

A MANAGEMENT OF VICHARCHIKA WITH ARKAHARIDRA OIL- A CASE REPORT

Bishan Kumar¹, Mamta Hooda²¹MD Rasashastra, Ayurvedic Consultant in Ocean Healing Centre, Karnal, Haryana²MS 3rd Year Scholar of Shalaky Tantra, ITRA, JamnagarCorresponding Author: dr.bishanrawat@gmail.com<https://doi.org/10.46607/iamj14p7052023>

(Published Online: July 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 21/06/2023 - Peer Reviewed: 08/07/2023 - Accepted for Publication: 21/07/2023.



ABSTRACT

Vicharchika is one of the most common skin diseases. *Vicharchika* can be co-related with eczema, 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 edema, itching, and dryness, with possible crusting, flaking, blistering, cracking, oozing, or bleeding. Areas of temporary skin discoloration are sometimes characterized as healed lesions, though scarring is rare. Long-standing eczema is often dry and is characterized by thickened, scaling skin with hyper pigmentation and visible crisscross markings (lichenification). No satisfactory treatment is available in contemporary medical practice except antihistamines and topical steroids. A patient approached OPD with chief complaints of edema, blackish skin lesions, with intense itching at the dorsum of both ears. A remarkable improvement in the condition was observed with the local application of *Arkaharidra taila* in a span of 2 weeks.

Key words: *Arkaharidra*, *Ayurveda*, *Vicharchika*

INTRODUCTION

The word *Vicharchika* is derived from the Sanskrit origin "*Charch Adhyane*" by using the prefix '*Vee*' to it. The word *Adhyane* has two syllables, '*Adhi*,' which means 'above,' and '*Ayane*,' which means to spread out. *Vicharchika* is a type of *Kshudrakustha*

often encountered by Ayurvedic Dermatologists characterized by symptoms, namely, *kandu* (itching), *srava* (discharge), *Pidaka* (vesicles), and *Shyava varna* (discoloration). *Vicharchika* affects the psychological and social status of a person. due to its

appearance, severe itching disturbs the daily routine life. It is correlated with eczema in modern dermatology, based on clinical presentations. *Vicharchika* is often correlated to eczema based on clinical presentations. The term Eczema means to "Boil out" (etc. = out, zema = boil) that the skin is boiling out or oozing out. Eczema is an inflammatory reaction pattern of the skin *Acharya Charaka* has defined as a blackish eruption with itching and profuse discharge known as *Vicharchika*¹. *Acharya Sushruta* has described *Vicharchika* as a condition in which the skin has rough linear lesions with intense itching and pain, but when the same symptoms appear at the feet alone, it is termed as *Vipadika*². According to the modern view, Acute eczema occurs after coming in contact with irritant or allergen. Its pathway involves inflammatory mediators, for example, prostaglandins and Helper T cells. Its clinical features are redness, swelling, scaling, weeping, crusting, and itch-

ing. 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.

MATERIAL AND METHODS

A 30-year-old man patient was consulted in the Out-Patient Department (OPD) of Ocean Healing Centre, Karnal, Haryana, with complaints of recurrent skin rashes over the surface of the Ear characterized by blackness, skin edema, and flaking, blistering, cracking, oozing. Patches of skin were inflamed, itchy, and black. The patient has been suffering from these symptoms for two years. The patient was also consulted to allopathic hospitals and took allopathic treatment but did not get much relief from modern medicine. On the basis of clinical examination, it was diagnosed as *Vicharchika*.

Material required: *Arkaharidra oil*.

TREATMENT PLAN:

Arkaharidra oil was given for external application three times a day without internal medication³.

Compositions of *Arkaharidra taila*

Sr No.	Drugs
1	<i>Arka Patra (Calotropis procera)</i>
2	<i>Haridra (Curcuma longa)</i>
3	<i>Sarshapa Taila (Brassica campestris)</i>

Preparation of *Arka Haridra taila* – It was prepared by the general method of preparation of *Taila Kalpana* till the *Kharapaka*⁴



Before (Figure-1)



After (Figure-2)

DISCUSSION

Vicharchika is a very common skin disease due to *vata* and *kapha dosha*. *Arkaharidra taila* has *Katu*

and *Tikta rasa*, *Ruksha*, *Laghu*, *Tikshana*, *Guna*, *Ushna veerya*, *Katu Vipaka*, and *Kapha Vatashamaka* property.

In this case, complain of the patient was completely resolved, and the lesion also healed up within two weeks. *Arkaharidra* oil has the most potent property to eradicate many skin diseases.

CONCLUSION

In this case, it can be concluded that only the external application of *Arkaharidra* is the most effective treatment. There is no need for *Shodhan* of body. There is no chance of reoccurrence as well. In this case, as there is not any scar left, it can be developed for cosmetic purposes also.

Declaration of patient consent

The authors clarify that they have obtained a patient consent form, where the patient has given his consent for reporting the case with the photographs and other clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

REFERENCES

1. Sharma RK (1998) 1st (Edn.), Vol-III, Charaka Samhita. Chikitsa sthana, Kushta Chikitsadyaya (Ch-7/26), Varanasi: Chaukhambha Sanskrit series.
2. Sri Dalhanacharya (2004) Nidana sthana, Kustha nidanam, Sushruta Samhita. Edited by Jadavji Trikamji Acharya, Chaukhambha krishnadas academy, Varanasi (Ch-5/13): 285.
3. Adhamala virachita Deepika tika and Kashirama Rachita Gudharta Deepika. 7th ed. 144. Vol. 9. Varanasi: Chaukhambha Prakashana; 2008. Sarangadhar-Sarangadhar Samhita. Ma. Kha.
4. 7th ed. Varanasi: Chaukhambha Prakashana; 2008. Sharangadhar, Sharangadhar Samhita, Adhamala virachita Deepika and Kashirama Rachita Gudharta Deepika.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Bishan Kumar & Mamta Hooda: A management of vicharchika with arkaharidra oil- a case report. International Ayurvedic Medical Journal {online} 2023 {cited July 2023} Available from: http://www.iamj.in/posts/images/upload/487_489.pdf