

**ROLE OF VICHARCHIKARI TAIL AND LAGHU MANJISTHADI KWATH IN  
VICHARCHIKA**Asha Kumari<sup>1\*</sup>, O. P. Singh<sup>2</sup> and Sanjay Kumar Tripathi<sup>3</sup><sup>1</sup>PG Scholar 3<sup>rd</sup> year, Department of Kayachikitsa, Rishikul Campus, Haridwar.<sup>2</sup>Professor, PG Department of Kayachikitsa, Rishikul Campus, Haridwar.<sup>3</sup>Professor and Head, PG Department of Kayachikitsa, Rishikul Campus, Haridwar.**\*Corresponding Author: Dr. Asha Kumari**PG Scholar 3<sup>rd</sup> year, Department of Kayachikitsa, Rishikul Campus, Haridwar.

Article Received on 06/07/2023

Article Revised on 26/07/2023

Article Accepted on 16/08/2023

**ABSTRACT**

Ayurvedic texts, all skin diseases were included under the term 'Kushtharoga' which is classified into two main divisions i.e., Mahakushtha and Kshudrakushtha. Vicharchika is a type of Kshudra Kushtha often encountered by Ayurvedic dermatologists characterised with symptoms namely Kandu, Srava, Pidika. Main line of treatment for Vicharchika in Ayurveda is Shodhan and Shaman. The clinical presentations of Vicharchika is similar to Eczema in modern dermatology. Eczema (also called atopic dermatitis) is characterized by dry itchy skin with areas of poorly demarcated erythema and scale.

**MATERIAL AND METHODS**

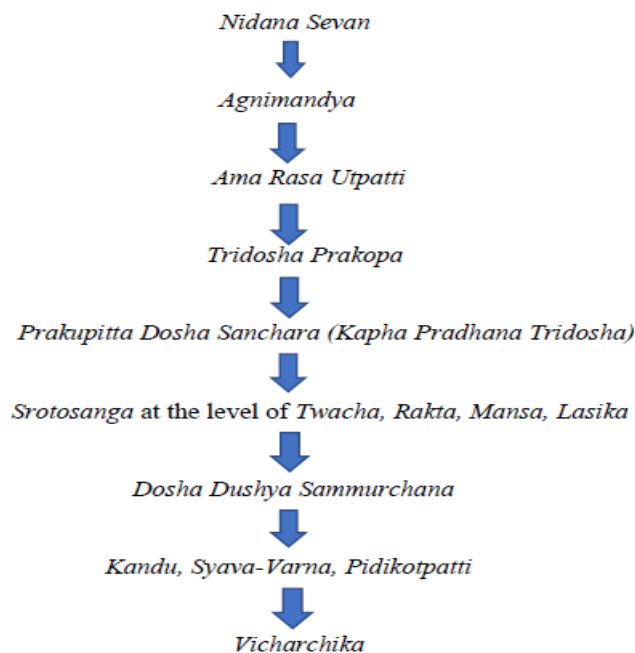
For this article literature review is done from Charak Samhita, Sushruta Samhita, Vagbhatta Samhita, Ayurvedic pharmacopia of India and few other articles.

**Nidana of vicharchika**

1. Virudha Ahar, Excessive and continuous use of Nav-

Anna, Dadhi, Guda, Tila, Mulak, Matsya.

2. Excessive intake of Amla and Lavan Ras Paradhan Dravya etc.
3. Drinking cold water after fear, exhaustion or sunlight
4. Suppression of urge of Mala, Mutra and Vaman

**Samprapti of vicharchika**

*Vicharchikari tail*

जातीनिम्बार्ककटजद्रोणपुष्पाभसा समम् |

कल्कैर्निशाविषव्योषकुपीलुककलिडकैः ||

अश्वमारशिलातालकासीसैश्च सनागरैः ||

पचेत्कोलमितैर्वेद्यः कटुतैलशरावकम् ||

एतत्तैलं निहन्त्याशु विचर्चीमतिदारुणाम् |

नाडीत्रणञ्चोपदंशं चिरोत्थञ्च भगन्दरम् || (भै.र. 54/325-327)

Constituents of *vicharchikari tail*

1. *Chameli* (*Jasminum officinal*), **Oleaceae**
2. *Nimba* (*Azadirachta indica*), **Meliaceae**
3. *Arka* (*Calotropis procera*), **Asclepiadaceae**
4. *Kutaja* (*Holarrhena antidysenterica*), **Apocynaceae**
5. *Dronpushpi* (*Leucas cephalotes*), **Labiatae**

6. *Haridra* (*Cucuma longa*), **Zingiberaceae**
7. *Vatsnaabha* (*Aconitum ferox*), **Ranunculaceae**
8. *Shunthi* (*Zingiber officinale*), **Zingiberaceae**
9. *Maricha* (*Piper nigrum*), **Piperaceae**
10. *Pippali* (*Piper longum*), **Piperaceae**
11. *Kuchala* (*Strychnos nuxvomica*), **Loganiaceae**
12. *Kanar* (*Nerium indicum*), **Apocynaceae**
13. *Manahshila* (Realgar and Red Arsenic or Arsenic disulphide), **As<sub>2</sub>S<sub>2</sub>**
14. *Hartaala* (Orpiment or Arsenic trisulphide), **As<sub>2</sub>S<sub>3</sub>**
15. *Kashisa* (Ferrous sulphate or Green Vitriol), **Feso<sub>4</sub>7H<sub>2</sub>O**
16. *Sarshpa* (*Brassica campestris*), **Cruciferae**

Description of each drug will be explained further on the basis of properties, chemical constituents, action of dosha karma, pharmacological action

## Rasapanchaka and pharmacological actions of drugs

Table 1

Drug	Rasa	Guna	Virya	Vipaka	Dosha Karma	Pharmaceutical Action	Therapeutic Use
Jaati	Tikta Kashaya	Laghu Snigdha	Ushna	Katu	Kaphapitta Shamaka	Anti-microbial, Wound healing	Kushthaghna
Nimba	Tikta Kashaya	Laghu	Ushna	Katu	Kaphapitta Shamaka	Anti-microbial Anti-fungal Anti-inflammatory	Kushthaghna, krimi- kandughna
Arka	Katu Tikta	Ruksha Laghu Tikshna	Ushna	Katu	Kaphavata Shamaka	Anti-microbial Anti-helminthic	Kushthaghna
Kutaja	Tikta Kashaya	Laghu Ruksha	Sheeta	Katu	Kaphapita Shamaka	Anti-microbial Anti-bacterial	Kushthaghna
Dronpuspi	Katu	Guru Ruksha,	Ushna	Katu	Kaphavata Shamaka	Anti-microbial Anti-inflammatory	Kushthaghna
Haridra	Tikta Katu	Laghu Ruksha	Ushna	Katu	Kaphapita Shamaka	Anti-microbial Blood-purifier	Krimighna Shitpita- nashak
Vatsnaabha	Madhura	Laghu Tikshna	Ushna	Madhura	Kaphavata Shamaka	Anti-microbial Anti-inflammatory	Kushthaghna
Vyosha	Shundhi	Katu	Laghu Snigdha	Ushna	Madhura	Kaphavata Shamaka Anti-microbial Anti-inflammatory, anti-oxidant	Kandughna
	Maricha	Katu	Laghu Tikshna	Ushna	Katu		
	Pippali	Katu	Laghu Tikshna Snigdha	Anushna- sheeta	Madhura		
Kuchala	Tikta Katu	Laghu Tikshna Ruksha	Ushna	Katu	Kaphavata Shamaka	Anti-microbial Anti-inflammatory	Kushthaghna
Kanera	Katu Tikshna	Laghu Ruksha Tikshna	Ushna	Katu	Kaphapita Shamaka	Anti-microbial Wound healing	Kushthaghna Krimi- kandughna
Manahshila	Katu Tikshna	Guru Snigdha Sara	Ushna	Katu	Kaphavata Shamaka	Anti-microbial Anti-inflammatory	Kandughna Kushthaghna

Hartala	Katu Tikta Kashaya	Guru Snigdha	Ushna	Katu	Kaphavata shamaka	Anti-microbial Anti-inflammatory	Kushthaghna kandughna
Kashisa	Kashaya	Garahi	Ushna	Katu	Kaphavata shamaka	Anti-microbial	Kushthaghna
Sarshapa	Katu Tikta	Tikshna Snigdha	Ushna	Katu	Kaphavata Shamaka	Anti-microbial Anti-inflammatory	Kushthaghna Krimighna

**Laghu manjisthadi kwath**

मंजिष्ठा त्रिफला तिक्ता वचा दारुनिशासभया |

निम्बश्चैव कृतः क्वाथः सर्वकुष्ठं विनाशयेत् ||

वातरक्तं तथा कण्डूं पामानं रक्तमण्डलम् |

दद्रुं विसर्पं विस्फोटं पानाभ्यासेन नाशयेत् || (भै.र.54/66-67)

**Constituents of laghu manjisthadi kwath**

1. **Manjistha** (*Rubia Cordifolia*), **Rubiaceae**

2. **Vibhitaki** (*Terminalia bellirica*), **Combratacea**

3. **Haritiki** (*Terminalia chebula*), **Combratacea**

4. **Amalaki** (*Emblica officinalis*), **Euphorbiaceae**

5. **Kutaki** (*Picrorhiza kurroa*), **Scrophulariaceae**

6. **Vacha** (*Acorus Calamus*), **Araceae**

7. **Daruharidra** (*Berberis Aristata*), **Berberidaceae**

8. **Haridra** (*Curcuma longa*), **Zingiberaceae**

9. **Guduchi** (*Tinospora cordifolia*), **Menispermaceae**

10. **Nimba** (*Azadirachta indica*), **Meliaceae**

**Rasapanchaka and pharmacological actions of drugs**

Table 2

Drug	Rasa	Guna	Virya	Vipaka	Dosha Karma	Pharmacological Action	Therapeutic Use
Manjistha	Madhura Tikta Kashaya	Guru Ruksha	Ushna	Katu	Kaphapita Shamaka	Anti-microbial Blood purifier	Kushthaghna
Vibhitaki	Kashaya	Laghu Ruksha	Ushna	Madhura	Kapha Shamaka	Anti-microbial	Kushthaghna Kandughna
Haritiki	Panchrasa (lavan varjit), Kashaya pradhan	Laghu Ruksha	Ushna	Madhura	Vata shamaka	Anti-microbial Antifungal	Kushthaghna Kandughna
Amalaki	Panchrasa (lavan varjit), Amala pradhan	Guru Ruksha Sheeta	Sheeta	Madhura	Pitta shamaka	Anti-microbial	Kushthaghna, Dahashamak
Kutaki	Tikta	Laghu Ruksha	Sheeta	Katu	Kaphapita Shamaka	Anti-microbial	Kushthaghna
Vacha	Katu Tikta	Laghu Tikshna	Ushna	Katu	Kaphavata Shamaka	Anti-fungal Anti-microbial	Krimighna
Daruharidra	Tikta Kashaya	Laghu Ruksha	Ushna	Katu	Kaphapitta Shamaka	Blood purifier	Rakta vikarashamak
Haridra	Tikta Katu	Laghu Ruksha	Ushna	Katu	Kaphavata Shamaka	Anti-microbial	Kandughna, Kushthaghna, Sheetpittaghna
Guduchi	Tikta Kashaya	Guru Snigdha	Ushna	Madhura	Tridosha Shamaka	Anti-microbial	Kushthaghna

**Probable mode of action on samprapti vighatan**

Table 3

<b>Samprapti ghataka</b>	<b>Vicharchika</b>
<b>Doshas</b>	Tridoshaja (Kapha pradhan)
<b>Dushya</b>	Twak, Rakta, Mamsa, Lasika
<b>Agni</b>	Jatharagni and Dhatvagnimandya
<b>Srotas</b>	Rasavaha, Raktavaha, Mamsavaha and Ambuvaha
<b>SrotoDushti Lakshana</b>	Sanga and Vimargagamana
<b>Marga</b>	Bhaya Rogamarga

<i>Udabhavasthana</i>	<i>Amashaya</i>
<i>Sancharasthana</i>	<i>Triyaka-gami Sira</i>
<i>Gati</i>	<i>Tiryak</i>
<i>Adhsthana</i>	<i>Twak and uttrottar Rakthadi Dhatu</i>
<i>Vyadhi swabhava</i>	<i>Chirkari (Dirgharonam)</i>

#### Probable mode of action of vicharchikari tail

- *Vicharchikari Tail* is described the *Bhaisajya-Ratnavali* (B.R 54/325-327)
- All the drugs are having *Katu, Tikta, Kashya rasa* which makes the drugs to act as *Kapha shamaka, Ama dosha hara* drugs.
- All the drugs are *Katu Rasa, Katu Vipaka, Ushna, Tikshna, Sara* property it remove the obstruction in *Swedawahi Shrotas*.
- *Tikta Rasa* has the property of *Vishaghna, Krimighna, Dahaprashmana, Kandughna*, and *Kushthaghna*.
- All the contents of *Tail* have pharmacologically an antifungal, antimicrobial, antioxidant action hence can effectively reduce the infection and prevent its recurrence by improving the immunity of skin by its antioxidant property.

#### Probable mode of action of laghu manjisthadi kwath

- *Laghu manjisthadi Kwath* is described in *Bhaishajya Ratnakara* (B.R 54/66-67)
- These all drugs are having mostly *katu, tikta, Kashaya, madhura rasa* as well as *laghu, ruksha guna* which act on increased *kapha dosha*. *Vicharchika* is *kapha-vatta* predominant disease so drug *laghu manjisthadi kwath* works as *dosha-pratyanika chikitsa*.
- All the drugs are having mostly *Katu, Tikta, Kashaya, Rasa* as well as *Laghu, Ruksha Guna* which act on vitiated *Kapha Dosha*. *Sheet Veerya* of *Nimba, Katuki, Amalki, & Madhur Vipaka of Amalki, Vibhitaki, Hritaki & Madhur Rasa* pacifies the vitiated *Pitta Dosha*.
- The contents such as *Vibhitaki* and *Amalaki* having *Deepana, Pachana* activities and *Manjishta, Katuki, Haridra, Giloy* and *Nimba* having *Rakta Shodhaka* property removes the *Ama* (Advanced glycation end products and toxic substances) from blood and helps to maintain moisture and pH of the skin.
- *Laghu Manjisthadi Kwatha* such as *Manjistha, Amalaki*, and *Haritaki* properties., antifungal, antimicrobial, and anti-inflammatory activities
- Most of drugs are *Deepana, Pachana, Laghu, Ruksha, Ushna and Tikshna*. So they do *Aampachan*. So the *Srotorodha* is removed and *Sroto Vishodhana* is done.

#### DISCUSSION

Finally, we can say on the basis of description of the drugs that they have following properties i.e, *Kapha-Vata shamaka, Kushthaghna, Kandughna,*

*Raktashodhak, Twagdosahara, Krimighna, Vishaghna, Shitpita-Nashak, Vranropaka, Daha shamaka* properties. On modern parameters we can say these drugs have anti-microbial, anti-inflammatory, wound healing, anti-oxidant, blood-purifier, anti-helminthic, anti-fungal, anti-bacterial.

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