

VICHARCHIKA W.S.R TO ECZEMA AND ITS AYURVEDIC MANAGEMENT – A CASE REPORT

Dr. Drashti H. Shah^{*1}, Dr. Abhit H. Shah², Dr. Sangita O. Kamaliya³ and Dr. Alankruta R. Dave⁴

¹Final Year P.G. Scholar, *Kayachikitsa* Department, IPGT&RA, GAU, Jamnagar.

²Intern Doctor, P.D. Patel Ayurveda Hospital, Nadiad

³Final Year P.G. Scholar, *Shalaky Tantra* Department, IPGT&RA, GAU, Jamnagar.

⁴Associated Prof. of *Kayachikitsa* Department, IPGT&RA, GAU, Jamnagar.

***Corresponding Author: Dr. Drashti H. Shah**

Final Year P.G. Scholar, *Kayachikitsa* Department, IPGT&RA, GAU, Jamnagar.

Article Received on 12/03/2019

Article Revised on 02/04/2019

Article Accepted on 22/04/2019

ABSTRACT

Introduction: *Vicharchika*, commonly seen dermatosis makes worried the patient due to its appearance, severe itching disturbing in routine work and its nature susceptible to be chronic so this study was planned to evaluate the efficacy of *Khadirashataka Ghanvati* and *Arka Taila* gel in the management and to prevent the recurrence of eczema. **Materials & Methods:** A fully conscious, normal oriented male patient, aged 19 years, came to OPD of *Kayachikitsa*, IPGT & RA, Jamnagar, with chief complaints of blackish papulo-vesicles at both ankle joint and forearm since one year. He has also complained of itching and dryness since eight month. Itching aggravates at winter season and night time. He was treated with *Khadirashataka Ghanavati* two *Ghanavati* (500mg) thrice in-a-day and *Arka Taila* gel externally for 8 weeks. *Eranda Bhrushta Haritaki Churna* was given for 5 days 7gm at night for *Kostha Shuddhi*. Follow up was done for one month. **Result:** At the end of the study, complete remission was found in itching and papules in both ankle joint and forearm. Markedly improvement was found in blackish discoloration. No recurrence of any symptoms was found during follow up period. No adverse event was reported during study. **Conclusion:** Thus, it can be concluded that *Ayurvedic* management is helpful in treatment of *Vicharchika* (eczema). This study emphasizes on the importance of integrated approach in healthcare in present era. As these observation were drawn from a single case, can be revalidated through well designed clinical trials.

KEYWORDS: *Vicharchika*, *Arka Taila gel*, *Ghanavati*.

INTRODUCTION

Skin is a highly complex organ which plays a vital part of the body. "In fact, the skin is the accurate mirror of one's inner health." *Vicharchika* is one type of *Kshudra Kustha* (skin disease).^[1] *Vicharchika* is cutaneous eruption having coating, covering and itching etc. (M. Monier William).

Eczema term denotes red skin with eruptions containing liquid that oozes out. Eczema means a pruritic papulovesicular dermatitis characterized early by erythema, oedema associated with exudates in the epidermis and an inflammatory infiltrate in the dermis, oozing, vesiculation, crusting, scaling and later by lichenification, thickening signs of excoriation and altered by pigmentation.^[2] Due to correlation of sign and symptoms *Vicharchika* can be compared with eczema.

With a prevalence of 2-5% (in children and young adults approximately 10%), eczema is one of the most commonly seen dermatosis.^[3] It is also said that no specific medicaments can cure eczema; few drugs are

available only for symptomatic relief. As per the modern dermatology eczema is curable but the recurrence rate is very high. Relapsing tendency can be minimized by *Ayurvedic* medicine and proper dietary lifestyle.

MATERIALS AND METHODS

History of patient

- A fully conscious, normal oriented male patient, aged 19 years from Jamnagar, came to OPD of *Kayachikitsa*, IPGT & RA, Jamnagar with following chief complaints:
- Blackish papulo vesicles at medial aspects of both ankle joint and forearm since one year.
- He has also complained of itching and dryness at that area since eight month.
- Itching aggravates at winter season and night time.

Table 1: *Dashavidha Pariksha and Ashtavidha Pariksha.*

<i>Dashavidha Pariksha</i>		<i>Ashtavidha Pariksha</i>	
<i>Sharira Prakruti</i>	<i>Vata-Kaphaja</i>		
<i>Manasa Prakruti</i>	<i>Rajas</i>	<i>Nadi</i>	<i>Sadharana</i>
<i>Vikruti</i>	<i>Madhyama</i>	<i>Mutra</i>	7-8 times/24hrs
<i>Sara</i>	<i>Madhyama</i>	<i>Mala</i>	<i>Abaddha</i>
<i>Samhanana</i>	<i>Madhyama</i>	<i>Jihva</i>	<i>Uplepa (Sama)</i>
<i>Satva</i>	<i>Heena</i>	<i>Shabda</i>	<i>Spashta</i>
<i>Satmya</i>	<i>Madhyama</i>	<i>Sparsha</i>	<i>Anushnaseetha</i>
<i>Abhyavaharana Shakti</i>	<i>Pravara</i>	<i>Drik</i>	<i>Pravara</i>
<i>Jarana Shakti</i>	<i>Madhyama</i>	<i>Akruti</i>	<i>Madhyama</i>
<i>Vyayama Shakti</i>	<i>Madhyama</i>		
<i>Desha</i>	<i>Anupa</i>		
<i>Vaya</i>	<i>Bala</i>		

Table 2: *Dermatological examination.*

Site	Medial aspect of both ankle joint and both forearm
Shape	Irregular
Character	Papules and vesicles
Arrangement	Disseminated
Colour	Blackish
Exudation	Not present
Characteristic Odour	Absent
Excoriations	Present
Lichenification	Present
Hair loss	Absent
Pigmentation	Absent

Past history: no relevant past history.

Koshtha : *Madhyama*

Agni : *Samagni*

Personal History

Diet : Pure veg.

Appetite : Good

Sleep : Sound

Bowel : Regular

Bladder : Normal

Vitals

Pulse rate : 80/min

Respiratory rate : 18/min

Blood pressure : 110/80mmHg

Temperature : 36.7 C

Table 3: *Laboratory finding.*

Blood	Hb (%)	TLC (/cmm)	DLC					ESR (mm/hr)	RBS (mg/dl)
			N%	L%	E%	M%	B%		
BT	14.7	8800	48	44	5	3	0	04	94
AT	14.7	8600	48	43	5	4	0	4	81
Urine		Physical		Chemical			Microscopic		
BT		NAD		Nil			NAD		

Routine haematological and urine examination was done before and after the treatment to rule out any

pathological condition and to know the efficacy of the drug.

Table 4: *Treatment Protocol.*

TREATMENT	MEDICINE	MODE OF ADMINISTRATION	DURATION
<i>Churna</i>	<i>Eranda Bhrushta Haritaki Churna</i>	Oral 7 gm at night with luke warm water	For 5 days(For <i>Kostha Shuddhi</i>)
Local application	<i>Arka Taila gel</i>	Local According to size of lesion	For 8 week
<i>Ghana Vati</i>	<i>Khadirashtaka Kashaya Ghanavati</i>	2 <i>Vati</i> (500mg)/tds (After meal) with luke warm water	For 8 week

Before starting the treatment patient's written consent was taken. Eranda Bhrushta Haritaki churna 7 gm. at

night was given for 5 days for *Kostha Shuddhi*. *Khadirashtaka Kashaya Ghanavati* 2 *Ghanavati* thrice in

a day after meal was given with luke warm water. *Arka Taila* gel was applied locally twice in a day at site of lesion.

Follow up period

He was followed for one month after completion of treatment.

RESULT

Table 5: Symptoms.

no.	Components	Scoring BT	Scoring AT	Relief in%
1.	<i>Kandu</i> (Itching)	3	0	100%
2.	<i>Pidika</i> (Papulovesicles)	3	0	100%
3.	<i>Shyavata</i> (Blackish discoloration)	3	1	66.66%
4.	<i>Rukshata</i> (Dryness)	2	1	50%

Table 6: EASI score.

no.	Components	Scoring BT	Scoring AT
1.	EASI score	13	2

With this treatment patient was markedly improved. no recurrence was found in any symptoms and signs after follow up of one month. no any adverse reaction was found during study and follow up periods.

DISCUSSION

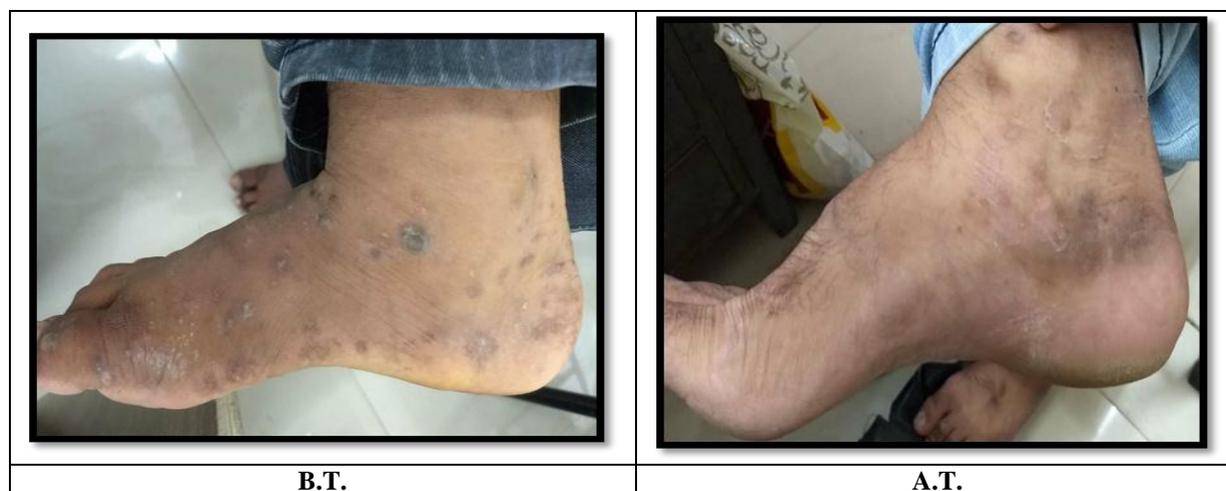
On the basis of symptoms and sign of *Vicharchika* it can be correlates with eczema. As *Vicharchika* is the *Raktapradoshaja Vikara*^[4] so *Virechana* is the choice of treatment. *Eranda Bhrushta Haritaki Churna* has mild purgative, *Vata-Kapha Shamaka* properties so it is given for the *Kostha Shuddhi* purpose before giving any other medicine.

Vicharchika is one type of *Kshudra Kustha*. *Acharya Charak* and *Acharya Sushruta* mentioned it under the *Raktapradoshaja Vikara*. *Khadirashtaka Kashaya* is mentioned in treatment of all types of *Kustha*.^[5] *Ghanavati* was prepared from the *Khadirashtaka Kashaya* for the palatability purpose. Most of the ingredients of *Khadirashtaka Kashaya Ghanavati* have *Tikta, Kashaya Rasa, Laghu, Ruksha Guna, Kapha-Pitta Shamaka* and *Kusthghna, Kandughna, Raktashodhaka* properties. These quality is useful in purification of *Rasa* and *Rakta Dhatu Dushti*, responsible for the progression

of the diseases. Thus, this drug is used for the breakdown of the progression of pathogenesis.

Arka Taila gel contains *Arka (Calotropis procera (Ait)R. Br.)*, *Haridra (Curcuma longa Linn.)* and *Sarsapa Taila (Mustard oil)*.^[6] All ingredients have *Kusthaghna, Kandughna, Rasayana, Vata-Kapha Shamaka* properties. It has also Anti-fungal, Anti-microbial, Anti-oxidant, Anti-inflammatory and blood purifier pharmacological activities Mustard oil have *Sukshma* and *Ushna Guna* so it has ability to penetrate the skin and go to the deeper tissue and remove the foreign material and also prevent the entry of any foreign material.

Eczema is skin disorder where itching is chief complain so that external application is useful for controlling itching. In eczema generally normal barrier mechanism of the skin is altered. Any allergens or foreign body enters in the body through skin causes inflammation and itching. Local application of the *Arka Taila* gel work as a barrier of skin so prevents the entry of any allergen and it also act as a moisturizer which is helpful in dry and lichenified skin, causes itching. Thus, *Arka Taila* gel helps in the management of eczema.



Figures: 1

CONCLUSION

After analysis of all the data, it can be concluded that *Ayurvedic* management with *Khadirashtaka Kashaya Ghanavati* orally and *Arka Taila* gel locally is effective in the *Vicharchika* (eczema). Thus, it can be concluded that *Ayurvedic* approaches are helpful in managing and to prevent eczema. It also helps in reoccurrence of the eczema. This study emphasizes on the importance of integrated approach in healthcare.

REFERENCES

1. Charaka Samhita, Chikitsa sthana, 7/13, Chakrapani rachita Ayurvedadipika Commentary, Ed. by Yadavaji Trikamaji Acharya, 2013, Chaukhambha Prakashana, Varanasi.
2. IDVIL textbook of dermatology 3rd edition 2008 by R.G.Valia and Ameet.R.Valia, Bhalani publishing house, Mumbai.
3. www.worldallergy.org/public/allergic_diseases_center/atopiceczema/
4. Charaka Samhita, sutra sthana, 28/12, Chakrapani rachita Ayurvedadipika Commentary, Ed. by Yadavaji Trikamaji Acharya, 2013, Chaukhambha Prakashana, Varanasi.
5. Yogaratnakara kushchikitsa/63 Ed.by Dr. Indradeva tripathi and Dr. Dayashankara tripathi, 2nd edition 2007, Chaukhambha Prakashana, Varanasi, pg.no.648.
6. Sharangdhara samhita, Dipika and Gudhartha dipika by Pandit parshuram shastri, 6th edition-2005, page no.227 (sha.m.9/147).