



CLINICAL MANAGEMENT OF VICHARCHIKA (ECZEMA) THROUGH VAMANA, VIRECHANA AND SHAMANUSHADHI – A CASE SERIES

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Abstract:

Ayurveda has given due importance to skin diseases since the era of Veda. *Vicharchika* is a disorder predominantly affecting the skin with presenting symptoms like *Atikandu* (excessive itching), *Shyava Varnata* (erythema with discolorations), *Raji* (thickening lichenification of skin), *Ruja* (Pain), *Rukshata* (dry lesion). *Vicharchika* can be correlated to eczema in modern science because of the clinical features. Eczema affects all the population irrespective to sex, age, socioeconomic status. **Case summary:** In the present study 30 patients were selected incidentally and placed randomly into two groups A and B, with 15 subjects in each group. Classical signs and symptoms form the main diagnostic criteria and also were studied for assessment criteria. Group A received *Amapachana* with *Panchakoladi Churna*, *Abhyanga* with *Marichadi Taila*, *Nadi Swedana*, *Snehapana* with *Khadhiradi Ghrita (Arohana Krama)*, *Vamana* with *Madanapippali Yoga* followed by *Samsarjana Karma* and *Manjishtadi Kwatha*, *Panchatikta Ghrita Guggulu* as *Shamanoushadhi* and *Dineshavalyadi Taila* for external application. Group B received *Amapachana* with *Panchakoladi Churna*, *Abhyanga* with *Marichadi Taila*, *Nadi Swedana*, *Snehapana* with *Khadhiradi Ghrita (Arohana Karma)*, *Virechana* with *Trivruth Lehya* followed by *Samsarjana Karma* and *Manjishtadi Kwatha*, *Panchatikta Ghrita Guggulu* as *Shamanoushadhi* and *Dineshavalyadi Taila* for external application. In both the groups two months follow up was done. Assessment was done on the bases of symptomatology. In present study as per the clinical data, '*Vamana* is more effective than *Virechana Karma*'.

Key words: *Vicharchika*, Eczema, *Kushta Vamana*, *Virechana*

INTRODUCTION:

Ayurveda, the science of life not only deals with the prevention of diseases there by to maintain health but also with the alleviation of diseases. Eczema may be idiopathic and symptomatic. Basically two factors cause dermatitis and eczema, firstly an allergic or a sensitive skin, and secondly exposure to an irritant^{1,2}. Our ancient *Acharya Charaka*, *Vagbhata* and *Sushruta* have considered *Kushta* as an important disease and have categorized it under *Maharoga* and have further dealt them in detail categorizing as *Mahakushta* and *Kshudrakushta*. The disease *Vicharchika* is one amongst them, which is *Kapha Pradhana Tridoshaja Roga* coming under the category of *Kshudra Kushta*. The word "*Vicharchika*" is derived from "*Vi + Charch Adhi + Ayane ||*"³ Thus the term '*Vicharchika*' means '*Spreading of pruritic eruption over the skin*'. *Vicharchika*

is formed by 'Charch Thrjane' Dhatu, Means a type of disease. "Sa Kandū Pidaka Shyava Bahusrava Vicharchika" is the *rupa* of vicharchika.⁴ "Bahudoshaha Samshodhaya Kushti Bahusho"⁵ Since a person having *Kushta Roga* is called as *Bahudoshi*, so in *Kushta Roga Samshodhana Karma* is advocated. In the present study, 30 patients were selected incidentally and placed randomly into two groups, Group A and Group B, with 15 subjects in each group. Classical signs and symptoms form the main diagnostic criteria and also were studied for assessment criteria. Group A received *Amapachana* with *Panchakoladi Churna*, *Snehapana* with *Khadiradi Ghruta* (*Arohana Karma*), *Abhyanga* with *Marichadi Taila*, *Nadi Swedana*, *Vamana* with *Madanapippali Yoga* followed by *Samsarjana Krama* and *Manjishtadi Kwatha*, *Panchatikta Ghruta Guggulu* as *Shamanoushadhi* and *Dineshavaladyadi Taila* for external application. Group B received *Amapachana* with *Panchakoladi Churna*, *Snehapana* with *Khadiradi Ghruta* (*Arohana Karma*), *Abhyanga* with *Marichadi Taila*, *Nadi Swedana*, *Virechana* with *Trivruth Lehya* followed by *Samsarjana Krama* and *Manjishtadi Kwatha*, *Panchatikta Ghruta Guggulu* as *Shamanoushadhi* and *Dineshavaladyadi Taila* for external application.

AIMS AND OBJECTIVES

1. To study *Vicharchika* according to Ayurveda and Eczema according to Modern Medicine in detail.
2. To assess the role of *Vamana Karma* along with *Shamanoushadhi Panchatikta Ghruta Guggulu*, *Manjishtadi Kwatha*, and externally *Dineshavaladyadi Taila* in *Vicharchika*.
3. To assess the role of *Virechana Karma* along with *Shamanoushadhi Panchatikta Ghruta Guggulu*, *Manjishtadi Kwatha*, and externally *Dineshavaladyadi Taila* in *Vicharchika*.
4. To compare the efficacy of *Vamana* and *Virechana* in *Vicharchika*.
5. To evolve a comprehensive remedy for *Vicharchika*.

MATERIALS AND METHODS

A Comprehensive Clinical Trial study with randomly selected from the OPD of Department of Kayachikitsa, and 30 subjects incidentally placed in 2 groups of 15 each.

Inclusion Criteria

- Patients presenting with clinical features of *Vicharchika* (Eczema).
- Patients of either sex between the age group of 20 – 60 years.
- Patients fit for *Vamana* and *Virechana Karma*.

Exclusion Criteria

- Lesions with secondary infections.
- Subject associated with systemic or metabolic disorders such as diabetes, varicosity, Venous Ulcers.

Interventions:

GROUP – A:

Amapachana: *Panchakoladi Churna* - Till Nirama Lakshana are seen

Snehapana: *Khadiradi Ghruta* - *Accha pana* (*Arohana Karma*)

Vamana: with *Madanapippali Yoga*

Samsarjana Krama: Depending upon the *Shuddhi*

Internally:

Manjishtadi Kwatha - 30 ml Twice Daily

Pancha Tikta Ghruta Guggulu - 500 mg Thrice Daily

Anupana: Ushnodaka

Externally: *Dineshavalyadi Taila* - Quantity as required

Duration: 45 days

Follow Up: 2 Months

GROUP – B

Amapachana: Panchakoladi Churna - Till *Nirama Lakshana* are seen

Snehapana: Khadiradi Ghruta - *Accha pana (Arohana Krama)*

Virechana with *Thrivruth Lehya*

Samsarjana Krama: Depending upon the *Shuddhi*.

Internally:

Manjishtadi Kwatha - 30 ml Twice Daily

Pancha Tikta Ghruta Guggulu - 500 mg Thrice Daily

Anupana: Ushnodaka

Externally:

Dineshavalyadi Taila - Quantity as required

Duration: 45 days

Follow Up: 2 Months

Criteria for assessment of overall effect of the therapies

Effect of therapy on different parameters such as *Kandu*, *Srava*, *Varna*, Size of the lesion, *Pidaka* were examined and recorded before and after the treatment and subjected to statistical analysis

Statistical analysis

Paired “t” test was used for statistical analysis within Group A and Group B. For comparison between the both groups, unpaired t test was used

EFFICACY OF THERAPY – GROUP A

General symptoms	BT	AT	%
<i>Kandu</i>	2.46	0	100%
<i>Srava</i>	1.67	0	100%
<i>Varna</i>	2.13	0.73	65.6%
Size of lesion	3	1.73	42.22%
<i>Pidaka</i>	2	0.93	53.3%

EFFICACY OF THERAPY- GROUP B

General symptoms	BT	AT	%
<i>Kandu</i>	2.26	0	100%
<i>Srava</i>	1.67	0	100%
<i>Varna</i>	2.2	1.21	45.5%
Size of lesion	2.86	1.26	55.81%
<i>Pidaka</i>	1.4	0.66	52.38%

DISCUSSION:

Effect of therapies was statistically highly significant in both the groups. *Kandu* is mainly caused by *Kapha Dosha* and it is also the *Karma* of *Pitta Dosha*. Here *Kapha Dosha* is vitiated by *Twakgata Ambu* and *Pitta Dosha* hence *Vamana* is the best remedy for *Kapha Dosha* and *Virechana* is best remedy for *Pitta Dosha*. Both *Vamana Karma* and *Virechana Karma* showed 100% result in *Kandu*. Highly significant result was seen in both groups with 't' value 18.5 in group A and 14.78 in group B. In this way the effect of *Vamana Karma* is better than *Virechana*. Both *Vamana Karma* and *Virechana Karma* showed 100% result in *Srava*. Effect of therapies was statistically highly significant in both the groups. The vitiated *Pitta* and *Kapha Dosha* are responsible for *Srava*. Due to *Vamana* process *Kapha Dosha* is expelled out, and so it is helpful to remove the *Srava*. *Virechana* corrects the vitiation there of *Pitta*, hence reduces the *Srava* on the local lesions level. Highly significant result was seen in both groups with 't' value 13.2 in group A and 3.62 in group B. In this way the effect of *Vamana Karma* is better than *Virechana*.

Vaivarnyata: Effect of therapies was statistically highly significant in both the groups. In the present clinical study *Vamana Karma* had more role in reversing the colour of skin as compared to *Virechana*. As the disease is *Amashaya Samutha Vyadhi*, in that *Vamana Karma* expels the toxins from the body.

Vaivarnya: *Vamana Karma* showed 65.6% and *Virechana Karma* showed 45.5% result in *Vaivarnya*. Highly significant result was seen in both groups with 't' value 10.7 in group A and 7.25 in group B. In this way the effect of *Vamana Karma* is better than *Virechana*. Effect of therapies was statistically highly significant in both the groups. As for as size of the lesion is concerned, *Virechana Karma* has more influence in reducing the size of the lesion rather than *Vamana Karma*. In this study Most of the patients had lesions in the lower extremities as *Virechana* is *Adhobhaga Hara*, the toxins were easily expelled out from the affected site.

Size of lesion: *Vamana Karma* showed 42.22% and *Virechana Karma* showed 55.81% result in Size of lesion. Highly significant result was seen in both groups with 't' value 6.97 in group A and 9.79 in group B. In this way the effect of *Virechana Karma* is better than *Vamana Karma* Effect of therapies was statistically highly significant in both the groups. In the present clinical study *Vamana Karma* showed more result in reduction of size of *Pidaka* compare to *Virechana*. Even though *Pidaka* due to vitiation of *Pitta* and *Rakta Dushti*, but still *Vamana Karma* had more influence on reduction of size of *Pidaka*. As *Vamana* is indicated in *Kapha Sthananugata Pitta* and in this disease *Pidaka* is one of the *Lakshana*; as well this disease is *Kapha Pradhana Vyadhi*, ultimately *Vamana Karma* gives better result.

Pidaka: *Vamana Karma* showed 53.33% and *Virechana Karma* showed 52.38% result in *Pidaka*. Highly significant result was seen in both groups with 't' value 9.02 in group A and 6.20 in group B. In this way the effect of *Vamana Karma* is better than *Virechana*.

CONCLUSION:

The present article entitled “Clinical management of *Vicharchika* (Eczema) through *Vamana*, *Virechana* and *Shamanoushadhi*”, *Panchakoladi Churna*, *Khadiradi Ghrita Snehapana*, *Vamana* with *Madanpippli Yoga* followed by *Shamanoushadhi Panchatikta Ghrita Guggulu*, *Manjishtadi Kwatha* and Externally *Dineshavalyadi Taila* in Group A and *Panchakoladi Churna*, *Khadiradi Ghrita Snehapana*, *Virechana* with *Trivruth Lehya* followed by *Shamanoushadhi Panchatikta Ghrita Guggulu*, *Manjishtadi Kwatha* and Externally *Dineshavalyadi Taila* In Group B significantly improved the signs & symptoms of *Vicharchika* as well as the activities of daily livings there by making better the quality of life of the patients. *Vamana Karma* and *Virechana Karma* provides highly significant results in all the symptoms of *Vicharchika*. In present study as per the clinical data, *Vamana* and *Virechana* were definitely effective in the management of *Vicharchika*, but ‘*Vamana* was more effective than *Virechana karma*’.

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