



AYURVEDIC MANAGEMENT OF CHRONIC ECZEMA (*VICHARCHIKA*) : A CASE STUDY

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ABSTRACT

The structure of human skin is complex, consisting of a number of layers and tissue components with many important functions. Skin is the first line of defense and hence it is the first to be exposed to disease. Eczema is a chronic, enigmatic condition that usually affects the hands and feet. Eczema is a clinical condition in which patches of the skin become inflamed, itchy, cracked and rough. In contemporary medicine the skin disease refers as neither "Neither Cures nor Dies". Topical corticosteroid creams and ointments can be the ultimate drug choice. In *Ayurveda* various skin manifestation are approached under different concepts like *Kushtha* (Skin disorders), *Visarpa* (Herpes zoster), *Kshudra kushtha* (Minor skin disorders), *Keeta visha* (insect bite), *Gara visha* (poison) and *Dushi visha* (latent toxicity). *Ayurveda*, an ancient system of medicine originating from India, offers various treatments and approaches for diverse health conditions. "*Visha hara*" refers to therapies aimed at eliminating toxins from the body, while "*Rasayan chikitsa*" focuses on rejuvenation and overall well-being. We report a case of

chronic eczema (*Vicharchika*) treated with this thinking to highlight the treatment protocol and need to be accessed further through big clinical studies.

Keywords: Eczema, *Kshudra Kushta*, Latent toxicity, *Vicharchika*

INTRODUCTION

Eczema is a group of etiological unrelated conditions that have similar clinical morphology. They have been defined as a pattern of skin inflammation that has characteristic morphology in acute, sub-acute and chronic phases. It is also called Dermatitis. In the most common types we see dry, itchy skin and rashes on the feet, inside the elbow, hands and behind the knees. On scratching it can turn into reddish patch which is swollen and becomes thick eventually. Eczema is not contagious. The cause of eczema is idiopathic. It is one of the long-lasting diseases. In contemporary science treatments include steroidal medicines, skin creams, light therapy and good skin care routine. We report a case study of chronic eczema patients treated successfully with the help of pure *Ayurveda* treatment with complete remission. We found one unique history given by the patient where she was poisoned with the scorpion bite. Because of this *Dushi Visha* (latent toxicity), the case was chronic and recurring. *Ayurveda Vishahara* (removing toxins from body) and long term *Rasayana chikitsa* (rejuvenation) is promising and found to be effective in such cases. It needs to be accessed further through big clinical studies.

Case Report

A female patient, age- 41 yrs, housewife was presented in the Dr. D. Y. Patil Ayurved Hospital, Pimpri, pune (Dated - 08/05/2022).

Written consent of patient was taken.

I have had a 5 months' chronic history of an intensely itchy, thickened patch over left ankle. The onset was acute and gradual. She was complaining about *Kandu* (Itching), *Twak Vaivarnya* (Discoloration), *Twacha Kathinya* (Thickened skin) and *Rukshata* (Dryness).

Patients took allopathic medicines like steroids for the above complainants. But as soon as she stopped the treatment the problem worsened. So, she visited our hospital.

- **Associated Symptoms** - Patient was obese, *Agni* (Digestive fire) was *Teekshna* (Strong), and *Sarvadaihik Rukshata* (whole body dryness) was present. *Malavashtambha* (unsatisfactory stools) was there. She had a regular sleep pattern.

- **Past history** -

No H/O DM, HTN, Hypothyroidism or any other major complaints.

On enquiring about any major event in life, she told the history of scorpion bite at the age of 25 yrs. (Here we found the H/O *Dushivisha* I.e., Latent Toxicity)

- **Family History** -

No history of same illness in any of the family member

- **Psychological evaluation** -

Stressful life

- **Physical Examination** -

Blood pressure - 128/ 72 mm of hg

Pulse - 73/min

Respiratory rate - 17/min

Temperature- 98.2 f

Bowel- Irregular and unsatisfactory

Appetite- normal

Micturition- 4-5 times / day

Sleep - Disturbed

- **Ashtavidha Pariksha** -

Nadi (pulse) - *Kapha Pradhana*

Mala - *Asamyak*

Mutra- *Samyak*

Jivha- *Saam*

Shabda - *Prakruta*

Sparsha - *Anushna*

Druk - *Prakruta*

Akriti - *Sthula*

- **Systemic Examination** -

- Respiratory system - on auscultation, normal sounds heard, and no abnormality detected.

- Cardiovascular system - S1S2 heard.

- Gastrointestinal system - Abdomen soft and non-tender.

Examination of skin -

- Size and shape - around 8 cm*5 cm irregular patch
- Nature of skin - Dry thickened blackish patch over anterior side of left ankle.
- Color - hyper pigmented - blackish brown

- Thickness- 1 mm to 1.4 mm thick
- Nature of lesion- blackish brown elevated lesions
- Scales- powdery

Palpation -

- Moisture - Skin was very dry.
- Temperature - Normal
- Texture- Rough

Table 1: clinical findings of Vicharchika Kushtha (Eczema)

<i>Kandu</i> (Itching)	<i>Kandu</i> is produced by the vitiated <i>kapha Dosha</i>
<i>Pidaka</i> (eruptions)	<i>Kapha</i> and <i>Vata Dosha</i>
<i>Shyava Bahusrava</i> (dark discoloured with oozeing)	<i>Shyava Varna</i> is because of <i>Vata Dosha</i>

Material and method -

Centre of study - Dr. D. Y. Patil College of Ayurved Hospital OPD, Pimpri, Pune

Simple random single case study

Treatment underwent : For 1st 15 days.

Table 2: Internal Medicine

Sr. no	Medicine	Dose	Kaal	Anupaan
1	<i>Bilwaadi Gulika</i>	2-2-2 (125mg)	<i>Vyana- Udana</i>	<i>Ushnodak</i>
2	<i>Kaishor Guggulu</i>	2-2-2 (125mg)	<i>Vyana- Udana</i>	<i>Ushnodak</i>
3	<i>Arogyavardhini</i>	2-2-2 (125mg)	<i>Vyana- Udana</i>	<i>Ushnodak</i>
4	<i>Mahamanjishthadi kwath</i>	10 ml - 10 ml	<i>Vyana- Udana</i>	<i>Ushnodak</i>
5	<i>Mahatiktak Ghrita</i>	1 tsp - 10 ml	<i>Empty Stomach</i>	<i>Ushnodak</i>

Table no 3: Showing details of Panchakarma Procedures given to patient.

Sr. no	Procedure	Date	No of days
1	<i>Jalaukavacharan</i> (Leech therapy)	8/5/22	Every 15 days
2	Local <i>Snehan</i> with <i>Marichyadi Tail</i> (medicated oil)	23/5/22 8/6/22 Everyday	Total 3 times 45 days

Medication Prescribe for 15 days after reducing the primary symptoms.

Table no 4

Sr. No	Medicine name	Dose	Time	Anupana
1	<i>Patolkaturohinyadi kashayam</i>	10 ml - 2 times	<i>Vyana- Udana</i>	<i>Ushnodak</i>
2	<i>Panchatikta Ghrita Guggulu (250 mg)</i>	2-2-2	<i>Vyana- udana</i>	<i>Ushnodak</i>
3	<i>Kaishor Guggulu (250 mg)</i>	2-0-2	<i>Vyan - udana</i>	<i>Ushnodak</i>
4	<i>Mahamanjishthadi kashayam</i>	10 ml - 2 times	<i>Vyan udana</i>	<i>Ushnodak</i>
5	<i>Panchatikta tail</i>	Local application	2 times	-

Assessment of clinical features based on gradation system.

Table no 5 - *Kandu* - itching of the skin.

1	No itching	0
2	Mild/ occasional localized itching which is tolerable	1
3	Moderate generalized itching	2
4	Very severe itching with disturbance in sleep and other activity	3

Table no 6 - *Pidaka* - rash / elevated skin

1	Normal skin	0
2	Rash covering area of 1 cm diameter	1
3	Rash covering area of 2 cm diameter	2
4	Rash covering more than 2 cm diameter	3

Table no 7- *Shyavata* - blackish discolouration

1	Normal skin	0
2	Slight discoloration - localized	1
3	Moderate discoloration - localized	2
4	Blackish discoloration - generalized	3

Table no 8 - *Srava* - oozing of the exudation.

1	No <i>srava</i>	0
2	Mild oozing - watery discharge	1
3	Moderate oozing - watery to thick discharge	2
4	Severe discharge - pus , thick	3

Table no 9 - showing overall result of treatment.

Symptoms	Before treatment	After treatment
<i>Kandu</i>	3	0
<i>pidaka</i>	3	0
<i>shyavata</i>	2	1
<i>Srava</i>	2	0

Note - in this case study, only subjective parameters were taken for assessment of the treatment. objective parameters were considered for integumentary system examination.

DISCUSSION

In this case report a female patient aged 41 yrs, presenting a case of chronic eczema for 5 months on her left ankle. The patch was intense itchy. Patient's *Agni* (digestive fire) was *Teekshna* and had regular diet pattern. The remote cause found in this case was *Du-shi Visha* (Latent toxicity caused by scorpion bite) which resulted in the *Vicharchika Kushta*. After proper examination and diagnosis, the patient was successfully treated with classical *Ayurveda* principles. Various *Shodhan* and *Shaman Chikitsa* are described in *Samhitas* for the management of *Kushta*. In

Kushta like diseases *Dhatwagni Mandya* is more common so *Deepana Pachan* is done prior to the *Shodhan Karma*.

- Efficacy of *Bilwadi Gutika* - it is an effective *Ayurvedic* tablets providing healing effects from problems arising due to imbalance of *Kapha* and *Vata Dosha*. It helps to cure the acute as well as chronic toxic pathological conditions. Ingredients are *Bilva*, *Surasa*, *Karanja*, *Triphala*, *Trikatu* etc. It is an *Ayurvedic* remedy that has ability to counter the toxic effects that arise due to bites from cobra, scorpion, rodents and insects etc. It also acts as *Deepana Pachan* medicine.

- *Kaishor Guggulu - Guggulu* is very effective in chronic inflammatory conditions including vicharkika. It shows *Kantivardhak* properties, blood purifying action along with anti-bacterial properties.
- *Manjishtadi Kwath*- it is a very famous formulation used in *Kushta*. It is an effective blood purifier. All drugs used in *Kwath* formation are *Laghu* and *Ruksha* except *Guduchi* which is *Guru* and *Snigdha*. Therefore, *Kledashosha* occurs very effectively.
- *Patola Katurohinyadi Kashayam*- it is used commonly in the treatment of skin diseases. *Patoladi gana* of *Ashtang Hridayam* are used in the preparation. The main ingredients are *Patola*, *Katurohini*, *Chandana*, *Guduchi* etc. It is very potent medicine used in Ayurveda for the treatment of *Kamala*, *Kushta*, *Visha* etc.
- *Panchatikta Ghrita Guggulu - Kushta* is *tri-Doshatmaka Vyadhi*. The *Udbhav Sthan* of which is *Amashaya*. *Doshas* gets accumulated in *Amashaya* initially, then they lodge in *Twak* and *Shakha*. In *Kushta Vyadhi*, *Dosha* vitiates the *dhatu*s like *rasa*, *rakta* and further on it invades the deeper *Dhatu*s like *Mamsa*, *meda*, *asthi* etc. So *Shodhan* and *Shaman Chikitsa* should be adopted with the drugs having *Tikta- Kashaya Rasa*. So here I used *panchatikta ghrita guggulu* which gave an excellent result. It purifies the *Doshas* lodge in the deeper *Dhatu*s. The contents of *panchatikta ghrita* are- *nimba*, *guduchi*, *vasa*, *Patol*, *Nidigdhikā*, and *guggulu*. *Shodhan* procedure includes the *Jalaukavacharana*. *Jalauka* is *pittakapha shaman* in nature. The *shloka* itself says that - “*Avagadhe Jalauka* “ which means where the deeper situated *doshas* are there, *Jalauka* works magically. Because of the *Dushi visha* and the chronicity of the disease, the *doshas* were situated deeper inside the sight. *Jalaukavacharan* was planned in every 15 days (Total 3 times). Local treatment was given as the *Snehan* procedure with *Marichyadi tail*. *Ushna tikshna gunatmak tail*

CONCLUSION

Vicharchika can be correlated with chronic eczema or dermatitis which is developed by vitiation of *kapha* along with *vata*. This case study demonstrates the successful management of *vicharchika*, with the help of *Ayurveda* treatment protocol.

The *hetu* in this case study was remote which was *Dushi visha*. Present *hetu* was stress, *ahar-vihar* etc. Because of the chronic nature of the disease, the *doshas* were deeply situated. The use of *Bilvadi gutika* was for the *dushi visha* and *leena dosha*. *Jalaukavacharan* gave excellent results. *Mahatiktak ghrita* kept the moisture of skin intact. This is one of the relapsing types of skin disease, so patients are advised to follow *pathya* in *Ahaar* and *vihaar*. It took almost 3 months to get cured completely.

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