SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 9 | September 2024 - Peer Reviewed Journal

AYURVEDIC MANAGEMENT OF VICHARCHIKA W.S.R TO ECZEMA

Dr. Biswajeet Samal[1], Dr. Sangita Prusty[2], Prof. Dr. Bijayalaxmi Pattanaik[3], Dr. Diptirekha Dash[4]

[1]Final Year M.D Scholar, P.G. Dept. of Kaumarabhritya
[2]M.D (Ayu), Reader, H.O.D P.G. Dept. of Kaumarabhritya
[3]M.D.(Ayu), P.G. Dept. of Kaumarabhritya
[4]M.D. PhD. (Ayu), P.G. Dept. of Kaumarabhritya

ABSTRACT

In Ayurveda, all skin diseases are included in Kushtha roga. There are two types of Kushtha roga i.e. Mahakushtha and Kshudrakushtha which are again classified into seven types and eleven types respectively. It is classified as one of the "Astha Mahagada". Vicharchika (Eczema) is a type of kshudrakushtha often encountered by Ayurvedic Dermatologists characterized with symptoms like kandu (itching), srava (discharge), Pidaka (vesicles) and Shyava varna (discoloration). According to modern science, Vicharchika has similar clinical presentation as Eczema. Eczema is a form of dermatitis where inflammation of dermis occurs. It is also known as atopic dermatitis which is characterized by dry itchy skin with areas of poorly demarcated erythema and scale. The patient, in this case, had presented with reddish black/brown thickened skin lesions with intense pruritus and mild discharge, clinically diagnosed as Vicharchika. The treatment principles of Raktavaha sroto dusti and Kustha roga were adopted here. Main line of treatment for vicharchika in Ayurveda is Shodhana and shaman aushadhis. Ayurveda treats from the root of eczema by cleansing Doshas and balancing Doshas and Dhatus.

KEYWORDS: *Vicharcika, Mahakustha, Kshudra Kustha, Eczema, treatment, prevention, epidemiology.*

INTRODUCTION

Skin is the largest organ of the body. It is the exterior surface, as it covers whole body appearing to be the largest surface area of all the organs, it is a passive barrier to fluid loss, mechanical injuries and plays the important role in protecting the against various micro-organisms, insulation, temperature regulation, vitamin D & B synthesis.

Vicharchika, a variety of Kshudra Kustha (Minor obstinate skin diseases), has clinical features like intense itching blackish-brown maculopapular lesions associated with discharge as per Charaka and Vagbhata. On the contrary, Acharya Sushruta has mentioned the clinical features are linear lesions with excessive itching, pain and dryness. Dermatitis, often related to eczema, is a reaction pattern that can have a variety of clinical and histologic findings; it is the final common expression for several disorders. Vicharchika can be co-related with eczema. The term "eczema" generally explains a collection of chronic or recurrent skin rashes marked by skin redness, oedema, itching, and occasionally crusting, flaking, blistering, cracking, oozing, or bleeding. The chronicity and recurrence of Vicharchika often pose a challenge for treatment. Hence this clinical case diagnosed as Vicharchika is presented along with its management.

According to Ayurveda, Vicharchika has similar clinical presentation as eczema. According to Bruhatryee, Vicharchika comes under Kshudrakushtha. As Kushtha is caused due to Viruddha ahara which leads to Agnimandya.

As per Modern science, Eczema is also recognized as atopic dermatitis. Eczema, as defined by the World Allergy Organization (WAO) revised nomenclature in 2003, affects 15% to 20% of school children worldwide and 2% to 5% of adults. Reduction occurs in two-thirds of children by the age of 15 years, but relapses may occur later.

Eczema or Atopic dermatitis is a pattern of inflammatory response of the skin which is the resultant of delayed type hypersensitivity mediated by memory T lymphocytes in the skin. The clinical lesions may be acute (wet and edematous) or chronic (dry, thick, scaly), depending on the persistence of the insult. The term eczema is broadly applied to a range of persistent or reoccurring skin rashes characterized by redness, skin edema, itching and dryness with possible crusting, flaking, blistering, cracking, oozing or bleeding. Areas of temporary skin discoloration sometime characterized healed lesions, though scarring is rare. In early stage of eczema, the stratum corneum remains intact so eczema appears as red, smooth and oedematous plaque. Later, edema becomes more severe, tense blisters appears on the plaques. Chronic eczema is dry and is characterized by thickened, scaly skin with hyper pigmentation and visible crisis.

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 9 | September 2024 - Peer Reviewed Journal

AYURVEDIC REVIEW

In Ayurveda, improper, incompatible and unacceptable food is considered as Virudhahara. Ahara is given prime importance in ayurveda. But if improperly taken will cause derangement of Doshas which in turn affects Dhathus. In short all drugs and diet which dislodge the various doshas but do not expel them out of the body can be regarded as unwholesome. Vicarchika is characterized by symptoms viz kandu, syava, pidaka and Sravakandu or itching is due to involvement of Kapha dosha. Pidaka or skin eruption is due to vitiated Pitta accumulated in twak and rakta. Pidaka causes pain and in Vicarchika, generally small circumscribed easily palpable lesions are found. Srava means discharge. Vitiated Kapha and pitta are responsible for srava. Susrutacarya has told rukshata in vicarchika which is due to vata predominance. So vata predominance shows dry lesions (dry eczema) and pitta and kapha dosha shows wet lesions (wet eczema). Syava or blackish discoloration is due to vitiated vata. Daha or burning sensation is due to pitta.

Classification of Kshudra Kushta

CHARAK	SUSHRUT	VAGBHAT
Ekakushta	Ekakushta	Ekakushta
Charmaakhya	Mahakushta	Charmaakhya
Kitibha	Kitibha	Kitibha
Vaipaatika	Sidhma	Vaipaatika
Alasaka	Visarpa	Alasaka
Dadrumandala	Parisarpa	Sidma
Charmadala	Charmadala	Charmadala
Paama	Paama	Paama
Visphota	Stoolarushka	Visphota
Shataaru	Rakasa	Shataaru
Vicharchika	Vicharchika	Vicharchika

Viruddhaahar, Kledakarahar, Ajeerna, adhyashan, Chardiveghadhiavrodh, Ativyayam, Atisantap, Panchkarma mithyayog, Navaana, Dhadhi, Matsya, Tila, Lavan, Masha etc., Ativyavaya

Poorvarupa

(Prodromal symptoms) Loss of sensation, Excess or no perspiration, Deranged complexion, Rashes, itching, Piercing pain, Exhaustion and excessive pain in wound.

Roopa (Symptoms)

According to Charaka Acharya, Vicharchika is characterized by elevations, itching and blackish discoloration with excessive discharge. According to Sushruta Acharya, Vicharchika is characterized as pain and itching.

Samprapti

Due to various Nidana Sevan, Tridosha gets vitiated and causes Tridosha Prakopa which produces Shaithilya in Twak, Mamsa, Rakta and Ambu. Tridosha gets resides in Shaithilya Dhatu and vitiates them and hence Lakshanuttpati of Kustha.

Line of treatment

Ayurveda has described several line of conservative treatment for Kushtha Vyadhi. For Vata predominant Kushtha, Ghee is given internally. For Pitta predominant Kustha, Virechana (purgation) and Raktamoshaan (bloodletting) and for Kapha predominant Vamana is suggested.

a. Internal medicine
b. Lepa, Dhavana etc.
c. Rasayana Chikitsa
d. Pathya

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 9 | September 2024 - Peer Reviewed Journal



Fig 1.Before Treatment (A) (B)



Fig 2. After Treatment (A) (B)

Dashpushpa - Most of the drugs in Dasapushpa have anti inflammatory, wound healing, anti toxic and anti oxidant property. Most of the antipoisonous property is mainly due to prabhava. More over the predominance of tikta rasa in Dasapushpa group alleviates toxins. Out of these ten plants Bhadra, Bhringaraja, Sahadevi and Sakralatha have antiinflammatory property. Bhadra, Bhringaraja, Sahadevi, Vipareeta lajjalu and Vishnukranta have antibacterial properties. Bhringaraja, Musali, Durva, Sahadevi, Sasasruthi and Vipareeta lajjalu are useful in skin disease, cuts and wounds. Durva and Lakshmana reducses burning sensation. Sakralatha is a rubefacient. Bhringaraja, Sakralatha, Vipareeta lajjalu, Vishnukranta are anti oxidants. Musali reduces pruritis. Sahadevi have prabhab in jwara. Bhrngaraj is rasayan plants. All plants are antitoxic.

Rx

1. Haridra khanda- 3gm twice daily with luke warm water before food.
2. Arogyavardhini vati – 125mg twice daily with luke warm water after food.
3. Gandhak rasayan- 125mg twice daily with luke warm water after food.
4. Nimba twak kwatha + sphatika for brana prakshyalana.

Pathya

Rice varieties majorly shastishali variety of it, meats of the animals and birds, various preparations of the cooked Yava; patient of the Kushtha should be regularly consuming it.

Apathya

Meat of the animals of the country side, marshy area and aquatic area, sugarcane, sesame, ghee, wine, curds and milk, habit of sleeping in daytime, taking sour fruits, indulgence in sex, various preparation of flour - all of these excessively aggravate Kapha, Pitta as well as Rakta.

Susruta addressed “patient with skin disorder should avoid the use of meat, fat, milk, curd, oil, eatables prepared from corn flour, sours, incompatible foods and overeating, uncooked foods or that which cause indigestion, foods which cause burning sensation during digestion and which increase moisture inside the tissue”.

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 9 | September 2024 - Peer Reviewed Journal

Sadhya-Asadhyata

It is advised in Ayurvedic classics that the treatment of following types of patients suffering from Kushtha should not be done.

1. The patient of Kustha with the signs and symptoms all the three vitiated Doshas.
2. The patient who is weak.
3. The patient who is suffering from morbid thirst and burning sensation.
4. The patient having not proper digestion power (Mandagni).
5. The patient having maggots in the patches of Kustha.

CONCLUSION

Vicharchika is one of the common dermatological complaints met in clinical practice. From this study it is very clear that Ayurvedic management is effective in Vicharchika in controlling Itching, oozing, skin eruption and blackish discoloration.

REFERENCES

1. *H. C. Williams, "Atopic dermatitis," New England Journal of Medicine, 2005; 352(22): 2314–2366.*
2. *J. M. Spergel, "From atopic dermatitis to asthma: the atopic march," Annals of Allergy, Asthma and Immunology, 2010; 105(2): 99–106.*
3. *A. J. Lowe, J. B. Carlin, C. M. Bennett et al., "Do boys do the atopicmarchwhile girlsdawdle?" Journalof Allergyand Clinical Immunology, 2008; 121(5): 1190–1195.*
4. *Sushrut Samhita, Nidansthana, Ambikadatta Shastri, Chaukhambha Publication, Varanasi, reprint, 2012; 5: 320-23*
5. *World Journal of Pharmacy and Pharmaceutical Sciences Vagbhatta, Ashtang Hridaya with Sarvangasundari commentary of Arunadatta & Ayurveda Rasayana of Hemadri, edited by Pt. Hari Sadashiva Shashtri, Chaukhambha Surbharati Prakashan, Varanasi, reprint, Nidana Sthana, 2007; 525(24): 14-18.*
6. *Astanga Sangraha, Uttarsthana Sarwangasundari Vyakhaya, Lalchandvaidh, Chaukhambha Publication, Varanasi, 39-62.*
7. *Charaka Samhita, Chikitsasthana Hindi commentary by Pandit Kashinath Shastri, Chaukhambha publication, Varanasi, reprint, 2011; 249: 7-12.*
8. *Charaka Samhita, Chikitsasthana Hindi commentary by Pandit Kashinath Shastri, Chaukhambha Publication, Varanasi, reprint, 2011; 248(8): 7-4.*
1. *9.Charaka Samhita, Chikitsasthana Hindi commentary by Pandit Kashinath Shastri, Chaukhambha Publication, Varanasi, reprint, 2011; 249: 7-12. 10.*
9. *Sushruta Samhita, Nidansthan, Hindi commentary by Kaviraj Ambikadatta Shastri, Chaukhambha Publication, Varansi, reprint in, 2012; 59: 322. 11.*
10. *Charak Samhita, Chikistasthan, Hindi commentary by Pandit Kashinath Shastri, Chaukhumbha Publication, Varanasi reprint, 2011; 255: 7-39. 12.*
11. *Bhavaprakasa, Chaukhambha publication Varansi, 1993; 5: 154. 13.*
12. *Kaur and Chandola: Role of virechana karma in cure and prevention of recurrence of Vicharchika (Eczema) AYU, 2012; 33: 4. 14.*
13. *Charak Samhita, Chikistasthan, Hindi commentary by Pandit Kashinath Shastri, Chaukhumbha Publication, Varanasi reprint, 2011; 255: 7, 37-38.*