

A CASE STUDY ON AYURVEDIC MANAGEMENT OF VICHARCHIKA

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ABSTRACT

All skin diseases has put into single platform i.e, kushtha in Ayurveda. Vicharchika is a type of kshudra kushtha often encountered by Ayurvedic Dermatologist characterised with main symptoms namely Kandu, srava, pidaka and shyava varna. According to Ayurveda science, Vicharchika is a Rakta Pradoshaja Vikara with the involvement of three Doshas with dominance of Kapha. The disease may be correlated with eczema based on the clinical presentations. A 41 years female patient consulted in out patient department (OPD) of Kayachikitsa, G.A.M & Hospital Puri with the complaint of recurrent skin rashes, redness, severe itching, blister and bleeding of skin in lateral side of the chest region and above the abdominal region since 4months. Ayurvedic medications (Rasa manikya, Arogyavardhini vati, Mahamanjistadi kwatha, Panchanimba churna and sweta churna with coconut oil for local applications) was administered. After the intake of shamana aushadhis itching, redness, small papular eruption and bleeding was reduced completely. By administering Ayurvedic intervention, the patient was able to get rid from Vicharchika. This case report here, showed the effectiveness of Ayurvedic intervention in the management of Vicharchika.

KEYWORDS: Vicharchika, Eczema, Shaman, Kustha.

INTRODUCTION

All Kushta are having Tridoshaja origin, hence Vicharchika can be explained in similar manner. It is a type of Kshudra Kushtha characterized by symptoms namely, Kandu, Srava, Pidika and Shyava Varna. It is included under Rakta Pradoshaja Vikara. Also, it is classified as one of the "Ashta Mahagada". Vicharchika has similar presentation as Eczema. Eczema, which is also known as atopic dermatitis is a chronic inflammatory skin disease, characterized by dry, itchy skin which is prone to infection with areas of poorly demarcated erythema and scale. Environmental or genetic factors seems to play an important role in the progression of the disease.

CASE SUMMARY

A 41year old female patient consulted in our O.P.D with the complaints of recurrent skin rashes over lateral side of the chest region and above the abdominal region characterized by redness, itching, blistering, bleeding and blackish brown discoloration of skin around the lesion. The patient was suffering from these symptoms since 4 months. The patient took allopathic treatment but didn't get much relief. The symptoms got worse with time and started affecting his personal life. So, the patient decided to take Ayurvedic treatment, therefore she came to the

O.P.D(kayachikitsa) of Gopabandhu Ayurveda Mahavidyalaya and Hospital, Puri for the better management. The Ayurvedic diagnosis is considered as Vicharchika. The involvement of Vata results in blackish lesion of Vicharchika, itching in the affected area is due to Kapha whereas redness and discharge from the affected lesion(srava) is due to Pitta dosha.

Name: **

Age: 41 year

Sex: Female

OPD/IPD No.: 28595/7785

Residence: Police-line, Puri

Religion: Muslim

Drug History: The patient was taking oral antifungal, antihistaminic drug daily.

PERSONAL HISTORY

Appetite-moderate

Bowel-Clear

Micturition-Normal

Sleep-Adequate

Diet-Mixed

Occupation: Housewife

Addiction- tea (2-3 cups/day)

VITAL DATA

Pulse-80/min

BP-124/80mm Hg

RR-18/min

Weight-76kgs

Table No. 1.

GENERAL EXAMINATION	SKIN EXAMINATION
Appearance-Normal	SITE- Lateral site of the chest region & above the abdominal region
Built-Moderate	COMPLAINTS- Severe itching, redness, small papular eruption with discharge and blackish brown lesion
Pallor-Absent	SURFACE-Rough
Icterus-Absent	MARGIN-Irregular
Cyanosis-Absent	
Oedema-Absent	
Lymphadenopathy-Absent	

INVESTIGATIONS TABLE NO. 2.

PARAMETERS	VALUE
Hb%	11.2 gm%
ESR	20
TLC	8,000/Cumm
Neutrophils	68%
Lymphocytes	22%
Eosinophils	04%
Basophils	0%
Monocytes	01%
RBS	85 mg/dl

MATERIAL AND METHOD

As the patient was having Kandu, Srava, Pidaka and Shyava varna etc. from last 4 months, she was registered for present study in O.P.D of G.A.M & H, Puri in Kayachikitsa Department. Depending upon sign and symptoms, the patient was diagnosed as Vicharchika

(Eczema). Shamana Ausadhi given to the patient for one month.

ASSESSMENT CRITERIA**Subjective Parameter**

- Kandu (itching)
- Srava (discharge)
- Pidika (vesicles)
- Shyava Varna (skin discoloration)

Table No. 3: Showing Grading Of Subjective Parameters.

Kandu (itching)	Grade
No itching	0
Mild or occasional itching	1
Moderate itching (tolerable), frequent	2
Very severe itching (disturbing sleep and other activity)	3

Srava (Discharge)	Grade	Pidika (papular eruption)	Grade
No discharge	0	No papular eruption	0
Moisture on the skin lesion	1	Mild developed papular eruption	1
Occasionally discharge	2	Moderate developed papular eruption	2
Discharge	3	Severely spread all over the body	3

Shyava Varna (skin discoloration)	Grade
Normal color	0
Not normal but near to normal	1
Reddish discoloration	2
Deep black reddish discoloration	3

Table No. 4: Nidana Panchaka.

NIDANA	Viruddhahara, Snigdha Ahara, Sheeta-Ushna Ahara Kramam, Vegadharana
PURVARUPA	Asweda, Atisweda, Toda, Raga, Kandu, Vaivarnya, Paridaha
RUPA	Kandu, Pidika, Daha, Ruja, Srava, Rukshta
SAMPRAPTI	Nidana Sevana → Agnimandya → Kapha Pradhana Tidosha Prakopa → Shithilta of Twaka, Rakta, Mamsa and Ambu → Vitiation of Sapta Dravya Samgraha of Kushtha → Uttapatti of Kandu, Srava, Pidika → to Vicharchika
UPSHAYA	Itching, redness, papules and discharge subsides after taking shamana aushadhis

Table No. 5: Samprapti Ghataka.

Dosha	Kapha Pradhana Tridoshaja
Dushya	Twaka, Rakta, Mamsa, Ambu
Shrotasa	Rasavaha, Raktavaha, Mamsavaha, Udakavaha Shrotasa
Shrotodushti	Sanga, Vimargagamana
Udbhava Sthana	Amashaya
Adhithana	Twaka
Marga	Bahya

Table No. 6: Differential Diagnosis.

Paama (Scabies)	In Paama symptoms like Scattered Pidika with different Varna (white, red & black)
Vicharchika (Eczema)	In Vicharchika Symptoms like Kandu, Pidika with Bahusraava, syava varna
Dadru (Tinea)	In Dadru symptoms like Pidika, Varna (Atasipushpa) with Mandala (Round patch)

VYADHI VINISHCHAYA (DIAGNOSIS): Vicharchika.

Table No. 7: Treatment Given.

MEDICINES	DOSE	DURATION	ANUPANA	TIME
Rasa manikya	125 mg BID	1 month	Usna jala	After food
Arogyavardhini vati	125 mg BID	1 month	Usna jala	After food
Mahamanjistadi kwatha	15 ml BID	1 month	Usna jala	Empty stomach
Panchanimba churna	5 gm BID	1 month	Usna jala	Empty stomach
Sweta churna+coconut oil	Local application twice a day	1 month		

RESULTS

After intake of medications, itching, redness, papules and the discharge were reduced. The patient was advised to

follow of nidana parivarjana & pathya palana. she was advised to avoid fried foods, junk foods, non-veg, spicy, milk products, day time sleep, excess anger etc.

Table no. 8: Showing The Comparison of Symptoms Before and After The Treatment.

Symptoms	Before Treatment	After Treatment
Kandu (itching)	3	0
Srava (Discharge)	2	0
Pidika (papules)	2	0
Shyava varna (skin discoloration)	2	1

**BEFORE TREATMENT****AFTER TREATMENT****DISCUSSION**

According to Ayurveda all kustha are tridoshaj with involvement of rakta dhatu and twacha mainly. It comes under raktapradoshaj vyadhi, disorders caused by the vitiation of blood. Vicharchika, a condition similar to eczema, is also considered a manifestation of this category. The treatment for Vicharchika in Ayurveda focuses on rakta shodhana and applying local remedies to address the skin symptoms directly.

In this case we used Sweta churna + coconut oil for ruksha snigdha action as tankana bhasma present in sweta churna has ruksha guna and coconut oil has snigdha guna.

Arogyavardhini vati, by virtue of its composition it works as kusthaghna, medonasak, deepana, pachana and tridosh samak. Bhrajaka pitta is responsible for twacha (skin), so to maintain its function Arogyavardhini vati has been chosen as it increases agni, so improves the function of pitta dosha.

Manjisthadi Kwatha, Maximum drugs in this formulation contains Tikta, Katu and Kashaya Rasa. Tikta Rasa has the property of Raktaprasadana, Vishaghna, Kushthaghna, Kandughna and Dahaprashamana. Katu Rasa has properties like Dipana, Pachana and actions like Vishaghna, Kandughna and Vranaprasadana. It is also said to dilate the Srotas. Laghu and Ruksha gunas are found in most of the drugs. Laghu guna possess Lekhana

and Ropana properties which helps in treatment of excessive discharge from the lesions.

Panchanimba churna, in view of presence of krumi panchanimba churna is used as it has antifungal properties.

Rasa manikya, It is haratala based kalpa. Haratala is snigdha, ushna so it acts as vata shamak and kapha shamak. In vicharchika kandu, pidaka and srava is present, so to reduced the srava by maintaining kledata, rasa manika has been used.

CONCLUSION

After looking into the sign and symptoms, kandu, pidaka and srava were to be treated so above mentioned drugs has been choosen. The case indicates the treatment of Vicharchika only with ayurvedic medication. Thus ayurvedic management provides significant improvement in Vicharchika.

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