

A CASE REPORT ON AYURVEDIC MANAGEMENT OF VICHARCHIKA WITH SPECIAL REFERENCE TO ECZEMA

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ABSTRACT

Vicharchika is a well described skin disorder in ayurvedic classics,classified under kshudra kushta .It closely resembles conditions like Eczema in modern medicine. . (5)Eczema describes a clinical and histological pattern,which can be acute or chronic and has several causes.In Samhita symptoms of vicharchika described are Kandu,pidika,shyava varna and srava.According to modern Itching, xerosis, Erythema, Papules and Vesicles, Oozing and crusting ,Thickening of the skin these are the symptoms.

All diseases of the skin have been classified under the kushta categories in ayurveda which is further divided into mahakushta and kshudra kushta. Vicharchika is one among the 11 kshudra kushtas. (4)IN charak Samhita vicharchika is explained in chikitsa sthan-chapter 7{kushta chikitsa Adhyaya}, in sushruta Samhita nidana sthan -chapter 5[kushta nidana] .

A 65 years old male patient visited kayachikitsa outpatient department of GNT Hospital Amravati on 18/08/25 with complaints of diffuse scaly skin lesions over both lower limb with severe itching, watery discharge since 8 months. Clinical sign and symptoms like kandu,pidika , Shyava varna, and srava,Dry skin, Thickenaning of skin were present.

Associated complaints:He had disturbed sleep due to itching and burning sensation.

Paient got about 80% relief after he take shamana aushadhis like aarogyavardhini vati, gandhak rasayana, mahamanjishtadi kadha.

Keyword: Case report,Eczema,Kandu,Shamana Aushadhis,Vicharchika.

1. INTRODUCTION

The term eczema derived from the Greek word ‘to boil’ and is synonymous with the other descriptive term dermatitis. Eczema describes a clinical and histological pattern,which can be acute or chronic and has several causes. There are several patterns of eczema but the clinical features are similar, irresptctive of the cause.In acute eczema there is erythema,oedema,papules,vesicles,scaling. In chronic eczema symptoms may be as acute eczema but less oedema,vesiculations and exudate,lichenification,fissures and excoriations.

Vicharchika is one among the kshudra kushta. Vicharchika is characterised by skin manifestations having the symptoms of kandu(itching sensation),pidika(papule),shyava varna(blakish brown discoloration) and bahusrava(excessive exudation).There is no specific description available in samhita regarding

the line of management in Vicharchika.Hence the treatment is to be carried out according to the predominance of doshas.The treatment should be planned on the basis of Roga and Rogi bala.

2. CASE REPORT:

2.1. Patient information:

On August 18, 25, a 65-year-old male patient arrived at the Kayachikitsa outpatient department of GNT Hospital Amravati. He complained of diffuse scaly skin lesions over both lower limbs, acute itching, and watery discharge that had been present for eight months. There were clinical signs and symptoms such as srava (exudation), kandu (itching feeling), pidika (papule), and Shyava varna (blackish brown discoloration). Related complaints: The burning and itching sensation kept him awake at night.

Habits: Taking curd ,milk, tea (3 times per day),Tobacco chewing(4-5 times per day).

Past history: No H/O diabetes mellitus, Hypertension, Thyroid disorder.

Family history: no relevant family history

Psychological Evaluation: Patient was in stress due to disturbed sleep, burning sensation and itching.

3. CLINICAL EXAMINATION:

Table 1:

General Examination:

BP	130/90	SPO2	99%
PR	84/MIN	Weight	66kg
TEMP	97.6F	Height	174cm

Table 2:

Ashtavidha Pariksha:

Nadi	84/min	Shabdha	Prakrita
Mutra	3-4 times/day	Sparsha	Anushna sheeta
Mala	1-2 times/day	Drika	Prakrita
Jivha	Ishat sam	Aakriti	Krishna

Table 3:

Systemic Examination:

1. Respiratory System: Normal vesicular sound heard, no added sounds
2. Cardio Vascular System: S1 and S2 heard, no cardiac murmurs
3. Central Nervous System: Conscious and well oriented
4. Gastrointestinal System: P/A-soft and non tender, no organomegaly, Bowel sound present

Table 4:
TREATMENT GIVEN:
 10 DAYS

MEDICATION	DOSE	DURATION
1. Aarogyavardhini vati 250 mg Gandhak rasayan 250mg Sariva churna 1 gm Manjishta churna 1 gm Khadir churna 1 gm Aaraghadha churna 1 gm	1matra three times per day	10 days
2. cap dermacare (neem, karanja, mahamarichyadi thailam, cinnamonam camphora, Shuddha gandhak, tankan)	1cap three times per day	10 days
3. Mahamanjisthadi kadha	10ml BD	10 days
4. Khadirarishta	10ml BD	10 days
5. Cutis ointment (neem, karanja, mahamarichyadi thailam, cinnamonam camphora, Shuddha gandhak, tankan)	Apply locally 2times per day	10 days

Table 5:
 Next 10 days:

MEDICATION	DOSE	DURATION
1. Kaishor guggulu 250 mg Sariva churna 1 gm Manjishta churna 1 gm Khadir churna 1 gm Nimb churna 1 gm	1 matra 3 times per day with kosha jal	10 days
2. cap dermacare (neem, karanja, mahamarichyadi thailam, cinnamonam camphora, Shuddha gandhak, tankan)	1 cap three times per day	10 days
3. Mahamanjisthadi kadha	10 ml BD	10 days

4. Triphala churna dhavan (external application)	2 times per day	10 days
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Table 6:
Last 10 days:

MEDICATION	DOSE	DURATION
1.Panchatiktaghrita guggula 250 mg Gandhak rasayan 250mg Sariva churna 1gm Manjishta churna 1gm Khadir churna 1 gm Nimba churna 1 gm	1 matra three times per day	10 days
2. cap dermacare(neem,karanja,mahamarichyadi thailam,cinnamonam camphora,Shuddha gandhak,tankan	1 cap three times per day	10 days
3. Mahamanjisthadi kadha	10 ml BD	10 days
4. Triphala churna dhavan (external application)	2 times per day	10 days
5.Shatdhauta ghrita(local application)	2 times per day	10 days

Table 7:

RESULTS AND OBSERVATION:

SYMPTOMS	BEFORE TREATMENT	DURING TREATMENT	AFTER TREATMENT
Kandu	Present	Reduced	Absent
Pidika	Present	Reduced	Absent
Srava	Present	Absent	Absent
Shyava varna	Present	Reduced	Reduced

on arrival



1st follow up



2nd follow





4. DISCUSSION:

Shamana Chikitsa was used in the current investigation to treat Vicharchika. An Ayurvedic method of palliative care is called Shamana Chikitsa. By addressing the underlying cause of the illness, it helps lessen or eradicate its symptoms. It calms agitated Doshas without driving them out of the body. Here, many Ayurvedic medications—discussed below—are utilized to treat Vicharchika.

Mahamanjisthadi kwath: It is indicated in all types of kushta. It helps in the pacification of aggravated kapha and pitta. It acts as Rakta Shodhaka. It has antioxidant, anti-inflammatory and antimicrobial activities.

Arogyavadhini vati: It is also indicated in all types of kushta. It is digestive stimulant, appetiser, anti-inflammatory, anti-pruritic and liver tonic. It has Bhedana and Mala Shuddhikara activity.

Panchatikta ghrita guggulu: It is used for the treatment of kushta. It helps in the pacification of Tridosha. It has anti-pruritic, anti-inflammatory, analgesic, anti-ulcerogenic, and carminative properties.

Gandhaka rasayana: It is Tridosha shamaka. It acts as antimicrobial, anti-pruritic, and anti-inflammatory agent. It also acts as a blood purifier.

Tankan powder: It helps in the pacification of aggravated kapha and vata. It has anti-microbial, anti-inflammatory activities.

Mahamarichyadi taila: It is vata kapha shamaka. It has Rakta shodhaka and Kandunashak

properties. It also reduces dryness and scaling. So, it is very useful in skin diseases.

Table 8:

5. PATHYA APATHYA:

PATHYA AHARA	Old grains-old rice, barely, wheat Green gram, Bitter vegetables-bitter gourd Cow ghee in small quantity, Warm water for drinking
PATHYA VIHARA	Maintain personal hygiene Regular mild exercise Wear loose cotton clothes Keep skin dry and clean
APATHYA AHARA	Laghu vyayama, Siddharthakasana, Abhyanga, Lepa etc.
APATHYA VIHARA	Diva swapna, Malmutradi veg dharana, stress, Ativyayama

6. CONCLUSION:

One of the most prevalent skin conditions is vicharchika. With the right ayurvedic treatment, it can be cured. In this case study, the patient received alleviation from the above mentioned Shamana aushadhis. During the course of treatment, no adverse effects were seen. Thus, we can say that shamana chikitsa is a very successful management strategy for Vicharchika.

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