



AYURVEDIC MANAGEMENT OF SRAVI VICHARCHIKA WITH SPECIAL REFERENCE TO WEEPING ECZEMA- A CASE STUDY

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ABSTRACT

Eczema is a common clinical condition result from inflammation of the skin. Which presents with intense itching maculopapular reddish rashes and oozing in the initial phase. It is having causes like Atopy, irritants, allergens, etc. In Ayurveda majority of skin presentations are included under *Kushta Roga*. One among them is *Vicharchika*, having reddish-brown skin lesions with intense itching and oozing. Presenting a case report of successful management of a *Vicharchika* patient aged 35 years male with complaints of reddish patches over the upper limbs, trunk, face, and neck associated with intense itching and exudation since 3 months.

Key words: *Vicharchika*, weeping Eczema

INTRODUCTION

Skin diseases are the most attending cases in a clinical setting due to their cosmetic, recrudescence, and chronic effects. Eczema also called dermatitis, is one of the common skin manifestations having genetic, immunological, and environmental causative background. It is of different varieties depending upon causes, specific features, distribution, etc. Generally,

in the acute stage, it is characterized by reddish, maculopapular rashes, itching, and exudation. The chronic case is more of dry lesions with thickening and dark discoloration of skin¹. In Ayurveda, *Kushta* is a disease in which we can include a vast variety of skin presentations. Broadly it is of two types – *Maha Kushta* and *Kshudra Kushta*, together constitute 18

types. Out of these, one type of *Kushta* is *Vicharchika*, characterized by reddish-brown discoloration with intense itching and oozing². As a treatment option, Ayurveda describes *Shodana* (purificatory therapy), *Samana* (palliative therapy), and the use of *Rasayana* (Rejuvenative medications). Here we are discussing a case of *Vicharchika* (acute eczema) and its successful management with *Shamana* treatment.

Case report\Information

A 35-years-old male patient with chief complaints of reddish skin rashes with itching and oozing over the upper limbs, trunk, face, and neck region since 3 months. The skin rashes started on exposure to cement dust 2 ½ years before. Initially, lesions appeared on both the hands and face, for the same he took folklore medicines and got temporary relief. Afterwards, he experienced episodic exacerbations and for that, he consulted allopathic and homeopathic streams of management. But he didn't satisfy due to frequent recurrence even after continuous medication. So, he approached our clinic with diffuse skin lesions over the upper

limbs, trunk, neck, and face, associated with intense itching and oozing. The condition got aggravated by sweating and exposure to heat.

No history of childhood eczema or any other atopic diseases

None of the family members is having any atopic background or similar complaints

Clinical findings on examination

Morphology – Maculopapular

Site of skin lesion – ventral and dorsal aspect of trunk, posterior aspect of the neck, both the upper limbs and face

Colour – Reddish brown

Surface – wet with crusts

Oozing - Present

Configuration – Grouped

Distribution – Asymmetrical, Centripetal

Margin – Diffused lesion with irregular margin

Table No 1: Assessment score on the basis of signs and symptoms

Clinical feature	Grading	Before treatment
Itching	0 – No itching 1 – Mild occasional itching 2 – Frequent itching 3 – Severe frequent itching 4 - Severe itching which disturbs sleep and routine activities	Grade – 4
Oozing	0 - Absent 1 – Mild 2 – Moderate 3 - Severe	Grade – 2
Discoloration	0 – Absent/nearly normal skin color 1 – Reddish 2 – Reddish-brown 3 – Blackish red 4 - Blackish	Grade - 3

Therapeutic Interventions

Table No 2: Oral Ayurvedic medications were given for Samana therapy. The details are given in the table below

Sl. No	Medicine	Posology	Duration	Anupana
1	<i>Aragwadadi Kashayam</i>	15ml + 45ml lukewarm water, morning & evening in empty stomach	1 month	Bottled <i>Kashaya</i> with lukewarm water in the prescribed amount
2	<i>Vilwadi Gulika</i>	1 – 0 – 1 after food	1 month	Lukewarm water
3	<i>Triphala Tab</i>	0 -0 -3 bedtime	Alternate days for one month	Hot water
4	<i>Avipathi Choornam</i>	5gm at bedtime	Alternate days for one month	Hot water
5	<i>Guluchyadi Kashayam</i>	15ml + 45ml lukewarm water, morning & evening in empty stomach	2 weeks	Bottled <i>Kashaya</i> with lukewarm water in the prescribed amount
6	<i>Manibhadra Gulam</i>	5gm at bedtime	2 weeks	Hot water
7	<i>Kaivishaparihari Gulika</i>	0 – 0 – 1	3 days	Lukewarm water
8	<i>Nirgundyadi Kashayam</i>	15ml + 45ml lukewarm water, morning & evening in empty stomach	2 weeks	Bottled <i>Kashaya</i> with lukewarm water in the prescribed amount
9	<i>Amrutha Guggulu</i>	2 – 0 – 2 after food	2 weeks	Lukewarm water
10	<i>Ayyapala Thailam</i>	For external application	2 months	
11	<i>Avipathi Tab</i>	0 – 0 – 3 at bedtime twice weekly	3 months	Lukewarm water
12	<i>Chembaratyadi Kera Thailam</i>	For external application	3 months	

Table No 3: Assessment of clinical features during the course of treatment

Medication	Duration	Effect of treatment on clinical features
1. <i>Aragwadadi Kashaya</i> 2. <i>Vilwadi gulika</i> 3. <i>Triphala tab</i> (alternate days) 4. <i>Avipathi choornam</i> (alternate days)	One month	<ul style="list-style-type: none"> Itching reduced considerably – grade 1 Oozing – Absent Rashes became dry and started healing Discoloration – no noticeable changes
5. <i>Guluchyadi Kashayam</i> 6. <i>Manibhadra Gulam</i>	14 days	<ul style="list-style-type: none"> Itching – Grade 1 Oozing – Absent Discoloration – dark color lesions changed to lighter in color, grade 3
The patient was vaccinated for covid-19, so medicines were stopped for a few days		<ul style="list-style-type: none"> Itching – increased to grade – 3
7. <i>Kaivishaparihari Gulika</i>	3 days	<ul style="list-style-type: none"> Itching – reduced to grade 1
8. <i>Nirgundyadi Kashayam</i>	2 weeks	<ul style="list-style-type: none"> Itching completely relieved grade 0 Discoloration – noticeable change, not completely as normal skin, grade 1
9. <i>Amrutha Guggulu Tab</i> 10. <i>Ayyapala Thailam</i>	2 weeks 2 months	Only a few lesions persist on the face
11. a) <i>Avipathi choornam</i> b) <i>Chembaratyadi Kera thailam</i>	3 months, weekly twice	To prevent recurrence To improve skin color & texture

DISCUSSION

The patient presented with intense itching and oozing lesion associated with discoloration of the skin, indi-

cating predominance of *Kapha Dosha*. Initially, treatment was started with *Aragwadadi Kashaya*, which helps to reduce oozing and itching by pacifying the ex-

cessively vitiated *Kapha Dosha*³ and reducing spongi-
osis. It also has detoxification and mild laxative action,
thereby having a role in skin diseases. As the disease
is irritant contact dermatitis caused by exposure to ce-
ment, so by considering the possibility of *Visha* (con-
tact poison) *Vilwadi Gulika*⁴ is also advised along with
the *Aragwadadi Kashaya*. It neutralizes toxins and
also improves digestion and metabolism. Since it is a
skin condition, having involvement of *Pitta Dosha &*
Rakta Dhatu, he is also advised to take *Triphala* Tab
and *Avipathi Choorna* on alternative days for daily
mild purgation. *Triphala* Tab also aids in skin healing
and has an anti- inflammatory effect. After taking
these medicines for one month, there was considerable
relief in itching and oozing. As the skin discoloration
persists without much change, he was advised to take
*Guluchyadi Kashaya*⁵, as it is *Pitta - Kapha Shamana*
and *Rakthaprasadhana* along with *Manibhadra Le-*
*hya*⁶ having purgative effect and useful in skin dis-
eases. In between the treatment course, the patient dis-
continued medication for few days, as he was vac-
cinated for Covid-19. Then he experienced slight in-
crease in itching, so he was advised to take *Kaivishap-*
arihari Gulika for 3 days. It contains purified gold
among the ingredients which exerts detoxification ef-
fect and rejuvenative effect on the skin. After this, the
patient got considerable relief from itching. Then he
was given *Nirgundyadi Kashaya*⁷, even though it is
generally advised as antimicrobial, it is clinically
found effective in skin cases having *Kapha Dosha* pre-
dominance. It is anti-inflammatory, improves diges-
tion, and improves gastro-intestinal problems. Along
with this, advised *Amrutha Guggulu*⁸ to correct the
Pitta-Rakta Dushti and to aid its effect on the skin.
Amrutha Guggulu contains *Guduchi/Amrutha* as the
main ingredient, it helps in controlling inflammatory
reactions associated with eczematous lesions by bal-
ancing the immune reaction. *Ayyapala Thailam* con-
tains *Swetha Kutaja* as the main ingredient proven to
be effective in skin diseases with itching. After the
course of these medications itching and oozing are

completely relieved and only mild discoloration per-
sists. So *Chembaratyadi Kera Thailam* was prescribed
to improve skin color and texture. Also advised to take
Avipathi Choorna twice weekly for three months to
prevent the recurrence.

CONCLUSION

This study concludes the effectiveness of Ayurvedic
treatment in managing eczema with the *Vicharchika*
Kushta treatment protocol. *Sravi Vicharchika/wet ec-*
zema were found to respond well with *Kapha-Pitta-*
hara and blood purifying medications at different
stages as mentioned above. In this case, the above-
mentioned medications were found to be successful in
improving cardinal signs and symptoms, preventing
recurrence, and improving the quality of life of the af-
fected person.

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