



Research Article

TO ASSESS THE EFFICACY OF *JAPAPATRYADI TAIL* AND *AMRITADI KWATH* IN *VICHARCHIKA* (ECZEMA)

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ABSTRACT

Skin disorders are increasingly prevalent today due to modern lifestyles and stress. Ayurveda references skin diseases primarily under the category of *Kushtha*, with *Vicharchika* (eczema) being one that is predominantly influenced by *Kapha*. While steroid therapies are commonly used, they can cause side effects. Therefore, exploring new topical treatments may help reduce the need for long-term steroid use. **Aim:** To assess the efficacy of *Japapatryadi Tail* local application and *Amritadi Kwath* in *Vicharchika* (eczema). **Materials and Methods:** This study involved an open-label clinical trial with 30 patients diagnosed with *Vicharchika* (eczema). The participants were treated with a topical application of *Tail* and an oral dosage of *Kwath* for 50 days. The effectiveness of the treatment was evaluated by assessing changes in the following clinical parameters before and after the intervention: *Kandu* (itching), *Daha* (burning sensation), *Strava* (oozing), *Rukshata* (dryness), *Pidikotpatti* (eruptions), *Vaivarnyata* (discoloration), *Rajii* (thickening of skin). Data were collected at baseline (day 0) and at the end of the treatment period. The results were analyzed using the paired 't' test to determine the significance of the observed changes. **Results:** The topical application of *Japapatryadi Tail* and *Amritadi Kwath* was found to be highly effective in reducing the symptoms of *Vicharchika* (eczema). **Conclusion:** *Japapatryadi Tail* and *Amritadi Kwath* could be used in symptomatic relief of *Vicharchika* (eczema), and also repairs and enhances the damaged skin.

INTRODUCTION

Skin is the chief casing of body, it contributes a chief role in maintaining barrier between internal and external environment, and especially the healthy skin is the first requirement for the attractive personality. Ayurveda has described all skin disease under the headline of the *Kushtha*. In the other word it can be listed as *Ayurvedic dermatology*. *Kushtha* is considered by *Charaka* and other ancient medical authority that all dermatological manifestation under 18 subtypes of *Kushtha*, *Vicharchika* is one of the *Kshudra Kushtha*^[1]. *Vicharchika* (eczema) being one that is predominantly influenced by *Kapha*^[2]. This clinical study aimed to evaluate the effect of topical application of

Japapatryadi Tail local application and *Amritadi Kwath* orally in patients suffering from *Vicharchika* w.s.r. to eczema.

AIM AND OBJECTIVES:

To assess the efficacy of *Japapatryadi Tail* local application and *Amritadi Kwath* in *Vicharchika* (eczema).

MATERIAL AND METHOD

Disease review

Eczema, also known as atopic dermatitis, is a chronic skin condition characterized by inflammation, itching, and various lesions. It can affect individuals at any age and may manifest as dryness, crusting, blistering, or bleeding. Despite ongoing research, the exact cause of eczema remains unknown, but it's widely believed to result from a combination of genetic and environmental factors^[3].

In ancient medical science, eczema is understood differently. It's considered a subtype of skin disease, known as *Vicharchika* or *Kshudra Kushtha*. According to this perspective, eczema arises

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from impaired digestion, or *Agnimandya*, which leads to toxin buildup, or *Aamotpatti*. This, in turn, disrupts the balance of the three *Doshas*, resulting in skin disturbances, including *Twak Dushti*, *Lasika Dushti*, *Mansa Dushti*, and *Rakta Dushti*^[4]. Ultimately, this imbalance drives the development of eczema, which is primarily dominated by *Kapha dosha* imbalance, making it a *Kapha Pradhana Tridoshaja Vyaadhi*^[5].

Selection of Patients

For the present study the patients fulfilling the clinical criteria for diagnosis of *Vicharchika* were randomly selected irrespective of their sex, religion, occupation, etc. from O.P.D. & I.P.D. sections of *Panchkarma* department of Dayanand Ayurvedic College, Jalandhar.

Drug source: After proper identification, the *Dravyas* will be procured from the local market and the *Kwath* and *tail* will be prepared in DAV Pharmacy, Jalandhar.

Study design

- Duration of Study: 50 days
- Number of patients to be completed in the clinical trial: 30
- Consent of the patient: Informed and written consent of the patient will be taken to enroll for study
- Performa: The complete history performa for the enrollment of patient will be filled before the treatment.

Criteria for Diagnosis

1. Classical signs & symptoms of *Vicharchika* according to textual basis.
2. A special proforma was prepared with all the signs & symptoms of *Vicharchika* as well as *Dushti Lakshanas* of *Dosha*, *Dushya*, *Srotas*, *Agni*, etc.

Inclusion Criteria

1. Patients diagnosed *Vicharchika* on the basis of classical signs and symptoms.

2. Patients of either sex with the age group between 20 – 65 years.
3. Patients who are fit for *Shodhana* and *Shamana Chikitsa*.
4. Patients willing for trial.

Exclusion Criteria

1. Patients with the age less than 20 and more than 65.
2. Lesions having secondary infections.
3. Patients who are suffering from chronic diseases like diabetes, hypertension and bronchial asthma.
4. Patients with long term Steroid and cytotoxic treatment.
5. Patients with evidence of malignancy.
6. Pregnant or lactating women.
7. Patients who are unfit for *Shodhana* and *Shamana Chikitsa*.
8. Patient who are unwilling.

Diagnostic Criteria

For the present study, the patients will be selected on the basis of signs and symptoms of *Vicharchika* as mentioned in the classical texts^[6]-

- *Kandu* (pruritis)
- *Daha* (burning)
- *Strava* (oozing)
- *Rukshata* (dryness)
- *Pidikotpatti* (eruption)
- *Vaivarnyata* (discolouration)
- *Rajii* (thickening of skin)

Preparation of the drug (SOP)

- *Japapatryadi Tail* will be prepared as mentioned in *AFI (Vol-3)*.
- *Amritadi Kwath* will be prepared as mentioned in *Bhaishajya Ratnavali*.

Japapatryadi Tail will be given for local application and *Amritadi Kwath* for oral administration to the patients as *Shamana Aushadi* for 50 days.

Japapatryadi Tail Composition Reference from AFI (Vol-3)^[7]

| S.No. | Drug | Properties | Karma |
|-------|--------------------------|--|---|
| 1. | <i>Japapatri (Pushp)</i> | Rasa- Kshaya, Tikhta Guna- Laghu, Rukhsha Veerya- Sheeta Vipaka- Katu | <i>Kapha-Pitta Shamak,</i> <i>Rakhtrodhak,</i> <i>Shonita-Sthapana</i> <i>Hridaya,</i> |
| 2. | <i>Tamlaki</i> | Rasa- Tikta, Kashaya, Madhu Guna- Laghu, Rukhsha Veerya- Sheeta Vipaka- Madhura | <i>Kapha- Pitta Shamak,</i> <i>Vranropan,</i> <i>Raktashodhak,</i> <i>Kushthaghan,</i> |
| 3. | <i>Bilva (Patra)</i> | Rasa- Kshaya, Tikta Guna- Laghu, Rukhsha Veerya- Ushana Vipaka- Katu | <i>Vata- Kapha Shamak,</i> <i>Krimighana,</i> <i>Rakhtastambhak</i> |

| | | | |
|-----|----------------------------------|--|--|
| 4. | Vrikshika Pushp (Pushp) | Rasa- Kashaya, Tikta Guna- Laghu, Snighdha Veerya- Ushana Vipaka- Katu | Anti-oxidant, Anti-bacterial, Blood purifier |
| 5. | Doorva (Sarvaang) | Rasa- Kashya, Madhura Guna- Laghu Veerya- Sheeta Vipaka- Madhura | Kapha-Pitta Shamak, Vranropan, Daha-prashman, Rakhta-shodhak, Rakta- stambhak |
| 6. | Naagvalli (Tambul) (Patra) | Rasa- Katu, Tikhta Guna- Laghu, Rukhsha, Tikshan Veerya- Ushana Vipaka- Katu | Vata-Kapha Shamak, Jantughana, Shothhara, Krimighana, |
| 7. | Tulsi (Patra) | Rasa- Katu, Tikhta Guna- Laghu, Rukhsha Veerya- Ushana Vipaka- Katu | Krimighana, Vata-Kapha Shamak, Twak doshhar |
| 8. | Jaati (Patra) | Rasa- Tikhta-kashaya Guna- Laghu, Snighdha, Mridu Veerya- Ushana Vipaka- Katu | Tridoshhar, Kushtaghan, Kandughan, Rakhtaprasadan |
| 9. | Nili (Patra) | Rasa- Tikhta Guna- Laghu, Rukhsha Veerya- Ushana Vipaka- Katu | Vata Shamak, Vranropan, Kushthaghana, Krimighan, Rakhtaprasadana |
| 10. | Narikel Tail | Rasa- Madhura Guna- Guru Snighdha Veerya- Sheeta Vipaka- Madhura | Vata-Pitta Shamak, Varnya, Daha Shamak, Kushthaghana |
| 11. | Narikel ksheer | Rasa- Madhura Guna- Guru Snighdha Veerya- Sheeta Vipaka- Madhura | Vata-Pitta Shamak, Varnya, Daha Shamak, |
| 12. | Yasti (moola) | Rasa- Madhura Guna- Guru Snighdha Veerya- Sheeta Vipaka- Madhura | Pitta Shamak, Daha shamak, Shothhar, Kandughan, Kushtaghan, Rasayana |
| 13. | Shwet Jeerak | Rasa- Katu Guna- Laghu, Rukhsha Veerya- Ushana Vipaka- Katu | Kapha-Vata Shamak, Rakhtshodhak, Twakdosahar |
| 14. | Krishan Jeerak | Rasa- Katu Guna- Laghu, Rukhsha Veerya- Ushana Vipaka- Katu | Kapha-Vata Shamak, Shothhara, Vata anulomak, Durghandhnashak |

Preparation of trial drugs: Preparation of tail will be carried out as per Standard Preparation Method mentioned in AFI (Part-3) in DAV Pharmacy, Jalandhar.

Duration: Twice along with scheduled Virechana.

Method of administration: Local application.

Japapatryadi Tail aids in treating Vicharchika (eczema) by reducing inflammation, alleviating itching, and moisturizing the skin. Its anti-inflammatory and

anti-pruritic properties help soothe irritation and redness, while its nourishing effects support skin healing. Additionally, it helps balance the *Doshas*, addressing the underlying imbalances associated with the condition.

Mode of Action of Japapatryadi Tail

Japapatryadi Tail, an Ayurvedic formulation, is a medicated oil that combines the therapeutic properties of various botanicals to treat skin disorders and enhance overall skin health. The mode of action of Japapatryadi Tail can be understood through the combined actions of its individual components, each contributing specific properties to the formulation^[8].

1. Anti-inflammatory Action

Tamlaki (*Phyllanthus fraternus*), Doorva (*Cynodon dactylon*), Yasti (*Glycyrrhiza glabra*), and Tulsi (*Ocimum sanctum*) contain compounds that reduce inflammation. These herbs possess anti-inflammatory properties that help to reduce swelling, redness, and irritation on the skin.

2. Antimicrobial and Antifungal Properties

Naagvalli (*Piper betle*), Tulsi (*Ocimum sanctum*), and Vrikshika Pushp (*Ixora coccinea*) exhibit antimicrobial and antifungal action. Thus helps in eliminating pathogenic microorganisms from the skin by preventing infections, and promoting a healthier skin environment.

3. Wound Healing and Skin Regeneration

Tamlaki (*Phyllanthus fraternus*), Doorva (*Cynodon dactylon*), and Nili (*Indigofera tinctoria*) aid in wound healing and tissue regeneration. These herbs promote the healing of skin lesions, cuts, and abrasions by enhancing the repair of skin cells and tissues.

4. Blood Purification

Japapatri (*Hibiscus rosa-sinensis*), Tamlaki (*Phyllanthus fraternus*), Bilva (*Aegle marmelos*), Doorva (*Cynodon dactylon*), and Nili (*Indigofera tinctoria*) are known for their blood-purifying properties. They help in detoxifying the blood, removing impurities, and ensuring the proper functioning of the circulatory system, which reflects in healthier skin.

5. Balancing Doshas

The formulation balances the three Doshas (*Vata*, *Pitta*, and *Kapha*) in the body. Ingredients like Japapatri (*Hibiscus rosa-sinensis*), Tamlaki

(*Phyllanthus fraternus*), and Narikel Tail (Coconut oil) specifically target the *Kapha* and *Pitta Doshas*, which are often implicated in skin disorders. By balancing these *Doshas*, the formulation helps to maintain skin health and prevent disorders.

6. Moisturizing and Soothing Effect

Narikel Tail (Coconut oil) and (Coconut milk) provide deep moisturization and soothing effects. They hydrate the skin, prevent dryness, and soothe irritated skin, making it suitable for conditions like eczema.

7. Antioxidant Activity

Vrikshika Pushp (*Ixora coccinea*) and Tulsi (*Ocimum sanctum*) contain antioxidants that protect the skin from oxidative stress and free radical damage. This helps in preventing premature aging and maintaining the skin's youthful appearance.

8. Reduction of Itching and Discomfort

Jaati (*Jasminum officinale*) and Yasti (*Glycyrrhiza glabra*) are effective in reducing itching and discomfort associated with skin conditions. They provide relief from symptoms like pruritus and burning sensations.

9. Enhancement of Skin Complexion

Narikel Tail (Coconut oil) and Jaati (*Jasminum officinale*) contribute to enhancing the skin complexion and radiance.

Mechanism

The synergistic action of the ingredients in Japapatryadi Tail ensures comprehensive skin care. The oil works by penetrating deep into the skin layers, thanks to its lipid-soluble base (coconut oil), which facilitates the absorption of active compounds. By reducing inflammation, fighting microbial infections, promoting wound healing, purifying the blood, balancing *Doshas*, providing moisturization, offering antioxidant protection, and soothing irritation, Japapatryadi Tail addresses both the symptoms and root causes of various skin disorders. Regular application of this oil helps in maintaining healthy, vibrant skin, free from common dermatological issues.

Amritadi Kwath Composition Reference from Bhaishajya Ratnavali^[9]

| S.No | Drug | Properties | Karma |
|------|-------------|--|--|
| 1. | Guduchi | Rasa- Tikta, Kshaya Guna- Guru, Snighdha Veerya- Ushana Vipaka - Madhur | Tridoshghan, Kushtghan, Rakhtshodhak, Rakhtvardhak, Rasayan |
| 2. | Vasa(mool) | Rasa- Tikta, Kashaya Guna- Laghu, Rukshsha Veerya- Sheeta Vipaka - Katu | Kapha-Pitta Shamak, Kushtghan, Vednasthapana, Rakhtshodhak |
| 3. | Patol Patra | Rasa- Tikta | Tridosh Shamak, Vranshodhak, |

| | | | |
|-----|------------------|--|--|
| | | Guna- Laghu, Ruksha Veerya- Ushana Vipaka - Katu | Vranropan, Krimighan, Raktshodhak |
| 4. | Naagrmotha | Rasa- Tikta, Katu, Kashaya Guna- Laghu, Ruksha Veerya- Sheeta Vipaka - Katu | Kapha-Pitaa Shamak, Twakdosshar, Shothhar, Rakhtprasadana, |
| | Saptaparna | Rasa- Tikta, Kashaya Guna- Laghu, Snighdha Veerya- Ushana Vipaka - Katu | Kapha-Pitta Shamak, Kushtghana, Vranshodhana –Ropan, Rakhtshodhak |
| 6. | Khadir (kashtha) | Rasa- Tikta, Kashaya Guna- Laghu, Ruksha Veerya- Sheeta Vipaka - Katu | Kapha-Pitta Shamak, Kustghana, Rakhtprasadhana, Rakhtstambhak. |
| 7. | Anantmool | Rasa- Madhura, Tikta Guna- Guru, Snighdha Veerya- Sheeta Vipaka- Madhur | Tridosh Shamak, Shothhar, Rakhtshodhak, Rasayan |
| 8. | Nimbpatra | Rasa- Tikta, Kashaya Guna- Laghu Veerya- Sheeta Vipaka - Katu | Kapha-Pitta Shamak, Kushthghana, Vranaropan, Kandughana, Rakhtshodhak |
| 9. | Haridra | Rasa- Tikta, Katu Guna- Laghu, Ruksha Veerya- Ushana Vipaka- Katu | Kapha-Vata Shamak, Vranshodhan, Kushthaghan, Raktashodhak, Raktaprasadan |
| 10. | Daruhaldi | Rasa- Tikhta -Kshaya Guna- Laghu, Ruksha Veerya- Ushana Vipaka- Katu | Shothhar, Vedna-stapana, Vranshodhan, Vranropan, Raktshodhak |

Preparation of trial drugs: The *Kashaya* will be prepared as per the Standard Preparation Method which is mentioned in *Bhaishajya Ratnavali* in DAV Pharmacy, Jalandhar.

Dose: 15 ml

Dosage form: *Kwath*

Duration: Twice a day after meals.

Method of administration: Oral

Amritadi Kwath acts synergistically to purify the blood, detoxify the body, enhance immune function, and promote skin health. The formulation is particularly effective in managing skin disorders such as eczema and psoriasis, providing symptomatic relief through its anti-inflammatory, antimicrobial, and wound-healing properties. By balancing the three *Doshas*- *Vata*, *Pitta*, and *Kapha*- it ensures holistic health benefits, making it a versatile and valuable Ayurvedic remedy.

Mode of Action of Amritadi Kwath

Amritadi Kwath^[10] works through a multi-faceted approach:

1. **Detoxification:** The herbs in the formulation, particularly *Guduchi*, *Khadir*, and *Nimbpatra*, act as powerful blood purifiers (*Raktashodhaka*). They detoxify the blood by removing toxins and impurities, which is crucial in treating skin disorders and promoting overall health.
2. **Anti-inflammatory:** Several ingredients such as *Haridra*, *Vasa*, and *Daruhaldi* possess strong anti-inflammatory properties (*Shothhara*). They reduce inflammation in the body, alleviating symptoms of skin conditions like eczema, psoriasis, and dermatitis.
3. **Immune Modulation:** *Guduchi*, known for its immunomodulatory effects, enhances the body's natural defense mechanisms. This helps in managing chronic skin diseases and preventing infections.
4. **Wound Healing:** Herbs like *Patol Patra*, *Saptaparna*, and *Neem* contribute to wound healing (*Vranropana*). They promote the repair and regeneration of damaged skin tissues, aiding in quicker recovery from skin lesions and ulcers.

- Balancing *Doshas*: The formulation balances all three *Doshas*- *Vata*, *Pitta*, and *Kapha*- ensuring holistic health benefits. This balance is essential for maintaining skin health and overall well-being.
- Antimicrobial: The antimicrobial properties of herbs like *Neem* and *Haridra* help in combating bacterial and fungal infections. This action is particularly beneficial in treating infectious skin diseases and preventing their recurrence.
- Rejuvenation: *Anantmool* and *Guduchi* have rejuvenating (*Rasayana*) properties. They nourish the body at a cellular level, improving vitality and enhancing the skin's appearance and health.
- Amritadi Kwath* effectively addresses the root causes of various skin disorders and enhances overall health through a holistic and synergistic approach.

Assessment of Symptoms of Vicharchika

Scoring system will be adopted for cardinal and associated signs and symptoms-

1. *Kandu* (pruritis)

- No itching
- Mild itching not disturbing normal activity
- Occasional itching disturbs normal activity
- Itching present continuously & even disturbing sleep

2. *Daha* (burning)

- No burning sensation
- Mild type of burning not disturbing normal activity
- Occasionally burning disturbing normal activity
- Burning present continuously & even disturbing sleep

3. *Strava* (oozing)

- No discharge
- Occasional discharge after itching.
- Occasional oozing without itching.
- Excessive oozing making clothes wet

4. *Rukshata* (Dryness)

- No dryness
- Dryness with rough skin (*Ruksha*)
- Dryness with scaling (*Khara*)
- Dryness with cracking (*Parusha*)

5. *Pidikotpatti* (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

6. *Vaivarnyata* (Discolouration)

- Nearly normal skin colour
- Brownish red discoloration
- Blackish red discoloration
- Blackish discoloration

7. *Rajji* (Thickening of skin)

- No thickening of skin
- Thickening of skin but no criss-cross marking
- Thickening with criss-cross marking
- Severe lichenification

RESULTS

The effect of *Japapatryadi Tail* local application and *Amritadi Kwath* in Group B was shown in the table. Percentage wise improvement observed in signs and symptoms like *Kandu* (69.03%), *Daha* (64.2%), *Srava* (62.6%), *Rukshata* (70%), *Pidikotpatti* (60.7%), *Vaivarnayata* (45.6%) and *Rajji* (52.3%).

Effect of Japapatryadi Tail local application and Amritadi Kwath orally

| Parameters | Mean | | Diff | % relief | SD | SE | 't' | p-value |
|------------------------------------|--------|--------|--------|----------|--------|--------|--------|---------|
| | BT | AT | | | | | | |
| <i>Kandu</i> (Itching) | 2.8000 | 0.8667 | 1.9333 | 69.03% | 0.6914 | 0.1262 | 15.314 | <0.001 |
| <i>Daha</i> (Burning sensation) | 1.6667 | 0.6000 | 1.0667 | 64.21% | 0.2537 | 0.0463 | 23.028 | <0.001 |
| <i>Srava</i> (Discharge) | 1.3333 | 0.5000 | 0.8333 | 62.6% | 0.3790 | 0.0692 | 12.042 | <0.001 |
| <i>Rukshata</i> (Dryness) | 2.000 | 0.6000 | 1.4000 | 70% | 0.5632 | 0.1028 | 13.614 | <0.001 |
| <i>Pidikotpatti</i> (Eruptions) | 1.7000 | 0.6667 | 1.0333 | 60.7% | 0.4901 | 0.0894 | 11.547 | <0.001 |
| <i>Vaivarnyata</i> (Discoloration) | 1.9667 | 1.1000 | 0.8667 | 45.6% | 0.4342 | 0.0792 | 10.933 | <0.001 |
| <i>Rajji</i> (Thickening of skin) | 1.2667 | 0.6000 | 0.6667 | 52.3% | 0.4794 | 0.0875 | 7.616 | <0.001 |

DISCUSSION

Vicharchika, or eczema, is characterized by intense itching, vesicles, discoloration, and excessive discharge. To manage this condition, treatment must address both the root cause and symptoms. According to Ayurvedic principles, this involves *Hetu Viparita* (treatment against the cause) and *Vyadhi Viparita*

(treatment against the disease) methods. The first step is to avoid exposure to triggers, known as *Nidana Parivarjana*^[11]. Then, treatment can begin with the topical application of *Japapatryadi Tail* and oral administration of *Amritadi Kwath*.

Japapatryadi Tail provides comprehensive skin care by penetrating deep into skin layers, reducing inflammation, fighting infections, promoting wound healing, purifying the blood, balancing *Doshas*, moisturizing, providing antioxidant protection, and soothing irritation.

Amritadi Kwath works synergistically to purify the blood, detoxify the body, enhance immune function, and promote skin health. By balancing the three *Doshas* - *Vata*, *Pitta*, and *Kapha* - this formulation ensures holistic health benefits. This Ayurvedic approach effectively manages eczema and psoriasis, providing relief through anti-inflammatory, antimicrobial, and wound-healing properties.

CONCLUSION

The study found that *Japapatryadi Tail* and *Amritadi Kwath* significantly alleviated symptoms of *Vicharchika*, including discoloration (*Vaivaryanata*), darkness (*Shyavata*), and skin markings (*Raji*), with a more limited effect on itching (*Kandu*). These treatments were particularly effective in reducing visible skin issues, although the relief from itching was pronounced.

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