

**Analytical Study of Vishataila With Special Reference To Vicharchika****Payal Kishor Deshmukh**

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**Introduction:**

Appearance carries a lot in today's era. The skin is the outermost covering of the body which acts as the protective barriers. But very often it is exposed to many factors which can damage it and may cause many of the skin disorders<sup>[1]</sup>. Skin diseases are among the most common health problems worldwide and are associated with a considerable burden. Eczema is such a skin ailment which causes psychological, social and financial burden on the patient and their families<sup>[2]</sup>. About 10-20% of the general practice includes the patient suffering from the skin disorders and Vicharchika (eczema) account for a very large proportion of all the skin diseases.

Eczema is the common name given to Atopic Dermatitis, a chronic inflammatory condition of skin. There have been many significant scientific discoveries in recent years about the causes of eczema. It is a common form of dermatitis that causes the skin to become itchy, red, swollen and painful. Symptoms can vary from a mild rash that disappears quite quickly to a more severe condition that presents for a long time. The main goal of treatment is to eliminate itching which, if left untreated, can provoke or worsen the other symptoms<sup>[3]</sup>.

The etiology of eczema is not entirely clear. However, there is considerable research as to what causes it to manifest and several theories have been produced. Most certainly, it is the multifactorial condition that occurs due to both genetic and environmental factors.

The existing treatment in modern science for eczema consists of reassurance, elimination of predisposing causes and palliative measures. It is also said that no specific medication can cure eczema, though few drugs give only symptomatic relief. Modern dermatology employs systemic and local administration of steroids for the management of Vicharchika (eczema).

Acharyas explain many treatments for vicharchika in classical texts, Vishataila is one among the all yogas describe by Yogaratnakar. As it contains some poisonous drugs which has ushna-tikshna properties are much more helpful for sure and quick relief. Poisons have tikshna ushna properties which has good penetrating properties and help for fast action.

**Aim And Objectives :****Aim :**

To study the Physico-chemical analysis and efficacy of *Vishataila* in the Management of *Vicharchika* (Eczema).

**Objectives :**

1. To study the physico-chemical property of *Vishataila*.
2. To study the efficacy of *Vishataila* in *Vicharchika*.

**Vicharchika- an ayurvedic view<sup>[4]</sup> :**

As per Ayurveda Vicharchika is considered to be a type of kushtha, a skin condition with a complex pathology varying presentations of numerous treatments within the samhitas.

Kushtha is divided into two groups namely Mahakushtha and Kshudrakushtha. Vicharchika is one of the type of kshudrakushtha. All kushthas have a tridosha origin. Hence vicharchika can be assumed in same way i.e. kapha being responsible for kandu (itching), pitta responsible for strava (Discharge), and shyavata (Discolouration) indicate the presence of vata.

**Symptoms of Vicharchika according to different Acharyas :**

Charak Samhita <sup>[5]</sup>	Sushrut Samhita <sup>[6]</sup>	Ashtanga sangraha <sup>[7]</sup>	Madhav nidana <sup>[8]</sup>	Bhavprakash <sup>[9]</sup>
<ul style="list-style-type: none"> <li>• <b>Kandu</b></li> <li>• <b>Pidika</b></li> <li>• <b>Shyava</b></li> <li>• <b>Bahu-strav</b></li> </ul>	<ul style="list-style-type: none"> <li>• Atikandu</li> <li>• Varti-ruja</li> <li>• Ruksha</li> <li>• vedana</li> </ul>	<ul style="list-style-type: none"> <li>• skin patch-sthir, guru, snigdha, Shweta-rakta, ashu in developing.</li> <li>• Kandu</li> <li>• Strav</li> <li>• Krimi</li> <li>• Shlakshna-pitabha</li> <li>• Mandala-parimandala</li> <li>• Sakandu-pitakashyava</li> <li>• Lasikadhya</li> </ul>	<ul style="list-style-type: none"> <li>• Kandu</li> <li>• Pidika</li> <li>• Shyava</li> <li>• Bahu-strav</li> </ul>	<ul style="list-style-type: none"> <li>• Kandu</li> <li>• Pidika</li> <li>• Shyava</li> <li>• Bahu-strav</li> </ul>

**Ingredients of vishatail<sup>[10]</sup>:**

Sr.no.	Ingredients	Scientific name	Upayukta Part
1	KaranjaPatra	PongamiapinnataLinn.	Leaves
2	Haridrachurna	Curcuma longaL.	Rhizome
3	Daruharidrachurna	BerberisaristataDC.	Stem
4	Arkapatra	CalotropisproceraR.Br.	Leaves
5	Tagar	ValerianawallichiDC.	Roots
6	Karveermula	NeriumindicumMill.	Root
7	Vacha	AcoruscalamusLinn.	Roots (Rhizome)
8	Kushtha	Saussurea lappa. C. B. Clarke	Root
9	Aparajita	ClitoriaternateaLinn.	Roots
10	Rakta-chandana	PterocarpussantalinusLinn.	Wood
11	JatiPatra	JasminumgrandiflorumLinn.	Leaves
12	Saptaparna	Alstonia scholarsR.Br.	Bark
13	Manjishtha	RubiaccordifoliaLinn.	Roots
14	Snuhi	Euphorbia nerifoliaLinn.	Stem
15	Vatsanabhmool (Purified)	Aconitum feroxWall.	Tuberous root
16	Sarshaptaila (Sarso)	Brassica campestrisLinn. Var.	Seeds
17	Gomutra		

**Rasapanchak and karma of drugs present in vishataila<sup>[11]</sup>:**

Sr.no.	Name of dravya	Rasa/ guna/ veerya/ Vipak	Karma	Researches
1	Karanja	Rasa-tikta, kashaya Guna-tiksna Veerya-ushna Vipaka-katu	Kushthaghna Krimighna Krimighna Raktavikarnashak	Antimicrobial, antibacterial <sup>[12]</sup>
2	Haridra	Rasa-tikta, katu Guna-ruksha, laghu Veerya-ushna Vipaka-katu	Kushthaghna Kandughna Varnya Vishaghna	Antimicrobial, Anti-inflammatory <sup>[13]</sup>
3	Daruhari dra	Rasa-tikta, kashaya Guna-laghu, ruksha Veerya-ushna Vipaka-shita	Kandughna Vranaropan Kushthaghna Kaphapittashamak Charmavikar	Antimicrobial activity, Anti-inflammatory <sup>[14]</sup> ,
4	Arka	Rasa-katu, tikta Guna-laghu, ruksha, tikshna Veerya-ushna Vipaka-katu	Krumighna Kushthaghna Kandughna Kaphavata nashak Shothghna	Anti-oxidant, anti-inflammatory, anti-bacterial <sup>[15]</sup>
5	Tagar	Rasa-tikta, katu, kashaya Guna-laghu, snigdha Veerya-ushna Vipaka-katu	Vishaghna Kushtaghna	Anti-microbial <sup>[16]</sup>
6	Karveer	Rasa-katu, tikta Guna-laghu, ruksha, tikshna Veerya-ushna Vipaka-katu	Krumighna Kandughna Kushtaghna Vranaropan	Immunomodulatory activity <sup>[17]</sup>
7	Vacha	Rasa-katu, tikta Guna-laghu,	Krumighna Rasayan, Shothahara	Antimicrobial <sup>[18]</sup>

		<i>tikshna</i> <i>Veerya-ushna</i> <i>Vipaka-katu</i>	<i>Jantughna,</i> <i>Twakvikar</i>	
8	<i>Kushtha</i>	<i>Rasa-tikta, katu, madhur</i> <i>Guna-laghu, ruksha, tikshna</i> <i>Veerya-ushna</i> <i>Vipaka-katu</i>	<i>Vishaghna</i> <i>Kushtaghna</i> <i>Jantughna,</i> <i>Varnya</i> <i>Raktashodhak</i> <i>Kandughna</i>	Anti- ulcerogenic activity, Anti-oxidant activity <sup>[19]</sup> .
9	<i>Aparajita</i>	<i>Rasa-tikta</i> <i>Guna-Shita</i> <i>Veerya-shita</i> <i>Vipaka-katu</i>	<i>Kushtaghna</i> <i>Vishaghna</i> <i>Vedanasthapan,</i> <i>Raktadosha shamak,</i> <i>Vranaropan</i>	Antioxidant , anti-inflammatory, analgesic activity <sup>[20]</sup> .
10	<i>Raktachandana</i>	<i>Rasa-tikta, madhur</i> <i>Guna-guru, ruksha</i> <i>Veerya-shita</i> <i>Vipaka-katu</i>	<i>Vishaghna</i> <i>Dahaprashaman,</i> <i>Raktashodhak,</i> <i>Raktapitta shamak</i> <i>Kushthaghna,</i> <i>Charmarogahara,</i> <i>Tvachya</i>	Antimicrobial, anti-inflammatory, antioxidant, wound healing property <sup>[21]</sup> .
11	<i>Jati</i>	<i>Rasa-tikta, kashaya</i> <i>Guna-laghu, snigdha, mrudu</i> <i>Veerya-ushna</i> <i>Vipaka-katu</i>	<i>Vishaghna</i> <i>Kushtaghna</i> <i>Kandughna,</i> <i>Vranaropan</i> <i>Raktaprasadana</i> <i>Varnya.</i>	Antibacterial activity, wound healing property <sup>[22]</sup> .
12	<i>Saptaparna</i>	<i>Rasa-tikta, kashaya</i> <i>Guna-laghu, snigdha</i> <i>Veerya-ushna</i> <i>Vipaka-katu</i>	<i>Kushtaghna</i> <i>Vranahara</i> <i>Krumighna</i>	Antibacterial, antioxidant, anti-inflammatory <sup>[23]</sup>
13	<i>Manjishtaha</i>	<i>Rasa-tikta, kashaya, madhur</i> <i>Guna-guru, ruksha</i> <i>Veerya-ushna</i> <i>Vipaka-katu</i>	<i>Kushtaghna</i> <i>Vishaghna</i> <i>Raktaprasadana,</i> <i>Antioxidant,</i> <i>wound healing property,</i> <i>anti-proliferating property</i> <sup>[24]</sup> .	Antiseptic, anti-inflammatory, antibacterial, Antioxidant, wound healing property, anti-proliferating property <sup>[24]</sup> .
14	<i>Snuhi</i>	<i>Rasa-katu</i> <i>Guna-laghu, tikshna</i> <i>Veerya-ushna</i> <i>Vipaka-katu</i>	<i>Kushtaghna</i> <i>Vedanasthapan</i> <i>Raktashodhak,</i> <i>Charmavikar</i> mainly <i>vicharchika-shvitra</i>	Analgesic, anti-inflammatory <sup>[25]</sup>
15	<i>Vatsanabh</i>	<i>Rasa-madhura</i>	<i>Kushthaghna,</i>	--

		<i>Guna-ruksha, tikshna, laghu, Vyavayi, vikasi, yogavahi</i> <i>Veerya-ushna</i> <i>Vipaka-madhur</i>	<i>vedananashak</i> <i>Rasayana</i> <i>Swedajanana</i> <i>Jwaraghna</i>	
16	<i>Gomutra</i>	<i>Rasa – katu, tikta, kashaya</i> <i>Veerya-ushna</i> <i>Guna-laghu, ruksha</i>	<i>Kaphavatahara</i>	Antioxidant, Antimicrobial <sup>[26]</sup>
17	<i>Sarshaptail</i>	<i>Rasa – katu, tikta,</i> <i>Veerya-ushna</i> <i>Vipak-katu</i> <i>Guna-snigdha (oil)</i>	<i>Krumighna</i> <i>Kandughna</i> <i>Kushthaghna</i>	Anti-microbial, antiseptic <sup>[27]</sup>

**Observation And Result :-**

Sr.no	Test Parameter	Test Result
1.	Colour	Red
2.	Odour	Aromatic
3.	Specific gravity	1.051 gm/ml
4.	Refractive index	1.412
5.	Iodine value	11.2
6.	Peroxide value	3.21
7.	Acid value	3.1
8.	Saponification value	179.15
9.	Fatty matter	28%
10.	Rancidity test	Absent
11.	Viscosity	52.01 cP
12.	pH	6

**Discussion :-**

Vicharchika is characterized with kandu, pidika, shyava, strava. All the drugs and food (Diet) that causes uthklesha (Agitates, enrages, move doshas from their normal place) but do not expel it out, is termed as viruddha. It includes numerous causative factors like excessive intake of drava, snigdha, guru ahara, intake of food during ajeerna, divaswapna soon after lunch, atimatra sevana, akala bhojana, shitoshna, akrama sevana. All these above mentioned causative factors are responsible for vitiation of annavaha, rasavaha, raktavaha, medovaha and swedavaha strotas<sup>[28]</sup>.

In today's modern era there are many triggering factors in day to day life which play a contributory part in occurrence of eczema and further make it worse. The following factors are enumerated below :



- Too dry skin can easily become brittle, scaly, rough, or tight which can lead to an eczema flare up.
- Irritants – there are daily products and even natural substances that causes burning and itching of the skin and finally become dry and red. E.g. hand and dish soap, laundry detergent, shampoo, bubble bath and body wash, or surface cleaners and disinfectants<sup>[29]</sup>.

All *kushthasaretridoshaja* in origin as per Ayurveda<sup>[30]</sup>. According to Ayurveda all skin diseases are included under the category of *kustha*, in which *vicharchika* is one of it. *Vicharchika* can be assumed in same way i.e. *kapha* being responsible for *kandu* (itching), *pitta* responsible for *strava* (discharge) and *shyavata* (discoloration) indicate the presence of *vata*. Despite the involvement of *tridosha* in origin, various Acharyas have mentioned dominancy of different *doshas* in *Vicharchika* i.e. *kapha*<sup>[31]</sup>, *pitta*<sup>[32]</sup> and *vata-pitta*<sup>[33]</sup> Pradhan.

Exposure to other etiological factors like *sthavar visha*, *Jangam visha*, *Viruddha ahar*, Occupational pollutants etc. *Nidana sevan* results in *agnimandya* which is responsible for *Amarasautpatti* causes *tridoshaprakopa*, due to this there is *prakupitdoshasanchara* (*Kaphapradhanatridosha*) takes place through *tiryakgatashira*, which causes *strotosanga* at the level of *twacha*, *rakta*, *mamsa*, *lasika*, results in *dosha dushya samurchana* which ultimately leads to the pathophysiology of *Vicharchika*

There are many effective herbal formulations mentioned in Ayurvedic literature for *Vicharchika*. *Vishatail* is one among these herbal formulations. *Vishatail* mentioned in *Yogratnakar* contains the drug having *kushthaghna*, *kandughna*, *rasayana*, *jantughna*, *raktashodhak*, *varnya*, *krimighna* etc properties which are helpful in reducing the symptoms of *Vicharchika*. This formulation contains some poisonous drugs as an ingredient of it, which possess *ushna-tikshna* properties. These properties are helpful for sure and quick relief of the symptoms. Poisons possess certain properties like *Sukshma* and *vyavayi* which are responsible for taking the drug till the subtle level (upto the *dhatu*) and perform rapid curing action

Following drugs possess the properties which counteract the pathophysiology involved in *vicharchika* :

- *Kushthaghna* property : *Karanja*, *haridra*, *daruharidra*, *arka*, *tagar*, *karveer*, *kushtha*, *aparajita*, *raktachandana*, *jati*, *saptaparna*, *manjishtha*, *snuhi*, *vatsanabh*, *sarshaptaila*.
- *Krimighna* property : *Karanja*, *arka*, *karveer*, *vacha*, *saptaparna*, *sarshaptaila*.
- *Raktavikarnashak* : *Karanja*, *Aparajita*, *raktachandana*, *jati*, *manjishtha*, *snuhi*.
- *Kandughna* : *Haridra*, *daruharidra*, *arka*, *karveer*, *kushtha*, *jati*, *sarshaptail*.
- *Varnya* : *Haridra*, *kushtha*, *jati*, *manjishtha*.
- *Vishaghna* : *Hridra*, *kushtha*, *jati*, *tagar*, *raktachandana*, *manjishtha*.
- *Vranaropana* : *Daruharidra*, *karveer*, *aparajita*, *jati*, *saptaparna*.
- *Kaphapittashamak* : *Daruharidra*.
- *Charmavikar*, *twachya* : *Daruharidra*, *vacha*, *manjishtha*, *raktachandana*.
- *Kaphavatanashak* : *Arka*, *gomutra*.
- *Shothaghna* : *Arka*, *vacha*.
- *Rasayana* : *Vacha*, *vatsanabh*.
- *Vedanasthapana* : *Aparajita*, *snuhi*, *vatsanabha*.
- *Swedajanan*: *vatsanabh*, *arka*

Thus taking into consideration the beneficial properties of all these drugs, we can assume that this herbal formulation can be effective in the prognosis and treatment of *Vicharchika*.

### Conclusion :

From above study it is concluded that '*Vishatail*' can be beneficial in *Vicharchika* (Eczema), as it has *kushthaghna*, *kandughna*, etc properties.

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