IJRAR.ORG E-ISSN: 2348-1269, P-ISSN: 2349-5138

INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS (IJRAR) | IJRAR.ORG

An International Open Access, Peer-reviewed, Refereed Journal

A CASE STUDY ON MANAGEMENT OF VICHARCHIKA (ECZEMA) THROUGH SHAMANA CHIKITSA (PALLIATIVE AYURVEDA TREATMENT).

Hasan Sali[1] and Waheeda Banu[2]

[1]PG Scholar, Department of P.G studies in Kayachikitsa, Karnataka Ayurveda Medical College and Hospital,Mangalore, D.K District, Karnataka, India.

[2]HOD and Professor, Department of P.G studies in Kayachikitsa, Karnataka Ayurveda Medical College and Hospital,Mangalore, D.K District, Karnataka, India.

ABSTRACT

Kushta roga is classified in 2 types i.e., *Mahakushta* and *Kshudrakushta*. *Vicharchika* is described under *Kshudrakushta*. *Vicharchika* is the type of *Kshudrakushta* often encountered by Ayurvedic dermatologists characterized with symptoms, namely, *Kandu, Srava, Pidaka* and *Shyava varna. Vicharchika* is often correlated to eczema based on the clinical presentations. The modern science has greatly advanced, particularly in dermatology but there is no specific medication for sure cure of eczema but symptomatic treatments like steroids are used, but they produce serious side effects like nephrotoxicity, osteoporosis, skin cancer etc. Whereas Ayurveda treats from the root of eczema by cleansing vitiated *Dosha* and balancing the *Dosha* and *Dhatus* without any side effects.

A 19 years old Female patient approached the OPD with the chief complaints of Reddish-black discoloration, itching, flaking, cracking and burning sensation over the plantar aspect of bilateral legs. All the complaints were from 2 years. The patient was given completely Ayurvedic treatment with *Nithya virechana with trivith lehya along with nimbadiguggulu, mahamnajistadi Kashaya, gandaka rasayana, along with lepana and prakshalana.* and the results were remarkably seen and there was complete improvement in the symptoms. Hence this study was taken to prove that Ayurvedic management has remarkable results in *Vicharchika* (eczema).

INTRODUCTION

Eczema (dermatitis) is the most common painful allergic condition among skin disorders. Acutely, epidermal edema(spongiosis) and intraepidermal vesiculation predominate,whereas with chronicity there is more epidermal thickening(acanthosis).[1] The clinical presentation of eczema in similar to that of *Vicharchika* described in Ayurveda.[2] Ayurveda describes a wide rangeof skin disorders such as "*Kushtha*" and is classified into two divisions, that is *Mahakushtha* and *Kshudrakushtha*. *Vicharchika* is enlisted under *Kshudrakushtha*. All types of *Kushtha* occur due to *Tridoshaprakopa* (involving vitiation of these biohumors) and *Raktadushti* (blood impurities); hence, *Vicharchika* is also a vitiation of *Tridosha* in general and *Kapha* in particular described by *Acharya* Charaka[3] and *Acharya Sushruta* has mentioned it under *Pitta* dominancy,[4] which comes under *Raktapradoshaja Vikara* (disorder occurring dueto vitiation of blood).[5] Modern medical science treats eczema with systemic steroids and other therapeutics to give symptomatic relief. The use of steroids suppresses eczema, but it incurs significant costs in terms of severe long-term toxicity, including osteoporosis, skin fragility, susceptibility to infection, and pituitary–adrenal axis suppression.[6] Thus, *Anulomana* (induced purgation) and *Rasayana* (rejuvenative)[7] are safely indicated in a disease developed due to vitiating *Pitta*, *Kaphadosha* and*Raktadushti*.[8] Hence, this study was aimed at assessing the efficacy of *Nitya Virechana* (mild purgation) with *Mahamanjishthadi kwatha*[9] along with *Rasayana* in the management of *Vicharchika*.

CASE REPORT

A 19 years old Female patient approached the OPD with the chief complaints of:

Reddish-Black discoloration on Plantar aspect of b/l legs. Flaking and cracking of skin of Plantar aspect of b/l legs. Itching at Plantar aspect of b/l legs. Generalized weakness

All the above complains were since 2 years
No H/o DM/HTN/Asthma.

HISTORY OF PRESENTING COMPLAINTS

The patient was asymptomatic 2 years ago gradually she developed with a reddish-black color eruption with itching on bilateral foot .She had taken allopathic medicines but could not find much relief After a lot of treatment, the patient finally stopped allopathic treatment and opted for Ayurvedic treatment.

Personal History

Occupation: Student

Bad habits: nothing speciafied

***Nadi*:** 76/min

***Mutra*:** 5-6 times/ day

***Mala*:** 2 times/ day

***Jivha*:** *Saam*

Shabdha: *Spashta*

Sparsha: *Anushnasheet*

Druk: *Avishesh*

Akruti: *Madhyam*

Bala: *Madhyam*

***Raktachapa*:** 130/90mmhg

Weight :54kg

Symptoms	Gradation	Score
Kandu (Itching)	No itching Itching present rarely Itching disturbing patients attention Severe itching disturbing patients sleep	0 1 2 3
Strava (Discharge)	No *Strava* Occasional *Strava* after itching Mild *Strava* after itching Profuse *Strava* making clothes wet	0 1 2 3
Pidaka (Papules)	Absent 1-2 *Pidaka* in one affected part 3- 4 *Pidaka* in one affected part More than 4 *Pidaka* in one affected part	0 1 2 3
Shyavata /vaivarnyata (Discoloration)	Normal skin colour Brownish red discoloration Blackish red discoloration Blackish discoloration	0 1 2 3
Rookshata (Dryness)	No dryness Dryness with rough skin Dryness with scaling Dryness with cracking	0 1 2 3
Daha (Burning sensation)	Absence of Burning sensation in affected part Rarely burning sensation in affected part Continues burning sensation in affected part Disturbing patients sleep	0 1 2 3

Table 1: Gradation of symptoms/subjective parameters of *Vicharchik*

Symptoms	Gradation	Score
Number of patches	No patch 1-2 patches 3-4 patches More than 5 patches	0 1 2 3
Area of patches	In between 0-10 sq.cm In between 10-20 sq.cm More than 20 sq.cm	0 1 2

Table 2: Gradation of symptoms /objective parameters of *Vicharchika*

Table 3: Details of Medicines used in study

Sl. No	*Dravya*	Dose	Duration	*Anupana*
1	*Mahamanjistadi kashaya*	5ml	1-0-1	Lukewarm water after food
2	*Nimbadi guggulu*	250mg	1-1-1	Lukewarm water after food
3	*Gandhak rasayan vati*	250mg	1-1-1	Lukewarm water after food
4	*Raktha shodak syrup*	5ml	1-0-1	After food

Table 4: Details of *Panchkarma* done in study

Sl. No	*Panchkarma*	Drug
1	*Virechana*	*Trivith lehya*
2	*Lepa*	*Dashanga lepa*
3	*Prakshalana*	*Triphala Kashaya on the affected area*

OBSERVATION

Table 5 : Showing changes in symptoms before and after treatment

Symptoms	Grade Before treatment	Grade After treatment
Kandu	3	0
Strava	2	0
Pidaka	2	0
Shyavata/vaivarnyata	2	0
Rookshata	3	0
Daha	1	0
Number of patches	2	0
Area of patches	1	0



Before and After the Treatment

Result

The patient had started improving during treatment and at the end of 2nd month there was complete recovery from the problem.

CONCLUSION

The case report demonstrates the treatment of *Vicharchika* completely with only Ayurvedic medicinal intervention and *virechana* and *lepa*procedure. *Pathyasevan* plays a major role in the treatment of *Vicharchika. Apathya* should be avoided. The patient had relief and symptoms had lowered significantly. Therefore, the given Ayurvedic treatment was successful in treating the disease.

REFERENCES

1.Arya Neelam, Sharma Anita, Gothecha V. K., Khatik Rohit Kumar. Ayurvedic Management of Eczema (Vicharchika)- A Review. International Journal of Ayurveda and Pharma Research. 2016;4(4):64-70.

2.Savlagimath MP, Rani J, Patil SF. Ayurvedic management of vicharchika with special reference to eczema: A case report. Indian J Health Sci Biomed Res 2018;11:92-6.

3.Neha rawat, Pritam moharana, Rakesh roushan. Ayurvedic management of Vicharchika (eczema) – A case report. International journal of basic and applied research. September 2018 volume 8 number 9.

4.Ashish thatere, Prakash kabra, Satyendra Vishvakarma, Ashwini Gaonkar, Pawan Chauhan. Management of Side effect of Bakuchi taila application by leech application. Journal of Ayurveda physicians and surgeons, 2017, Vo.4(1):12-14.

5.Patil Kavita Sachin, Phartale Vaibhav Dattatray, Patil Sachin Madhav, Role of Gandhak Rasayan in Shushka Vicharchika (eczema). AYUSHDHARA, 2016;4(3): 1207-1210.

6.Shital bhagiya et al: review study of management of Vicharchika (eczema) through Jalaukaavcharankarma. International Ayurvedic medical journal 2017.

7.Vd.Supriya S.Wagh and vd. Tushar Khairnar, effects of Haridra khand and Panchtikta ghrita in Dry Eczema (jeerna vicharchika)- A case study. 2017, volume 6, issue 14, 802-805.

8.Abhijeet Bharamgonda. "A clinical study of management of Vicharchika (eczema) by Brihat Haridrakhanda and lepa of Arka Taila in children". 2009, dept of P.G studies in Kaumarbhritya S.D.M college of Ayurveda and hospital, Hassan -573201.