

## AYURVEDIC MANAGEMENT OF VICHARCHIKA W.S.R. TO ECZEMA- A CASE STUDY

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### ABSTRACT

All *Kushthas* are having *Tridoshaja* origin; hence *Vicharchika* can be explained in similar manner. *Vicharchika* (Eczema) is a type of *Kshudrakushtha* often encountered by Ayurvedic Dermatologists characterized with symptoms, namely, *Kandu* (itching), *Srava* (discharge), *Pidaka* (vesicles), and *Shyava Varna* (discoloration). It is one of the non contagious inflammation of the skin. *Vicharchika* to a greater extent resembles eczema/dermatitis of modern science. The involvement of *Vata* results in dry, blackish lesion of eczema, itching in the affected areas is due to *Kapha* where as *Pitta* is responsible for *Srava*. Though, the disease *Vicharchika* is not life threatening, it makes the patient worried due to its appearance, severe itching, disturbing routine. Its nature is susceptible to be chronic. In classical texts of *Ayurveda*, *Acharyas* emphasizes *Shodhana* and *Shamana* therapy as the line of treatment at various places in the management of *Kushtha*. Among the *Shodhana Karmas*, *Virechana* is chiefly advocated, purificatory measures in *Vicharchika*. *Virechana* is not only a mere bowel cleaning procedure but also has systemic effects. *Acharya Charaka* has advocated *Virechana* for the *Pitta Dosha* and *Rakta Dushti* (*Ch.Chi.7/39*). A case of 30 year old female patient, presented with *Kandu*, *Daha*, *Rukshata*, *Srava*, *Vedana*, *Vaivarnya*, *Raji* etc *lakshanas* of *Vicharchika* on her *Pristh Pradesh* (Back region), *Ubhay Pad Pradesh* (Lower Limb), *Ubhaya Hasta Pradesh* ( Upper Limb) since last 4 yrs. She was taking oral Antifungal, analgesic drugs daily since 4yrs. As the patient was tired of the medicines and recurrence of the disease, visited to Parul Institute of Ayurveda Vadodara for further treatment. Purpose of study was aimed to evaluate efficacy of *Trivritta Choorna* for *Virechana Karma* and *Shamanaushdhi* on *Vicharchika* and thus forming key of successful remedy in *Vicharchika* for focusing its trial on large populations. She was administered with *Samyaka* procedure of *Virechan Karma* For 2 times. After *Shodhan, Shaman Aushadhi* was administered for 15 days. The above clinical features of patient were significantly improved by 51days. Routine Laboratory findings were within normal limit. *Virechana* as a *Samshodhana* therapy, and *Shaman Aushadhi* both in combinations when followed systematically, give relief from symptoms in patients of *Vicharchika*.it not only stopped her contemporary medicines but recurrence was controlled.

**KEYWORDS:** *Kushtha*, *Vicharchika*, *Trivritta choorn*, *Virechana*, *Shaman*, *Eczema*.

### INTRODUCTION

Skin is the largest organ of body, near about 20 square feet in surface area. It is one of the five special sense organs<sup>1</sup>. It protects the internal organs, muscles, bones from deleterious environmental influences like temperature, infectious organisms, chemicals and mechanical injuries etc. Majority of the skin disease are not fatal, but create comparatively greater stress and strain to the patient. Another reason for the skin diseases being more painful and irritant and some of them are contagious. In current era, modern medical science, have

lots of facilities and upgraded technologies for treatment portion of patient, even though many diseases may still in progressive phase in the society. *Vicharchika* is one such kind of disorders.

सकण्डूः पडका श्यावा बहुस्रावा वच र्चका | (Cha Chi 7/26)

राज्योऽतिकण्ड्वर्तिरुजः सरुक्षा भवन्ति गात्रेषु वच र्चकायाम् | ( Su Ni 5/13)

Means the skin disease where eruptions over the skin appear with dark pigmentation, itching with profuse discharge from the lesion.

*Vicharchika* is type of *Kshudra Kushtha* (Chronic Skin disease). Included under *Rakta Pradoshaja Vikaras*.

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, weeping, and crusting, and itching. All severe forms of eczema have a huge effect on life quality. Effective therapeutic agents in contemporary medicine are limited in number and may have long-term toxic side effects.<sup>[2]</sup> The prevalence of eczema is rising and has increased between twofold and fivefold over the last 30 years. It now affects 1 in 10 schoolchildren. Recent evidence suggests that exposure to probiotics in late pregnancy and early infancy reduces the incidence of eczema.<sup>[3]</sup>

The main stay of treatment in *Ayurveda* for *Vicharchika* is *Shodhan* Which eliminate the *Vitiataed doshas*, Parallel to *Shodhan Shaman Oushadhis* help to correct the *Dhatus* and bring them to normalcy.

*Virechana* is the prime procedure for *Pitta Dosha*<sup>4</sup>. *Virechana* drug after entering *Amashaya* dislodges the vitiated *Pitta Dosha* and henceforth pacifies all *Pitta Vikara* of the body, just like a house which consists of fire will not only become hot when fire is made hot by adding suitable fuel and cooled when it is cooled.<sup>[5]</sup>

## CASE SUMMARY

A case of 30 year old female patient, presented with *Teevra Kandu*, *Teevra Daha*, *Rukshata*, *Srava* (lasikavat), *Teevra Vedana*, *Vaivarnya*, *Raji* on her *Prustha Pradesh* (Back region), *Ubhay Pad Pradesh* (Lower Limb), *Ubhaya Hasta Pradesh* (Upper Limb) since last 4 yrs.

## Description of Patient

Name: XYZ

Age: 30 year old

OPD/IPD No. -18010382/182070

Date- 28/5/2018

Gender: Female

Residence: Vadodara

Occupation: Was working as house wife, daily work related with detergents and soap daily in Joint family since from last 5 yrs.

Religion: Hindu

Diet: Vegetarian - Sev, Mamra (A type of Gujrati Food), Stale food (*Paryushita Ahara*)

*Prakriti: Kapha Vataj*

Drug history: She was taken oral Antifungal, analgesic drugs daily from 4yrs.

Personal history: No such Adication was noted

Family history: No abnormality detected.

Past history: No Such History Noted.

Associated Symptoms- Mala Vibandha

## Laboratry Diagnosis

HB%-12%

AEC-300cu/mm

ESR-18mm/hr

## METHODOLOGY

### Selection of Patient

As the patient was having severe *Kandu*, *Daha*, occasionally *Srava* or *Rukshata*, *Pidika*, *Vaivarnya*, *Raji* and *Vedana* etc. from last 4 yrs. She was registered for present study in OPD of Parul institute of Ayurveda Hospital, Limda ,Vadodara on 28/05/2018. Depending upon signs and symptoms the patient was diagnosed as *Vicharchika* (Eczema). Patient was administered with *Virechana Karma* For 2 times followed by *Shamanousdhis* for 15Days.

### Treatment Protocol

The patient was first explained the need of *Shodhan* therapy i.e. *Virechana*. *Virechana* is most important appraise for *Kushtha*. It is a specific modality for the elimination of *Pitta Dosha* but it is also effective upon *Vata*, *Kapha Dosha* as well as *Rakta*.<sup>[6]</sup>

Patient was strictly instructed for *Pathyapathya* at the time of *Snehapana* that use of warm Water, Abstinence from Sexual activity,only night sleep,and not suppress the natural urges etc.<sup>[7]</sup>

Also instructed about ashta *Pariharya Vishaya* that is loud speech, travelling in chariot, excessive walking, sedentary habbit, intake food during digestion, falty intake of food, day sleep, coitus etc.<sup>[8]</sup>

The details of Treatment protocol are as follows,

**Table 1: On First Admission Virechan Karma – (1-07-18 to 21 -07-18).**

Date	Procedure	Medicine	Days
1-07-18 to 03-07-18	Deepan- Pachan	Panchkola Choorn 3gm TID with Warm Water	For 3 days
04-07-18 to 10-07-18	Snehpan In Aarohan Karma	Panch tikta ghrita	Day 1 -30ml Day2- 60ml Day3-100ml Day4- 130ml Day5-170ml Day6- 200ml Day7 – 230ml
11-07-18 to 13-07-18	Abhyang And Ushna Jala Snana	Murchit Tila Taila	On Day 8, Day9, Day10
14-07-18	Virechan	Trivritta Choorn (24gm) with Madhu (QS), +Ushna Jal.	21 vegas observed
15-07-18 to 21-07-18	Sansarjan Karma	Mudga Yushadi	7days.

During Snehapana daily Jiryaman and Jirna lakshanas were observed. When all Samyaka lakshanas were produced i.e. on 7<sup>th</sup> day with 230ml of Panchtikta-ghrita, Snehapana was stopped. In Virechana karma 21 vegas were observed.

After the completion of Sanasarjan Karma, after expelling a large quantity of Pittadi doshas still patient was having Pitta Utkleshit Avastha. Patient advised for the rest for 1 day and once again Samsodhan therapy i.e. Virechana Karma was planned. In Table no. 2 details are as follows.

**Table 2: Second Admision Virechan Karma (23-07-18 to 3-08-18).**

Date	Procedure	Medicine	Days
23-07-18 to 25-07-18	Snehpan In Aarohanb Karma	Panchatikta Ghruta	Day 1 -50 ml Day2- 100 ml Day3-150 ml
26-07-18 to 28-07-18	Abhyang And Ushna Jala Snana	Murchit Tila Taila	On Day 4, Day5, Day6
29-07-18	Virechan	Trivritta Choorn (24gm) with Madhu(QS), +Ushna Jal.	18 vegas observed
30-07-18 to 03-08-18	Sansarjan Karma	Mudga yushadi	5days.

On Discharge, After Virechan Therapy Shamanousadhi (Details as follow in Table no 3) was Given As follow up medicine for 15 days.

**Table 3: Internal Medicine (Shamanoushadhi) (04-08-18 to 18-08-18).**

Sr.	Medicine	Dose And Dosage	Duration
1.	Arogyvardhini Vati	2 TID After Food	15 Dayas
2.	PanchtiktaGhritta Guggulu	2 TID After Food	15 days
3.	Gandhak Rasayan	2 TID After Food	15 Days
4.	Avipattikar Choorn Jatamanshi Churn Katuki Choorn	1 gm each ½ Tsp TID with Water	15 Days

Observation-On the Basis of Result found during study effect were quated-



## DISCUSSION

*Virechana Karma* expels out the *Doshas* dragging them towards the *Adhobhaga* through the *Guda*.<sup>9</sup> *Amashaya* is the specific seat of *Pitta* and *Kapha*. Though *Virechana* is a specific therapy for *Pitta Dosh*, it also acts on *Kapha Dosh*. *Virechana* drugs with the *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* properties reaches the *Hridaya* by virtue of its *Virya* then following the *Dhamani* it spreads the whole body through large and small *Srotasa*. *Virechaka* drugs by their properties bring the morbid humour from the *Shakha* to *Kshotha*. Dominant *Pruthvi* and *Jala mahabhoota* take these *Doshas* towards. *Prabhav* of the medicine is responsible for expulsion of these *Doshas* out of the body by rectal root.<sup>10</sup> With criteria of *Samyaka Virechana*, *Vaigiki* and *Maniki* are considered mainly for deciding the *Samsarjana Karma*. *Ayoga* and *Atiyoga* Lakshanas were

checked during the procedure to avoid complication and for its early management.

In the present study, ***Trivritta Choorn*** was selected for *Virechana Karma* *Trivritta Churn* has property for *Sukha Virechak*.<sup>[11]</sup> *Trivritta Choorna* has *Madhura Kashaya*, *Tikta Rasa*, *Katu Vipaka* and *Ushna Veerya*<sup>12</sup> With *Madhura*, *Kashaya*, *Tikta Rasa*, *Trivrutta* helps to pacify or expelled out *Pitta Dosh*. *Trivritta* was having *Kushthaghna*, *Krimighna*, *Rakta Shodhana* and also *Tridoshaghna* properties<sup>13</sup>. So effect of drug itself was found to be helpful in the reduction of the disease.

### 1. *Aarogyavardhini Rasa*

*Aarogyavardhini Rasa* is herbomineral formulation. It is having ingredients like *Shuddha Parada*, *Shuddha Gandhak*, *Lauha Bhasma*, *Tamra Bhasma*, *Triphla churna*, *Shuddha Shilajita*, *Kutaki*, *Cchitrak Mool*. With *Bhavana* of *Nimba Patra Swarasa* etc it is explained in

*Kustharogadhikar*. Primarily advised in *Kushtha Vikara* i.e. all type of skin diseases. most of the *Dravyas* having *Tikta Rasa*.<sup>[14]</sup> Its primary site of action is *Grahani* and *Pakwashaya*. It is very potent drug to increase *Agni* which is a very important ingredient to correct the multiple *dushya* levels in *Kushtha*. Not only it helps in all types of *Dosha* predominant conditions, it also helps in their elimination from the body by its *Bhedan* and *Malashuddhi kar* activity.<sup>[15]</sup>

## 2. Panchtikta Ghritta guggulu

This is a very potent drug of choice in *Kushtha Adhikar*. It is indicated in *Visham* and *Atiprabala Vata*. *Nimba*, *Guduchi*, *Patola*, *Kantakari*, *Vasa* are the contents of *Panch tikta*.<sup>16</sup> *Guggulu* is *yogavahi dravya*. It is having many medicinal properties. like improve digestion, Purify the blood, It is also beneficial in skin disorders of *Vata* and *Kapha* predominancy. Probable mode of action of *Panchtikta ghritta guggulu* can be consider as, All properties of this drug acts on cellular level of skin decreasing keratinization of skin layer thus improving cell cycle as a result of these symptoms like itching, extensive patches, unctuous, and raised blackish colour of patches were reduced.<sup>[17]</sup>

## 3. Gandhak Rasayan

It is a Herbomineral formulation. It is having ingredients like – Shudh Gandhka, with Bhavana of Different *Kwath*, *Swaras* etc. Example – *Guduchi Swaras*, *Godugadh*, *Aadraka Swaras* etc. it is indicated in *Kushtha Vyadhi*.<sup>18</sup> It is having Anti fungal Activity,<sup>[19]</sup> It is used in the treatment of Skin Diseases Itching on the lesion. It is also useful in bleeding disorder It Effects on *Tridosha* i.e. *Vata Pitta and Kapha*. It act as anti bacterial anti Viral, anti pruritic and anti inflammatory agent. it is a very good blood purifier.

## 4. Combinataion of Avipattikar choorn +Jatamanshi choorn+ Katuki Choorn – (For Nitya Virechana karma)

- In This *Avipattikar Choorn* is an ayurvedic herbal mix Powder. It is composed of 14 ingredients. *Avipattikar choorn* exhibit antiulcer property, it is also having mild laxative property. Contents of *Avipattikar choorn* such as *Lavang*, *Vidang*, *Trikatu*, and *Nagarmotha* have *Deepan* and *Pachan* property where as *Nishoth* and *Triphla* are Laxative in Nature. All have *Pitta* and *Kaphashamak* property Mishri is *Vata-Pittashamak* due to *Madhura rasa*.<sup>[20]</sup>
- *Jatamanshi Choorn* has *laghu*, *Snigdha guna* *Tikata*, *Kashaya*, *Madhur Rasa*, *Katu Vipak* and *Sheet Virya* and *Manas doshara* property. It Balances all the three *Doshas*, But has special effect on *Pitta* and *Kapha Dosha*. It is also having Antioxident property. It has anti Fungal activity.<sup>[21]</sup>
- *Katuki Choorn* is a *Ayurvedic hurb* It is having *Ruksha Laghu*, *Guna Tikta Rasa* *katu Vipak* and *Sheet virya* It balances *Kapha* and *Pitta Dosha* In condition of *Pitta* inflicting the *Rasa* and *Rakta Dhatu* –*Katuki* by the is virtue of its *Tikta Rasa* and

*Sheet virya* it pacifies *Pitta*, it does *Prasadan* of those *Dhatu* too. A very lower dosage of *Katuki Choorn* augments the digestive fire (*Jatharagni*), Cleaness the blocked *Srotases*. It is also having AntiBacterial property.<sup>[22]</sup>

## CONCLUSION

*Virechana* as *Shodhana Chikitsa* and *Shamana Therapy*, both in combinations when followed systematically, given relief from symptoms in patients of *Vicharchika*.

Disease *Vicharchika* can be managed successfully with *Ayurveda* and need to be studied in more number of patients.

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