



Case Study

AYURVEDIC MANAGEMENT OF VICHARCHIKA (DRY ECZEMA)

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ABSTRACT

Skin disorders are major health issues in the present era. It is a multifaceted concept that includes the emotional, social, and economic impacts on individuals, their families, and society as a whole. All skin conditions are classified as "*Kushta*" in Ayurveda, which is further divided into *Mahakushta* and *Kshudra Kushta*. *Vicharchika* is explained by Acharya Charak in *Kshudra kusta*. In Ayurveda, *Vicharchika* is a *Rakta Pradoshaja Vikara*, involving three *Doshas* with *Kapha* predominance. A patient of 40 years, old man consulted in OPD of Kaya Chikitsa department, Sir Sundarlal Hospital, IMS, BHU. Patient was presented with complains blackish reddish patches with tearing of skin along with burning sensation and itching on both the hands with involvement of fingers since 8 yrs. Patients was treated on line of *Rakta Pradoshaja Vikara* and *Dosha* dominance. Patient was given *Saman aushadi* like- *Aarogyavardhini Vati, Kaishor Guggulu, Panchtikta Ghrit Guggulu, Patolakatukrohini Kashaya* and *Lepa* of *Sidharthak Churna* with water and 2 sitting of *Jalaukavacharan*. The results of the treatment are recorded as a photographic document, As per the result lesions of the skin became lighter in colour and erythema and itching was completely gone. With the help of Ayurvedic treatment we can completely cure this disease with proper medication and diet management.

INTRODUCTION

The skin is much more than just a protective coat and encounters a high number of antigens at the interface between the body and the surrounding environment^[1]. Skin diseases occur all over the world at significant levels. Skin disorders impact all demographic groups equally and without regard to race, although they are more common in children and those from lower socioeconomic backgrounds. This is mostly because of bad hygiene habits. Various studies also suggest that skin infections are more prevalent in extreme climatic conditions. Most skin infections transmit through contact^[2].

As per Ayurveda classics *Vicharchika* is *Rakta Pradoshaja Vikara* being involved of three *Dosha* with dominance of *Kapha*. *Vicharchika* is described under

Kshudrakushta but it has a propensity for exacerbations and has a chronic course. From the perspective of the contemporary medical system, *Vicharchika* is co-related to eczema, a kind of dermatitis, or inflammation of the epidermis, which is a condition that affects the upper layers of the skin.. Eczema is broadly used to a range of persistent or recurring skin rashes characterized by redness, skin oedema, itching, with possible crusting, flaking, blistering, cracking, oozing or bleeding. The existing treatment in contemporary medical sciences for Eczema consists of reassurance, elimination of predisposing causes and palliative measures. It is also said that no specific medication can cure eczema, though few drugs give symptomatic relief only.³there are many causes of *Viharchika* like - excessive intake of foods that are salty, spicy, sour, fermented, dry, stale, and cold, as well as regular late-night work schedules. Excessive intake of teas, coffee, alcoholic beverages, aerated drinks, indigestion, constipation, acidity or flatulence, excessive physical, mental and sexual activities and the stress is responsible for causing *Vicharchika*^[4].

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Case Study

A patient of age 40 years with MRD 5521551 come in OPD of Kaya Chikitsa of Sir Sunder Lal Hospital, IMS BHU, with complain blackish reddish patches with tearing of skin along with burning sensation and itching on both the hands with involvement of fingers since 8 yrs.

History of Present Illness

Patient is apparently asymptomatic 8 years ago; then he had complaint of Blackish reddish patches with tearing of skin along with mild burning sensation and intense itching on both the hands with involvement of fingers. The manifestation is of gradual onset with progressive in nature; patient also had experience of roughness with cracking in skin which appears as erythema at the affected site. So he contact to dermatology took the Allopathic medications for 1yr, but didn't get any relief so, pt come in OPD of Kayachikitsa of Sir Sunder Lal Hospital, IMS, BHU.

Past History: No history of DM/HTN/Thyroid disorder etc

Family History: No significant history

Personal History

Diet: Mixed (vegetarian + non-vegetarian) 2-3 times per day

Bowel: Normal frequency (1-2times per day); well formed stool

Micturition: 7-8 times/day

Sleep: Disturbed due to excessive itching at night.

Occupation: Work in BLW as engineer

Addiction: No any

General Examination

- Decubitus – None
- Built- Well built

- Pigmentation– Black reddish patches with tearing of skin, itching, burning sensation (*Raji* formation, *Rukshata*, *Raga*, *Kandu*).
- Nutrition – Moderate
- Pallor – Absent
- Icterus – Absent
- Cyanosis – Absent
- Lymphadenopathy – Absent
- Tongue – Non-coated
- Nails – Absent
- Clubbing – Absent
- Oedema – Absent

Systemic Examination

- C.V.S – S1 & S2 normally heard; no murmur present.
- R.S – Trachea centrally placed; uniform chest expansion; bilaterally equal air entry.
- G.I.T – Soft, no scar, no pigmentation, non-tender, no organomegaly.
- C.N.S – The patient is well oriented to person, place and time.

Dermatological Examination

Examination of skin reveal: Blackish reddish patch on both hand, patches raised with cracking of skin with mild oozing present on patches.

Asthavidha Priksha

Nadi – Pitta -kaphaj

Mutra – Prakrit

Mala – Prakrit

Jivha – Nirmala, Sveta-varna

Sabda – Spastha, Na guru na sputha

Sparsha – Na sheets na ushna

Drik – Malin

Aakriti –Prakrita

Table 1: Gradation of Symptoms/Subjective Parameters of Vicharchika^[5]

Symptoms	Gradation	Score
<i>Kandu</i> (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients attention	2
	Severe itching disturbing patients sleep	3
<i>Strava</i> (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
<i>Pidaka</i> (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
<i>Shyavata/Vaivarnyata</i> (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2

	Blackish discoloration	3
<i>Rookshata</i> (Dryness)	No dryness	0
	Dryness with rough skin	1
	Dryness with scaling	2
	Dryness with cracking	3
<i>Daha</i> (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

Treatment

The patient was advised for *Jalauka* application and internal and external medication for 1 month. The details of the therapy are given below.

Sansaman Chikitsa

1. *Panch tikta ghrita guggulu* 500mg BID
2. *Kaishoor guggulu* 500mg BID
3. *Arogyavardhani vati* 250mg BID
4. *Patolkatukarohini kashayam* 40ml BID
5. *Sidharthak churna lepa* with water.

Sansodhana Chikitsa

- *Jalaukavacharana*

Days	Treatment
1-6 th day	<i>Sansaman aushadi + Sidharthak churna lepa</i>
7 th day	<i>Jalauka application + Sansaman aushadi</i>
8- 13 th day	<i>Sansaman aushadi + Sidharthak churna lepa</i>
14 th	<i>Jalauka application + Sansaman aushadi</i>
15 -30 th days	<i>Sansaman aushadi + Sidharthak churna lepa</i>

Details of Procedure of *Jalukavacharan*

Jalauka was applied on the affected site on 7th and 14th day of the treatment. The affected area was cleaned by normal water. *Jalauka* were activated by putting in *Harirda* mixed water. After that it was pour in fresh water than it was applied on the site and was allowed to suck blood until it left the site by its own. Now leech was made to vomit the sucked blood.

Yastimadhu churna was applied and the dressing was done. The blood sucked by *Jalauka* was approximately 5-15ml of blood was sucked by it every time.



Details of Procedure of *Lepa* Application

Sidharthak snana churna was taken 5gm and mixed with water and paste was made. Paste was applied twice a day daily and kept for 30 minutes. Afterwards *Lepa* was rinsed with water and affected area was cleansed properly. This procedure was followed daily for 30th days except day of *Jalukavacharan*.

OBSERVATION

Table 2: Showing changes in Symptoms Before and After Treatment

Symptoms	Grade Before treatment	Grade After treatment
<i>Kandu</i>	3	0
<i>Strava</i>	1	0
<i>Shyavata/Vaivarnyata</i>	2	0
<i>Rookshata</i>	3	0
<i>Daha</i>	2	0
Number of patches	2	0

Before start of treatment



After 10th day of treatment



After 20 days of treatment



AFTER 30 DAY OF TREATMENT



RESULT

Patient had started improving during treatment and at the end of 30 days there was overall recovery. With Ayurvedic treatment it has relief in all the subjective and objective parameters.

Mode of Action of Raktamokshana in Vicharchika^[6]

Leech when applied on affected skin patches, it sucks the blood at superficial level. It might be from capillaries or extra cellular. Leech has counter irritant effect on the affected patches, which stimulates new cellular division which takes place removing dead cell layer and result in reduction of local swelling and lichenification.

Jalauka therefore have a positive impact in *Vicharchika* by expelling the vile, morbid *Doshas*. However, *Jalauka* also releases some enzymes into the wound that act as anticoagulants and improve blood circulation. These enzymes include Hirudin, Calkin, Hirustasin, Bdelins, and Eglins. This therapy's effects go beyond simply expelling the vitiated blood.

Mode of Action of Sidharthak lepa in Vicharchika

Sidharthaka Choorna^[7] is an herbal powder. It contains unique herbal formulas used for treating skin conditions including urticaria, acne, itching, and other conditions that are inherited from old Indian tradition. Ayurvedic heritage has been used to make this herbal powder. There are no known side effects with this *Lepa*.

It is mentioned in *Charak kustha chikitsa* chapter and it is mentioned as *Kusthahara*, *Varnya* (improves the color of skin), *Twak dosha hara* (good for skin diseases), *Shwayathu* (edema) and *Pandu* (anemia).

Mode of action of Kaishore guggulu^[8]

In Ayurveda classics, the mode of action of drug is determined by the dominant pharmacodynamic factor of a particular drug like- *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*. The drugs act as an opponent to

the involved *Dosha* and causes *Samprapti Vighatan*. In *Kaishor Guggulu* contents are prominence of *Tikta Rasa*, it pacifies *Pitta Dosha* and *Tikta Rasa* is also *Deepan*, by which it improves *Agni* and *Pachana Karma* helps in *Ama Pachana*. *Tikta* and *Kshaya Rasa* also decrease the *Kled Guna* of *Rakta*, *Kapha* and *Ama*. It has properties like *Lekhan* and *Shoshan* which helps in clearance of obstruction due to *Ama Dosha*.

In *Kaishore guggulu* maximum ingredients are *Laghu* and *Ruksha in Guna*, they help in clearance of *Srotas Avrodha* which increases the effect of drugs. *Ruksha Guna* helps in assimilation of *Mala* and *Ama*. As the *Pradhan Virya* of *Kaishore guggulu* is *Ushna*, it has *Vata-kaphahar* property and acts as *Deepana* and *Pachan*. It also helps in *Vilayan* of *Doshas* which is necessary step in bringing *Shakhagata Dosha* towards *Koshtha*.

Majority of content in it is *Madhura Vipaka*, thus it is *Vata-pittashamak*. Also *Madhura Vipaka* has *Purish Virechan* and *Mutra Virechan Karma*. It also helps in *Utrotra Dhatu Pushti*. *Madhura Vipaka* formulations act like *Rasyana* and helps in rejuvenation.

In general, *Kaishore guggulu* has *Tridosh Shamak* and *Rakta Shodhak* properties along with *Rasayana Karma*.

Mode of action of Panch tikta ghrita guggulu^[11]

Panchatikta ghrita guggul from *Bhaishjya ratnavali Kushthrogadhikara*. The main ingredients of this drug are *Panchatikta gana dravyas*, ghee and *Guggulu*. Because all of the ingredients in *Panchatikta ghrita guggulu* contain *Tikta rasa*, *Laghu*, and *Ruksh guna*, it likely works as an anti-itching, *Kled* and *Vikrut meda upashoshan*, *Vranashodhak^[12]*. It mainly acts on *Kleda*, *Meda*, *Lasika*, *Rakta*, *Pitta*, *Swed* and *Shleshma*. *Nimb* (*Azadiracta indica*) has chemical constituents like *Nimbin*, *Nimbidin* possesses significant dose dependant anti inflammatory activity and anti-ulcer

effect. *Guduchi* (*Tinospora cordifolia*) contains Berberin and tinosporin mainly acts as anti-oxidant^[13] and immune-potentiating thus cell layers during disease pathology are improved by this drug. *Vasa* (*Adhatoda vasica*) has Vascicicnone, it has anti-histaminic^[14] property as well as it is anti-oxidant and anti-inflammatory. *Patol* (*Trichosanthes dioica*) has anti-oxidant^[15] and *Nidigdhika* (*Solanum xanthocarpum*) has anti-histaminic^[16] property. *Guggulu* (*Commiphora mukul*) has wonderful property to act on *Vikrut kleda* and *Meda*, *Mamsa dhatu* as it contains *Katu*, *Tikta*, *Kashay*, *Madhur rasa*, *Ushna veerya* and *Katu Vipak*^[17]. *Guggulu* stimulates the body activity to build up immune system. *Ghritha* helps transport ions to a target organ due to its lipophilic action. Its lipophilic property makes it easier for drugs to enter cells and get to the mitochondria, micro, and nuclear membranes. It aids in restoring normal skin texture. So all these properties acts mainly at cellular level of skin, thus improving cell cycle as a result symptoms like itching, deranged complexion, unctuous, perspiration, white or red patches are subside and giving normal texture to skin.

Mode of action of *Aarogyavardhini vati*^[19]

As per *Rasaratna samucchaya Aarogyavardhini vati* have a number of pharmacological actions like *Kushthaghna*, *Deepan*, *Pachan*, *Medonashak*, *Hrudya*, *Sarvaroga prashamani*, etc. Imbalance of *Tridosha* is main cause of formation of any *Vyadhi*. *Aarogyavardhini vati* balances these *Doshas* in their normal limits. When *Doshas* are in balanced state they result in *Samprapti bhanga* which is very important for any *Chikitsa*. *Aarogyavardhini vati* mainly works on the '*Grahani*' which maintains the normal level of *Vata dosha* and also removes the toxins from body. It increases *Agni*, so it improves the function of *Pitta dosha*. In our skin *Bhrajak Pitta* is present, it is very useful to maintain the normal and health texture of skin. *Aarogyavardhini vati* is *Rasakalpa*. It cures skin diseases due to its purifying property. It removes toxins from body which is very effective for glorious skin. *Shuddha Parad* increases the immunity of person. *Shuddha Gandhaka* is very useful in various skin diseases. *Shuddha Shilajatu* has antioxidant property, *Amalaki* also has antioxidant and astringent property which is very useful for healthy skin. *Nimbapatra* is also one of the best drugs which cure all types of skin diseases. *Abhraka Bhasma*, *Loha Bhasma*, *Tikta-Katuki*, *Guggulu* are some important contents in this drug which improves the liver functioning.

Mode of action of *Patolkatukrohiniadi Kashaya*^[14]

It has mentioned in *Shodhanadi gana* in *Astanga hridaya*. It contains *Tikta rasa* (bitter) *Dravyas* that acts as the *Rasa dhatu* and *Rakt adhatu prasadana* by pacifying vitiated *Kapha* and *Pitta doshas*. It has *kushthaghna*, *Jwaraghna* (antipyretic), and *Vishaghna*

(anti-poison) properties^[19]. It is used in skin diseases associated with itching, pigmentation, and burning sensation. It is also a good drug for liver detoxification. According to Ayurveda, the liver is an important organ for the proper functioning of *Pitta dosha* and *Rakta Dhatu*. It increases appetite and aids in digestion due to *Amapachana* and *Agni vardhana* properties.

CONCLUSION

The case report demonstrates the treatment of eczema completely with only Ayurvedic medicinal intervention and *Jalaukaavacharan*. Patient had improvement in all symptoms within 30 days of oral medication and 2 sitting of *Jalauka* application. After 1 month still no reoccurrence.

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