

STUDY OF VICHARCHIKA IN CORELATION WITH ECZEMA W.S.R RAKTAVAHA STROTODUSHTI

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ABSTRACT

In *Ayurveda*, skin diseases are caused due to imbalance in all the three *doshas*, the prime *dosha* involved is *pitta*. In “*Aashrayaashrayi Bhav*” it is described that ‘*Pitta*’ lives in ‘*Aashrayas*’ of ‘*Raktadhatu*’ and if ‘*Raktavidhhi*’ occurs, then ‘*Pitta*’ also increases (and vice versa). That means they both are dependent on each other, but in ‘*Pitta Prakriti*’ individual skin infections occur frequently. Skin forms a protective coating of the body and thus acts as a mechanical barrier against entry of bacteria etc. which cannot enter through the intact skin. In *ayurveda*, skin diseases are described under *Kushtha*. *Kushtha* is most the common skin disease affecting about 10–20 % of the world population and *Kushtha* is the cause of *Raktavaha strotodushti*. *Vicharchika* is one of the sub types of *Kshudra kushtha* and it is commonly seen skin disease. *Vicharchika* is described in ancient *Ayurved Samhitas*. *Vicharchika* is *kapha pradhan vyadhi* (*Ch.chi* 7/30). According to *Charak samhita*, symptoms of *Vicharchika* are *kandu*, *shyavavarna*, *pidika*, *bahusrava*. In contemporary science, *Vicharchika* has a co-relation with Eczema. It is the inflammation of skin that is Dermatitis. The present study is focused on *Raktavaha strotodushti* in *vicharchika*.

Keyword: *Vicharchika*, Eczema, *Raktavaha Strotodushti*, *Kushtha*

INTRODUCTION

Ayurveda is a complete science of health that not only deals with treatment but also with the prevention of disease. God has created beautiful universe and human are one of its most beautiful creation. Everyone desires to look attractive. Beauty and glamour are parts of life and beauty

is first recognized by skin health along with general health. Also skin is a protective barrier of the body from the external environment. Skin is the largest sense organ in the body. Nowadays for minor and major skin problems people are aware. In *Ayurveda* all skin diseases are consid-

er in one of the broad heading of *Kushtha*. *Kushtha* is most common skin disease over the population, and *Kushtha* is mentioned under the “*Raktavaha Strotodushti*” *Lakshanas*. There are two main types of *Kushtha* i.e. *Mahakushtha* (7 types) and *Kshudrakushtha* (11 types).

Vicharchika is one of the sub types of *Kshudrakushtha*. The clinical features of *vicharchika* like *Kandu* (Itching), *srava* (Discharge), *Pidaka* (pustules), *Shyavata* (discoloration of skin), *Rajyo* (scratches), *Ruja* (Pain), *Rukshata* (Dryness) are resemble with the features of Eczema. It is commonly seen skin disease. All *Kushtha* are having *Tridoshaja* origin so, *Vicharchika* can be said in same way i.e. *Kapha* is responsible for *Kandu*, *Pitta* is responsible for *Srava* and *Vata* is responsible for *Shyavata*. Despite of its *Tridosha* origin various *Acharyas* mentioned different dominancy in *Vicharchika* i.e. *Kapha*, *Pitta*, *Vata-Pitta Pradhan*. The prime *dosha* involved is *pitta*. In “*Aashrayaashrayi Bhav*” it is described that ‘*Pitta*’ lives in ‘*Aashrayas*’ of ‘*Raktadhatu*’ and if ‘*Raktavidhhi*’ occurs, then ‘*Pitta*’ also increases (and vice versa). That means they both are dependent on each other, but in ‘*Pitta Prakriti*’ individual skin infections occur frequently. *Vicharchika* is *Kaphajavyadhi* and *Raktdushti* is also observed. The texts of *Ayurveda* consider *Rakta Dushti* as one of the prime cause of skin disease.

Vicharchika explained by *Aacharya Charak*, is characterized by *Pidika*, *Kandu* (itching), *Srava* (discharge). According to *Charakacharya Vicharchika* is *Kaphapradhan vyadhi*¹. While *Aacharya Sushrut* has mentioned the features as *Rukshatha* (dryness of the skin) with *Kandu* (intense itching) and *Raji* (marked lining)². *Yogaratanakar* has mentioned the symptoms as *Shyavavarniya Pidika* with *Kandu*³. It can be

co-related with Eczema, which is defined as a non-contagious inflammation of the skin characterized by itching, erythema with oedema, oozing and scaling⁴. Eczema is allergic skin condition. It is the inflammation of skin that is dermatitis. Eczema is also called as Atopic dermatitis. In the acute phase eczema may be vesicular and oozing, in the chronic phase it may become hyper pigmented and lichenified (thickened)⁵.

Vicharchika is described in *Ayurved* texts i.e. in *Sushrut Nidan Sthana* 5/13, *Ashtang Hriday* 14/18, *Kashyapa Samhita* Page no. 116, *Haarit Samhita* 3rd *Sthana* 36/12, *Sharangadhar Samhita* 7/87, *Bhava Prakash* 54/27, *Charak Chikitsa Sthana* 7/26.

PREVALANCE OF ‘ECZEMA’:-

The incidents of skin disease are increasing day by day. At least 200 types of skin diseases are detected till now.

- Eczema is common condition, affecting about 10 % to 20% of the world Population, According to American Academy of Dermatology. Female and male are equally affected. (www.jacionline.org.)
- Hand Eczema is common in the general population. The one year prevalence of level Eczema was 15.8 %. (Female 28.3% and male 10.0%)
- The prevalence of childhood eczema / atopic dermatitis in the US is 10.7 % overall and as high as 18.1 % in individual states and 21 % across various countries.

AIM & OBJECTIVES:-

- To find out the references on *Vicharchika* in *Ayurved Samhitas*.
- Study of etiopathogenesis of *Vicharchika*.
- Study of *Raktavaha strotodushti* in *Kushtha*

MATERIAL & METHODS

- This Study is based on review of *Ayurvedic Samhitas*, Modern science & *Ayurvedic* journals regarding finding out the etiopathogenesis of *Vicharchika*.

AYURVEDIC VIEW:-

In *Ayurveda* Eczema is considered to be a type of *Kushtha*. Seven material affected morbidly are the causative sources of *Kushtha*, such as 3 *doshas- Vata, Pitta, Kapha-* vitiated by etiological factor & 4 *dushyas, sharirdhatu- twacha, mamsa, rakta, lasika-* affected with affliction by *doshas*. These 7 material in this way are causative factors of 7 type of *Kushtha* arising from their force they afflict the whole body.

According to *Ayurveda*, symptoms of *Vicharchika* are intense itching, pain, dryness &

blackish skin color because of skin disorder. *Vicharchika* is the sub type of *Kshudra Kushtha*.

- According to *Acharya Charak*, the *Kushtha* which has black color boils with itching & discharge is called as *vicharchikakushtha*¹.
- *Acharya Sushruta* has mentioned this disease with the symptoms like cracks at the hands & feet, severe itching, pain, dryness².
- *Ashtang Hridaya* also mentioned itching blackish boils with oozing in *Vicharchika*⁶.
- *Kasyapa* has described *Vicharchika* in *Kushtha chikitsaadhyaya*. *Vicharchika* accompanied by black color wound with acute pain, discharge & piercing suppuration⁷.
- *Bhava Prakash* given the same description of *Vicharchika* as mentioned above⁸.

Table 1: Classification of *Kshudra Kushtha* according to *Brihatrayi*

<i>Charak</i>	<i>Sushruta</i>	<i>Vagbhata</i>
<i>Ekkushtha</i>	<i>Ekkushtha</i>	<i>Ekkushtha</i>
<i>Charmakushtha</i>	<i>Mahakushtha</i>	<i>Charmakushtha</i>
<i>Kitibha</i>	<i>Kitibha</i>	<i>Kitibha</i>
<i>Vipadika</i>	<i>Sidhma</i>	<i>Vipadika</i>
<i>Alasaka</i>	<i>Visarpa</i>	<i>Alasaka</i>
<i>Dadrumandal</i>	<i>Parisarpa</i>	<i>sidhma</i>
<i>Charmadal</i>	<i>Charmadal</i>	<i>Charmadal</i>
<i>Paama</i>	<i>Paama</i>	<i>Paama</i>
<i>Visphota</i>	<i>Sthoola</i>	<i>Visphota</i>
<i>Shataaru</i>	<i>Rakasa</i>	<i>Shataaru</i>
<i>Vicharchika</i>	<i>Vicharchika</i>	<i>Vicharchika</i>

RAKTAVAHA STROTAS:

Moolasthan:- According to *Acharya Charak* *Yakrut* and *Pleeha* are *Moolasthan* of *Raktavahastrotas*.

Dushti hetu of raktavahastrotas:-

Vidaahi, Annapaan, Snigdha, Ushna, Ati drava Sevan, excessive Contact with *Agni & Vayu*

Dushti Lakshana of raktavahastrotas:-

Kushtha, visarpa, pidaka, raktapitta, Gudadpka, medhrapaka, mukhapaka pleeha vridhhi, gulma vridhhi, Nilika, kamala, vyanga, piplava, tilakaalaka, Dadru, charmdala, shwitra, paama, kodha ... Cha. Su. 29/11, 12)

Rakta Dushti occurs due to any cause, which leads to several diseases. And *Kushtha* is one of them.

HETU OF VICHARCHIKA:-

AAHAR- The person eating *ushna* and *sheetadravya* alternatively for long period of time, *Chilachima* type kind of fish with milk, diet consisting mostly of cereals like *hayanaka*, *chinak*, *uddalak*, *kodrava* combined with milk, curd, buttermilk, kole, *Viruddhaaahar*, *snigdha* & *dravaaaharsevan* etc.

VIHAR- After eating the above things in excessive quantity a heavy indulgence in sexual activity, physical exercise, intense heat, swimming in the cold water, suddenly after affliction with fear, exertion, *chhardivegavarodh*, improper method of administering *Panchakarna*, the three *doshas* are vitiated simultaneously & there after causes *shaithilya* in four *dushyas*. *Agnimandya* is the root cause of all diseases

POORVA ROOPA:-

As enumerated in *Charak samhita* the *poorvaroopa* include:

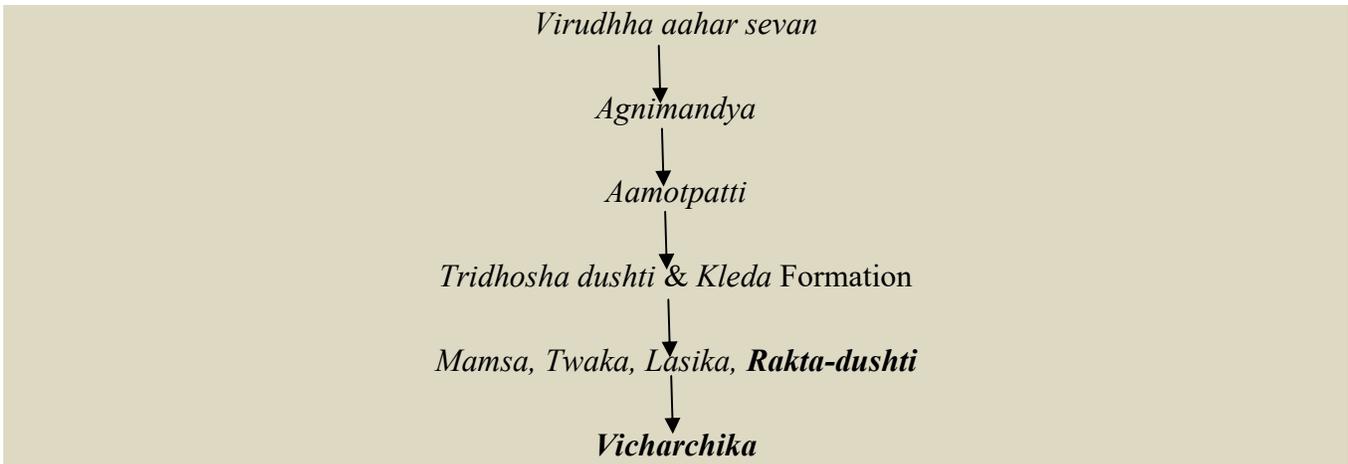
- *Asweda* or *Ati-sweda pravrutti*.
- *Twaka vaivarnya*
- *Sparshaagyatwa* (loss of touch sensation).
- Appearance of *pidaka*, *Kandu*, *Todavat vedana*,
- *Daurbalya*(fatigue), *Vranotpatti* and *Vranapida*

ROOPA:-

Sushrutokta lakshanas are given as *Tivra Ruja* and *Kandu* whereas *Charak samhita* described it as the *pidka* with itchy, blackish with excessive discharge.

SAMPRAPTI: -

As *Vicharchika* is mentioned as sub types of *Kushtha* so, the *Samprapti* as *Kushtha* are also applicable to *vicharchika*.



CONTEMPORARY VIEW: - ECZEMA

The word Eczema is derived from the Greek word 'eczein' meaning 'to boil over' or 'to effervesce'. The term, dermatitis and eczema are often used as synonyms but, the term eczema is preferably used for exudative dermatitis.

Eczema is kind of inflammatory reaction of skin mediated by memory T lymphocytes in the skin. The lesions may be wet and edematous (acute) or dry, scaly and thickened (chronic). Eczema is characterized by skin rash with redness, skin edema, dryness and itching sometimes with crusts, oozing and blisters.

Causes:-The cause of Eczema is unknown but it may be combination of genetic & environmental factor.

GENETIC:

OVOL act ACTL9 and IL4KIF3A are the three new genetics variants associated with eczema. Eczema occurs about three times more commonly in patients suffering from celiac disease and about two times more frequently in relatives of those with celiac disease.

ENVIRONMENTAL:

The hygiene hypothesis postulates that the cause of Asthma, Eczema and other allergic disease is an unusually clean Environmental.

- Allergen: pollen, house dust mite, dandruff, pet.
- Yeast like fungus. Irritants: soaps, detergent, shampoo, juices, meats or vegetables.
- Foods: Dairy products, egg, nuts, seeds, soya products, wheat.
- Hot & cold temperature: high & low immunity, hot weather.
- Microbes: bacteria such as staphylococcus, viruses, certain fungi.

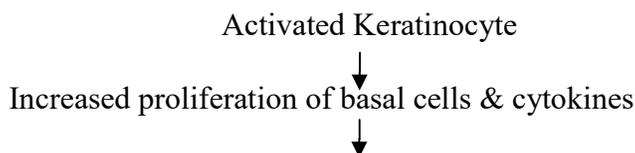
Table 2: Types Of Eczema:-Eczema is classified into groups:

EXOGENOUS ECZEMA	ENDOGENOUS ECZEMA
It is related to clearly define external triggering factor. In many cases both internal & external factors contribute to the pathogenesis of eczema. 1-Irritant 2- Allergic 3- Photo dermatitis 4- Contact dermatitis 5- Photo toxic 6- Photo allergic 7- Infectious eczematoid dermatitis	In this type of eczema the course of the problem arises from the patient’s inherent constitutional factors rather than the environment. 1- Atopic dermatitis 2- Seborrhoeic dermatitis 3- Nummular eczema(Discoid) 4- Dyshidrotic eczema (Pompholyx) 5- Asteatotic eczema(winter eczema) 6- Stasis dermatitis(Gravitational / varicose eczema) 7- Juvenile plantar dermatitis 8- Lichen simplex chronicus

Table 2: Eczema can be subdivided into three stages:

Acute eczema	Sub-acute eczema	Chronic eczema
It is represent wet dermatitis, Symptoms are pruritus, erythema, edema, papules, redness, swelling, vesicles, oozing, crusting and even blister formation.	Which is characterized by diffuse erythema, scaling & edema? In this stage, edema, vesiculation and oozing components come down. The lesion starts scaling.	It is represented by severe itching, hyperkeratosis and lichenification.

PATHOLOGY- Eczema



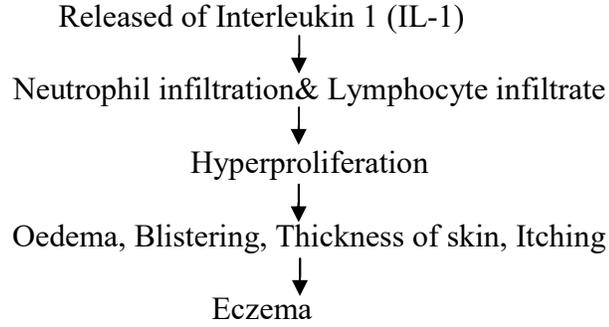


Table 3- PATHYA - APATHYA:-

PATHYA	APATHYA
<i>Puranshali, godhuma, munga, masura, jamgalmamsa, padaval, laghudipanaahar.</i>	<i>Aanupmamsa, tila, sura, dadhi, amlarasatmakadravyasevan, products of sugarcane(ikshu), divaswapa, virudhhaaahar, excessive indulgence in sexual activity etc.</i>

DISCUSSION

Ayurvedic & modern pathogenesis of Vicharchika is discussed in detail. Among all types of Kushthas mentioned in Ayurvedic texts Vicharchika is commonly seen skin disorder over the population. In contemporary view of Vicharchika it can be included as eczema. As per modern science, accessible treatment for eczema consists of reassurance, elimination of predisposing causes and palliative measures. Vicharchika is the allergic skin disease. Kushtha vyadhi is mentioned under the raktavaha strotodushti lakshanas. Vicharchika is Sadhya vyadhi

CONCLUSION

Vicharchika is a condition where patient presents with the severe painful itching, skin eruptions, dryness of skin which can be correlated with Eczema. Likewise other diseases Vicharchika also takes its origin from Agnimandya. So, the efforts should be made to concur Agnimandya. It is Kaphpradhan Vyadhi, but prime cause of vicharchika is Rakta Dushti, due to any cause. Therefore one should avoid the food & regimen that causes Rakta Dushti.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Apurwa N. Pardeshi & Sanjay A. Pawade: Study Of Vicharchika In Corelation With Eczema W.S.R Raktavaha Strotodushti. International Ayurvedic Medical Journal {online} 2017 {cited December, 2017}
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