

## ECZEMA (Vicharchika)

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### INTRODUCTION:-

The skin is much more than just a protective coat and encounters a high number of antigens at the interface between the body and the surrounding environment.

Atopic dermatitis (AD) is a chronic inflammatory skin disease ,clinically & histologically very similar to contact dermatitis. AD offers a wide clinical spectrum ranging from minor forms presented by a few dry eczematous patches to major forms with erythematous rash .Cardinal features of AD are erythematous ,eczematous skin lesions,flexural lichenification OR papules which go along with an intense pruritus and cutaneous hyper-reactivity.

### Eczema

Eczema or ermatitis is a pattern of inflammatory response of the skin.The clinical lesions may be acute (wet and edematous) OR chronic (dry,thickened,and scaly),depending in the persistensce of the insult.

Skin rashes characterized by redness,skin edema,itching and dryness,with possible crusting,flasking, blistering, cracking, oozing OR bleeding,temporary skin discolouration sometimes characterise healed lesions,through scarring is rare.Long standing eczema is often dry and is characterised by thickened scaling skin with hyper pigmentation and visible criss

### CLASSIFICATION:-

#### ECZEMA

##### A. Exogenous Eczema

- 1.Irritant Contact Dermatitis (ICD).
- 2.Allergic Contact Dermatitis (ACD).
- 3.Photo -Contact Dermatitis.
- 4.Eczematous Polymorphic Light Eruption.
- 5.Infective Dermatitis.
- 6.Dermatophytide.
- 7.Post-Traumatic Eczema.
- 8.Exanthematous Drug Eruption.

##### B.Endogenous Eczema

- 1.Atopic Dermatitis (AD)
- 2.Seborrhoeic Dermatitis
- 3.Asteatotic Eczema
- 4.Discoïd Eczema
- 5.Exudative Discoïd and Lichenoid Dermatitis
- 6.Chronic Superficial Scaly Dermatitis
- 7.Pityriasis Alba
- 8.Hand Eczema and Pompholyx
- 9.Gravitational Eczema
- 10.Juvenile Planter Dermatitis
- 11.Metabolic OR Eczema Associated Systemic Diseases.
- 12.Chronic Hyperkeratotic Palmer Eczema.

### HISTOPATHLOGY:-

It is according to the stages of eczema

- A. Acute Form
- B. Subacute Form
- C. Chronic Form

**A. Acute form** shows ,spongiosis with formation of vesicles,acanthosis,variable infiltration of the

epidermis by lymphocytes with dense superficial lymphocytic dermal infiltration with histocytes.

**B.Subacute form** spongiosis diminished,increasing acanthosis,with formation of a parakeratotic horny layer,moderate dermal lymphocytic infiltrate with histiocytes and decrease epidermal infiltrate.

**C.Chronic form** there is arthrokeratotic hyperkeratosis with areas of parakeratosis, marked acanthosis, elongation and broadening of the rete ridges, mild chronic dermal lymphocytic histiocytic infiltrate and absence of epidermal infiltrate, e.g. Lichenification.

**Sign and Symptoms:-**

**Signs -**

Redness, sweating, itching and skin lesions with sometimes oozing and scarring

**Symptoms-**

Most common symptoms are dry, itchy, red skin, typical affected skin areas include the folds of the arms, back of the knees, wrists, face and hands.

Other distinguishing features are epithelial disruption shown by coalescing vesicles, bullae and oedematous papules on pink plaques, and a tendency for intense itching.

**Cause-**

The cause of eczema is unknown but is presumed to be a combination of genetic and environmental factors.

**Vicharchika Review-**

In Ayurveda eczema is considered to a type of kushtha, which is a disease of the skin.

Virudha Ahar

Agnimandya

Amotopatti

Tridoshdushti

Kled formation

Manad dushti, Twakdushti, Lasukadushti and

Raktadushti

Vicharvhika

**Purva Roop (Prodromal Symptoms)-**

1. Loss of touch sensation
2. Excessive or no perspiration
3. Deranged complexion
4. Appearance of rashes, itching, piercing pain, exertion
5. Exhaustion and excessive pain in wounds.

**Roop (Symptoms)-**

1. Kandu
2. Pidika
3. Srava
4. Shyava
5. Raji (Lining)
6. Rukshta
7. Ruja

**Nidan-**

1. In Compatible foods and drinks
2. Watery and fatty food
3. Uncooked food and sour foods, black gram.
4. Fish, satty and sour foods, black gram.
5. Suppress the urges of vomiting.
6. Heavy physical exercise
7. Improper method of administering Panchakrma
8. Over indulgence in sexual intercourse.
9. Exposure to heat immediately after taking food.

**Treatment-**

-जलौकावचरण

-बाह्य उपचार -दरताल मिश्रण, कपिला, यष्टिमधु, चंदन, इ. द्रव्यांचा शोधन तेलातून उपयोग.

-तराह पुरुषापासून बनवलेली मशी शोधन तेलातून लावणे अत्यंत लाभदायी ठरते

-अभ्यंतर प्रयोग - महामंजिष्ठादि क्वाथ, चंद्रप्रभा, यांचा अधिक उपयोग.