

## ROLE OF KATUKI GHRITA IN THE MANAGEMENT OF VICHARCHIKA – A CASE REPORT

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## ABSTRACT

**Introduction:** In Ayurveda, skin diseases are mentioned under the topic kushtha. It is categorised mainly into two types, viz, Mahakushtha and Kshudrakushtha and is further classified into different sub-types on the basis of dosha-dushya. Symptomatically, Eczema can be co-related to Vicharchika presenting with severe itching, cracks, blackish brown discoloration of skin lesions with slight serous discharge. **Aim:** Management of Vicharchika (Eczema) by Ayurvedic treatment. **Methodology:** In this case study, patient was treated with internal and external medications. **Conclusion:** The use of Shamana and shodhana drugs along with local use of washes showed significant improvement within 45 days of treatment.

**KEYWORDS:** Eczema, Vicharchika, Ayurvedic treatment, Shamana and shodana drugs.

## INTRODUCTION

Eczema is an inflammatory dermal condition in which skin becomes patchy, cracked and rough. According to different authors it tends to flare when skin is exposed to external irritants /allergens which cause disturbances in immune system. According to National Health Service (NHS), researches have shown that following external and internal factors chemicals or preservatives, scented products, cigarette smoking, external allergens such as pollens, mold, dust, synthetic fabrics, stress, food allergies, animal dander can contribute to increase in eczema. Eczema is mainly of 5 types: Atopic dermatitis is most common type of eczema, presenting with dry, itchy skin that often appears with a red rash. Contact dermatitis: An allergic reaction, caused by exposure to some irritants. Nummular dermatitis- more common on the lower legs, caused by a break in the skin and a history of very dry skin, which presents as round, red, very itchy scaly patches. Dyshidrotic dermatitis -more common on the lower legs, caused by a break in the skin and a history of very dry skin, presents as round, red, very itchy scaly patches. Stasis dermatitis is typically seen on the lower leg normally caused by poor blood flow.<sup>[1]</sup>

In Ayurveda skin diseases are classified under the name kushtha. Kushtha is mainly of two types Maha kushtha and Kshudra kushtha. Vicharchika is described under Kshudra kushtha. The clinical features of vicharchika are- shyava varna, ati srava, pidaka associated with kandu.<sup>[2]</sup> Vicharchika is pitta-kapha pradhana kushtha.<sup>[3]</sup>

The treatment modalities mentioned in contemporary medicine for Eczema are mainly Antihistamines and corticosteroids. Antihistamines relieve itching by blocking allergic reactions triggered by histamine. Cortisone (steroid) creams & ointments relieve itching & scaling. Along with creams and ointments, oral corticosteroids are given generally. In this study, an attempt was made to treat a patient of vicharchika with Ayurvedic treatment modality.

## MATERIALS AND METHODS

## CASE REPORT

A male patient aged 47 years reporting with chief complaints of Kandu(Itching), Bahu srava(Excessive exudation), Kleda(slough), Shyava varna (blackish brown colour) like patchy eruptions on both legs since 3 years. Severe itching at night leads to improper sleep. Patient was occasionally applying topical steroids but found no relief. On enquiry, it was found that patient had a history of allergic rhinitis, was non-diabetic, and no history of worm infestation. In his dietary habits, patient was a non-vegetarian. It was noted that he was consuming junk food rarely and used to consume curd and pickles daily. He was fond of eating peanuts very frequently in a day. Patient is a clerk by profession, and had sedentary lifestyle with no exercises or yoga in his routine.

**Table 1: Showing Observations of Physical examination.**

Parameters	Observations
Temperature	38 <sup>0</sup> C
Pulse	84 beats/min
Blood pressure	130/90mm Hg
Respiratory rate	22 breaths/min
Height	5.11 feet
Weight	68 kgs
Skin colour	Lesions are brownish
Skin texture	Cracky

**Table 2: AshtavidhaPariksha of the patient.**

Parameters	Observations
Nadi	Pitta was predominant in nadi along with kapha
Muthra	Prakrutha
Mala	Ruksha,Dourgandhya
Jihva	Coated
Shabdha(speech)	Prakrutha
Sparsha(skin)	Ushnasparsha
Druk(eyes)	Prakrutha
Akruthi	Madhyama(moderately build)

**PROVISIONAL DIAGNOSIS**

On the basis of clinical presentation, dosha evaluation, physical examination, the case was diagnosed as Vicharchika associated with ama condition.

Agnideepana(digestive stimulant) and Ama pachana(digestion of unnecessary metabolites) along with external and internal medications. Pathya like Ati Amlaahara, atikatuahara, atiruksha ahara, potatoes, groundnuts, cheese, curd, tea, coffee, milk are advised for non consumption regularly.

**TREATMENT PLAN**

First line of treatment in any kustha is Nidana parivarjana (removing the causes),

**Table 3: Showing treatment protocol.**

Medication	Quantity	Kala	Duration
Katuki ghrita	15ml	Early morning	For 45 days
Arogyavardhini rasa	2 tab	Twice after food	For 45 days
Khadira churna	Quantity sufficient	As dusting powder	Twice for 15 days
Sphatikatankana jala wash	Quantity sufficient	Prakshalana	Twice for 15 days Once for next 30 days
Hingvastaka churna	5gm	Twice before food with ghrita	For 45 days

**RESULTS****Table 4: Showing Results.**

Parameters	Observations
Agni	++
Nidhra	+++
Patchy lesions	Reduced
Kandu	Reduced

**FIGURE 1: Before treatment****FIGURE 2: After treatment**

**DISCUSSION**

Kustha is not caused by single dosha. The vitiated three doshas-vata, pitta, kapha along with impaired tvak, rakta, mamsa and ambu together constitute seven essential dhatus which play role in samprapti (pathogenesis) of kustha.<sup>[4]</sup> Depending on the predominance of dosha and clinical features, the type of kustha should be diagnosed and predominant dosha should be treated first, followed by the associated dhatu. In this case patient's ahara (diet) & vihara (lifestyle) were not in a proper manner so they were stopped for the purpose of kustha chikitsa.

Katuki ghruta is a unique preparation done by katuki kashaya paka with ghruta. It mainly helps in Agnideepana (digestive stimulant), pitta sarana(elimination of pitta), anulomana of vata(flatulant), malabedhana(bowel evacuation), kledaharana due to action of katuki. Ghruta acts as pitta shamaka (allivation of pitta), agnivardhaka(digestive stimulant), dhatu puraka (nourishing). Due to this combined action katuki ghruta acts as kusthahara, mainly of kaphapittaja origin.

Aarogyavardhini vati is having sroto shodhaka(clearing of channels) property, helps in agnideepana (digestive stimulant) and proper rasa dhatu formation. The chief ingredient of it is katuki(Picrorhiza kurroa) which eliminates dushta pitta and corrects rakta.<sup>[5]</sup>

Khadira churna is kashaya rasa pradhana dravya and acts because of prabhava in kustha, mainly as kapha and kleda hara.<sup>[6]</sup> Khadira churna was advised to be sprinkled as a dusting powder after wash with sphaatikatankana jala daily.

Sphaatikatankana jala was used here mainly as a wash for kandughna, kleda hara, sravahara and tridosahara<sup>[7]</sup> by action.

Hingvastaka churna is agnideepana, vatanulomaka which aids in treating kustha by causing changes in jatharagni which directly improves dhatwagni.<sup>[8]</sup>

Pathya suggested here was having laghu, anulomana guna, sroto shodhaka, kaphahara and pitta sarana properties.

**CONCLUSION**

Ayurveda first evaluates sama-nirama condition of patients. Pathya (wholesome diet) and lifestyle modification advised along with medications reverses the pathogenesis of the disease and helps the patient recover quickly.

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