



A SINGLE CASE STUDY ON VICHARCHIKA WSR TO ATOPIC ECZEMA

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ABSTRACT

Skin diseases are a big problem now a days. *Jangam Pradesh* like Rajasthan has so many patients with skin disease. In *ayurveda*, *Vicharchika* comes under *kshudra kustha* i.e., included in 18 types of *kustha*. As we know two types of *kustharoga* occur, *Mahakustha* and *Kshudrakustha*. These two types again divide into seven and eleven types respectively. In modern science, *vicharchika* is called eczema. Eczema is a form of dermatitis where inflammation of the dermis occurs. It is also known as atopic dermatitis which is characterized by itchy inflammation of the skin. Modern science has no effective treatment for it, they are using steroids in the treatment of eczema which has many side effects. That leads to recurrence is common. Ayurveda treats it with *shodhan* and *saman* therapy that effects *Tridosh -shaamakata*.

Keywords: *Vicharchika*, *Kustha*, Eczema

INTRODUCTION

The skin is the largest sense organ of the body. It is working as a protector between the body and the environment. Skin disease involves the worldwide population, but it is found more common in children and lower socioeconomic groups due to poor hygiene. Skin infections are also affected by climatic conditions. Most skin infections transmit through con-

tact.^[1] Dermatitis is a condition that causes dry, itchy, and inflamed skin. Atopic dermatitis is long-lasting (chronic) and tends to flare sometimes. Living with skin disease, have a negative impact on quality of life because of continuous physical agony due to itching, scratching, oozing, and pain in lesions and thereby psychological discomfort. It can lead to high-stress

levels which also disturb the positive outcome at the workplace, affect the lifestyle and restrict the social activities of patient^s [2]. Mental depression is also of big concern in dermatological issues as the patient in maximum cases of Eczema is treated by corticosteroids and immunosuppressants and begins to feel desperate, awkward, and anguish due to the chronic nature of the disease. The research in dermatology has provided sufficient evidences that mast cells are found all over the body, chiefly near the surface of the skin, blood vessels, and lymphatic vessels. Eczema occurs as a result of delayed-type hypersensitivity mediated by the active immune system which kills infected host cells and activate other immune cells, producing cytokines causing the inflammatory response of the skin. The clinical lesions on the skin may be acute onset or chronic depending on the severity of the response to the antigen. The term "Eczema" is predominantly applied to a range of constant or repeated skin rashes identified by

redness, skin swelling, itching, and dryness, with possible crusting, peeling off, blebs, fissure, fluid discharge, or bleeding at times. The clinical presentation of eczema is similar to that of *Shushka Vicharchika* described in *Ayurveda*[3]. *Ayurveda* describes a wide range of skin disorders such as "*Kustha*" and is classified into two divisions, that is *Mahakustha* and *Kshudrakustha*. *Vicharchika* comes under *kshudra* [4]. All types of *kustha* occur due to *Tridoshaprapoka* and causes *Raktdusthi*(blood impurities); hence, *Shushka Vicharchika* is also a vitiation of *Tridosha* in general and *kapha* in particular described by *Acharya Charaka* and *Acharya Sushruta* has mentioned it under *Pitta dominancy*[5]. Modern medical science treats eczema with systemic steroids and other therapeutics to give symptomatic relief. The use of steroid suppresses eczema but it incurs significant cost in terms of severe long-term toxicity, including osteoporosis, skin fragility, susceptibility to infection and pituitary-adrenal axis suppression[6]. In maximum 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.

Case History: A male patient aged 59 year, police officer by occupation reported in the OPD National Institute of *Ayurveda*, Jaipur with complaint of patches, itching, and redness over both foot, elbows and both fingers since last 4 year. On enquiry, patient told that sometimes it is painful, and itching becomes more intense at night and sometimes clear fluid oozes out. His appetite, micturition, and bowel habits were normal and sleep was disturbed due to itching and patient told that **Figure 1 and figure 2**



Before Treatment

After Treatment

Vital Data: PR- 80/min, Regular, BP-130/90mmHg, Temperature-Afebrile, Rate-16/min rhythmical. Personal history and *Ashtavidha Pariksha* is mentioned in table 1 and table 2 respectively.

Table 1: Personal History

Name: Dula Ram Saini	Bala:Pravara	B.P.-120/80
Age:50	Sleep: Disturbed due to itching	Weight-90
Sex: Male	Addiction: Tea	Height-6.2
Marital Status: Married	Bowel Habit: Regular	
Occupation: Policeman	Appetite: Good	

Table 2: Ashtavidha Pariksha

Nadi:72/min	Shabda: Clear
Mala: Constipation	Sparsa: Normal
Mutra: Normal	Drik: Normal
Jivha:Sama(coated)	Aakriti: Madhyam

Systemic Examination:

Cardiovascular system-Heart sounds(S1S2) appear to be normal, No any adventitious sound was detected

Respiratory system-Chest appears to be normal in shape, movements of chest wall bilaterally equal. Air enters appears to be adequate bilaterally, no added sound detected

GIT system-On examination abdomen appears to be normal in shape, movements of abdominal wall appears to be normal, umbilicus central in position, on palpation abdomen is soft, non-tender and resonant all over.No organ seems to be palpable: bowel sounds appears to be adequate. wall bilaterally equal.

Musculoskeleton System-On examination locomotor systems appears within normal limits.Deep and superficial reflexes are intact.

Dermatological Examination-Hands, mouth, scalp, nails appears to be normal.Lesions present over gluteal region bilaterally and inner side of thighs ranging from three to four centimeters in size, red in colour, crusty in texture,round in shape and distribution is symmetric and grouped.

CNS-Patient was conscious and well oriented to person, place and time; speech and higher mental functions were normal.

Nidana: In Modern system of medicine it can be correlated by eczema which is characterized by a condition that causes dry, itchy and inflamed skin. Environmental factors or allergens such as cold and dry weather, dampness, house dust mites, pet fur, pollen and moulds are the causative factors for eczema. In *ayurveda* the etiology

of *Kuṣṭha* can be categorized in the following groups.

(a) *Aharaja Nidana: Vijayarakṣita*, the commentator of *Madhava Nidana Mithya Ahara* defined as ‘a diet opposite to *Aṣṭha Aahara Vidhi Vishesaaytnani*^[7]. The eight factors have delineated by *Acharya Charaka* to determine the utility of food, which are *Prakrati, Karaṇa, Samyoga, Rashi, Desha, Kala, Upayoga Sanstha* and *Upayokta*^[8]. A most important is food intake is incompatible diet which plays a major role in the causation of diseases.*Virruudh Aahara* is the main causative factor for *kustha*.Examples of *Virruudh Aahar* like Intake of fish with milk, Use of *Mulaka* with *Guda*^[9], Excessive use of alcohol with milk, Inake of sour substances with milk, Excessive use of green vegetable with milk, Excessive use of *Navanna, Dadhi, Matsya, Amla* and *Lavaṇa*, Intake of food during indigestion, Intake of food that cause burning sensation.

(b) *Viharaaja Nidana: Vihara* means activities and *Mithya Vihara* means the improper physical, vocal and mental activities. The activities opposite to 'Svasthavṛta' can be included under the heading of '*Mithya Vihara*'. *Mithya Vihara* is the chief causative factor of many diseases as *Kuṣṭha*.Examples of *Mithya vihara* are doing physical exercise and taken sunbath after heavy meals, Entering into cold water immediately after one is affected with fear, exhaustion & sunlight, perform sexual intercourse during indigestion, Use improper Panchakarma therapy, Sudden change from cold to heat or heat to cold Withholding of the natural urges i.e. *Mutra* and *Purisha vega* etc.

(c) *Acharaja Nidana:* This is very important factor and speciality of *Ayurveda* unanimously mentioned by all *Acharyas*. Behavioural misconduct, antisocial activities, sinful deeds and other punishable offenses comes under this heading. Examples of *Acharaja Nidana* are-Use of money or material acquired by unfair

means, Acts insulting teachers, Bramhana and other respectable persons

(d) *Anyā Nidana*: Some scattered references regarding Nidana of Kuṣṭha are also found in the Classics which are as follows.(i) *Kulaj Nidana*(ii) *Kramija Nidana*(iii)*Chikitsavibranshjanya Hetu*

(i) *Kulaja Nidana*: *Kulaja Nidana* is known as *Anuvansika Nidana* i.e. due to *Bijaduṣṭi*. *Sushruta* has mentioned *Kuṣṭha* as *Adibalapravrta Vyadhi* which means that the original cause of the disease is attributed to the defects of *Shukra* or *Shoṇita*.^[10]

(ii) *Kramija Nidana*: According to *Acharya Sushruta* all types of *Kuṣṭha* have their origin from *Vata*, *Pitta*, *Kapha* and *Krimi*^[11]. Also *Acharya Charaka* has expressed that the causative factor and treatment of *Raktaja Krimi* is as same as *Kuṣṭha*

(iii)*Chikitsavibranshjanya Hetu*: *Stambhana* may lead to the *Tiryaka gati* of *Dosha* and hence causes *Kuṣṭha*. *Kuṣṭha* is mentioned as *Raktapradoṣaja*^[12] and *Santarpanajanya Vyadhi*^[13]. So the *Raktaprapakopa* and *Santarpaka Nidana* can be attributed for the production of *Kuṣṭha*.

Samprapti Ghataka:-

Dosha:*Tridosha (kapha Dominant)*

Dushya:*Rasa, Rakta*

Strotas:*Rasvaha, Raktvaha*

Strotodusti:*Vimarga-Gamana*

Agni:*Manda*

Udbhava sthana:*Aamashaya*

Sanchara Sthana:

Vyakta Sthana:*Twak*

Rogmarg: *Triyak*

Vyadhi Svabhava: *Chirkaari*

Sadhya-asadhyata: *Sadhya*

Assessment Criteria:-

➤ **Subjective parameters:**

- *Kandu* (itching)
- *Rukshta* (dryness)
- *Srava* (oozing)
- *Pidika* (vesicles)
- *Shyava Varna* (skin discoloration)
- *Ruja*(Pain)

Table No.3:- Grading of Subjective Parameters:

<i>Kandu</i>(itching)	Grade	<i>Rukshta</i>(dryness)	Grade
No itching	0	No line on scratching with nail	0
Mild or occasional itching	1	Faint line on scratching with nail	1
Moderate itching (tolerable)	2	Excessive dryness leading to cracks	2
Severe itching(disturbing sleep and other activity)	3	Excessive dryness leading to bleeding	3

<i>Srava</i>(oozing)	Grade	<i>Pidika</i> (Papular Rash)	Grade
No discharge	0	No papular eruption	0
Moisture on the skin lesion	1	Mild developed papular eruption	1
Occasionally discharge	2	Moderate developed papular eruption	2
Excessive Discharge	3	Severely spread all over the body	3

<i>Shyava Varna</i>(skin discoloration)	Grade
Normal colour	0
Not normal but near to normal	1
Reddish discoloration	2
Deep black reddish discoloration	3

Treatment Plan: Shamana chikitsa was planned for this patient along with abstinence from Aharaja, Viharaja and Mansika Nidana. Following interventions were given for the period of six months.

Table No.4

S.No.	Intervention Given	Date
Ist Visit	Amla Churna+Vidang Churna+Gokhsur Churna,Punarnavadi kwath churna,Avipatikar churna,Panchtik Ghrita,Cutis cream	6-01-2022
IIndVisit	CST+,Arogyavardhni Vati,Panchkola Churna,Cap.Amlycure DS	14-02-2022
IIIrd Visit	Panchnimb churna,Avipatikar churna,Kaishor guggulu,Chandrakala Ras,Nisoreia soap	14-03-2022
IVthVisit	Rasmanikya ,Suddha Gandhak, Panchnimb churna,Arogyavardhini Vati,Khadirarishta,Somraji Tail	11-04-2022
VthVisit	CST+Nuderm oil,cutis cream,Mahatikt Ghrita,Haridrakhand	4-05-2022
VIth Visit	CST+Avipatikar,Pittantak,Kutaki Churna,Nuderm oil,Bhrita Manjistadi Churna,Chandraprabha vati,Psorolin soap	25-06-2022

Table No.5

Sr.No.	Treatment given in Dose	Duration	Anupana
1.	Amla,vidang and gokhsur churna each in 2gm,BD	1 month	Lukewarm water
2.	Punarnavadi Kwath Churna in 5gm,BD	1 month	Lukewarm water
3.	Avipatikar Churna in 5 gm,BD	1 month	Lukewarm water
3.	Panchtikta Ghrita-5ml,BD	1 month	With milk
4.	Cutis Cream,BD	1 month	For local application
5.	Arogyavardhini Vati-250m mg,BD	1 month	Lukewarm water
6.	Panchkola churna-5gm, BD	1 month	Lukewarm water
7.	Amlycure DS-2 Tab, BD	1 month	Normal water
8.	Khadiraristha-20 ml, BD	1 month	20 ml of medicine with equal amount of water
9.	Somraji Tail,OD	1 month	For local application
10.	Nuderm oil, OD	1 month	For local application
11.	Haridra khand-5gm, OD	1 month	Milk
12.	Bhrit Manjisthadi Churna, OD	1 month	Lukewarm water

Pathya and apthya (Wholesome and Unwholesome Diet):

Table No.6:

Sr.No.	Pathya (Wholesome Diet)	Apthya (Unwholesome Diet)
1.	Green Leafy vegetables	Dadhi
2.	Moong Daal	Mulak
3.	Aamla	Guda
4.	Paraval	Fish
5.	Bitter Gourd	Urad Daal
6.	Bottle gourd	Oily Food
7.	Giloy	Junk Food
8.	Neem	Sour Fruits and food
		Avoid excess salt intake

Observations & Result:

On Day 1, Patient came with *Kandu, Shyavta, Rukshata, Raji, Ruja, Srava*. After 30 days patient showed encouraging improvement especially in *Kandu, Rukshata, Srava* and after 60 days patient was able to enjoy the sound sleep at night (Which was disturbed previously). At the end of the 6 months patient showed marked improvement in sign and symptoms as evident in figure---Other symptomatic observations made are described in below table

Table No.7

Sr.No.	Assessment Parameters	Day 1	Day 30	Day 60	Day-90	Day-120	Day-180
1.	<i>Kandu</i> (Itching)	3	2	1	1	0	0
2.	<i>Pidika</i> (Papular Rash)	0	0	0	0	0	0
3.	<i>Rukshata</i> (Excessive Dryness)	3	2	1	1	1	1
4.	<i>Srava</i> (Discharge)	3	2	0	0	0	0
5.	<i>Shyava</i> (Discoloration)	2	2	2	1	1	0
6.	<i>Ruja</i> (Pain)	2	1	0	0	0	0

DISCUSSION

In *Ayurveda* all skin diseases comes under *kustha Roga*. *Kustha* is a *Rakta pradoshaja vikara*, Vitiating of *Vata, Pitta* and *Kapha* is found in *Kustha*. Vitiating Doshas cause manifestation of *Twak roga* by involving *Dhatu* especially *Rasa dhatu* and *Mansa Dhatu*. According to *Charaka Samhita Vicharchika* is classified under *kshudra kusta* characterized by *kandu, srava* and *pidika*. Causes of skin disease that are described in *ayurveda* has been mentioned above that is *Aharaja, Viharaja* and *mansika Nidana*. By using various causative factors, all the three *doshas* are simultaneously provoked, the four *dushya* (*Twak, Rakta, Mansa, Lasika*) thin out or lose their tone. The involvement of *vata Dosh* is responsible for dry, blackish lesion of *eczema*, *Kapha Dosh* is for itching and oozing due to *pitta dosha*. According to modern Medicine clinical presentation of *vicharchika* is analog to *eczema* that is a non-infectious inflammation of the skin characterized by erythema, scaling, edema, vesiculation and oozing. In this case *Shaman Chikitsa* was adopted for *Samprapti vighatan*. The formulation *Amla, vidanga* and *gokshur churna* have property to pacify *kapha* and *pitta dosha* in body. *Amla* and *vidang* have *kusthagn* property. *Panchtikta ghrita* has anti-inflammatory property which helps provide relief from itching and irritation. Its *Pitta* balancing property and *Snigdha* Property help to control dryness in *vicharchika*.

Haridra Khanda is widely accepted for *twak roga* and act as anti-allergic, anti-inflammatory, antioxidant, antihistamine as well as anti-pruritic and also act as a *kapha-Pitta Shamaka* resulting into Marked improvement in this case. *Arogyavardhini vati* has *Shodhan* (detoxification) property, so it helps in blood purification by removing toxins. *Brhit Manjistadi churna*-It is a famous herb for blood detoxification. It Purifies blood and useful in the treatment of disease due to *pitta*. *Somraji Tail* Provide relief from itching. reduces inflammation and redness, giving soothing effect to patient.

CONCLUSION

The skin is the body's largest and primary protective organ, covering its entire external surface and serving as a first-order physical barrier against environment. Skin conditions can adversely affect many aspects of patient's lives. The quality of life of skin disease patients significantly impaired in term of their psychological well-being, social functioning and everyday activities. It is also a direct representation of the health or diseases with in us. When we are healthy, our skin glows and conversely without that health, our skin lacks luster and shows imbalance. *Vicharchika* is a complex disease that hamper quality of life of a person as well as Physical and social imbalance. So it can conclude that with the use of proper *Ayurvedic Medicines* we can completely treat the

patients. A key point in the treatment is also *pathya sevana*.

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