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Ayurvedic Intervention In Vicharchika (Eczema): A Detailed Case Study

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Abstract

Vicharchika, clinically correlated with Eczema in modern dermatology, is a chronic skin disorder characterized by erythema, itching, oozing, and thickening of the skin. Ayurvedic literature describes *Vicharchika* as a type of *Kushtha*, primarily caused by the vitiation of *Tridosha*, with *Kapha* and *Pitta doshas* being predominant. Vicharchika is charactereized with symptoms namely *Kandu, Srava, Pidika* and *Shyava varna*. No satisfactory treatment is available in contemporary medical practice. Main line of treatment *for Vicharchika* in *Ayurveda* is *Shodhan & Shaman* with local application.

In the present case study, male of age 40 years visited in Ayurveda OPD had complaint of severe itching and burning with pain in both feet with cuts and scaly lesions and occasional watery discharge since 3years. Patient complaint about the reoccurrence of the problem during change in season. He took various treatment but doesn't get satisfactory results so he decided to switch on Ayurvedic management. The patient was given, *Arogyavardhani vati, Kaishor Guggulu, Panchtikta Ghrit* with external local application with *Chakramarda beej Churna* and *Marichyadi tail.*

KEY WORDS: Vicharchika, Kshudra kushtha, Shaman chikitsa.

INTRODUCTION

Skin is the outer-most protective layer of our body. The prevalence of skin diseases in the general population in different geographic regions of India varies from 7.9% to 60%. Skin conditions place a heavy load on the world's healthcare systems. Ayurveda uses the broad term "*Kustha*" to describe a range of obstinate skin diseases. *Kustha* is regarded as one among *Ashtamahagada* by Bruhatrayees for the challenges it throws at its chronicity, recurrence and treatment.

Classical Definition of *Vicharchika* Acc to Charaka Samhita (Ch. Chi. 7:26)- It is a skin ailment wherein eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge. Acc to Sushruta Samhita (Su. Ni. 5:13)- It is a condition in which the skin has linear rough lesions with intense itching and pain but when the same itching, burning and pain are experienced in the feet alone, it is termed as "*Vipadika*". Acc to acharya Vagbhatta (A.H. NI. 14/18) The blackish eruptions with intense itching and watery discharge i.e. *Lasikadhya* is referred to as *Vicharchika*.

Dermatitis, often related to eczema, is a reaction pattern that can have a variety of clinical and histologic findings; it is the final common expression for several disorders. *Vicharchika* can be co-related with eczema. The term "eczema" generally explains a collection of chronic or recurrent skin rashes marked by skin redness, oedema, itching, and occasionally crusting, flaking, blistering, cracking, oozing, or bleeding. The chronicity and recurrence of *Vicharchika* often pose a challenge for treatment.

The etiological factors of *Vicharchika* vary with different authors, because the dominant Dosha acc to Sushruta is *Pitta*, where as Charka and Vagbhatta accept the dominance of *Kapha*. But acc to Charka (Ch. Chi. 7:7-8), the *kushtha* is never caused by anyone of the single *Dosha*. Because of *Sapta Dravyas Sangraha(Vata, Pitta, Kapha and Twak, Rakta, Mamsa and Ambu),* eighteen types of *Kushthas* are produced. Hence, the etiological factors of *Kushthas* are to be accepted as the etiological factors of *Vicharchika*.

CASE REPORT

* Name of Patient – xyz

Age - 40 years

Gender - Male

Nationality - Indian

State - Madhya Pradesh

District - Ujjain

Appearance - Normal dressed , well behaved

Physical and mental disposition – Vat-Pittaj Prakriti with stable mindset

Occupation and socio-economic status – Farmer (Middle class)

Patient complaints of having dark colour patches on left leg mostly near ankle joint. Scaly lesions with severe itching and burning sensation with occasional pain. There is occasional bleeding or watery discharge present. Itching increases in evening and night. Patches increases in size and problem increases mostly in changing seasons. Slight pain in both the legs. Associated complaint include irregular bowel, low diet, disturbed and less sleep..

Findings

On examination, we found scaly, hard and thick lesions with deep cuts on the foot, dark in colour. Slight bleeding from the cuts. Dark skin around the thick skin eruptions. Patient face was pale with red eyes.

HISTORY

Patient have history of same complaint in his childhood with small patch on ankle joint which subsided after little treatment. He was asymptomatic 3years ago. He had disturbed life cycle which aggravates the skin problem. Also, have family history of father having venous eczema. Patient had no history of hypertension, diabetes mellitus, thyroid disorders.

DIAGNOSIS

After screening of the patient, in the basis of the appearance and sign and symptoms, patient was provisionally diagnosed with Vicharchika with Vata and pitta dosh dominance

TREATMENT PLAN

While explaining the general line of treatment, acharya charaka has stated that all *Kushtha* are caused by *Tridosha*, so the treatment is to be carried out according to the predominance of *Doshas.* The predominantly vitiated *dosha* should be first alleviated other subordinate dosha should be undertaken afterwards. Besides the classical references the treatment of *Kushtha* can broadly be classified into 3 main methods of management.

1. Shodhana

2. Shamana

3. Nidana parivarjana

The patient was treated on the line of management of *Kushtha Chikitsa*. After 5 days of *Deepan pachan* the drugs selected for treatment was *Arogyavardhani vati, Panchtikta ghrit, Kaishor guggulu* with external application of *Chakramarda beej churna and Marichyadi tail*.

Diet and life style changes were advised to patient to improve quality of life.

Local application of mixture of Desi ghrit, Nariyal tail, Aloevera gel was advised 3-4 times a day to keep the skin snigdh and avoid irritation.

Pathya and Apathya In The Vicharchika

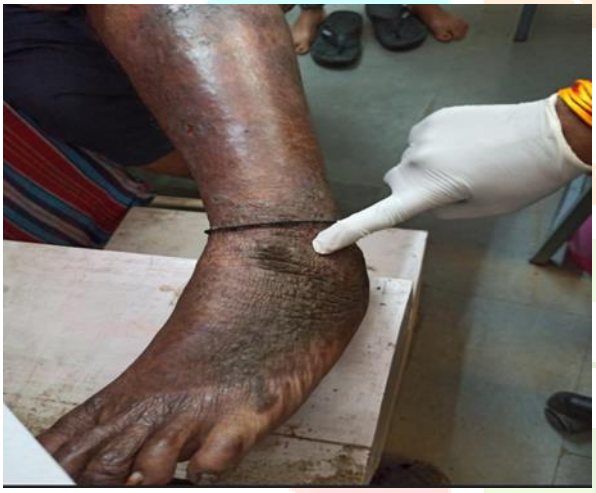
Pathya - Laghu anna, Tikta shaka,Purana dhanya, Jangala mansa, Ghrita , Mudaga , Triphala, Bhallatak, Nimba, Patola.

Apathya - Guru anna, Dugdha, Dadhi, Amla rasa gud, Tila, Anupa mansa, Matsya, Mansa and vasa, Taila, Masha, Kulatha, Ikshu vikara, Mulaka, Madhya, Lavana, Vidahi anna, Abhisyandi anna, Vistambhi anna, Maithuna.

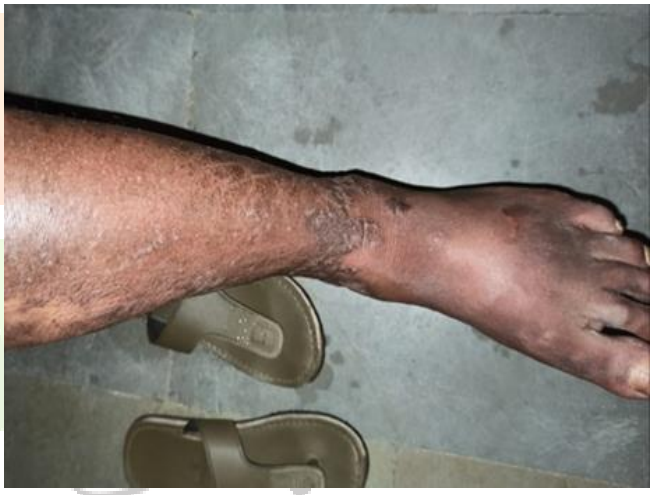
OBSERVATIONS

In first follow up, patient experienced relief in itching and no burning in lesion. With increased appetite and clear bowel.By the second follow up, skin eruptions, deep cuts subsided with lighter colour of skin. Patient told about better sleep. In third visit, skin was clearer with least complaints.After 45 days from drug intervention, skin eruption ended with the dry patches with no deep cuts, skin colour becomes lighter. Patient told he still had slight itching with no other complaint. Bowel is regular with increased appetite and his sleep cycle improved as the symptoms subsided.

S. NO.	SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
1	Dryness, peeling of skin with dark thick skin	Present	Clear
2	Itching	Present	Reduced
3	Burning and pain	Present	Reduced
4	Sleep	3hours of disturbed sleep	6 hours sound sleep



Before Treatment



After Treatment

CONCLUSION

Agnideepan, removal of toxins (at some extent) and improving immunity system was the work done here which helped to give relief to the patient.To subside the symptoms, local application played important role by scaling dry skin once a day and keeping the lesions Snigdh all day. Eczema is one of the disease having impact on body as well as mind. As soon as the circardian cycle improved, patient's recovery had became faster. This shows the direct involvement of mental state in autoimmune disorder like eczema. Diet and lifestyle changes helped patient the patient in itching and he told how better and lighter he feels after small changes.

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