

**MANAGEMENT OF VICHARCHIKA W.R.TO ECZEMA THROUGH AYURVEDA - A
CASE STUDY**

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ABSTRACT

All Kushthas are having Tridoshaja origin; hence Vicharchika can be explained in similar manner. Dermatitis is being used as synonym of eczema by most of the dermatologist. These are the kind of non contagious inflammation of the skin characterized by erythema, Scaling, edema, vesiculation and oozing the disease Vicharchika to a greater extent resembles eczema/dermatitis. Therefore the eczematous dermatitis can be included in study of Vicharchika. Vicharchika can be correlated with eczema in the sequence. The involvement of Vata results in dry, blackish lesion of eczema, itching in those affected areas is due to Kapha and Pitta responsible for Strava. Thought, the disease Vicharchika is not life threatening, it makes worried the patient due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. In classical texts of Ayurveda, Acharyas emphasizes Shodhana and Shamana therapy as the line of treatment at various places. Among the Shodhana Karmas, Virechana is chiefly advocated, purificatory measures in Vicharchika. Virechana is not only a mere bowel cleaning procedure but also has systemic effects. Acharya Charaka has advocated Virechana for the Pitta Dosha and Rakta Dushti (Ch.Chi.7/39). Purpose of study aimed to evaluate efficacy of Virechana and Khadiradi Kwatha on Vicharchika and thus forming key of successful remedy in Vicharchika for focusing its trial on large populations. A case of 22 year old female patient, presented with Kandū, Daha, Rukshata, Strava, Vedana, Vaivarnya, Raji etc lakshanas of Vicharchika on her palms of both hands from last 2 yrs. She was taking oral Antifungal, analgesic drugs daily from 2yrs. Since when she was not affordable for further treatment and not getting relief, visited to me in OPD at M.A.Podar Hospital, Mumbai for further treatment. She was administered with Samyaka procedure of Virechankarma. After that she was asked to administer Khadiradikwatha in 40ml quantity twice a day with water after meal for 30 days. The above clinical features of patient were significantly improved by 4 weeks. Routine Laboratory findings were within normal limit. Virechana as a Samshodhana therapy and Khadiradiwatha as Shaman remedy, both in combinations when followed systematically, give relief from symptoms in patients of Vicharchika.

KEYWORDS: Kushtha, Vicharchika, Khadiradi kashaya, Virechana etc.

INTRODUCTION

- ◆ Vicharchika – Type of Kshudra Kushtha (chronic skin disease)
- ◆ Included under Rakta Pradoshaja Vikaras
- ◆ Recurrence and chronic course is common
- ◆ Most common disease which has social impact
- ◆ Affects psychological status and disturb the social life due to its appearance, severe itching disturbing routine & its nature susceptible to be chronic.
- ◆ Present research planned to be focus on dual approach i.e. **Aetiopathological** and Upashayatmaka pirxyakairNaao ih kuSalaa Bavaint È
- ◆ **raogamaadaO prIxaot ttao|nantrmaaOYaQama\ È ca.saU.20**

- ◆ saMxaopt: ik`yaayaogao **inadanapirvaja-nama\ È sau.]1À14**
- ◆ AaOYaQaanna ivaharaNaamaupyaagaM sau#aavahma\ ...ivaVadupSayaM vyaaQao:ÈA.).ina, 1

Need of Study

- Incidence
- Burning problem
- Socio Psychological impacts
- Mahagad (more severity)
- WHO celebrates 29th October as World Psoriasis day
- Approach to other system of medicine

AIMS

To study the role of *Virechna karma* along with *Khadiradi kwatha* in the management of *Vicharchika* with respect to eczema

OBJECTIVES

- To assess the efficacy of *Khadiradi kwatha* in the management of *Vicharchika w.s.r.to Eczema*.
- To draw a hypothesis regarding the mode of action of drug used in the present trial on the scientific basis.

CASE SUMMARY

A case of 22 year old female patient, presented with Kandu, Daha, Rukshata, Strava, Vedana, Vaivarnya, Raji etc lakshanas of *Vicharchika* on her palms of both hands from last 2 yrs.

DESCRIPTION OF PATIENT

- Name : XYZ
- Age: 22 year old
- Sex: Female
- Residence: Santacruz (East), Mumbai.
- Occupation: Works as house wife daily work related with detergents and soap daily in joint family since from last 4 yrs.
- Religion: Hindu
- Diet: Mixed, Mainly Nonveg (Fish and meat) alternate day
- Prakriti: Paittika Vata
- **Drug history:** She was taken oral Antifungal, analgesic drugs daily from 2yrs.
- **Personal history:** Patient had addicted to tobacco and has consuming 1 packet (10gm) per day since last 3 yrs.
- **Family history:** No abnormality detected.
- **Past history:** H/O Jaundice before 10 yrs.

METHODOLOGY**Selection of Patient**

The patient with Symptoms having Kandu, Daha, Strava, Rukshata, Pidika, Vaivarnya, Raji and Vedana etc. from last 2 yrs was registered for present study when she was came to me in OPD of MA Podar Hospital, Worli Mumbai on 09/05/2015

- The patient was **diagnosed as Vicharchika (Eczema)** on the basis of classical signs and symptoms of *Vicharchika* described in Ayurvedic classics
- Patient was administered with *Virechana karma* followed by *Khadiradi kwatha* (Kalpita) 40ml with water two times a day after meal for 30 days.

Virechana

- Virechana* is most important appraise for *Kushtha*. It is a specific modality for the elimination of *Pitta Dosh* but it is also effective upon *Vata*, *Kapha Dosh* as well as *Rakta*.
- It is less stressful procedure than *Vamana* and has less possibility of complications. So, *Virechana* was selected for the *Shodhana* here.
- In this study for *Virechana karma* line of treatment was selected from *Charaka Samhita*,
- i~flaa i~vaR%t dntI kuYzoYau prma\ Sasta ÈÈ Ch.Chi.7A44**
- Snehapana* : by *Suddha Ghrita* 30ml/day increasing dose(20,40,80,120,150ml) with appearance of *samyaka snigdha laxnas* for 5days was given
- Abhyanga* : by *Tila taila* q.s. for twice 2 days
- Swedana* : by *Peti Sweda* for 20 min for twice 2 days
- Virechana Dravya* :*Triphala Kwatha* : 100 ml
- Danti Yavkut* : 50 gm
- Trivrita Churna* : 25 gm
- Samsarjan karma* :by *Peya*,*Vilepee* etc followed as per texts

Contents of Khadiradi Kwatha

SN	Drug	Botanical name	Part used	Quantity
1	Khadir	Acacia Catechu	Bark	1 part
2	Atrushaka	Adhatoda vasica	Leaves	1 part
3	Nimba	AzadirachataIndica	Root	1 part
4	Kutaja	Hollarhena antidysentrica	Root	1 part
5	Triphala	Emblica officnalis, Terminalia chebula, T.belerica	Fruit	1 part

Period: 30 days

- Dosage:** 40 ml twice a day with water
- Duration:** Morning- 40ml and Evening- 40ml (daily)
- Bhaishajya Kal:** After meal
- Mode of Administration:** Oral

Laboratory diagnosis

- Hb%,
- TLC,
- DLC,
- CT, BT,

- ESR and
- Routine urine examination was carried out.

OBSERVATIONS

On the basis of results found during study effect were quoted.

1st day**15th day****30th day****FOLLOW UP STUDY**

After the completion of therapeutic procedures, patient was kept under observation for further two month as follow up study.

DISCUSSION

Virechana Karma expels out the Doshas dragging them towards the adhobhaga through the Guda. Amashaya is

the specific seat of Pitta and Kapha. Though Virechana is a specific therapy for Pitta Dosha, it may also be used for eliminating Kapha Dosha. Virechana drugs which are having Ushna, Tikshna, Sukshma, Vyavayi and Vikasi property reaches the Hridaya by virtue of its Virya then following the dhamani it spreads the whole body through large and small Srotasa. Virechaka drugs by their property and Prithvi, Jala Mahabhuta dominance helps in eliminating the morbid humour from the Shakha to Kshotha and then out of the body by rectal root. With criteria of Samyaka Virechana, Vaigiki and Maniki are considered mainly for deciding the Samsarjana Karma. Ayoga and Atiyoga Lakshanas were checked during the procedure to avoid complication and for its early management. In the present study, following medicines were selected for Virechana i.e. Triphala, Trivrita, Danti. These drugs have property for mild to severe laxation. All drugs were having Kushthaghna, Krimighna, Rakta Shodhana and also Tridoshaghna properties. So effect of drug itself was found to be helpful in the reduction of the disease. Khadiradi Kwatha with its contents as a shaman therapy proven its raktaprasadan, twachya, kandughna, kushthaghna action and thus clarified the discoloration of skin. Thus both Virechana alongwith Khadiradi Kwatha acts synergistically and provided the normal texture to the skin.

CONCLUSION

- ❑ Virechana as Shodhana chikitsa and Khadiradi kwatha as Shamana therapy, both in combinations when followed systematically, given relief from symptoms in patients of Vicharchika.
- ❑ Disease Vicharchika can be managed successfully with Ayurveda and need to be studied in more number of patients

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- ❑ ivaraoQaInyannapanaaina d`vaisnagQagau\$ina ca ÈBajataamaagataM Cid-M vaogaaMXcaanyaanp`itGnatama\ È vyaayaamamaitsaMtapmaitBau@% vaaopsaoivanaama \ÈSaItaoYNala=Ganaaharana\ k`maM mau@% vaa inaYaoivaNaama\ ... vyavaayaM caaPyajaINao-|nnaoinad`aM ca BajataMidvaaÈivap`ana\gau\$na\GaYa-yataM papM kma-M kuva-tama\ È ca.ica. 7

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