

THE ROLE OF JALAUKAVACHARAN ALONG WITH HERBO-MINERAL DRUGS IN THE MANAGEMENT OF VICHARCHIKA W. S. R. ECZEMA – A CASE STUDY

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ABSTRACT

Introduction and Purpose- In *Ayurveda* all skin diseases are considered as one of the broad heading of *Kushtha*. *Vicharchika* is a type of *Ekadash Kshudra Kushtha*. The clinical features of *Vicharchika* like *Kandu*, *Pidika*, *Shyavvarnata*, *Strava*, *Rookshata*, *Daha*, *Raji* and *vedana*. The Ayurvedic texts consider *Raktadushti* as one of the primary cause of skin disease and patient get relief after letting out the vitiated blood. *Jalaukaavcharan* is considered as the ideal method to expel out the vitiated blood safely, quickly and effectively. Therefore, *Jalaukavacharan* along with herbo-mineral drugs was administered in this study. **Case presentation** - A 14 years old patient came in our OPD, NIA, Jaipur with the sign and symptoms of *Vicharchika* as classified in classics from past 3 years with *Kandu*, *Shyavvarnata*, *Strava*, *Rookshata*, *Daha* and *vedana*. Patient was administered a herbomineral compound along with *Jalaukavacharana* with the follow up of 7 days. **Management and Result-** The main drugs of Herbomineral compound were *Madhuyasthi*, *Rasmanikya*, *Shuddha Gandhak*, *Arogyavardhini Vati* etc. all these drugs having the *Kushthaghna* and *Raktashodhaka* properties. *Jalaukavacharan* was also given along with every week. Only after 7 days patient started getting relief in symptoms. **Conclusion-** *Jalaukavacharan* along with herbomineral drugs enhanced the results of treatment in perspective of duration and cost of medicine.

Keyword: *Jalaukavacharan*, *vicharchika*, Herbo mineral drugs.

INTRODUCTION

A healthy skin is the mirror image of a good health. Skin is the first organ of the body interacting with the

physical, chemical & biological agents of environment. In our daily life we come across many disease or

symptoms which are the resultant of close contact of all these environmental agents. These skin diseases make a person feels much more humiliation in society because with a presence, no one wants to touch them, forbidden by everyone and beauty and personality loss, which leads to under stress.

All the skin diseases in *Ayurveda* have been described under the heading of 'Kushtha'. *Vicharchika* is enlisted under *Kshudra Kushtha* in *Ayurvedic* classics. Generally, all type of *Kushtha* are *Tridoshaja*, *Vicharchika* is also having *Tridoshaja* in origin. Despite of its *Tridoshaja* origin various *Acharya* mentioned different dominancy of *Dosha* in *Vicharchika* i.e. *Kapha*¹, *Pitta*² which also suggest specific symptoms. *Vicharchika* has also been stated as *Raktapradoshaja Vikara*. *Acharya Charak* described some unique characters of *Vicharchika* and these characters are "Sakandu-Pidikashyava-Bahusrava-Vichrchika"³

A similar clinical presentation in modern dermatology is seen in Eczema, which is defined as a non-contagious inflammation of the skin characterized by erythema, scaling, oedema, vesiculation and oozing. In the chronic stages, there may be oozing of pus and bleeding from the affected regions.

Ayurveda having such potential to curing *Vichrchika* (eczema) from its roots safely and completely. *Ayurvedic* management in *Vichrchika* (eczema) involves treatment procedures like *Jalaukacharan* and medicaments like some herbo-mineral drugs. *Jalaukacharan* give dynamic result in *Vichrchika*.

Case Report

A 14-year old young male, student by profession, approached to outpatient department of National Institute of Ayurveda, Jaipur with chief complaints of itching, vesicles, blackish discoloration, discharge, edema on the dorsum of both feet for 3 years. The lesions were

initially observed over dorsum of both feet in the form of small vesicles associated with itching and later developed itching with oozing. There is no previous history (before manifestation of present complaints) of any known allergy in the patient. For the above-said complaints patient consulted to local dermatologist and received oral steroids and anti-inflammatory drugs but found no relief.

On examination, patient presented with

- Erythematous lesions (*Pidika-Utpattii*)^{4,5} and blackish discoloration (*Vaivarnyam*) on both dorsal aspect of the foot with thin serous discharge (*Jal-strava*)^{4,5} associated with edema (*Shotha*) and severe itching (*Kandu*)^{4,5}.
- Foul smell and local rise of temperature was also seen.
- General appearance of the body was pale.

Personal History

Occupation: student.

Bad Habits: no.

Other examination:

Nadi (pulse) = 78/min.

Mala (stool) = Normal

Mutra (urine) = Normal.

Jeeva (tounge) = Eshatha saam.

Agni = Normal.

Shabda (speech) = Normal.

Druka (eyes) = Normal.

Akruti = Madhyama.

Bala = Madhyama.

Raktadaaba (B. P) = 120/80 mm/Hg.

Material and Method:

Method –

- Centre of study: National Institute of Ayurveda, Jaipur

Material with Daily treatment & prognosis –

Table 1: Showing material used in study on 1st visit (both oral and external application)

| S.No. | Dravya | Dose and Dosage | | Duration | Anupan |
|-------|----------------------------|-----------------|--|------------|---------------------|
| 1. | <i>Ashtamurti Rasayana</i> | 62.5 mg | 1 pack BD twice a day on empty stomach | For 7 days | With lukewarm water |
| | <i>Arogyavardhini Vati</i> | 250 mg | | | |
| | <i>Gandhak Rasayana</i> | 250 mg | | | |
| | <i>Shrang Bhasma</i> | 500 mg | | | |
| | <i>Vanga Bhasma</i> | 250 mg | | | |

| | | | | | |
|----|---|---------------------------------------|------------|----------------------|--|
| | <i>Panchnimba Churna</i> | 500 mg | | | |
| | <i>Pravaal Pishti</i> | 250 mg | | | |
| 2. | <i>Rakta Shodhakavleha (Khadir, Daruharidra, Manjistha, Guduchi)</i> | 5 gm twice a day on empty stomach | For 7 days | With luke warm water | |
| 3. | <i>Panchtiktaghrita Guggughrita</i> | 5 ml twice a day after meal | For 7 days | With luke warm milk | |
| 4. | Visora oil + Psoria oil (<i>Bakuchi, Karanja, Neem, Asita Kutaja, Tuvraka, Manjistha, Aragvadha, Narikel Taila</i>) | Frequent application on affected area | For 7 days | | |

Table 2: Showing treatment & prognosis of disease at every visit

| Visit: | 2nd | 3rd | 4th | 5th | 6th | 7th |
|--|--|--|--|--|--|--|
| Treatment: | All the above treatment as it is + 1st sitting of <i>Jalaukacharan</i> | All the above treatment as it is + 2nd sitting of <i>Jalaukacharan</i> | All the above treatment as it is + 3rd sitting of <i>Jalaukacharan</i> | All the above treatment as it is + 4th sitting of <i>Jalaukacharan</i> | All the above treatment as it is + 5th sitting of <i>Jalaukacharan</i> | All the above treatment as it is + 6th sitting of <i>Jalaukacharan</i> |
| Relief in Symptoms: | | | | | | |
| Erythematous lesions (<i>Pidika-utpatti</i>) | ++ | ++++ | ++++ | ++++ | Almost cured | cured |
| blackish discoloration (<i>Vaivarnyam</i>) | + | ++ | +++ | +++ | Almost cured | Almost cured |
| serous discharge (<i>Jal-strava</i>) | ++ | +++ | +++ | ++++ | ++++ | cured |
| edema (<i>Shotha</i>) | + | ++ | +++ | ++++ | ++++ | Almost cured |
| itching (<i>Kandu</i>) | ++ | +++ | ++++ | ++++ | Almost cured | cured |

Clinical examination of the patients revealed regression of symptom due to our *Ayurvedic* management.

Result

The results observed after the treatment: Improvement in signs and symptoms of the patient starting at the end of 7th day. Significant relief was found after the administration of *Jalaukavacharana* in *Kandu*, (Itching),

Srava (Discharge), *Twak Vaivarnya* (Discolouration over skin) at the end of 14th days. The patient showed improvement at the end of 2 months, *Pidika-Utpatti* (Erythematous lesions), *Kandu* (Itching), *Jal-strava* (Oozing-serum) and *Shotha* (edema) got disappear.

Before Treatment



After Treatment



DISCUSSION

Ahara and Vihar which was causing Vicharchika according to different Ayurvedic classics are -

Ahara: - Ahara is considered as one of the chief responsible factors of Vicharchika. Acharya Charaka has described that taking of *Viruddha Ahara*⁶ (Incompatible or antagonistic diet) and *Mithya Ahara*⁷ (Irregular Diet) aggravates or vitiated the *Dosha* which are responsible for the disease.

Vihara: - *Vihara* also play an important role in the production of Vicharchika like *Ratri Jagran*, *Shitoshna-Vytsasa*⁸, *Vega Vidharana*⁹, Work in Humid climates. The general causes are varied; viz. chemicals, plants, clothing, cosmetics, medicaments, infections, drugs, diet, focal sepsis etc¹⁰

Samprapti;

Ayurvedic view¹¹:

In classics, there is no separate description regarding the *Samprapti* of Vicharchika. But being a variety of *Kushtha*, the common *Samprapti* of *Kushtha* should be considered. According to *Charaka Nidana* 5:3, *Samprapti* of *Kushtha* is as follows. The various causative factors are mentioned in *Kushtha Nidana* in which all the three *Doshas* are simultaneously provoked, the four *Dushyas* (*Twacha*, *Mansa*, *Rakta* & *Lasika*) thin out or lose their tone. In these deranged four *Dushyas*, the provoked *Doshas* get located. This causes them to become vitiated and so the *Kushtha* or the skin disease is produced.

Modern view¹²:

Two factors cause eczema. Firstly, an allergic or a sensitive skin and secondly, exposure to an irritant.

Action of Drug & Other Procedure in Management of Vicharchika

The Herbomineral compound drugs was showing there results as per the properties which was mentioned below.

- **Ashtamurti Rasayana**¹³ - *Vataghna*, *Kaphaghna*, *Pittaghna*, *Jantughna*, *Rakta Shodhana* and *Prasadana*.
- **Aarogyavardhini Vati**¹⁴ - *Grahanishodhak*, *Deepana*, *Pachana*, *Pakwashyadushti* *Nashka*.
- **Gandahk Rasayana**¹⁵ - *Raktashodhak*, *Kandughana*, *Rasayana*.

- **Shrang Bhasma**¹⁶ - *Aam Pachana*, *Deepana*
- **Vanga Bhasma**¹⁷ - *Soundarya Vivardhanam*, *Deepana*, *Pachana*.
- **Panchnimba Churna**¹⁸ - *Rakta Prasadaka*, *Twak Doshahara*, mainly *Pitta Shamaka* properties.
- **Pravaal Pishti**¹⁹ - *Pitta Shamaka*, *Ojakshaya*, *Hriddaurbalya*.
- **Khadir**²⁰ - *Kushtanghna*, *Raktashodhak*, *Medohara*, *Kaphapittahara*.
- **Panchtiktaghrita Gugglughrita**²¹ - *Gambhir Dhaturagata Kushtha Vikara*, *Aruchi*.
- **Bakuchi**²² - *Kapha-Vatahara*, *Kushtaghana*, *Kandughna*, *Krimihara*, *Vrana Ropana*.
- **Karanja**²³ - *Kapha-Vatahara*, *Kandughna*, *Krimihara*, *Vedana Sthapan*.
- **Neem**²⁴ - *Kapha-Pittahara*, *Kandughna*, *Rakta Shodhaka*, *Vrana Shodhana*, *Putihara*.
- **Asita Kutaja**²⁵ - *Kapha-Pittahara*, *Kandughna*, *Rakta Shodhaka*, *Krimihara*, *Aam Nissaraka*.
- **Tuvraka**²⁶ - *Kapha-Vatahara*, *Kandughna*, *Rakta Utkleshaka*, *Krimihara*, *Vrana Ropana*.
- **Manjistha**²⁷ - *Varnya*, *Shothahara*, *Kushtaghana*, *Raktaprasadana*, *Rasayana*, *Shonitasthapan*.
- **Aragvadha**²⁸ - *Kushthaghna*, *Kandughna*, *Shothahara*, *Vedana Sthapan*, *Pitta Virechaka*.
- **Narikel Taila**²⁹ - *Pitta Shamaka*, *Varnya*, *Vrana Ropana*, *Kushthaghna*.
- **Daruharidra**³⁰ - *Kandughana*, *Pittaghana*, *Dipan*, *Yakruttejak*, *Vrana Ropana*.
- **Guduchi**³¹ - *Rasayana*, *Kapha-Vatahara*.
- **Jalaukavacarana** - *Jalaukavacarana*, being a painless procedure, is more suitable than *Siravedha*. As in Vicharchika, vitiated *Dosha/Dhatu/Mala* get accumulated in *Raktavaha Srotas* this process helps in *Rakta Dhatu Shodhana*. *Jalaukavacarana* being a bio-purificatory method removes deeply seated toxins by letting out blood, clearing *Raktavaha Srotasa* and pacifying vitiated *Dosha*. As *Jalaukavacarana* is the preferred way of bloodletting in *Sukumara Prakriti*, therefore it was selected here for *Raktamokshana*. According to modern science saliva of leech contains various compounds which having analgesic,

anaesthetic, anti-inflammatory, antifungal properties which give relief in symptoms of eczema.

CONCLUSION

Since the therapy for skin disease like Vichrchika has limitation and side effects in other pathies, While Ayurvedic herbomineral drugs along with Jalaukavacharana shows highly significant results in Vicharchika. This single case study proves the potency and significant effect of Ayurvedic management in Vicharchika.

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