MANAGEMENT OF VICHARCHIKA (ECZEMA) IN AYURVEDA – A REVIEW

Sonali Dilip Wairagade¹, Poonam Madan*² and Tanvi Wairagade³

¹Professor, Department of Kayachikitsa, Datta Meghe Ayurved Medical College Hospital and Research Centre, Wanadongri, Nagpur, Maharashtra.
²Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, Datta Meghe Ayurved Medical College Hospital and Research Centre, Wanadongri, Nagpur, Maharashtra.
³MBBS Third Year (Major), HBT Medical College and Dr. R N Cooper Hospital, Mumbai, Maharashtra.

ABSTRACT

In Ayurveda, all skin diseases are included in Kushtharoga. There are two types of Kushtharoga i.e. Mahakushtha and Kshudrakushtha which are again classified into seven types and eleven types respectively. It is classified as one of the “Asthagada”. Vicharchika (Eczema) is a type of kshudrakushtha often encountered by Ayurvedic Dermatologists characterized with symptoms like kandu (itching), srava (discharge), Pidaka (vesicles) and Shyava varna (discoloration). According to modern science, Vicharchika has similar clinical presentation as Eczema. Eczema is a form of dermatitis where inflammation of dermis occurs. It is also known as atopic dermatitis which is characterized by dry itchy skin with areas of poorly demarcated erythema and scale. Modern science has no specific medication or treatment for sure of eczema but symptomatic treatments like steroids are used as it has serious side effect also reoccurrence is common. Main line of treatment for vicharchika in Ayurveda is Shodhana and shaman aushadhis. Ayurveda treats from the root of eczema by cleansing Doshas and balancing Dhatus.

KEYWORDS: Vicharcika, Mahakustha, Kshudra Kustha, Eczema, treatment, prevention, epidemiology.
INTRODUCTION
The skin is the largest sense organ of the body. It is the protective covering of the body. It protects over body by various organisms, chemicals, antigen etc. Skin is an emblem of health, beauty, confidence and social well being. Nowadays most of the skin diseases are due to modern life styles. Disorders in diet, sleep, urges and anxiety all contribute invariably to its origin and chronicity. Modern medicines are providing only symptomatic relief to most of them and their long term use may cause adverse effects. Skin disease occurs all over the world. Skin disease is more prevalent among children and in low socioeconomic group of people due to poor hygiene. Various studies show that skin infections are more prone in extreme climate condition.

According to Ayurveda, Vicharchika has similar clinical presentation as eczema. According to Bruhatryee, Vicharchika comes under Kshudrakushtha. As Kushtha is caused due to Viruddha ahara which leads to Agnimandya.

As per Modern science, Eczema is also recognized as atopic dermatitis. Eczema, as defined by the World Allergy Organization (WAO) revised nomenclature in 2003, affects 15% to 20% of school children worldwide and 2% to 5% of adults. Reduction occurs in two-thirds of children by the age of 15 years, but relapses may occur later.

Eczema or Atopic 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.[1] The clinical lesions may be acute (wet and edematous) or chronic (dry, thick, scaly), depending on the persistence of the insult.[2] The term eczema is broadly applied to a range of persistent or reoccurring skin rashes characterized by redness, skin edema, itching and dryness with possible crusting, flaking, blistering, cracking, oozing or bleeding. Areas of temporary skin discoloration sometime characterized healed lesions, though scarring is rare.[3] In early stage of eczema, the stratum corneum remains intact so eczema appears as red, smooth and oedematous plaque. Later, edema becomes more severe, tense blisters appears on the plaques. Chronic eczema is dry and is characterized by thickened, scaly skin with hyper pigmentation and visible crisis.

Ayurvedic review
In Ayurveda, improper, incompatible and unacceptable food is considered as Virudhahara. Ahara is given prime importance in ayurveda. But if improperly taken will cause derangement
of Doshas which in turn affects Dhathus. In short all drugs and diet which dislodge the various doshas but do not expel them out of the body can be regarded as unwholesome.

Vicarchika is characterized by symptoms viz kandu, syava, pidaka and Sravakandu or itching is due to involvement of Kapha dosha. Pidaka or skin eruption is due to vitiated Pitta accumulated in twak and rakta. Pidaka causes pain and in Vicarchika, generally small circumscribed easily palpable lesions are found. Srava means discharge. Vitiated Kapha and pitta are responsible for srava. Susruta has told rukshata in vicarchika which is due to vata predominance. So vata predominance shows dry lesions (dry eczema) and pitta and kapha dosha shows wet lesions (wet eczema). Syava or blackish discoloration is due to vitiated vata. Daha or burning sensation is due to pitta.

Classification of Kshudra Kushta

According to Brihatrayee\(^{[4,7]}\)

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Sushruta</th>
<th>Vagbhata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ekakushta</td>
<td>Ekakushta</td>
<td>Ekakushta</td>
</tr>
<tr>
<td>Charmedhaka</td>
<td>Mahakushta</td>
<td>Chemakhyha</td>
</tr>
<tr>
<td>Kitibha</td>
<td>Kitibha</td>
<td>Kitibha</td>
</tr>
<tr>
<td>Vaipatika</td>
<td>Sidhma</td>
<td>Vaipatika</td>
</tr>
<tr>
<td>Alasaka</td>
<td>Visarpa</td>
<td>Alasaka</td>
</tr>
<tr>
<td>Dadrumandala</td>
<td>Parisarpa</td>
<td>Sidma</td>
</tr>
<tr>
<td>Charmadala</td>
<td>Charmadala</td>
<td>Charmadala</td>
</tr>
<tr>
<td>Pama</td>
<td>Paama</td>
<td>Paama</td>
</tr>
<tr>
<td>Visphota</td>
<td>Stoolarushka</td>
<td>Visphota</td>
</tr>
<tr>
<td>Shataaru</td>
<td>Rakasa</td>
<td>Shataaru</td>
</tr>
<tr>
<td>Vicarchika</td>
<td>Vicarchika</td>
<td>Vicarchika</td>
</tr>
</tbody>
</table>

Viruddhaahar, Kledakaraha, Ajeerna, adhyashan, Chardiveghadhiavrodh, Ativayam, Atisantap, Panchkarmamithyayog, Navaana, Dhadhi, Matsya, Tila, Lavan, Masha etc., Ativyavya

Poorvarupa (Prodromal symptoms)\(^{[9]}\)

Loss of sensation, Excess or no perspiration, Deranged complexion, Rashes, itching, Piercing pain, Exhaustion and excessive pain in wound

Roopa (Symptoms)

According to Charaka Acharya, Vicarchika is characterized by pimples, itching and blackish discoloration with excessive discharge.\(^{[10]}\)

According to Sushruta Acharya, Vicarchika is characterized as pain and itching.\(^{[11]}\)
Samprapti
Due to various Nidana Sevan, Tridosha gets vitiated and causes Tridosha Prakopa which produces Shaithilya in Twak, Mamsa, Rakta and Ambu. Tridosha gets resides in Shaithilya Dhatu and vitiates them and hence Lakshanuttpati of Kustha.

Line of treatment
Ayurveda has described several line of conservative treatment for Kushtha Vyadhi. For Vata predominant Kushtha, Ghee is given internally. For Pitta predominant Kushtha, Virechana (purgation) and Raktamoshaan (bloodletting) and for Kapha predominant Vamana is suggested.[12]

a. Internal medicine
b. Lepa, Dhavana etc.
c. Rasayana Chikitsa
d. Pathya

➢ Shaman chikitsa
• Dashpushpa - Most of the drugs in Dasapushpa have anti inflammatory, wound healing, anti toxic and anti oxidant property. Most of the antipoisonous property is mainly due to prabhava. More over the predominance of tikta rasa in Dasapushpa group alleviates toxins. Out of these ten plants Bhadra, Bhringaraja, Sahadevi and Sakralatha have anti-inflammatory property. Bhadra, Bhringaraja, Sahadevi, Vipareeta lajjalu and
Vishnukranta have antibacterial properties. Bhringaraja, Musali, Durva, Sahadevi, Sasasruthi and Vipareeta lajjalu are useful in skin disease, cuts and wounds. Durva and Lakshmana reduces burning sensation. Sakralatha is a rubefacient. Bhringaraja, Sakralatha, Vipareeta lajjalu, Vishnukranta are anti oxidants. Musali reduces pruritis. Sahadevi have prabhava in jwara. Bhringaraja is a rasayana plant. All plants are anti toxic.

- **Mahamanjistadi Ghanvati**, 250 mg BD
- **Arogyavardhini Vati**, 250 mg BD
- **Phaltrikadi Guggul**, 250 mg BD
- **Phaltrikadi Guggul**, 5 gm BD
- **Arogyavardhini rasa**, One tid in between food for 10 days
- **Bilwadi Agada**, Two tid after food for 10 days
- **Punarnavaasava**, 15 ml tid after food for 10 days
- **Patolakatrohihinyadi kashaya**, 15 ml bd on empty stomach

**Shodhana**

a. **Vamana** - By the use of Madanphal, Mulathi, Parora leaf mixed with the juice of Neem.\[^{13}\]

b. **Virechana** – According to Charak procedure of Virechan should be done by the use of Safed nishoth, Danti root, Triphala.\[^{14}\]

c. **Raktamokshana** was done by Siravedha Karma

**Lepa**

a. **Yashtimadhu Ghruta** Herbs commonly used for lepa are haritaki and vidang

b. Lepa of guduchi and turmeric

c. Lepa of shatavari, amalki and nimbi

**Pathya**

Rice varieties majorly shastishali variety of it, meats of the animals and birds, various preparations of the cooked Yava; patient of the Kushtha should be regularly consuming it.

**Apathya**

Meat of the animals of the country side, marshy area and aquatic area, sugarcane, sesame, ghee, wine, curds and milk, habit of sleeping in daytime, taking sour fruits, indulgence in sex, various preparation of flour - all of these excessively aggravate Kapha,
Pitta as well as Rakta. Susruta addressed “patient with skin disorder should avoid the use of meat, fat, milk, curd, oil, eatables prepared from corn flour, sours, incompatible foods and overeating, uncooked foods or that which cause indigestion, foods which cause burning sensation during digestion and which increase moisture inside the tissue”.

**Sadhya-Asadhyata**\(^{14}\)

It is advised in Ayurvedic classics that the treatment of following types of patients suffering from Kushtha should not be done.

1. The patient of Kushtha with the signs and symptoms all the 3 vitiated Doshas.
2. The patient who is weak.
3. The patient who is suffering from morbid thirst, burning sensation.
4. The patient having no digestion strength,
5. The patient having maggots in the patches of Kushtha.

**CONCLUSION**

Vicharchika is one of the common dermatological complaints met in clinical practice. From this study it is very clear that Ayurvedic management is effective in Vicharchika in controlling Itching, oozing, skin eruption and blackish discoloration.

**Source of funding**

Nil

**Conflict of interest**

There are no conflicts of interest.

**REFERENCES**


