



Ayurvedic Management on *Vicharchika*- A case study

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ABSTRACT

Vicharchika is often correlated to eczema based on the clinical presentation. Eczema is a form of dermatitis. As per Ayurvedic texts *Vicharchika* is characterized by symptoms namely *kandu* (itching), *srava* (discharge), *pidaka* (vesicles) and *shyava vrana* (discolouration). No satisfactory treatment is available in contemporary medical practice except antihistamines and topical steroids. A 55 years old female patient approached to OPD with chief complains of discharge, edema, erythematous skin lesion and intense itching at right ankle region. Line of treatment plan was *Raktamokshana* as *shodhana upkarma* and *Shamana aushadhi* according to *dosh dushya samurchana*. Remarkable improvement was observed within span of 30 days of commencement of treatment.

KEY WORDS: *Vicharchika*, *Raktamokshana*, Eczema

INTRODUCTION

All *Kushthas* are having *Tridoshaja* origin; hence *Vicharchika* can be explained in similar manner. 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. (1) In classical texts of Ayurveda, *Acharyas* emphasizes *Shodhana* and *Shamana* therapy as the line of treatment at various places. Among the *Shodhana Karmas*, The texts of Ayurveda consider *Rakta Dusti* as one of the prime causes of skin diseases (2). On the other hand, patients may get relief after letting out the vitiated *Rakta*. *Acharya Sushruta* propounds practical guidelines for bloodletting and claims it as most effective therapy in half of the body ailments [3]. Among various methods for bloodletting[4] such as *Prachhanna Karma*,[5] and *Siravedhana Karma*. [4] *Jalaukaavacharna Karma*[6] (Leech therapy) is considered as the ideal method to expel out the vitiated blood safely, quickly, and effectively. *Siravedhana Karma* (Vein puncture) is routinely practiced in the past and so much importance is given to it in classics. So, *Jalaukavacharana* and *Siravedhana Karma* were considered to evaluate their comparative efficacy in cases of *Vicharchika* (Eczema). *Vicharchika* can be treated with *Shodhana Chikitsa* and *Shamana Chikitsa*(7). Here, a female subject, aged 55 years with the chief complains of discharge, edema, erythematous skin lesion and intense itching at right ankle region.

CASE REPORT

A 55-year-old female presented with the complains of discharge, edema, erythematous skin lesion and intense itching at right ankle region since 3 years. The patient also complained of oozing from non-healing wound present of Right ankle region. (Approximately 4 × 3 cm) associated with burning sensation, since 3

years. Routine haematology (Hb, TC, DC, ESR) and urine investigations were within normal limits. The skin lesion was sent for culture and sensitivity test and report showed no growth. Patient treated with two sessions of *Jalukavacharana* in 2nd week and 4th week.

Table 1. Shows *Shodhan* treatment done.

Sr. no.	Panchakarma therapy	On Site
1.	<i>Jalukavacharana</i>	At right foot ankle joint region (In 2 nd week and 4 th week once)

Table 2. Shows *Shaman chikitsa* done.

Sr. No.	FORMULATIO	DOSE	DURATION	ANUPANA
1.	Ghandhak Rasayan	250 mg	2 BD (after meal)	Luke warm water
2.	Bilvadi Gutika	250 mg	2BD (after meal)	Luke warm water
3.	Mahatikta Ghruta	Half tsp	Twice a day (before meal)	Luke warm water
4.	Aragvadh Kashay	15 ml	Twice a day(before meal)	Luke warm water

OBSERVATION

A.OBJECTIVE PARAMETERS (8)

- 1) Scaling
- 2) Extent of lesions
- 3) Circular skin lesion
- 4) Thickening and elevation of skin lesion.

Table 3. B. OBJECTIVE PARAMETERS (9)

Sr. No	Subjective Syntoms	Parameters	Gradation
1.	<i>Kandu</i> (Itching)	No Itching Relive Spontaneously Relive by Itching Disturb routine Require Medication	0 +1 +2 +3 +4
2.	<i>Vaivarnya</i> (Discoloration)	Normal Colour Light Brown Brick Brown Dark Brown Black Brown	0 +1 +2 +3 +4
3.	<i>Sravva</i> (Discharge)	No Discharge Occasionally discharge Discharge on Itching Relieve Spontaneously Not at all Relieve	0 +1 +2 +3 +4
4.	<i>Rukshata</i> (Dryness)	No scratch after scratching Mild scratch after scratching Scaling on every scratch Scratching causes eruption Spontaneous eruption on scratching of skin	0 +1 +2 +3 +4

BEFORE TREATMENT



AFTER TREATMENT



Table 4. RESULT

Sr. no	Symptoms	Before Treatment	After Treatment	% of relief
1	<i>Kandu</i> (Itching)	4	0	100%
2	<i>Vaivarnya</i> (discolouration)	4	1	75%
3	<i>Srava</i> (Discharge)	2	0	100%
4	Dryness	2	0	100%

DISCUSSION

In this case study Ayurvedic line of management gives satisfactory answer as well, the treatment was planned according to vitiated *Dosha*, affected *Dushya* and *Sroto Dushti*. *Panchakarma* therapies are the processes of well-planned cleaning & detoxification of the body. It also boost the immune system hence provide subjective and objective relief to the patient. *Panchakarma* enhances this natural process. In addition to this if internal medication is administered after *Shodhana* process like *Jalukavacharana* etc.

Tridosha vitiation is responsible for *Vicharchika*. The symptom *Kandu* is may be due to expelling out of vitiated morbid *Dosha* (toxins) from local region. Leech salivary secretions also provide early healing effect by secondary haemorrhage which might have reduced itch impulse. *Kandu* (itching) and *Strava* was relieved. Leeches are antiphlogistic, used for the local obstruction of the blood. Congested blood is also removed from the local area by leech; so, better relief in *strava* might have been provided by *Jalaukavacharana*.

Vaivarnya (discoloration) was removed. *Jalauka* removes impure blood and allows oxygenated blood to enter the wound area, which might have provided better color to skin.

Shotha (Edema) was relieved due to reduction of local pressure by substance like eglins and bdellins present in leech saliva. Leech saliva contains anaesthetic substance which helps in pain relive. (10)

1. *Ghandhak Rasayan*

Ghandhak Rasayan is a Ayurvedic Formulation having anti-bacterial, anti-microbial, anti-inflammatory activity. It is effective remedy for all skin diseases.

2. *Bilvadi Gutika*

Bilvadi Gutika contents *Bilwa swarasa*, *Karanja*, *Tagar*, *Devdaru*, *Triphala*, *Daruharidra* etc which accordingly having antimicrobial, antiviral property. It does *aam pachana*, helps to improve *gara visha* and *agni mandya*.

3. *Mahatikta Ghruta*

Mahatikta ghruta composes of *Katuki*, *aragvadh*, *pippali*, *turmeric*, *yashtimadhu*, *nrihalphala*, *guduchi*, *kirattikta*, *neem*, *vasaka*, *shatavari* and various other drugs. It has blood purifying, anti-infective and restorative properties that helps in eliminating *ama* from the body and balancing the vitiated *doshas*. It is useful in the management of skin diseases like eczema, dermatitis, leprosy and urticarial.

4. *Aragvadhadi Kashaya*

The ingredient of *Aragvadhadi Kashaya* is *aragvadh*, *indrayava*, *nimba*, *murva*, *patha*, *bhunimba*, *chitraka* etc. which mainly work on *kapha-pitta hara*. It also have property like neutralises all kind of *visha*, useful in all kind of skin diseases, eliminates *kaphaja* symptoms like itching, reduces *strava*, heals all kind of *dusta vrana*.

CONCLUSION

In above case study patient got relief from symptoms of *Vicharchika*. We got good result by using *Shodhana* and *Shamana chikitsa* for the periods of four weeks In this case *Jalukavacharana* helps to remove *sthanik dosha* from blood and bring *samyavastha* of *doshas*. By same time *shaman chikitsa* gives excellent result on lesion- scar, discharge and *amavastha*. *Ghandhak rasayan*, *Aragvadhadi Kashaya* helps to improve blood purification and maintain skin complexion as well. Present observation and approach endorses a step toward the practice of Ayurvedic intervention in *Vicharchika* (Eczema). Present case definitely boosts up the new researcher scholar to take this condition and do the further studies.

Patient perspective

Patient was satisfied to get complete remission.

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