

## Study of Vicharchika Kushta in Corelation with Eczema

Dr. P. C. Yawatkar 1, DR. Ummedishvaramchandra S. Raut 2

(1.PROFESSOR AND HOD OF KAYCHIKITSA DEPARTMENT)

(2.PG SCHOLAR DEPARMENT OF KAYCHIKITSA)

Department of kayachikitsa, SVNH'S ayurvedmahavidyalayaRahuriAhemadnagar.

Submitted: 25-01-2022

Accepted: 05-02-2022

### ABSTRACT

All Kushthas are having Tridoshaja origin; hence Vicharchika can be explained in similar manner. Dermatitis is being used as synonym of eczema by most of the dematologist. 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 ressembles eczema/dermatitis. Therefore the eczematous dermatitis can be included in study of Vicharchika.Vicharchika can be correlated with eczema in the sequence. The involvement of Vata results in dry, blackish lesion of eczema, itching in those affected areas is due to Kapha and Pitta responsible for Strava. Thought, the disease Vicharchika is not life threatening, it makes worried the patient due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. In classical texts of Ayurveda, Acharyas emphasizes Shodhana and Shamana therapy as the line of treatment at various places. Among the Shodhana Karmas, Virechana is chiefly advocated, purificatory measures in Vicharchika. Virechana is not only a mere bowel cleaning procedure but also has systemic effects. AcharyaCharaka has advocated Virechana for the Pitta Dosha and RaktaDushti (Ch.Chi.7/39). Purpose of study aimed to evaluate efficacy of Virechana and KhadiradiKwatha on Vicharchika and thus forming key of successful remedy in Vicharchika for focusing its trial on large populations. Dermatitis, commonly known as eczema, is a common chronic, relapsing skin disease characterized by pruritus, disrupted epidermal barrier function, and immunoglobulin E-mediated sensitization to food and environmental allergens.

Atopic dermatitis is a complex disease that arises from interactions between genes and the environment. Eczema can be co-related with Vicharchika. Vicharchikacan be treated with ShodhanaChikitsaand ShamanaChikitsa. Here, a

female subject, aged 18 years, Student, living presently in Chandigarh, with the chief complains of kandu(itching) on affected sites.

### KEYWORDS:

VICHARCHIKA,ECZEMA,DERMATITIS

### I. INTRODUCTION

Eczema (Dermatitis) refers to a groupof inflammatoryconditions. It affects the outer layer of the skin, the epidermis. Dermatitis affects about one in every five people at some time in their lives. It results from a variety of different causes andoften used interchangeably. Dermatitis can be acute or chronic or both. Acute eczema (or dermatitis) refers to a rapidly evolving red rash which may be blistered and swollen. Chronic eczema refers to a longstanding irritable area. It is often darker than the surrounding skin, thickened (lichenified) and much scratched and in-between state is known as sub-acute eczema. Eczema canbe co-related with Vicharchikain Ayurveda. Ayurveda is a complete science of health that not only dealsdisease.

God has created beautiful universe and human are one of its most beautiful creation. Everyone desires to look attractive. Beauty and glamour are parts of life and beauty.

**Prevalance of 'Eczema:** The incidents of skin disease are increasing day by day. At least 200 types of skin diseases aredetected till now.

Eczema is common condition, affecting about 10 % to 20% of the world Population, According to American Academy ofDermatology

### Female and male are equallyaffected.

-Hand Eczema is common in the general population.Theone year prevalence oflevel Eczema was 15.8 %.(Female 28.3% and male 10.0%)

-The prevalence of childhood eczema / atopic dermatitis in the US is 10.7 % overall and as high as 18.1 % in individual states and 21 % across variouscountries.

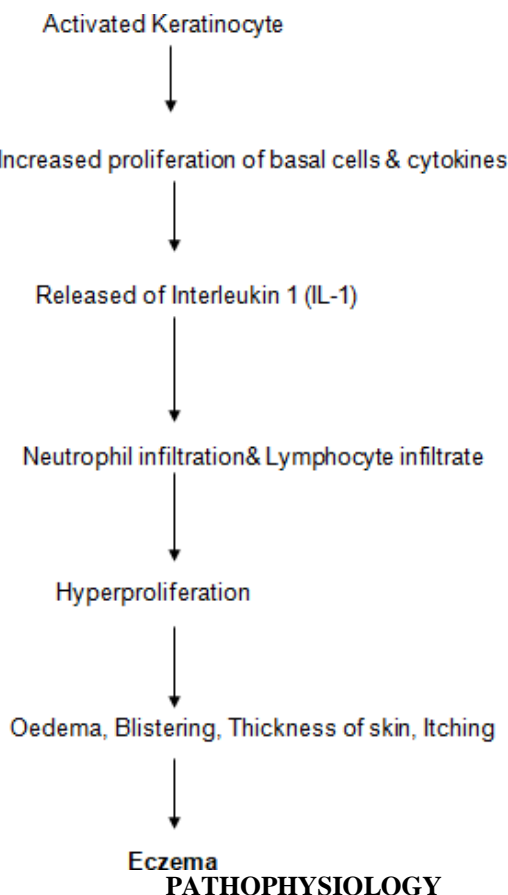
**TREATMENT PROTOCOL**

Medicine	Dose	Period	Anupana(vehicle)	Aushadha Kala
Internal Medication				
GuduchyadiKwatha(3)	40ml BD	1 month	Jala(if need)	Empty stomach
ArogyavardhiniVati(4)	4 tab BD	1 month	Kwatha	Empty stomach
Local Application				
TriphalaChurna-5g	As required	1 month	Jala	Mini 3 times per day
Karanja Tail (6)	As required	1 month	-	Mini 3 times per day

**AIM & OBJECTIVES**

To find out the references on Vicharchika in AyurvedSamhitas.Study of etiopathogenesis ofVicharchika.  
 Study of Raktavahastrodushti inKushtha

A female subject, aged 18 years, Student, living presently in Chandigarh, visited PanchkarmaOPD.Gaur Hospital, Narwana with the chief complain of kandu(itching). The other associated symptoms were Burning,. Patient first took allopathy medication but didn't get benefited then she wanted to take Ayurvedicmedication. All complains started gradually. When she came, there were three sites involved. No any systemic illness found. No other any major past history. Kshudha- Samyaka, Agni-Samyaka, Trushna-Samyaka, Mutra Pravruti-4-5time/daySamyaka, Mala Pravruti-1time/day Savibandha(Unsatisfactory Motion), Nidra- 8hours SamyakaNo h/o Divaswapna.



## II. RESULT

After 1month of treatment with all this medication.

Symptoms	Before treatment	After treatment
Kandu	++++	Nil
Burning	++++	Nil
Scaling	+++	Nil
Fissure	++++	Nil
Lichenification	+	Nil
Twak-Vaivarnya	+++	Nil
Vibandha	+	Samyaka Mala-pravruti

## III. DISCUSSION

In GuduchiyadiKwathacontains are Guduchi, Dhanyaka, Nimba, Rakta-Chandanaand Padmaka. All drugs has Tikta Rasa and use of Tikta Rasa Pradhanadrugs, is mentioned in Chikitsa Sutra of Kushtha(7). ArogyavardhaniVatiis mentioned in KushthaAdhikara. The main contain of it is Katuki, and Katukiis Tikta Rasa Pradhanadrug (8). Triphalaand Vasa both have Kushthaghnproperty (9). Karanjais Vata-Kaphaharaand UshanaVirya, and also has Bhedana Karma and ShothaharaParama. This all Gunas (property) of it work on SampraptiVighatanaof Vicharchika(10).

## IV. CONCLUSION

Thus present case study concludes that the holistic approach of Ayurvedicsystem of medicine gives relief to the patient of Vicharchika(chronic eczema). There were no adverse effects found during the Ayurvedicmedication.

## REFERENCES

- [1]. CharakSamhita (uttarardha), editor RavidattaTripathi, ChaukhambaSanskrit Pratishtan, Delhi2007
- [2]. Pratishtan, Delhi2007
- [3]. SushrutSamhita, editor AmbikadattaShastri, ChaukambhaPrakashan, Varanasi2004
- [4]. Yogaratnakar, editor dayashankartripathi or Indradevtripathi, chaukhambaparakshan Varanasi2007
- [5]. Text Book of Pathology, editor Harshmohan5thedition.
- [6]. Bhavmishra, BhavaprakashaSamhita (Part 2): by K C Chunekar, Amradiphalavarga Ver. ChaukhambhaBharti Academy; Reprint. 2009;350:121-122.
- [7]. BhavaprakashaSamhita (Part 2): by K C Chunekar, Amradiphalavarga Ver. ChaukhambhaBharti Academy; Reprint. 2009; 121-122,350.
- [8]. Sharngadhar, SharngadharSamhita with Jiwanprada Hindi Commentary by Dr. Smt. ShailajaSrivastava, ChakhambhaOrientalia, Varanasi, Re-print, Madhyakhanda, chap. 2009; 2(8):136.
- [9]. Vagbhat, Rasaratnasamuchchaya with Siddhaprada Hindi Commentary by Siddhinandanmishra, ChakhambhaOrientalia, Varanasi, First edition Chap. 2011; (20):108- 114,466.
- [10]. Agneevesha, Charaka, Dradhabala, CharakaSmhita with Vidhyotini Hindi commentary by KashinathShatri and Gorakhnath, ChakhambhaBharti Academy, Varanasi, Re- print. ChikitsaSthan chap. 2008;(7):128-268.