

ROLE OF VIRECHANA AND JALUKA-KARMA IN MANAGEMENT OF ECZEMA (VICHARCHIKA) – A CASE STUDY

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ABSTRACT

Introduction: An eczema is a common form of dermatitis that causes inflammation of the epidermal layer of skin. It results from various internal and external factors which are related to allergic conditions or hypersensitivity that causes inflammation. Eczema impairs the quality of life and has significant psychological and social distress. Managing eczema can help in improving a patient's quality of life. In Ayurveda, it is described by the term *Vicharchika* which is a *Rakta Pradoshaja Vikara* and is included under *Kshudra Kushta*. **Material and method:** In this study, a male patient of 20-year-old presented with complaints of a dry scaly lesion (approx. 5cm×3cm) with intense itching and burning sensation over the dorsum of the bilateral foot for 6 months. **Diagnosis:** This condition in Ayurveda was diagnosed as *Vicharchika*. **Intervention:** In this present study, an attempt is made to study the combined efficacy of *Virechana* and *Raktamokshan* in Eczema (*Vicharchika*). **Outcome:** The patient had significant relief in the symptoms of *Vicharchika*. There was a marked improvement in itching and dryness. **Result and Conclusion:** The result was assessed by improvement in the patient's symptoms before and after the treatment. *Virechana* and *Raktamokshan* are the best lines of treatment in the management of (*Kushta*) skin disorders.

Key words: *Virechana*, *Kshudra Kushta*, *Vicharchika*, *Raktamokshan*

INTRODUCTION

Eczema, also known as atopic dermatitis, is the most common form of dermatitis. Genetic as well as environmental factors are thought to play a part in the pathogenesis. Eczema is commonly known as the "itch that rashes" due to dry skin that leads to a rash as a result of scratching or rubbing¹. It is characterised by dry, scaly lesions, pruritus, and cracked skin sometimes leads to lichenification. This is a psychological challenge faced by the patient which affects his social life and makes him feel solitary. *Vicharchika* comes under *Kshudra Kushta*² have *Tridosha* involvement with the dominancy of *Kapha*.

CASE REPORT

A 20-year male patient presented with a dry scaly lesion (approx. 5cm×3cm) with intense itching over the dorsum of the bilateral foot for 6 months. Patients also complaint of a burning sensation over the area and disturbance in sleep due to intense itching. He took treatment from nearby hospitals but did not get any significant results. So, he came to Panchkarma O.P.D of UAU, Gurukul Campus for further treatment.

Name: Nirmal Kumar, Age: 20, Sex: M

OPD/IPD No.: 3091/21450

Address:

Khanna Nagar, Haridwar Religion: Hindu

Treatment History: The patient was taking anti-fungal drugs.

Personal History:

Appetite: Normal

Bowel: Constipation

Sleep: Disturbed

Urine: clear

Addiction: Tea

Diet: Vegetarian

Oedema/Clubbing/Icterus: Not present

Physical examination

Body weight: 70kg

Height: 170cm

Blood Pressure: 110/70 mm Hg

Pulse rate: 78/min

Respiration rate: 16/min

Temperature: Afebrile

Skin examination

No. Of lesion: 1

Area: localised

Size: 5cm×3cm

Area of skin affected: B/L Dorsum of foot

Surface: dry

Borders: irregular

Texture: rough Associated with itching and burning

Investigation

Routine haematology was within normal limits.

Assessment Criteria

Subjective Parameters³:

1. *Kandu* (itching)
2. *Rukshta* (dryness)
3. *Shyava Varna* (skin discoloration)

<i>Kandu</i> (itching)	Grade	<i>Rukshta</i> (dryness)	Grade	<i>Shyava Varna</i> (skin discoloration)	Grade
No itching	0	No line on scratching by nail	0	Normal color	0
Mild/occasional	1	Faint line on scratching by nail	1	Near to normal color	1
Moderate/tolerable itching	2	Excessive dryness leading to itching	2	Reddish discoloration	2
Severe itching (disturb sleep)	3	Dryness leading to cracks and bleed	3	Deep black reddish discoloration	3

Treatment: The patient was administered classical *Virechana* and *Jaluka-Karma*. The procedure was administered to the patient.

Deepan-Pachana for 3 days

1. *Chitrakadi vati* 2 TDS

2. *Dhanyak Phanta* 100 ml BD

Snehpan for 5 days

Procedure	Days	Medicine	Dose	Date	Observation
Snehpan	1	Panchtikta ghrita	40ml	1/10/22	-
	2		80ml	2/10/22	-
	3		120ml	3/10/22	
	4		160ml	4/10/22	Snehdwesh
	5		180ml	5/10/22	Adhastad Snehdarshan

Sarvang Abhyanga and Swedana

By Tila Taila for 30 minutes 3 consecutive days (6/10/22 to 8/10/22)

Virechana Karma

S.No.	Procedure	Medicine	Vega	Date
1	Virechana	1) Trivritta Yavkutta 100gm 2) Amaltas Phalmajja 30 gm 3) Kutki Powder 20 gm 4) Castor oil 150 ml 5) 2tab Iccha Bedhi	17	6/10/22
2	Samsarjana Karma For 5 days	Diet regimen: Rice gruel	-	6/10/22 to 10/10/22



Jaluka-Karma: Jaluka-Karma was done after 7 days of Virechana Karma on 17/10/22.



Comparison of Symptoms before and after treatment

Symptoms	BT	AT
Kandu(itching)	3	0
Rukshta(dryness)	2	1
Shyaya Varna(skin discoloration)	3	1

DISCUSSION

As per the present case study, it can be concluded that *Virechana* along with *Jaluka-Karma* is very effective in the management of *Vicharchika*. The patient was administered *Deepan-Pachan* to enhance digestive fire so it would be helpful in the proper digestion of *Sneha*. After that *Panchatikta Ghrita* was given to the patient in increasing doses to achieve *Samyak Snehan lakshan*. *Virechana Karma* was done by a decoction of *Trivritta Yavkuta*, *Amaltas*, *Kutki*, and castor oil. As *Vicharchika* is a type of *Kshudra Kushta* which is considered as *Rakta Pradoshaja Vikara* and there is vitiation of *Rakta* and *Pitta* which can be very well cured by the combined effect of *Virechana* and *Jaluka-Karma*.

CONCLUSION

Vicharchika is a skin disorder that has a similar clinical presentation as eczema characterised by dry, scaly lesions, pruritus, and cracked skin sometimes

leads to lichenification. In the present case study combined effect of both *Virechana* and *Jaluka-Karma* has shown significant results. Dryness, itching, and discoloration were reduced and thickened, and scaly skin slowly become normal during the course of treatment.

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