

## THERAPEUTIC EFFICACY OF PANCHKARMA ECZEMA- A CASE STUDY

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### ABSTRACT

“BEAUTY IS ONLY SKINDEEP” -----This phrase highlights the importance given to skin by a common man. Many people are judged based on their looks. They make the patient worried due to its appearance. Eczema is a pattern of inflammatory response of the skin characterized by redness, skinoedema, itching and dryness, with possible crusting, flaking, blistering, cracking, oozing or bleeding. Severe itching or burning oozing disturbs his routine and its nature susceptible to be chronic. In *Ayurveda*, the disease is correlated as *vicharchika* due to resemblance of signs and symptoms. Conventional treatments for eczema include hydrocortisone creams, antihistamines, immune suppressants and immunomodulators. None of these formulations are known to cure eczema. They only address eczema at a symptomatic level and fail to zoom in on the root cause of it. Besides, they carry with them a host of side-effects. Here various effective modalities of treatment was prescribed the patient including *kayashodhana* like *vaman*, *virechana*, *raktamokshana* and *shamanaushadhi* which include *lepa* or *malhama* are considered as the best line of management for *vicharchika* and corrects basic pathology of disease and provides a long lasting relief. A case report of 50 years old male, presented with severe itching and reddish black patches in his whole body specially affects in extensor of limbs and neck has been presented in this article. The patient was admitted in hospital for 26 days and 60-70% recovered from eczema.

**Keywords:** *vicharchia*, *panchkarma*, *vamana*, *virechana*, *raktamokshana* , *shaman*.

### INTRODUCTION

Eczema is a general term for the different types of rashes. The word ‘eczema’ comes from the Greek for ‘boiling’ a reference to the tiny vesicles (bubbles) that are often seen in the early acute stages of

the disorder, but less often in its later chronic stages.<sup>1</sup>Eczema or dermatitis is a pattern of inflammatory response of the skin which is the resultant of delayed type hypersensitivity mediated by

memory T lymphocytes in the skin.<sup>2</sup>The clinical lesions may be acute (wet and oedematous) or chronic (dry, thickened, and scaly), depending on the persistence of the insult.<sup>3</sup>Acute atopic eczema presents with severe itch, redness and swelling. Papules and vesicles may be evident, along with scaling and cracking of the skin, which is excessively dry. In patients with chronic eczema, lichenification may be found (dry, leathery thickening of the skin with increased skin markings, secondary to constant rubbing/scratching).<sup>4</sup>In *Ayurveda*, the various skin disorders are detailed under the topic of *Kustha*. *Vicharchika* is specially mentioned under the heading of *KshudraKustha* (minor skin diseases) in *Ayurvedic* classics and it is similar to disease eczema or dermatitis in modern medical science. As in general all the *Kusthas* are *Tridoshaja* origin. As per *Ayurvedic* classics, *Raktadushti* is one of the prime causes of all skin diseases. Same is the case with *Vicharchika*, where it is considered to be a *Raktapradoshaja vikara* (diseases caused due to the vitiation of blood) having involvement of three *Dosha* with specific dominance of *Kapha*.<sup>5</sup>The *Ayurveda* classics advocate several line of conservative treatment for *Kustha* disease specially *Vicharchika*. Also the disease which doesn't respond to the various medical treatments are definitely of blood vitiated disorders as per *Ayurvedic* understanding. According to *AcharyaSushruta*, if a person regularly undergoes bloodletting, he can develop resistance against all types of skin diseases.<sup>6</sup> Other *shodhanakarma* including *vamana* and *virechanakarma* for removal of imbalance *doshas* which increased in body. *Vamana* (Emetics) should be administered to a *Kustha*-patient once a fortnight and *Sramsana* (purgatives) once a month. He should be bled twice a year though not profusely and medicated snuffs should be administered to him every fourth day.<sup>7</sup>

### CASE REPORT:

We describe a case of 50 years old man who is carpenter by occupation. The patient came to us complaining the severe itching and reddish black patches in his whole body specially affects in extensor of limbs and neck.

### HISTORY OF PRESENT ILLNESS:

Patient was 50 years old male. During childhood and in young age the patient had suffered from indigestion problems. Patient experienced severe itching all over the patches. Due to severe *kandu* patient start scratching the patches and this leads to bleeding from patches. The patches were reddish black in colour. Patient had developed the sign of *Vicharchika* at the age of 30 year. Initially *padadaranalakshana* had seen in his soles and Palm and remained on his body up to 3 years. Later these patches spread all over his body. Initially the patches were small in size and later on it developed in to large patches. Relatives also reported that in the absence of the disease patient showed all signs of normal behaviour both mentally and physically. The psychological symptoms of patient as reported:

1. Anxiety
2. Angry outburst (*Atisantap*)
3. Irrelevant speech

### RUGNA PARIKSHAN

- Patient's *sharirikprakriti* was found *pittaj*.
- *Mansikprakriti* was found *Tamsik*.
- Patient's *satva* was found as *avar*.
- Patient's *abhyawaranshakti* was found as *uttamattra* and he used to take *guru* food *ahara*.
- Patient's *jaranshakti* was observed *alpa*.
- Food substances like *dugdha*, *dadhi* and *amla*, *Lavana rasa* etc. were found as *asatmya*.

### VIKRUTIPARIKSHAN

- In the *annawahashrotasjihwa* was seen *saama*.
- *Agni* was found *manda*.

- Due to *raktabha*, *Krishnavarna*, *rukshata*, and *kandu* all over the body it is observed that *rasa*, *rakta* and *mamsavahashrotas* are affected.

**By analyzing, the patient was diagnosed as VI-CHARCHIKA.**

**Centre of study:** Smt. Maniben Amrutlal Hargovandas Govt. Ayurvedic Hospital, Asarva, Ahmedabad, Gujarat.

Simple random single case study.

#### GRADINGS FOR ASSESING SUBJECTIVE AND OBJECTIVE PARAMETERS

##### **Vaivarnya: (Discolouration)**

- Normal skin colour - 00
- Reddish discolouration - 01
- Reddish black discolouration- 02
- Black discolouration - 03

##### **Raji: (lines/thickening of skin)**

- No Thickening of the skin - 00
- Mild thickening of the skin but no crisis cross marking -01
- Thickening with cross markings - 02
- Severe Lichenification - 03

##### **Srava: (Discharge)**

- No discharge - 00
- Watery discharge - 01
- Pus discharge - 02
- Pus mixed discharge- 03

##### **Kandu: (Itching)**

- No Itching - 00
- Mild Itching no disturbing normal activity – 01
- Occasional Itching disturbing normal activity–02
- Itching present continuously and even disturbing sleep - 03

##### **Pidakas: (Eruptions)**

- No Eruption in lesion - 00

- Scanty Eruption in few lesion -01
- Scanty Eruption in at least half of the skin lesion – 02
- All the lesion full of Eruption – 03

##### **Rukshatha: (Dryness)**

- No *Rookshata* - 00
- *Rookshata* present without cracks – 01
- *Rookshata* present with superficial cracks – 02
- *Rookshata* present with deep cracks – 03

##### **Daha: (Burning sensation)**

- Absence of *Daha* - 00
- *Daha* present but not frequently – 01
- *Daha* present frequently – 02
- *Daha* present continuously - 03

##### **Ruja (pain)**

- Absent - 00
- Mild - 01
- Moderate- 02
- Severe - 03

❖ Total treatment schedule for 26 days

1. *Amapachana*
2. *Snehapana*
3. *Abhyanga* and *Swedana*
4. *VamanaKarma*
5. *SamsarjanaKrama*
6. *Snehapana*
7. *Abhyanga* and *swedana*
8. *Virechanakarma*
9. *Samsarjanakarma*
10. *Raktmokshana*
11. *Shamanoushadhi* along with *taila* for *ba-hyaprayoga*
12. Yoga

##### **PROCEDURE:**

###### **1) Vamana Karma :**

**Poorva Karma:** *Deepanapachana* will be done till *NiramaLakshanas* are seen. *Snehapana* with

*PanchTiktaGhrita* in *ArohanaKrama*, depending on *Koshta* till the appearance of *SamyakSnigdhaLakshanas*. *Abhyanga* with *karanjaTaila* followed by *UshnaJalasnana* for one day.

**Pradhana Karma:** *Vamanaaushadhi* will be given after *vishramakala*. *Madanphalayoga* will be given for the purpose of *Vamana* depending upon the *koshta* with *madhu* followed by *yastimadhuphant*.

**Paschat Karma:** *Samsarjanakrama* for 3 days.

## 2) Virechana Karma

**Poorva Karma:** *Snehapana* with *PanchTiktaGhritaArohanaKrama*, depending on *Koshta* till the appearance of *SamyakSnigdhaLakshanas*. *Abhyanga* with *karanjaTaila* followed by *UshnaJalasnana* for 3 days.

**Pradhana Karma:** *Virechanaaushadhi* will be given after *vishramakala*. *Abhayadimodaka* will be given for the purpose of *Virechana* depending upon the *koshta* with *sheetalajala*.

**Paschat Karma:** *Samsarjanakrama* for 3 days .

## 3) RAKTAMOKSHANA: Jalaukavacharana.

## 4) Shamanchikitsa

After removal of *dushitakapha* by *vamana*, *Pitta* by *virechana* and *raktmokshana* and *Shanshaman-dravyas* should be administered. Vitiation is corrected with the help of *tikta* and *kashayadravyas*,

## Internally:

1-*MahamanjishtadiKwatha* – 30 ml Twice Daily before meal

2 –*Arogyawardhinivati* 2tab tds

3 –*Gandhakrasayan* 2tab tds with cow milk.

4 –*kaishoregugulu* 2tab tds

5 –*Panchnibachurna* 2gm

*KhadirSarchurna* 2gm

*Vijaysarchurna* 1gm

*Shuddhgandhak* 500mg

Mix the above 4 medicine and take with *manjisthadi kwatha* morning and evening time internally.

6 –*panchtiktghritagugulu* 1tsf b.d.

**Anupana:** Warm Water

**Externally:** *KARANJA TAILA* and *GANDHAKAMALAHAMA*– Quantity as required

## 5) Yoga

### Pranayama :

- *Anulomavilomapranayama*, *Kapalbhati* and *NadiShodhan* should be practiced for 15 minutes.
- Meditation should be practiced for 10 – 20 minutes.
- *Yogmudras* – *varun* and *prithvimudras* at time of meditation.

**Table 1:** Result on the basis of Observations in the present case

S.No.	Signs and symptoms	Score before treatment	Score after treatment	Percentage of relief
1.	<i>Vaivarnya</i> (discoloration )	02	01	50%
2.	<i>Raji</i>	01	0	100%
3.	<i>Shrava</i>	00	0	100%
4.	<i>Pidakas</i>	01	0	100%
5..	<i>Kandu</i>	03	01	83%
6.	<i>Daha</i>	01	0	100%
7.	<i>Ruja</i>	01	0	100%
8.	<i>Rukshata</i>	03	01	83%

## DISCUSSION

The modern treatments given for eczema have their limitations and side effects. In *Ayurvedic* sys-

tem of medicine, *Shodhana* procedures like *vamana*, *virechana*, *raktmokshana* which eliminates the toxins from body and also increase the

immunity and provide relief to the patient. During the treatment period 22-02-16 to 18-03-16 after *vamanakarmakandu* was reduced due to removal of *kapha* and patches over turned in to mildly pinkish black in colour. After *virechana* and *raktmokshanakarma* severe *kandu* has completely stopped. No new patches were seen in the patient's body and the skin of the patient appears much softer. The problems of dryness of skin and itching were mildly reported. Discoloration of skin was 50% reduced. After 26 days of the treatment patient was almost symptoms free. Internal medications and external application were continued till the total amelioration of the disease.

### MODE OF ACTION

*Snehpana* (oleation) by virtue of its *doshotkleshana* (vitiating of *dosha*) effects separates toxins accumulated in the patient's body by *nidana* (causes) like *viruddhaahara* etc. *Vamana* and *virechana* (purgation) might have removed the toxins from the cellular level, improving *jatharagni* (digestive fire) and *Dhatvagni* (hormones and enzymes), so that metabolism is normalized.

*Sushruta* has given great emphasis to *Jalaukavacharana* (bloodletting by leeches) in the therapy for *raktapradoshajavyadhi* (blood originated disease), *tridoshaprakopjanya* (vitiating all three body humours) and *chirkari* (chronic) diseases. Leeches when applied to the skin, suck the blood at superficial level might be more impure than other body channels, *jalauka* can easily suck impure blood due to superficial distribution of veins.

### MODE OF ACTION OF INTERNAL MEDICINES-

1. *Panchtiktaghrigugglu*<sup>8</sup> contains number of drugs which have properties like *kanduhara*, *kusthahara*, *vishahara*.
2. *Mahamanjisthadikwatha*<sup>9</sup> helps in control itching and burning sensation of skin, improve the

complexion of the skin, healing the wounds, dissolve the obstructions in blood flow and purifying the blood and eliminates the toxins.

3. *Gandhakmalhama*<sup>11</sup> is an ointment used to treat skin diseases such as dermatitis, fungal infections etc. *Gandhaka* has antibacterial and antifungal activity (*krimighana*). It is effective both internally and topically as a microbicide agent.
4. *Khadira* and *vijaysar* can be used for all type of skin diseases. These both balance *kapha* and *pitta*.
5. *Panchanimbchurna*<sup>11</sup> is indicated in treatment of *kushtha*. In Ayurveda *kushtha* includes all skin diseases.
6. *Kaisoraguggulu*<sup>12</sup> has anti bacterial, anti inflammatory, anti oxidant, anti microbial property which helps in treating wounds. It is a good purifier therefore, corrects *Raktadushti* (vitiating of blood).
7. *Arogyavardhinivati* helps to eliminate toxins out of the body; therefore it is recommended skin disorders.
8. *Karanjaitail*<sup>13</sup> has properties like *kanduhara*, *vranaropaka*, *raktaprasadan*, *vishahara*, *vicharchikanashak*.

### CONCLUSION

It was concluded that *Ayurvedic* management gives satisfactory result with preservation of health by eliminating toxins, by balancing morbid humours and by correction of *jatharagni* and *dhatvagni* which gives a satisfactory life to patient.

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