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### RESEARCH ARTICLE

#### SUCCESSFUL AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA) - A CASE STUDY

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#### Abstract

Vicharchika is skin lesions of varying size with inflammation, severe itching sensation, with bleeding in some cases, and this condition is as distressing as it causes disfigurement by affecting cosmetic look of an individual. In the present case study a 60 years old female consulted in Out-patient Department of Kayachikitsa Rama Ayurvedic Hospital, Rama University Mandhana Kanpur Uttar Pradesh. Complain of the patient was recurrent skin rashes with redness, skin edema, intense itching, with crusting of skin flaking, blistering, cracking, oozing and bleeding of upper layer of skin over both hands. By examining the signs and symptoms of complaints of patient was diagnosed with vicharchika. In the present case report patient was intended to treat with some ayurvedic formulations under the treatment of Vicharchika. Vicharchika according to Ayurveda is Rakta Pradoshaja Vikara being involved of three Dosha with dominance of Kapha. The management available in current mainstream medicine is unsatisfactory. Various Ayurvedic treatments have been in use for these manifestations. The patient was considered suffering from Vicharchika and was treated with ayurvedic medicines. Patient's condition was assessed for signs and symptoms of eczema which were cured after the treatment. This study is carried out as per International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP) as per Declaration of Helsinki guidelines. This study shows that the cases of eczema can be successfully managed with Ayurvedic treatment only without any complications and side effects.

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#### Introduction:-

Most common skin ailment encountered during clinical practice is Vicharchika and its incidence is alarmingly rising is quite a concern on healthcare of the public.<sup>i</sup> This condition has two forms one which is Ruksha or dry form and other being the Sravi or the moist form based on its clinical presentation. The characteristic feature of Vicharchika is skin lesions of varying size with inflammation, severe itching sensation, with bleeding in some cases, and this condition is as distressing as it causes disfigurement by affecting cosmetic look of an individual.<sup>ii</sup> It also affects quality of life and increases the economic burden of an individual. Recurrence is by far the most common complaint associated with this ailment. In this case study Sravi Vicharchika in chronic form was dealt with Ayurvedic

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treatment and the outcome of it is being presented. Based on the Doshic dominance internal medications will be planned, in Vata Pitta dominance all the features of inflammation will be evident and correspondingly Vata Pitta shamaka dravya are to be used. It runs a chronic course and has a tendency of exacerbations. Vicharchika can be correlated 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, skin oedema, itching, with possible crusting, flaking, blistering, cracking, oozing or bleeding. In maximum of 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. There are many causes of vicharchika; excessive consumption of foods that are dry, stale and cold, salty, spicy sour, fermented or fried, late night work schedules, regular late-night dinners, excessive physical, mental and sexual activities and the stress is responsible for causing vicharchika. Excessive intake of teas, coffee, alcoholic beverages, aerated drinks, indigestion, constipation, acidity or flatulence too can cause eczema.

**Causes Of Vicharchika (ECZEMA):**

Etiological factors including antagonistic food, suppression of natural urges especially vomiting, quick change in temperature, exposure to excess heat, and sudden biological changes in fluid volume and muscle mass cause vicharchika. Viruddhaannapana, excessive intake of drava, snigdha and guru dravyas; restraining natural urges like vomiting etc; exercising or coming in contact of excessive heat after eating excessive quantity of food. Indulging in habits such as, taking shita quality food etc. followed by ushna quality or either fasting followed by heavy meals Having cold water immediately after exposure to scorching sun, exertion and fear, eating uncooked or raw foods or having meals although previously taken meals have not been digested.. Consuming new grains, curds, fish, excessive salty and sour food items. Black grams, radish, food prepared from flour paste, sesame, milk and jaggery products. Indulging in sexual activity even if the food is not well digested (sexual intercourse immediately after taking food), sleeping during day time, insulting peers like Brahmin guru and other respected personal and doing sinful acts are the etiological and risk factors of vicharchika.

**Case Details:**

A 60 years old female consulted in Out-patient Department of Kayachikitsa Rama Ayurvedic Hospital, Rama University Mandhana Kanpur Uttar Pradesh. Complain of the patient was recurrent skin rashes with redness, skin edema, intense itching, with crusting of skin flaking, blistering, cracking, oozing and bleeding of upper layer of skin over both hands. Patient was suffering with these symptoms from last two years. The patient also consulted to allopathic hospitals and took allopathic treatment but did not get satisfactory relief from modern medicine and even condition become vaster with spreading of symptoms to nearby area of body. Then one of his relative advised him to take ayurvedic treatment so he consulted in OPD of RAMC, Kanpur. His general health was good. He was not taking any medications at the time of consultation.

**Clinical Findings:**

The case was subsequently consulted on 19/09/2022 in OPD of RAMC Mandhana Kanpur, Rama University for the ayurvedic treatment. Then after seeing the condition I decided to admit the patient for proper care and procedure after eight days of therapy patient discharge on 26/09/2022.

When physical examination was done, patient was found anxious, with loss of appetite and constipated with coated tongue. When asked about bladder and bowel, Maturation and bowel movement were normal. Patient was Vata and Pitta Prakruti with Madhyam Samsamana, Sara was madhyam, Samyak was madhyam, Madhayam Satva (in relation to mental strength), Vyayama shanty was madhyam, Ahar shakti and Japan shanty were also normal. Gait was normal. On neurological examination, speech and higher mental function were normal. All cranial nerves were normal. On motor examination, bulk, tone, power and coordination of arms and legs were normal bilaterally. Joint position sense and vibration sensation was normal bilaterally. All laboratory and biochemical investigations were normal. Patient complaints of recurrent skin rashes over extensor surface of foot redness, skin oedema and blistering, cracking, oozing and bleeding. Patches of skin were inflamed, itchy and red. Itching was so prominent that patient was unable to sleep due to this. This skin rashes is recurrent from last 2 years.

**Diagnostic Focus And Assessment:**

By observing the symptoms of the patient, it was concluded that patient was suffering with Vicharchika (eczema). As patient was a resident of Kanpur he has a habit of consuming milk and milk products on daily basis. Vicharchika was considered as ayurvedic diagnosis, which is a type of Kshudra Kushtha.

**Table No. 1:- Intervention.****(A) Internal medication**

1	Drugs	Doses	Anupana	Kala
2	Tab Aarogyavardhini vati	2 TID	Lukewarm water	After food
3	Tab Panchatikta ghruta guggulu	2TID	Lukewarm water	After food
4	Tab Gandhak rasayan	2TID	Lukewarm water	After food
5	Vidangarista 10ml + Khgadirarista 10ml	20 ml BD	Normal water in equal water	After food
6	Guduchi+Lodhra+Patol+ Sariva+Panchanimba+Kiratikta	All in equal quantity make decoction	Normal water	Before food
7	Gandha karpoor for local application	ASN	-	After prakshalan

**B) External medication**

- ❖ Prakshalana with Panchwalkal kwath
- ❖ Doshaghna pack(Anubhoot yoga)

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Haridra</li> <li>• Lodhra</li> <li>• Musta</li> <li>• Karpoorkachari</li> <li>• Panchanimba churna</li> <li>• Kiratikta</li> <li>• Jatamamsi</li> <li>• Patol</li> <li>• Kutaki</li> </ul> | <ul style="list-style-type: none"> <li>• Kaunch beeja churna</li> <li>• Nagkesar</li> <li>• Punarnava</li> <li>• Vacha</li> <li>• Trivrita</li> <li>• Raktachandana</li> <li>• Jayphal</li> <li>• Yashtimadhu</li> <li>• Musli</li> </ul> |
|---|---|

**Pictures No-2:-** illustrates the patient photos from starting of treatment to changes observed:**DAY FIRST****DAY SECOND**



ON THIRD DAY



LAST DAY ON 8TH DAY

**Measures And Follow Up:**

By just following the proper ayurvedic management with proper dietary and social lifestyle she got almost complete relief from eczema symptoms only blackish discoloration left there. Patient followed the above intervention for the total duration of 8 days. Patient didn't leave the treatment in this 8 days duration and followed all the advised given to him. She got relieved from all the symptoms in just 8 days. From which she was suffering from last 2 years only by ayurvedic medication.

**Discussion:-**

Eczema or vicharchika is caused due to faulty diet and lifestyle, which leads to impairment of digestion and aggravation of kaphadoshan.<sup>iii</sup> Kapha manifests in the skin and causes accumulation of toxins. Consuming new grains, curds, fish, salty and sour food items and Indulging in sexual activity even if the food is not well digested (sexual intercourse immediately after taking food), sleeping during day time, insulting peers like Brahmin guru and other respected personal and doing sinful acts are the etiological and risk factors of vicharchika. The vitiated three doshas- vata, pitta, kapha along with impaired tvak, rakta, mamsa and ambu together constitute seven essential entities which play role in pathogenesis of this skin disorder and Kapha is the predominant dosha involved in

vicharchika.<sup>iv</sup> Recurrent skin rashes over extensor surface of hand and nearby areas characterized by redness; skin edema and cracking, oozing and bleeding were the symptoms of patient. Patches of skin were inflamed, itchy and red. Kaphadosha is responsible for symptoms like whitish discoloration, cold in touch, pruritus, non-progressive/slow progression of disease, elevated; heaviness and oiliness are presented. Patient should consume easily digestible and wholesome food, green leafy vegetables bitter in taste, food and ghee prepared by fortifying with Patient should avoid food which is heavy to digest, sour food, milk, curd, meat of animals residing in marshy area, fish, jaggery and sesame.<sup>v</sup>

Khadirarista is raktasodhaka that can calm vata and pitta in the body.<sup>vi</sup> Tikta rasa itself is non-relishing, enhances appetite, is anti-poison, anthelmintic, alleviates fainting, burning sensation, itching, skin disorders and thirst, provides firmness to skin and muscles, is antipyretic, appetizer, digestive, galactodepurant (i.e., an agent that cleanses any adverse reaction of milk), lekhana (making thin), absorbs moisture, reduces fat, muscle-fat, marrow, lymph, pus, sweat, urine, feces, pitta and kapha; and is rough, cold and light.

Panchatikta ghruta guggulu possess so many qualities, if used singly and excessively, on account of its roughness, coarseness and non-sliminess, dries up rasa, rakta, mamsa, medas, asthi, majja and shukra, causes coarseness in channels, takes away strength, produces emaciation, malaise, mental confusion, giddiness, dryness of mouth and other vatika disorders. Hence Panchatikta ghruta guggulu is given. It is useful in many skin disorders like eczema, syphilis, leprosy etc. it provides relief from rashes, inflammation, pain, boil, and any kind of pus discharge. It also gives soothing effect by healing blisters. `

Panchnimba churna is sarvkusthani i.e., when use for one month can treat all types of kustha. Ras manikya is a famous drug, frequently used by Ayurvedic physicians for Vata-Kaphaja diseases like Shwasa, Kasa and Kushtha (Skin disorders). Panchanimba churna helps in kapha and pitta shaman and is kushthahan and rasayani therefore it is given in vicharchika to get the best results.<sup>vii</sup> Therefore, all these ayurvedic drugs play a significant role in the treatment of eczema.

Panchavalkala kashaya aided in restoring hygiene and reduce the microbial load<sup>viii</sup> and due to Prakshalana gross reduction in pain, itching, inflammation, pus discharge and redness was observed. Patient appreciated the clinical changes observed after the therapy and she was advised to take same medications on the daily basis and she was asked to visit for further follow up after making discharge of patient. Sravi Vicharchika is an inflammatory condition characterized by unpredictable degree of vesicular lesions with considerable intensity of exudation and scaling, which may get worsened by secondary infection.<sup>ix-x</sup> In this case, Prakshana was chosen as it is most convenient form among the other forms and it is specified for Pitta dominated condition.<sup>xi</sup> The drugs administered internally targeted mainly to check the suppuration process and alleviate the aggravated Vatapittadosha thereby relieving the inflammation.

### **Conclusion:-**

The case was subsequently consulted on 19/09/2022 in OPD of RAMC Mandhana Kanpur, Rama University for the ayurvedic treatment. Then after seeing the condition I decided to admit the patient for proper care and procedure after eight days of therapy patient discharge e on 26/09/2022.

Vicharchika haunts the outlook of an individual and affects the quality of life. Among the subtypes of Vicharchika, in this case, Sravi Vicharchika was encountered in clinical practice. Positive clinical results can be achieved by employing the treatment modality as advocated in Ayurvedic treatises. Raktamokshana is by far the best modality in achieving success in this disease. Vata Pitta shamaka dravya usage has assisted in the positive outcome. Along with application of treatment modality, certain life style changes have to be stressed. The case report demonstrates the treatment of Eczema completely with only ayurvedic medicinal intervention. Pathyasevan plays a major role in the treatment of vicharchika. Apathyaahar should be avoided.

### **Patient Consent:**

Written permission for publication of this case study has been obtained from the patient.

### **Conflict Of Interest:**

There is no conflict of interest.

**Source Of Support:**

Nil.

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