

AYURVEDIC MANAGEMENT OF VICHARCHIKA WITH SPECIAL REFERENCE TO ECZEMA: A CASE REPORT

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ABSTRACT

vicharchika (Eczema) is a type of kshudra kushtha often characterized by many symptoms like kandu(itching), Srava(discharge), pidaka(small vesicles). It is a acute or chronic condition.^[1] Vicharchika is often correlated to eczema based on the clinical presentations. There is no satisfactory treatment in contemporary medical science without antihistamines and topical steroids. In Ayurveda, the main line of treatment for Vicharchika is sodhana and shaman oushadhis. A 11 years old boy approached to OPD with chief complaints of discharge, erythematous skin lesions with intense itching at the ventral of both foot treated with shamana drugs and externally used preparation. A salient improvement is seen in a span of 2 months.

KEYWORDS: Ezema, vicharchika, shamana, salient, external preparations.

INTRODUCTION

Eczema is a generic term also called atopic dermatitis is a particular type of reaction pattern in the skin which includes a chronic pruritic inflammatory skin disease of unknown origin .Generally eczema occurs after coming in contact with irritant or allergen which is a form of dermatitis Many types of eczema occur in children, of which the most common is atopic dermatitis. The term eczema is often applied to a range of persistent or recurring skin rashes that present with variable clinical findings like redness, swelling, itching, cracking, crusting, oozing or bleeding.^[2] In maximum cases, patients of vicharchika who do not get much benefit from the treatment of modern medicine come to Ayurveda treatment for curing their disease.

CASE REPORT

A 11years old brought by his parents to our PAH-KB OPD with chief complaints of kandu (itching), Shyavarna twak (blackish discolouration,), Srava (discharge of pus), Pidaka(small vesicles) on the ventral of both foot since (1-2) years. The lesions were initially observed in the form of small vesicles associated with itching and later developed changes of color and oozing. There is no previous history of any known allergy in the patient before manifestation of known skin diseases for above said complaints. Patient's parents consulted to

local medical practiconer and received oral steroids and anti-inflammatory drugs but found no relief.

Note: Patient always walked in his house without sandals and sometimes he exposed to chemical fertilizers while he went to field with his father (these could be considered as the main offending factors).

General Examination: The general condition of the patient was good and vital .signs were normal. He was moderately built and nourished .His appetite, bowel, bladder habits were normal. Sleep was disturbed due to itching.^[3]

Local Examination

Site:- Ventræ of both foot.

Shape:-Irregular

Character:-papules and vesicles.

Exudation;-not present.

Characteristic odour:-absent

Roga Pareeksha^[4]

Nidhana (Aharaja): Atisevana of katu,amla rasa, snigdhaabhishyandhi dravya(Dadhi,Mamsa,Matsya).

Viharaja:- Vegdharan, Mithya Vihar.

Others:-Insult Bramhan,teachers and other respectful persons, krumij hetu both Acharya Charak and Acharya

Sushrut mentioned it as a one of the factor of Vicharchika.

Roopa

kandu,
Srava,
Pidaka,
Shyavarna twak.

Samprapti Ghataka

- Dosha-Tridosha
- Dhatu -Rasa,,Rakta
- Upadhatu- Twak
- Srotas- Rasa,Rakta
- Vyaktasthan-Twak
- Rogamarga-Bahya
- Sadhyasadhyata-Yapya.

Samprapti

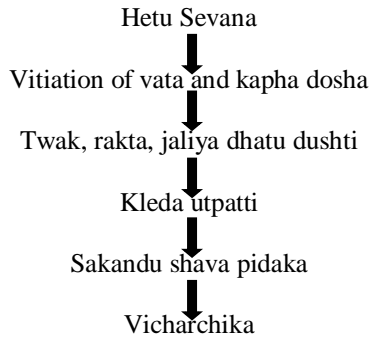


Table no.1: Gradation of Symptoms/Subjective parameters of Vicharchika.^[5]

Symptoms	Gradation	Score
Kandu (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients attention	2
	Severe itching disturbing patient sleep	3
Srava(Discharge)	No srava	0
	Occasional srava after itching	1
	Mild srava after itching	2
	Profuse Srava making clothes wet	3
Pidaka(Papules)	Absent	0
	1-2 pidaka in one affected part	1
	3-4 pidaka in one affected part	2
	More than 4 pidaka in one affected part	3
Shyavata/vaivarnyata (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3

Therapeutic Intervention

Medicine	Mode of administration	Dose
1.Krimikuthar Rasa(125mg)	orally	1 tab BD A/F with water.
2.Arogyavardhini Rasa(125mg)	orally	1 tab BD A/F with water.
3.Haridra khanda	orally	1tsf BD with warm milk
4.Cutisora Oil	L.A	Twice a day

External Application:Padaavagaha is done.(kwath prepared with Triphala churna, Haridra churna and Nimba churna.(shown in image no 3)

OBSERVATION**Table no.2: Showing changes in symptoms before and after treatment.**

Symptoms	Grade before treatment	Grade after treatment
Kandu	2	0
Srava	2	0
Pidaka	2	0
Shyavata/vaivarnyata	3	1

Result:-The result observed after treatment of 60 days .Improvement in the sign and symptoms was observed at

the end of 7th day .Itching and purulent discharge absent. Blackish discolouration is improving gradually.

Images shown before treatment and after treatment (image no 1 and 2)

**Before Treatment****After Treatment****Mode of Action of Krimikuthar Rasa in vicharchika^[6]**

Krimikuthar Rasa is a classical herbomineral Ayurvedic medicine which acts as bhedana, deepan, krimighna, shulaprasaman. It works for all types of worms, parasites, microbes either they are visible or invisible. It helps in skin diseases, rashes and inflammation in the body.

Mode of Action of Arogyavardhini vati in Vicharchika^[7]

Arogyavardhi vati is a polyherbo-mineral formulation which acts as kushthaghana. The abundance of triphala in this formulation is very effective in removing the ama toxins from the body. The anti-inflammatory and potent analgesic properties of this vati alleviate itching sensation caused due to condition like eczema.

Mode of Action of Haridra khanda in Vicharchika^[8]

Haridra khanda helps in blood purification with good anti-allergic and anti-histaminic action. It also acts as kaphahar and kandughna as well as it helps to eliminate toxic substances like cytokines from the blood and helps to decrease inflammation.

Mode of action of cutisora oil in Vicharchika^[9]

Cutisora oil is an Ayurvedic medicine used for the treatment of skin disorders. It contains karanja, daruharidra, giloy, manjistha, marich, neem and triphala which helps to reduce inflammation and regain normal skin texture. It has a soothing effect and improves the immune system.

**(Image no 3) External Preparation (Padavagaha).**

DISCUSSION

The drugs used in the treatment have anti-inflammatory, antiseptic properties. These drugs are helpful in reducing itching, discharge, pain and changes in colour of the skin on the affected area. Topical application of Cutisora oil helps in reducing scaling and thickening of the skin. The Padavagaha used in the treatment has Vranashodhak and Vranaopana properties. It acts on the deepest stratum of skin.^[10]

CONCLUSION

From the above case study, we can draw a conclusion that Vicharchika (Ezema) can be managed through Ayurvedic treatment.

It relieves sign and symptoms of the disease. It is safe and effective treatment for subject.

Conflict of Interest-Nothing to Disclose.

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