

Ayurvedic Management of Vicharchika - A case study**1.Kripa Mahesh Shah,**PG Scholar, Department of Kayachikitsa,
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Abstract-

The term Eczema (Dermatitis) refer to inflammation of the skin. Eczema manifest as erythema, vesiculation & oozing in the acute stage, scalling & crusting in subacute stage and lichenification (hyperpigmentation, accentuation of skin marking & thickening of the skin) in the chronic stage. The world wide prevalence of atopic dermatitis ranges from 15% –20%. The exact cause of eczema is unknown. According to Ayurveda, Vegavarodh, Atichinta are the causes of Rakta dushti. The sign and symptoms of eczema can be correlated with Vicharchika which is one of type Kshudrakushta. All Kushthas are having Tridoshaja origin; hence Vicharchika can be explained in similar manner. The symptoms of Vicharchika are Kandu (itching), pidika (eruptions), shyavta (blackish discoloration), strava (discharge). The involvement of Vata results in dry, blackish lesion of eczema, itching in the affected areas is due to Kapha where as Pitta is responsible for Strava. No satisfactory treatment is available in contemporary medicine. Main line of treatment is shodhana and shaman. A patient approached to out patient department with chief complaints of discharge, edema, and erythematous skin lesions with intense itching at the dorsal aspect of both hands was treated with Raktamokshan and few preparations. A remarkable improvement in the condition was observed in a span of 2 months with the help of shodhana and shamanaoushadis.

Keywords- Vicharchika, Raktamokshan, Bramhi Ghana vati**Introduction-**

Skin is the largest organ of body, near about 20 square feet in surface area.¹ It is one of the five special sense organs. It protects the internal organs, muscles, bones from deleterious environmental influences like temperature, infectious organisms, chemicals and mechanical injuries etc. Majority of the skin disease are not fatal, but create comparatively greater stress and strain to the patient. Another reason for the skin diseases being more painful and irritant are pollen grains, dust, infection and stress. In current era, lots of facilities and upgraded technologies for treatment portion of patient, even though many diseases may still in progressive phase in the society. Vicharchika is one such kind of disease. Medical science, have inflammatory mediators, for example, prostaglandins, Helper T cells. Its clinical features

are redness, swelling, scaling, weeping, and crusting, and itching. All severe forms of eczema have a huge effect on life quality. Effective therapeutic agents in contemporary medicine are limited in number and may have long term toxic side effects.² The mainline of treatment in Ayurveda for vicharchika is shodhana, which eliminate the vitiated doshas. Abnormalities of Raktadhatu and Twaka caused by morbidity of Kapha, Pitta dosha were predominantly treated by Jalaukavcharana. It was observed that Jalaukavcharan having effective and curative role in Vicharchika.³ Therefore it was concluded that Jalaukavcharan is the best remedy for Vicharchika. Parallel to shodhana, shamanaoushadis help to correct the dhatus and bring them to normalcy.

Case study-

Name: ABC

Age: 38 year

OPD/IPD No. –30832/ 6895

Date- 14/09/2020

Gender: Female
 Residence: Jalna
 Occupation: Was working as house wife, daily work related with detergents and soap.
 Religion: Hindu
 Drug history: She was taken oral Antifungal, Analgesic drug daily from 4 yrs.
 Menstrual history – Irregular (5/ 45 days).
 Personal history: No such addiction was noted
 Family history: No abnormality detected.
 Past history: Chronic Constipation
 Chief complaints-
 Ubhay hasta pidika
 Alpastrava
 Kandu
 Shyav varnata
 Duration- from 4 years

Past history- Chronic Constipation

On Examination:
 G.C- Good, Afebrile
 Temperature- 98.0 F
 Pulse Rate- 74/min
 Blood pressure- 130/90 mm Hg
 Weight- 72 kg
 CVS- S1 and S2 Normal
 RS- Chest clear AEBE
 CNS- Conscious, Well oriented
 P/A- Soft, non tender
 Jivha- Saam
 Mala- Samyak
 Mutra- Samyak

Treatment protocol –

The patient was first explained the need of Shodhan therapy i.e. Raktamokshan. Raktamokshan was advised in raktamansagata kushta⁴ and raktapradoshaja vikara⁵. Jalaukalcharana not only purifies the strotas but also let the other parts becomes free from diseases and action is so fast than other treatment. Rakta-mokshana provide better relief than other shodhana karma.

Pathyapathyais followed completely.

The details of Treatment protocol are as follows,

Raktamokshan (Jalauka) -

- 1) Snehapana –Mahatiktaghrita 20ml each day for 20 days
- 2) Raktamokshan- with Jalauka.

Shaman Chikitsa -

- 1) Aarogyavardhini vati
500 mg BD after meal
- 2) Panchatiktaghrita guggulu
500 mg BD after meal
- 3) Gandhak Rasayan
BD after meal
- 4) Avipatkar churna
6 gms in night with koshnajala.
- 5) Bramhi Ghana vati
500 mg BD after meal

Above treatment was given for 2 months.

Pathya– Laghu aahara, luke warm water etc.

Apathya– Ruksha, tikshna aahara, viruddha aahara, vegaavarodh, divaswap, atichintan etc

Observation-

In the treatment period, the patient had not taken anything except these medicines. Assessment criteria were based on the cardinal symptoms as-

Sr. No.	Observation	Before treatment	After treatment
1)	Ubhay hasta pidika	+++	+
2)	Kandu	+++	+
3)	Strava	++	+
4)	Shyavvarnata	++	+

Discussion-

By the Raktamokshana, oedema reduced, redness and erythema reduced after Jalaukavcharan. Itching reduced immediately after Jalaukavcharan. Vicharchika being a Kshudra Kustha is mentioned under RaktaPradoshaja vikara by Charakacharya. According to Vagbhatacharya, it is under Rakta- vriddhi and under Raktapittaja roga by Bhela. Rakta and Pitta are having Ashrayashray sambhandha. While assessing the rogmarga, it is a bahya margaja which involves Rakta dhatu and Twak with large amounts doshas which are eliminated by the Raktamokshana. All shaman aushadis are explained in kushtha while Brahmi has found its use in the treatment of agitation, anxiety and depression.⁶

Conclusion-

Raktamokshan as Shodhana Chikitsa and Shamana Aushadhi treatment, both in combinations

when followed systematically, had given markable relief from symptoms in Vicharchika.

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