



Case Study

A CASE REPORT ON AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA)

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ABSTRACT

Kushtarog is classified in 2 types i.e., *Mahakushta* and *Kshudrakushta*. *Vicharchika* is described under *Kshudrakushta*. *Vicharchika* is the type of *Kshudrakushta* often encountered by Ayurvedic dermatologists characterized with symptoms, namely, *Kandu*, *Srava*, *Pidaka* and *Shyava varna*. *Vicharchika* is often correlated to eczema based on the clinical presentations. The modern science has greatly advanced, particularly in dermatology but there is no specific medication for sure cure of eczema but symptomatic treatments like steroids are used, but they produce serious side effects like nephrotoxicity, osteoporosis, skin cancer etc. Whereas Ayurveda treats from the root of eczema by cleansing vitiated *Dosha* and balancing the *Dosha* and *Dhatu*s without any side effects. A 27 years old male patient approached the OPD with the chief complaints of blackish discoloration, itching, flaking, cracking and bleeding over the anterior side of b/l legs. All the complaints were from 8 months. The patient was given completely Ayurvedic treatment with *Panchnimbadi vati*, *Haridra khand*, *Gandhak rasayan vati* and *Sukshma triphala vati*, *Panchnimbadi churna lepa* and *Jalaukavcharan* and the results were remarkably seen and there was significant improvement in the symptoms. Hence this study was taken to prove that Ayurvedic management has remarkable results in *Vicharchika* (eczema). Observation and results were drawn on the basis of assessment criteria. Discussion was done on the basis of entire observations during research. Conclusion was drawn on the basis of result.

KEYWORDS: *Vicharchika*, Eczema, *Kushta*, Itching, Discoloration.

INTRODUCTION

Vicharchika, according to Ayurveda is *Rakta Pradoshaja Vikara* being involved of three *Dosha* with dominance of *Kapha*. Though, it is *Kshudra Kushta*, 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, oedema, 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*, *Shamanushadi* help to correct the *Dhatu*s and bring them to normalcy.

Case Report as Follows

A 27 years old male patient approached the OPD with the chief complaints of:

- Blackish discoloration on anterior side of b/l legs.
- Flaking and cracking of skin of anterior side of b/l legs.
- Itching at anterior side of b/l legs.
- Bleeding at anterior side of b/l legs.
- Generalized weakness
- All the above complains were since 8 months
- No H/o DM/HTN/Asthma.
- Hypothyroid since 3 years.

History of Personal Illness

The patient was normal 8 months before. He developed blackish discoloration and itching on anterior side of b/l leg. After 2 months patient developed flaking and cracking over the discolored area. Patient took allopathic treatment for the same for 3 months.

After a lot of treatment, the patient finally stopped allopathic treatment and opted for Ayurvedic treatment.

Personal History

Occupation: Service (IT Engineer)

Bad habits: smoking 2-3 cigarettes / day

Alcohol – occasionally

Ashtavidha Parikshan**Materials and Method****Method**

Type of study: Simple Random Single Case Study

Material with daily Treatment and Prognosis

Clinical examination of the patient revealed regression of symptoms due to our Ayurvedic Management

Nadi: 76/min

Mutra: 5-6 times/ day

Mala: 2 times/ day

Jivha: Saam

Shabdha: Spashta

Sparsha: Anushnasheet

Druk: Avishesh

Akruti: Madhyam

Bala: Madhyam

Raktabhara: 130/90

Objective

To study the effect of Ayurvedic treatment in the management of *Vicharchika* (eczema).

Table 1: Gradation of symptoms/subjective parameters of *Vicharchika* [8]

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</i> / <i>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

Table 2: Gradation of symptoms /objective parameters of Vicharchika [8]

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	Duration	Aupana
1	<i>Panchnimbadi vati</i>	250mg	2-2-2	Lukewarm water after food
2	<i>Haridra khand vati</i>	250mg	2-2-2	Lukewarm water after food
3	<i>Gandhak rasayan vati</i>	250mg	2-2-2	Lukewarm water after food
4	<i>Sukshma triphala vati</i>	250mg	2-2-2	Lukewarm water after food

Table 4: Details of Panchkarma done in study

Sr. No	Panchkarma	Drug
1	<i>Lepa</i>	<i>Panchnimbadi churna</i>
2	<i>Raktamokshan</i>	<i>Jalauka</i> on the affected area

Details of Procedure of Lepa Application

Panchnimbadi churna was taken 10gms and mixed with 5ml water and paste was made. Paste was applied twice a day daily and kept for 1 hour. Afterwards *Lepa* was rinsed with water and affected area was cleansed properly. This procedure was followed daily for 35 days.

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 of 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.



Photo of *Panchnimbadi Lepa* Application on Affected Area



Photo of *Jalauka* Application on the Affected Area

Photos of the Affected Area Before, During and After Treatment





Table 5: Daily treatment regimen

Days	Treatment
1 st	Medicines
2 nd	Medicines
3 rd	Medicines <i>Lepa</i>
4 th	Medicines <i>Lepa</i>
5 th	Medicines <i>Lepa</i>
6 th	Medicines <i>Lepa</i>
7 th	Medicines <i>Lepa, jalauka</i> application
8 th	Medicines <i>Lepa</i>

Table 6: Prognosis of treatment

1 st f/u after 7 days	<i>Panchnimbadi vati</i> 2 TDS <i>Haridra khand</i> 2 TDS <i>Gandhak rasayan</i> 2 TDS <i>Sukshma triphala</i> 2TDS <i>Panchnimbadi churna lepa</i> <i>Jalaukavacharan</i>
2 nd f/u after 7 days	<i>Panchnimbadi vati</i> 2TDS <i>Haridra khand</i> 2 TDS <i>Gandhak rasayan</i> 2 TDS <i>Sukshma triphala</i> 2TDS <i>Panchnimbadi churna lepa</i> <i>Jalaukavacharan</i>
3 rd f/u after 7 days	<i>Panchnimbadi vati</i> 2 TDS <i>Haridra khand</i> 2 TDS <i>Gandhak rasayan</i> 2 TDS <i>Sukshma triphala</i> 2TDS <i>Panchnimbadi churna lepa</i> <i>Jalaukavacharan</i>
4 th f/u after 7 days	<i>Panchnimbadi vati</i> 2 TDS <i>Haridra khand</i> 2 TDS <i>Gandhak rasayan</i> 2 TDS <i>Sukshma triphala</i> 2TDS <i>Panchnimbadi churna lepa</i>

	<i>Jalaukavacharan</i>
5 th f/u after 7 days	<i>Panchnimbadi vati</i> 2 TDS <i>Haridra khand</i> 2 TDS <i>Gandhak rasayan</i> 2 TDS <i>Sukshma triphala</i> 2 TDS <i>Panchnimbadi churna lepa</i>

OBSERVATION

Table 7: Showing changes in symptoms before and after treatment

Symptoms	Grade Before treatment	Grade After treatment
<i>Kandu</i>	2	0
<i>Strava</i>	2	0
<i>Pidaka</i>	2	0
<i>Shyavata/vaivarnyata</i>	3	1
<i>Rookshata</i>	3	1
<i>Daha</i>	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. As case had reached at *Upadrava*, so it needs time to cure but with Ayurvedic treatment it has relief in all the subjective and objective parameters.

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 immediately after taking food

Withholding *Mutra* and *Purish vega*

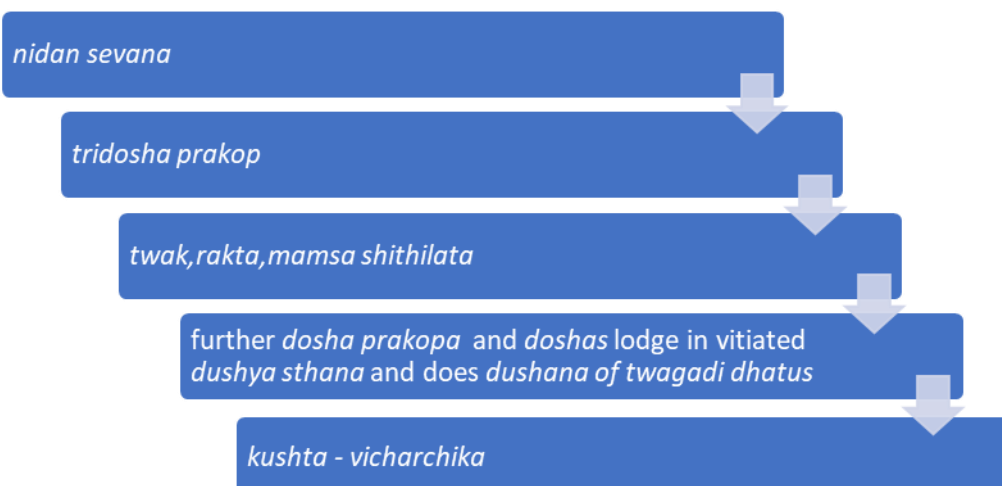
Samprapti Ghataka^[8]

Dosha- *Tridosha Dushya*- *Twak, Rakta, Mamnsa, Lasika Strotas* – *Rasa, Rakta*

Adhishthana – *Twacha Sanchara* – *Tiryaga sira Rogmarga* – *Bahya*

Swabhava – *Chirkari*

Samprapti^[8,13]



Action of Drugs and Other Procedure in the Management of *Vicharchika*

Table 8: Action of medicines and other procedures

Sr. No	Dravya	Action
1	<i>Panchnimbadi vati</i>	<i>Kushtaghna, Raktaprasadak</i> [10]
2	<i>Haridra khand vati</i>	<i>Kaphaha, Kandughna, Agnideepan</i> [9]
3	<i>Gandhak rasayan vati</i>	<i>Agnideepak, Kaphagna, Kledaghna, Raktaprasadak, Kushtaghna</i> [11]
4	<i>Sukshma triphala vati</i>	<i>Raktashodhana, Rasayan</i> [4]
5	<i>Lepa</i>	<i>Kushtaghna, Raktaprasadak, Kandughna</i> [10]
6	<i>Raktamokshana</i>	<i>Rakta Shodhana</i> [6]

Mode of Action of *Panchnimbadi vati* and *Lepa* in *Vicharchika*

Vicharchika has *Tridoshaj dushti, Guduchi, Haridra, Indrayava, Haritaki* present in *Panchnimbadi* 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.

Mode of Action of *Haridra Khand* in *Vicharchika* [7]

Haridrakhand helps in blood purification with good anti allergic and anti-histaminic action. It also acts as *Kaphahar* and *Kandughna* as well as it helps to eliminate toxic substance like cytokines from the blood and helps to decrease inflammation.

Mode of Action of *Gandhak Rasayan* in *Vicharchika* [5]

Gandhak Rasayan Vati is effective in treatment of *Vicharchika*. *Tridoshaj, Rakta dushti* and *Agnimandya* is observed.

Different *Bhavana dravyas* in *Gandhak Rasayan* act as bactericidal and thus causes blood purification.

Bhavana dravyas like *Guduchi, Nagkeshar, Haritaki, Sunthi*, has properties of *Katukashay rasa* and *Ushnavirya*. Thus it does *Dipana, Pachana, Kledhar* and *Kaphghna* and in this ay also acts as *Kushtaghna* and *Kandughna* and helps in curing the disease.

Mode of Action of *Rakthamokshana* in *Vicharchika* [6]

Sushruta recommended *Jalaukavacharan* better for the superficial blood.

Jalauka when applied on skin sucks the blood at superficial level. It might be from capillaries or extra cellular so it may more impure than other body

channels, can easily suck impure blood due to superficial distribution of veins.

Jalaukavacharan has counter irritant effect on the lesion, which creates new cellular division which takes place removing dead cell layer and result in reduction of local swelling and lichenification.

Hence, it can be said that leeches give best effect in *Vicharchika* by expelling the morbid, vitiated *Doshas*. But the effect of therapy is not only by expelling the vitiated blood but *Jalauka* also emits some enzymes in the wound like *Hirudin, Calkin, Hirustasin, Bdelins* and *Eglins* which acts as Anticoagulant and increases the Blood circulation as well as revitalizes the cells at local site.

CONCLUSION

The case report demonstrates the treatment of *Vicharchika* completely with only Ayurvedic medicinal intervention and *Raktamokshan* procedure. *Pathyasevan* 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.

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