnosed with eczema due to its classical symptom rashes similar to eczema. So, *Virechana Karma* was advised to the patient as *Shodhana Chikitsa* afterwards *Japapatryadi tail* for local application and *Amritadi kwath* was given orally only after *Virechana Karma*. Along with Ayurvedic formulations patient was advised to strictly follow the diet. After these drugs patient got instant relief in itching and rashes gradually decrease. She continued the same treatment for 1 month.

Assessment of the Patient<sup>[12]</sup>

S.No.	Subjective Parameters	Scoring Criteria	Score	Before Treatment	After Treatment
1.	<i>Kandu</i> (Itching)	No itching Mild itching not disturbing normal activity Occasional itching disturbs normal activity Itching present continuously and even disturbing sleep	0 1 2 3	2	0
2.	<i>Daha</i> (Burning)	No burning sensation Mild type of burning not disturbing normal activity Occasionally burning disturbing normal activity Burning present continuously and even disturbing sleep	0 1 2 3	0	0
3.	<i>Strava</i> (oozing)	No discharge Occasional discharge after itching. Occasional oozing without itching. Excessive oozing making clothes wet	0 1 2 3	1	0
4.	<i>Rukshata</i> (Dryness)	No dryness Dryness with rough skin ( <i>Ruksha</i> ) Dryness with scaling ( <i>Khara</i> ) Dryness with cracking ( <i>Parusha</i> )	0 1 2 3	3	0
5.	<i>Pidikotpatti</i> (Eruption)	No eruption in the lesion Scanty eruptions in few lesions Scanty eruptions in at least half of the lesion All the lesions full of eruption	0 1 2 3	2	0
6.	<i>Vaivarnyata</i> (Discolouration)	Nearly normal skin colour Brownish red discoloration Blackish red discoloration Blackish discoloration	0 1 2 3	2	1
7.	<i>Raji</i> (Thickening of skin)	No thickening of skin Thickening of skin but no criss-cross marking Thickening with criss-cross marking Severe lichenification	0 1 2 3	1	0

## Outcome Measures and Follow-Up

By just following the proper Ayurvedic *Panchkarma* management with a proper dietary and social lifestyle, the patient got almost complete relief from eczema symptoms. The patient followed the above intervention for a total duration of 2 months with regular follow-up. The patient didn't leave the treatment and followed all the advice given to him. She was relieved from all the symptoms in just 2 months, which she had been suffering for the last 1 year.

## RESULT AND DISCUSSION

*Japatryadi tail* is an herbal preparation obtained from natural ingredients. These ingredients can pacify all three *Doshas*: *Vata*, *Pitta*, and *Kapha*. This oil has numerous medicinal properties, such as *Rakhtrodhak*, *Krimighana*, *Shothhara*, *Vranropan*, *Kandughana*, *Durghandnashak*, *Dahashamak*,

*Rakhtprasadana*, and many more. Overall, we found that every single ingredient has the capacity to cure skin disease.

*Amritadi kwath* is an Ayurvedic formulation used to manage the fight against the various infections in our body. *Raktshodhak* properties of this medicine are quite effective in treating skin diseases like boils, dryness of skin, acne, eczema, etc. It helps to manage the symptoms of skin diseases like itching, rashes, discolouration, oozing, etc. It removes the waste materials from our blood and body. But how it works in our body is the main aim. At that time, we saw about *Ras Panchaka*<sup>[13]</sup> of this formulation, and we found that the maximum herbs are *Kushtaghna*, *Kandughna*, *Kaphaghna*, and *Raktprasadka*. *Khadir*<sup>[14]</sup> is the main choice for every practitioner and is also popular in

society. It works on his *Kusthaghna Prabhav*. And *Ras*, *Veerya*, *Vipak* and *Guna* also provide help to cure skin diseases, as told by *Acharya Charak* and *Sushrut* also. *Giloy*<sup>[15]</sup> is known as *Amrita* also. It is used in the treatment and curing of many diseases and disorders.

His properties and action *Rasa- Tikta, Kasaya, Guna- Laghu, Virya- Usna, Vipak-Madhura, Karma-Rasayana, Raktasodhaka*. Similar actions of other single herbs used in *Kwath* have similar functions as well as modes of action in the body.



## CONCLUSION

In view of the chronic and recurring nature of *Vicharchika*, as observed in previous work, one internal drug (*Amritadi decoction*) and one external (*Japapatryadi tail*) is administered to evaluate the efficacy of the combination. The present clinical study was undertaken to evaluate the effects of performing *Virechana* prior to the administration of *Amritadi kwath* orally and *Japapatryadi tail* topically. *Acharya Charaka*<sup>[16]</sup> and *Sushrut*<sup>[17]</sup> has mentioned *Shodhana Karma* in *Kushtha Chikitsa*. So, the disease can be eradicated from roots and skin diseases like *Vicharchika*. *Virechana* is the best treatment. After *Shodhana*, *Shamana* is the best treatment for maintaining *Dosha* in a balanced state and curing *Doshic* imbalance<sup>[18]</sup>. For this *Japapatryadi tail* for local application along with oral administration of *Amritadi kwath* are well indicated for *Vicharchika*. Therefore, the treatment for skin conditions such as *Vicharchika* involves first cleansing the body through *Virechana Karma*. Then, topical application of *Japapatryadi tail* and oral administration of *Amritadi kwath*, combined with dietary restrictions, have been proven to be a boon for the patients.

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**Cite this article as:**

Sharma Megha, Sood Sanjeev. Effect of Virechana Karma Along with Japapatryadi Tail Local Application and Amritadi Kwath Orally in the Management of Vicharchika. International Journal of Ayurveda and Pharma Research. 2024;12(5):61-68.

<https://doi.org/10.47070/ijapr.v12i5.3255>

**Source of support: Nil, Conflict of interest: None Declared**

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