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THE ROLE OF DHAMARGAVA KSHEERAPAKA VAMANA MANAGEMENT OF VICHARCHIKA: - A SINGLE CASE STUDY

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Abstract:

Vicharchika is one of the eleven *Kshudrakushta*. *Vicharchika's* *lakshana* is "*KanduPidikaShyavaBahusrava*". *Vicharchika* is a *Kapha dosha pradhan vyadhi*, according to *Acharya Charaka*. *Acharya Vagbhata* referred to *Vicharchika* as *Pitta Kapha Pradhan Vyadhi*. Eczema is a disorder similar to *Vicharchika*, with symptoms including pruritus, erythema, edema, vesiculation, leaking, crusting, and scaling. Patients with skin diseases may face physical and psychological shame in society. This requires the condition to be approached through many forms of treatment in order to get the desired effect. This case report is about a 30-year-old male patient who was diagnosed with *Vicharchika* and complained of a black skin lesion on both legs, along with drainage, burning, and itching.

Methods: The subject was treated with *DhamargavaKsheerapaka vamana*, and assessments were conducted on the first and tenth days based on the *lakshana* following *Samsarjana karma* EASI score.

Result: After *Vamana* and 7 days of therapy, there was an important decrease in symptoms and signs, as well as the EASI score.

Keywords: *Vicharchika, Kushta, Eczema, Vamana, Dharmargava Ksheerapaka*

INTRODUCTION:

Ayurvedic science classifies all skin diseases as *Kushtaroga*. *Kushta* manifests itself through the stimulation of all three *Doshas* (*Vata*, *Pitta*, and *Kapha*) as well as the deformity of four key responsible *Dahatu* (*Twak*, *Mamsa*, *Rakta*, and *Lasika*). Charaka believes that the predominant symptoms of the *Dosha* should be treated first, followed by the related symptoms and their causal *Dosha*¹.

Mahakushta and *Kshudrakushta* are two other classifications. *Vicharchika* is one of the *Kshudrakushta*. *Vicharchika* is a *kapha-pitta Pradhanridoshajvyadhi* with particular participation of *Rasa*, *Rakta*, *Mamsa*, and *Kleda* (*Lasika*) *Dushya*, the *Sapthak dravya*, in illness manifestation. Classical diagnostic symptoms for *Vicharchika* include itching, eruptions, blackish staining, and profuse oozing². *Acharya Sushruta* described symptoms such as acute itching, agony, and clinically dry linings (*Sushka Vicharchika*).³

According to *Astanga Haridya*, the nature of *Srava* was defined as '*Lasikadhya*', but *Indu* interpreted *lasikadhya* as '*Jala Pravah*,' i.e. watery. Discharge⁴ *Kushta* is a skin condition that affects a person both visually and emotionally as a result of the social shame associated with deformed skin look. The skin, *Upadhatu of Mamsa*, which originated from *Matraj Bhav* and is also an *Adhithana* of *Sparshanendriya*, covers the whole exterior part of the body⁴.

In current times, *Vicharchika* can be compared to *Eczema*, which has more comparable signs and symptoms such as non-contagious skin inflammation characterized by erythema, scaling, edema, vesiculation, and ooze. There are numerous forms of *eczema*, with the most common being atopic or allergic dermatitis. Daily visits to general practitioners account for 10-15% of patients with dermatological illnesses, and of all skin diseases, 30% are *eczema*-related. *Dermatitis* was estimated to affect 245 million people globally in 2015, more widespread among youngsters (15-20%) and adults (1-3%) globally⁵, the frequency among the age range 6-7 years is 0.9% in India.^{6,7}

Case report:

A 30-year-old male patient presented to *Panchakarma* OPD with symptoms of a black skin lesion on both legs accompanied by drainage, burning, and itching sensations for 15 days. *Vicharchika* (*Eczema*) was diagnosed 5 years ago and was treated with Ayurvedic medicine.

History of presenting illness:

Subject was apparently healthy 5 year back. For the same complaints she approached our hospital.

Clinical findings:

On general examination, the patient was a thin, fairly fed girl. Blood pressure 110/80mmHg, temperature 98oF, pulse 82/min, and respiration rate 16cycles/min. On inspection, pallor and icterus were not present. Central cyanosis, digital clubbing, and local lymphadenopathy were all absent. Oedema was absent.

Systemic examination**Dashavidhapareeksha (Ten fold examination):**

- *Prakrithi* (~ body constitution) - *Vatapitta*;
- *Vikrithi* (~abnormal tissues affected) - *Twak, Rakta* (~Skin and Blood);
- *Satva* (~will power) - *Madhyama* (~Moderate);
- *Sara* (~essence of body tissues) - *Madhyama* (~Moderate);
- *Samhanana* (~Nourishment) - *Madhyama* (~Moderate);
- *Aharashakthi* (~Power of digestion) - *Madhyama* (~Moderate);
- *Vyayamashakthi* (~Power of performing exercises) - *Madhyama* (~Moderate);
- *Vaya* (~Age) - *Vridha* (~Old).

AshtavidhaPariksha(Eight fold examination):

- *Nadi*(~pulse) - *Vataja*;
- *Mutra*(~nature of micturition) - *Prakritha*(~normal)
- *Mala*(~Nature of stool) - *Prakritha*(~normal)
- *Jihva*(~Status of tongue) - *Alipta*(~not coated)
- *Shabdha*(~auditory reflexes) - *Prakritha*(~normal)
- *Sparsha*(~tactile) - *Prakritha*(~normal)
- *Drik*(~visual reflexes) - *Prakritha*(~normal)
- *Aakrithi*(~body built) - *Krishha*(~lean).

Nidana(~Etiology/Causative factor):

- *Ati Amla and lavanaAaharaSevana*(~consumption of more sour and salty food); *Divasvapana*(~Sleeping in day);
- *Ati Snigdhaaharasevana*(~consumption of more oily food).

Srotopareekskha(~Examination of circulatory channels involved): The involved *Srotas*(~circulatory channels) are *Rakta*(~Blood) which have origin from *Rasa*(~plasma). The *Lakshanas*(~symptoms) are *kandu* (~itching), *Pidika* (~eruptions), *Shyava* (~blackish discoloration) and *BahuSrava*(~excessiveoozing).

OBJECTIVES:Management of *Vicharchika* (Eczema) through *Ayurveda*.

MATERIALS AND METHODS:

Materials were gathered from *Ayurvedic Samhitas*, various publications, textbooks, research articles, and internet-based data. All the literary elements were examined and rearranged following the current study.

Day	Intervention	Dose
1 st day-4 th day	<i>Sarvanga Udwarthana</i> f/b <i>Sarvanga Parisheka</i> with <i>DMQ</i>	
5 nd to 7 th day	<i>Snehapana</i> with <i>Panchatikata Grita</i>	5 th day 30ml 6 th day 120ml 7 th day 180ml
8 TH Day	<i>Vishramakala</i>	1 day
9 th Day	<i>Dhamargava Ksheera</i> <i>Paka Vamana</i>	<i>Dhamargavakeheera</i> <i>paka 70ml</i> <i>Honey100ml</i> <i>Saindhava lavana 12 gm</i>

RESULT:

Parameter	Before treatment	After treatment
<i>Kandu</i> ⁸	Present	Absent
<i>Pidika</i>	Absent	Absent
<i>Shyava Varna</i>	Present	Reduced
<i>Bahusraava</i>	Present	Absent
EASI score ⁹	4.9	0

DISCUSSION:

Kushta manifests itself through the stimulation of all three *Doshas* (*Vata*, *Pitta*, and *Kapha*) and the malformation of our key responsible *Dahatu* (*Twak*, *Mamsa*, *Rakta*, and *Lasika*). According to *Acharya Charaka*, the governing symptoms of the *Dosha* should be addressed first, followed by accompanying symptoms and the causal *Dosha*. *Acharya Charaka* stated in *Vimanasthana* that if an individual with a *Kapha* predominate constitution is exposed to something that aggravates *Kapha*, it leads in *KaphaDosha*aggravation instantly, as well as the power of *KaphajaVyadhi*. The vitiated *Tridosha* - *Vata*, *Pitta*, and *Kapha*, together with compromised *Tvak*, *Rakta*, *Masa*, with *Lasika*, constitute seven significant entities that play a part in the physiology of this cutaneous illness, and *Kapha* being the primary dosha implicated in *Vicharchika*. In the instance of *Vicharchika*, cardinal criteria for diagnosing ticpurpo stated in our classics include *Kandu* (itching), *Pidika* (eruptions), *Shyava* (blackish discoloration), and *Bahu Srava* (excessive ooze). *Udvarthana*¹ a *Bahirparimarjana Chikitsa*, which is conducted in *Pratiloma gatis Bahya Rookshana karma*, affects *Kapha* and *Vata* disorders by promoting liquefaction of *Kapha* and *Meda*, which stimulates metabolism.

Kapha & Pitta doshas, or are liable with symptoms such as *kandu*¹⁰, *Vata* performs the *shyava the Varna* of *Tvak*, while *Pitta* has responsibility for *Lakshana* things such as *Bahu sraava* and *daha*. *Kushta* is a chronic condition for which repetitive *Shodhana* has been recommended¹¹. According to *Acharya Sushruta* for *Kushta chikitsa*, *Vamana* can be performed every 15 days, *Virechana* once every thirty days, & *Raktamokshan* every 6 months. In *Bahu dosha* conditions, *Shodhana* such as *Vaman* is mostly suggested. *Vamana karma* is one of the *Shodhana Chikitsa* that is effective in lowering *Kapha-medho dushti* as *kapha* receives vitiated, causing *Srotorodha*. *Vamana*. *Drugs* such as *Usna* (hot), *Tiksna* (sharp), *Suksma* (sutle), and *Vyavayi* (which pervades the whole body before digestion) *Vikasi*, which cause joint looseness, can reach the heart and circulate through the vessels due to their potency. Because of their *Agneya* character, these liquefy the compact *Dosas*, and their acuteness separates your (adhered) *Dosas* located in the gross and subtler channels through the body. The morbid substance, like honey preserved in a pot covered with fat, separates and travels freely throughout the oiled body. Because of its ability to pass through delicate channels and flow (towards the gastrointestinal system), this morbid material enters the stomach and is driven by *Udana vayu*. Because of the *Agni* and *Vayu Mahabhutas* in these drugs, as well as their distinctive activity of moving upwards, infectious material is ejected through the ascending tract. Therefore, all of these *Ayurvedic* treatments play an important part in treating *Vicharchika*¹².

CONCLUSION:

Dhamargava ksheerapaka has shown substantial outcomes for *Vicharchika*¹² parameters. Based on the results of this clinical investigation, we can infer that this unique combination is a successful formulation for the treatment of *Vicharchika*¹². The current study focused on a single topic. As a result, an extended investigation with a large sample size may be explored to confirm the therapy in *Vicharchika*¹² patients.

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Conflict of interest: None declared

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