



A CASE STUDY OF MANAGEMENT OF VICHARCHIKA WITH SPECIAL REFERENCE TO ECZEMA

Authors

1. **Dr. Rahul Ishwarlal Desai**

MD, Kayachikitsa, Ph.D. Scholar, Associate Professor, Dept. Of Kayachikitsa, Ashtang Ayurved Mahavidyalaya, Pune-30, Maharashtra, India.

2. **Dr. Kiran Ubhe**

MD, Kayachikitsa, Ph.D. Scholar, Assistant Professor, Dept. Of Kayachikitsa, MAM's, Sumatibhai Shah Ayurved Mahavidyalaya, Pune-28, Maharashtra, India.

3. **Dr. Kaustubh Ashok Bathe**

MD, Kayachikitsa, Ph.D. Scholar, Assistant Professor, Dept. Of Kayachikitsa, Ashtang Ayurved Mahavidyalaya, Pune-30, Maharashtra, India.

4. **Miss Deepmala Ishwarlal Desai**

M.Phil., MSc, Chemistry, Assistant Professor, First Year Engineering Department, SSBT's, College Of Engineering And Technology, Jalgaon-01, Maharashtra, India.

5. **Dr. Harshada Suhas Phate**

MD, Sharir Rachana, Assistant Professor, Dept. Of Sharir Rachana, S.M.B.T. Ayurved Mahavidyalaya, Nashik-03, Maharashtra, India.

Abstract: In the Ayurveda all skin diseases were included under the Kushtarog. Which is classified in two divisions i.e. Mahakushta and Kshudrakushta. Vicharchika is described under Kshudrakushta. Vicharchika is characterized with symptoms namely kandu, srava, pidika and shyava varna. Vicharchika is often correlated to Eczema in modern dermatology. Eczema (also called atopic dermatitis) is characterized by dry itchy skin with areas of poorly demarcated erythema and scale. In the acute phase eczema may be vesicular and oozing, in the chronic phase it may become hyper pigmented and lichenified (thickened). No satisfactory treatment is available in contemporary medical practice. Main line of treatment for vicharchika in Ayurveda is Shodhan & Shaman. Ayurveda believes that All Dosha in balance is essential for well-being, thus offers treatment for the root cause of eczema by cleansing vitiated Dosha and balancing the Dosha and Dhatus.

Keywords- Vicharchika, Eczema, Kushtaroga. Rakthamokshana –Jalaukavacharana.

1. INTRODUCTION

Vicharchika, according to Ayurveda is Rakta Pradoshaja Vikara being involved of three Dosha with dominance of Kapha. Though, it is Kshudra Kushtha, it runs a chronic course and has a tendency of exacerbations. Vicharchika can be co-related with eczema from modern system of medicine stand point which is a form of dermatitis, or inflammation of the upper layers of the skin. The term Eczema is broadly applied to a range of persistent or recurring skin rashes characterized by Redness of skin, edema, itching, with possible crusting, flaking, blistering, cracking, oozing or bleeding. In maximum cases, patients of Vicharchika (Eczema), who do not get much benefit from the treatment of modern medicine, come to Ayurveda treatment with a great hope for curing their disease. Acute eczema occurs after coming in contact with irritant or allergen. Its pathway involves inflammatory mediators, for example, prostaglandins, Helper T cells. Its clinical features are redness, swelling, scaling, crusting, and itching. All severe forms of eczema have a huge effect on life quality. Effective therapeutic agents in Allopathic medicine are limited in number and may have long term toxic side effects. The mainstay of treatment in Ayurveda for Vicharchika is Shodhana, which eliminate the vitiated Doshas. Parallel to Shodhana, Shamanoushadi also help to correct the Dhatus and bring them to normalcy.

2. AIMS AND OBJECTIVES

- 1) To Assess Different Clinical Aspect Of Vicharchika (Eczema) in Ayurveda As Well As Modern Science.
- 2) To Assess The Clinical Effect of Ayurvedic medicinal intervention and Jalaukavacharana (Raktamokshana Karma) In the Management of Vicharchika ((Eczema).

3. CASE REPORT AS FOLLOWS

A 45 years old male civil engineer by profession patient approached the OPD with the chief complaints of

Blackish discoloration (blak patches) on anterior side of b/l lower limb	
Itching (kandu) at anterior side of b/l lower limb.	
Bleeding at anterior side of b/l legs.	
Generalized weakness	since 1 month
Twak daran	since 1 month
Pidaka	since 15 days
Dah, saw,	since 1 month

PAST HISTORY OF DISEASES:

Pain, Itching Since 5-6 Month

PAST HISTORY OF PATIENT:

K/C/O Hypertension since 1 Yr On, Tab.Amlong 5mg OD

HISTORY OF PREVIOUS SURGERY:

Nothing Particular Was Noted

PATIENTS FAMILY HISTORY:

Nothing Particular Was Noted

PERSONAL HISTORY AND ADDICTIONS:

Mixed diet, disturbed sleep, emotional stress

4. EXAMINATION

► GENERAL EXAMINATION

General condition	Fair, afebrile
Pulse	86/min
B.P	112/78 mmhg
RS	AEBE clear
CVS	s1s2 normal
URINARY (SY.)	NAD
STOOL	NAD
NAIL	Pallor
Conjunctiva	Pallor
Tounge	Coated

G.I. SYSTEM:

Loss of appetite, discomfort in abdomen.

CNS:

Conscious and Oriented

LOCAL EXAMINATION:

B/l lower limb swelling, discolored patches -hard on touch.

ASHTAVIDHA PARIKSHAN

NADI	76/ MIN
MUTRA	5-6 times/ day
MALA	2 TIMES /DAY
JIVHA	SAAM
SHABDHA	SPASHTA
SPARSH	ANUSHNSHEET
DRUK	AVISHESH
AKRUTI	MADHYAM
BALA	MADHYAM

5. MATERIALS AND METHOD

Type of study: Simple Random Single Case Study Material with daily Treatment and Prognosis

TABLE 1: SUBJECTIVE PARAMETERS

SYMPTOMS	GRADATION	SCORE
Kandu (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients attention	2
	Severe itching disturbing patients sleep	3
Strava (Discharge)	No <i>Strava</i>	0
	Occasional <i>Strava</i> after itching	1
	Mild <i>Strava</i> after itching	2
	Profuse <i>Strava</i> making clothes wet	3
Pidaka (Papules)	Absent	0
	1-2 <i>Pidaka</i> in one affected part	1
	3-4 <i>Pidaka</i> in one affected part	2
	More than 4 <i>Pidaka</i> in one affected part	3
Shyavata /vaivarnyata (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3
Rookshata (Dryness)	No dryness	0
	Dryness with rough skin	1
	Dryness with scaling	2
	Dryness with cracking	3
Daha (Burning sensation)	Absence of Burning sensation in affected part	0
	Rarely burning sensation in affected part	1
	Continues burning sensation in affected part	2
	Disturbing patients sleep	3

TABLE 2: OBJECTIVE PARAMETERS

SYMPTOMS	GRADATION	SCORE
Number of patches	No patch	0
	1-2 patches	1
	3-4 patches	2
	More than 5 patches	3
Area of patches	In between 0-10 sq.cm	0
	In between 10-20 sq.cm	1
	More than 20 sq.cm	2

TABLE 3: DETAILS OF MEDICINES USED IN STUDY

Sr. No	Dravya	Dose	Aupana	Week
1	Panchnimbadi vati	250mg 2 tds	Lukewarm water after food	4
2	Gandhak rasayan vati	250mg 2 tds	Lukewarm water after food	4
3	Sukshma triphala vati	250mg 2 tds	Lukewarm water after food	4
4	Raktamokshana (Jalaukavacharana)	Once/wk	-	4

6. DETAILS OF PROCEDURE OF JALAUKAVACHARAN

Jalauka was applied on the affected area on 7, 14, 21 and 28th day of the treatment. The affected area was cleaned. *Jalauka* were applied on the area and was allowed to suck blood until it left the site by its own. Turmeric powder was applied and the dressing was done. The blood sucked by *Jalauka* was collected and measured. Approximately 5ml of blood was sucked by it every time. Collected and measured. Approximately 5ml of blood was sucked by it every time.

7. OBSERVATION AND RESULT

The patient had started improving during treatment and at the end of 28th day there was overall recovery.

OBSERVATION

Table 4: Showing changes in symptoms before and after treatment

SYMPTOMS	GRADE BEFORE TREATMENT	GRADE AFTER TREATMENT
Kandu	2	0
Strava	2	0
Pidaka	2	0
Shyavata/vaivarnyata	3	1
Rookshata	3	1
Daha	2	0
Number of patches	1	0
Area of patches	1	0

RESULT



The patient had started improving during treatment and at the end of 28th day there was overall recovery with Ayurvedic treatment it has relief in all the subjective and objective parameters.

8. DISCUSSION

Hetu of Vicharchika as:

AHARA

Virudha ahara

Excessive use of Amla and Lavan ras Yukta food

Drava, Snighda and Guru Ahara

VIHARA

Heavy physical exercises

Exposure to heat

Withholding Mutra and

Purish vega

SAMPRAPTI GHATAKA

Dosha- Tridosha

Dushya- Twak, Rakta, Mamnsa, Lasika

Strotas – Rasa, Rakta

Adhishthana – Twacha

Rogmarga – Bahya

Swabhava – Chirkari

PROBABLE MODE OF ACTION

1. PANCHNIMBADI VATI

Vicharchika has Tridoshaj dushti, Guduchi, Haridra, Indrayava, Haritaki present in Panchnimbadi vati acts as Tridoshaghna. Guduchi and Haritaki also acts as Rasayan and Daha prashaman. Haridra, Nimba, Daruharidra, Patha, Khadira, Brahmi, Vidanga acts as Kandughna and Kushtaghna. Tikta, Kashay gun in Guduchi, Nimba and Haritaki acts as Kledaghna and Kaphagna. Thus Panchnimbadi acts as Raktaprasadak Kandughna, Kushtaghna, Tridoshaghna and helps in curing the disease.

2. GANDHAK RASAYAN

In vicharchika there is tridoshaj, and rakta dushti with agnimandya. Different bhavana dravya in vati act as bactericidal and thus causes blood purification. Guduchi, nagkeshar, haritaki, sunthi, has properties of katu kashay rasa and ushnavirya. Thus it does dipana, pachana, kledhar and kaphghna and in this way also acts as kushtaghna and kandughna and helps in curing the disease. Also triphala works as rasayana.

3. SUKSHMA TRIPHALA VATI

Vicharchika has Tridoshaj dushti dravya in vati act as Tridoshaghna also triphala works as rasayana. Bibhitaki, Guduchi are Kaphaghna, Krimighna, Haridra atc as Shothaghna, Krimighna, Kajjali acst as Tridoshahara, Jantughna, Saptadhatuwardhan which helps in curing the disease.

3. RAKTHAMOKSHANA -JALAUKAVACHARANA

Vicharchika is a type of Kushtha having Tridosha prakopa, pradhana Raktadushti and Chirakari manifestation. Sushruta has given great emphasis to Jalaukavacharana in the therapy for Raktapradoshaja Vyadhi, Tridosha Prakopajanya and Chirakari diseases. Jalauka expels out vitiated blood, very sharply from selected part of the body. Saliva of Jalauka contains enzymes like Hirudin which works as anticoagulant, antibiotic action, Calin which prevents blood coagulation, Eglin, Hyaluronidase acts as anti-thrombin, antitrypsin and chymotrypsin etc.

A Case of vicharchika treated with Jalaukavacharana shows improvement in skin texture, luster, and decrease in lesion size & relief in itching and other presenting complaint of patient.

ACTION OF MEDICINES AND OTHER PROCEDURES

Sr.no	Dravyas	Action
1	Panchnimbadi vati	Kushtaghna, Raktaprasadak
2	Gandhak rasayan vati	Agnideepak, Kaphagna, Kledaghna, Raktaprasadak, Kushtaghna
3	Sukshma triphala vati	Raktashodhana, Rasayan Shothaghna, Krimighna, Tridoshahara,
4	Raktamokshana	Rakta Shodhana

9. CONCLUSION

The case report demonstrates the treatment of Vicharchika completely with only Ayurvedic medicine and intervention like Raktamokshan procedure. Pathya sevana plays a major role in the treatment of Vicharchika. Apathya should be avoided. The patient had relief and symptoms had lowered significantly. Therefore, the given Ayurvedic treatment was successful in treating the disease.

10 REFERENCES

1. Arya neelam, sharma anita, gothecha V. K., Khatik rohit kumar. Ayurvedic management of eczema (vicharchika)- A review. International journal of ayurveda and pharma research. 2016;4(4):64-70.
2. Savlagimath mp, rani j, patil sf. Ayurvedic management of vicharchika with special reference to eczema: A case report. Indian J health sci biomed research 2018; 11:92-6.
3. Neha rawat pritam monhara rakesh roushan ayurvedic management of vicharchika a case report International journal of basic and applied research. September 2018 volume 8.
4. Ashish thatere, prakash kabra, satyendra vishvakarma, ashwini gaonkar, pawan chauhan. Management of side effect of bakuchi taila application by leech application. Journal of ayurveda physicians and surgeons, 2017, vo.4 (1):12-14.
5. Patil kavita sachin, phartale vaibhav dattatray, patil sachin madhav, role of gandhakrasayan in shushka vicharchika (eczema). Ayushdhara, 2016; 4(3): 1207-1210.
6. Shital bhagiya et al: review study of management of vicharchika(eczema) through jalaukaavcharankarma. International ayurvedic medical journal 2017.
7. Vd.Supriya S.Wagh and vd. Tushar Khairnar, effects of Haridra khand and Panchtikta ghrita in Dry Eczema (jeerna vicharchika)- A case study. 2017, volume 6, issue 14, 802-805.
8. Abhijeet Bharamgonda. "A clinical study of management of Vicharchika (eczema) by Brihat Haridrakhanda and lepa of Arka Taila in Children 2009, dept of P.G studies in Kaumarbhritya S.D.M college of Ayurveda and hospital, Hassan -573201.
9. Shri Rajeshwardatta Shashtri, Bhaishajya ratnavali, Varanasi, Chaukhamba Prakashan 2016, pg no 197,198.
10. Vd.Harish Chandra Singh Kushwaha, Caraka Samhita part two, reprint edition: 2018, Varanasi, Chaukhamba Prakashan 2009, pg no 196.
11. Dr. Pranjivana Manekchanda Mehta, Susruta Samhita, reprint edition 2018, Varanasi, Chaukhamba Prakashan, 2012, pg no 319.