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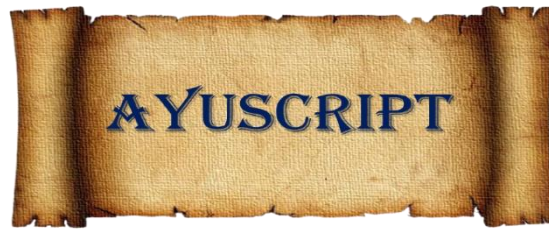
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TRADITIONAL AYURVEDIC PRACTICES IN THE MANAGEMENT OF VICHARCHIKA W.S.R ECZEMA: A CASE REPORT

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ABSTRACT:

Introduction: *Kushtaroga* is are divided into two categories: *Mahakushta* and *Kshudrakushta*. The *Kshudrakushta* describes *Vicharchika*. The form of *Kshudrakushta* that Ayurvedic dermatologists frequently encounter is called *Vicharchika*. Based on the clinical manifestations, *vicharchika* is frequently associated with eczema, like *Shyava Varna*, *Pidika*, *Astrava*, and *Kandu*. Eczema, a chronic inflammatory skin condition, is a *rakta pradoshaja* category affecting the face, neck, wrist, ankle, and cubital regions, with an incidence rate of 15% to 20% in India. This study demonstrates the remarkable results of *Ayurvedic* management in *Vicharchika* (eczema), highlighting its holistic approach through natural remedies and lifestyle modifications. **Aim & Objective:** To explore the Efficacy of *Ayurvedic* Treatments for *Vicharchika* w.s.r Eczema. **Methods:** The patient, a 37-year-old woman, was treated at an *Ayurvedic* facility for moderate to severe eczema symptoms. The management strategy comprised lifestyle advice, external applications, herbal formulations, and dietary changes based on the condition's nature (*Dosha*) and the individual's constitution (*Prakriti*). **Results:** The patient experienced significant improvement after 22 days of treatment, including decreased skin lesions, itching, redness, and burning sensations, and improved quality of life in follow-up evaluations. **Conclusion:** *Vicharchika* is a chronic skin disease treated with *Ayurvedic* practices, lifestyle changes, and herbal medicines. Avoiding *Pathyasevan* and *Apathya ahar* is crucial for effective management. Further studies are recommended.

KEY-WORDS: *Vicharchika*, eczema, *Ayurveda*, case report, holistic treatment, herbal medicine.

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INTRODUCTION:

Ayurveda uses the general term "*Kushta*" to describe skin conditions. *Dosha* preponderance differs in each *kushta*, considering the reality that they are all *tridoshaja*. *Vicharchika* is classified as a *kshudra kushta*, with *kaph dosa* being the most common of the 20 *kushtas*. The symptoms of *Vicharchika* include *Shyava Varna*, *Pidika*, *Asrava*, and *Kandu*. Eczema and *vicharchika* share a similar appearance and are classified under *rakta pradoshaja* category.(1)Eczema, sometimes referred to as atopic dermatitis, is a chronic inflammatory skin condition that is characterised by regions of poorly defined erythema and scales on top of dry, itchy skin that is prone to infection. The disease's course appears to be significantly influenced by hereditary or environmental causes.(2) Eczema is a skin disorder causing pruritus, erythema, oedema, and itching, affecting the face, neck, wrist, ankle, and cubital regions.(3) According to the WHO, eczema affects people of all ages in India and has an incidence rate of 15% to 20%.(4)

Case Report: A 37-year-old female patient came to the OPD section of the *Kayachikitsa* department in *SMBT Ayurved Hospital*, *Dhamangaon, Nashik*. Patient name: *ABCD* OPD/IPD No.: 1-100924 with complaints of section of the with recurrent skin rashes over bilateral palms characterised by redness, itching, flaking, burning sensation, Discolouration of skin The patient was suffering from these symptoms for 6-8 months. The patient not taken any other treatment. The symptoms got worse with the time and started affecting his personal life. So, the patient decided to take *Ayurvedic* treatment. The *Ayurvedic* diagnosis is considered as

Vicharchika. The involvement of *Vata* results in dry, blackish lesion of *Vicharchika*, itching in the affected area is due to *Kapha*.

Name: ABCD

Age: 37 years

Sex: Female

Occupation: Farmer

Religion: Hindu

Diet: Vegetarian

Drug History: No

Personal History:

1. Bowel movement – *Samyaka*
2. Appetite – Excessive Hunger, Irregular meal time
3. Sleep- Sleep disturbed
4. No history of any type of addiction like smoking, alcohol, tobacco.
5. Oedema: Not present
6. Blood Pressure: 120/80 mmHg
7. Icterus: Not present
8. Clubbing: Not present

History of past illness:

1-Medical history- No Past History of Hypertension, Asthma, Diabetic Mellitus or any other major illness.

2-History of Blood Transfusion – No history of blood transfusion.

3-Drug History- He was not taking any other treatment.

4-Family History – No significant history.

5-Surgical History- No significant history.

Samanya Pariksha

Pulse rate -84/min

B.P.-120/70 mm hg

R.R.- 19/min

Spo2 -99%

Temperature – Afebrile

Systemic Examination:

CNS: Conscious and well oriented to person, place, and time.

CVS: S1, S2 is audible, No murmur sound.

Respiratory System: B/L Symmetrical, Normal vesicular Breathing heard, No added Sounds heard.

P/A: -Umbilicus Centrally placed, Soft, non-tenderness, no-organomegaly.

Digestive System: Normal

Asthavidha Pariksha:

Sr.No	Asthavidha Pariksha	
1	Nadi (pulse)	84/ min, Regular
2	Mala (stool)	Samanya (once/day)
3	Mutra (urine)	Samanya
4	Jihwa (tounge)	Nirama
5	Akruti	Madhyama
6	Shabda (speech)	Spashtha
7	Sparsha (skin)	Rooksha
8	Druka (eyes)	Prakrit (Normal)

	Samprapti Ghataka(5)
Doshas	Kaph Pradhana Tridosha (Vata, Pitta, and Kapha)
Dushya	Twak, Rakta, Mamnsa, Lasika
Srotus	Rasa Strotas, Rakta Strotas, Mamsavah, Udakavah Shrotas
Strotodusti	Sang, Vimargagaman
Adhithana	Twaka
Sanchara	Tiryaga sira
Swabhava	Chirakari (Chronic Disorder)
Roga Marma	Bahya
Udbhava Sthana	Amashay

Samprapti of Vicharchika:(6)



Aim & Objective: To explore the Efficacy of Ayurvedic Treatments for Vicharchika w.s.r Eczema

Material and methods: Study type: Simple Random Single Case Study.

Center of study: OPD section of the Kayachikitsa department in SMBT Ayurved Hospital, Dhamangaon, Nashik. The patient is chosen on the basis of the following criteria: vicharchika signs and symptoms are present in this patient.

Material with daily Treatment and Prognosis Clinical examination of the patient revealed regression of symptoms due to our Ayurvedic Management Depending upon sign and symptoms, the patient was diagnosed as Vicharchika (Eczema).

Samana oushadhi were given to the patient along with some other Ayurvedic Medication.

Assessment criteria:

Subjective Parameters

Kandu (itching)

Rukshta (dryness)

Srava (oozing)

Pidika (vesicles)

Shyava Varn (skin discoloration)

Gradation of symptoms/subjective parameters of *Vicharchika*[8]

Symptoms	Gradation	Score
<i>Kandu</i> (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients' attention	2
	Severe itching disturbing patients sleep	3
<i>Strava</i> (Discharge)	No Strava	0
	Occasional Strava after itching	1
	Mild Strava after itching	2
	Profuse Strava making clothes wet	3
<i>Pidaka</i> (Papules)	Absent	0
	1-2 <i>Pidaka</i> in one affected part	1
	3-4 <i>Pidaka</i> in one affected part	2
	More than 4 <i>Pidaka</i> in one affected part	3
<i>Shyavata /vaivarnyata</i> (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3
<i>Rookshata</i> (Dryness)	No dryness	0
	Dryness with rough skin	1
	Dryness with scaling	2
	Dryness with cracking	3
<i>Daha</i> (Burning sensation)	Absence of Burning sensation in affected part	0
	Rarely burning sensation in affected part	1
	Continues burning sensation in affected part	2
	Disturbing patients sleep	3

VYADHI VINISHCHAYA (DIAGNOSIS): *Astravi Vicharchika*.

TREATMENT:

Prognosis of Treatment:

Days	Treatment	Dose
1 st f/u after 10days	<i>Mahatiktak Ghrut Guggul</i>	2-0-2 (<i>Bhojanpacchat</i>)
	<i>Arogyawardhini vati</i>	2-0-2 (<i>Bhojanpacchat</i>)
	<i>Gandhak Rasayan</i>	2-0-2 (<i>Bhojanpacchat</i>)
	<i>Triphala Kwathane Dhavana</i>	2 times
	<i>Siravedha</i>	
	<i>Sushma Triphala</i>	2-0-2 (<i>Bhojanpacchat</i>)
2 nd f/u after 7days	<i>Panchtikta Ghrut Guggul</i>	2-0-2 (<i>Bhojanpacchat</i>)
	<i>Mahamanjistadi kwath</i>	20ml -20ml (<i>Bhojanpacchat</i>)
	<i>Arogyawardhini vati</i>	2-0-2 (<i>Bhojanpacchat</i>)
	<i>HaridraKhand vati</i>	2-0-2 (<i>Bhojanpacchat</i>)

	<i>Gandhak Rasayan</i> <i>Triphala Kwathane Dhavan</i>	2-0-2 (<i>Bhojanpacchat</i>) one time (morning)
3 rd f/u after 5 days	<i>Siraveda on 18th day</i> <i>Mahamanjistadi kwath</i> <i>Arogyawardhini vati</i> <i>HaridraKhand vati</i>	20ml -20ml(<i>Bhojanpacchat</i>) 2-0-2 (<i>Bhojanpacchat</i>) 2-0-2 (<i>Bhojanpacchat</i>)

Observation and Result:**Showing the comparison of Symptoms Before and After Treatment**

Symptoms	Before Treatment	After Treatment
<i>Kandu</i> (itching)	3	0
<i>Asrava</i> (oozing)	0	0
<i>Pidika</i> (Papules)	0	0
<i>Shyava Varna</i> (Skin Discoloration)	2	0
<i>Rookshata</i> (dryness)	3	1
<i>Daha</i> (Burning Sensation)	2	0



During treatment, the patient had begun to improve, and by the end of the 22nd day, they had fully recovered. Every subjective parameter is improved by *Ayurvedic* treatment.

DISCUSSION:

Vicharchika is a kushta that is primarily kapha and a rakth pradoshaj vikar. Dooshivish and Virudh ahara are the key hetus that cause a variety of skin conditions. Therefore, changing eating habits and embracing a healthy lifestyle are part of the Nidan Parivarjan. The goals of the saman oushadhi were to increase

jadharagni, rectify ama, and eliminate toxins from the body. *Haridrakhand* is a fantastic medication that improves skin quality and has anti-oxidant, anti-allergic, and anti-histaminic qualities. In addition to serving as *Kaphahar* and *Kandughna*, it also lowers inflammation and helps remove toxic compounds like cytokines from the blood.⁽⁷⁾ *Gandhak Rasayan* is an herbomineral formulation with antibacterial, antiviral, and antimicrobial properties. It contains *Agnimandya*, *Tridoshaj*, and *Rakta dushti*, purifying blood with *Bhavana dravyas* like *Guduchi*,

Nagkeshar, Haritaki, Sunthi, and others having *Katukashay rasa* and *Ushnavirya*. It therefore executes *Kledhar, Kaphghna, Pachana, and Dipana*. In this process, it also acts as *Kandughna, Kushtaghna, dahanashak, raktaprasadan, and ugra visha doshaghna* properties, promoting the recovery from the ailment.

It also promotes recovery from ailment and cures all 13 types of *kshudra kushtha*. *Gandhak* is a good *Rasayan*. (8)

Arogyawardhini Vati, which balances our body's *tridosha* and is helpful for indigestion and irregular bowel movements, is part of the *ayurvedic* treatment in this case study. It increases the body's capacity for digestion and acts as a tonic for the respiratory, excretory, skeletal, liver, heart, kidney, uterine, rectum, and intestine. In *vicharchika*, it functions as *bhedan, Twachya, agni deepana, and pachana karma*. (9)

Mechanism of action: *Panchatikta ghrita guggulu* is a powerful medication that can be used to cure any kind of *kushtha*. Additionally, *Bhaishajaya Ratnavali kushtharogadhikar* explains it. The *tikta rasa, laghu, and ruksha gunas* in all the contents serve to boost the immune system and reduce *kandu*. (9) *Mahamajisthadi kwath* includes medications like *Arishta, Patolamula, Katuka, Bhringa, Magadha Piper, Trayanti, and Patha*. These medications have qualities similar to *Varnya, Kapha Pittashamak, Shothahar, Kushtaghna, and Vranropak*. They have *Kapha Pittahara* or *Tridoshaghna* properties, such as *Katu Vipaka*. Blood purification remedies include *Manjistha, Nimba, Haridra, and Vacha*. These medications follow the *Samprapti Vighatana Chikitsa Siddhanta*. *Mahatiktak ghrita's Guggule* mode of action: *Mahatiktak ghrita Guggule* is

recommended for a number of illnesses. When used, it relieves boils, rashes, pus discharge, and other skin conditions. *Mahatiktak ghrita Guggule* is also used to treat chronic fever, *vat-rakta*, or gout, jaundice, and hyperacidity and mounds of blood. (9)

Mode of action of *Triphala dhawan* and *Siraveda*: When *Triphala Kwatha Dharwana* removes pollutants from the area, healthy granulation tissue forms and has a greater capacity to heal. The following three astringent plants make up this herbal mixture: 1. The *Haritaki* 2. The *Bibhitaki* 3. The *Amalaki*. Beneficial skin revitalisation with *triphala kwatha*: exfoliates dead skin cells, reviving the skin for a more radiant and clear appearance. According to *Siraveda*, pain is instantly relieved by the removal of morbid humour (*vitiated Doshas*) that has collected as a result of an inflammatory response. Due to *Siravedha's* enhanced blood circulation, the *Ushna Guna* of the *Rakta* masks the *Sheet Guna* of the *Vata*. (10) This may have an analgesic effect by lowering intravascular volume and pressure. (11)

CONCLUSION:

Vicharchika is a chronic disease that can be easily treated with *ayurvedic samanaoushadhis* along with *nidan parivarjan* and correcting lifestyle and food habits. Localised skin lesions can be effectively treated with herbal medicines after proper evaluation of *dosha* predominance at OPD level. The case report demonstrates the treatment of eczema with only *Ayurvedic* medicinal intervention. No surgical intervention was given. *Pathyasevan* plays a major role in the treatment of *vicharchika*. *Apathya ahar* should be avoided. The present case study concludes that use of *Ayurvedic* medicines

like *Aarogyavardhini vati*, *Gandhak rasayan*, *Mahamajishtadi kwatha*, *Mahatiktak Ghrit Guggule*, *Pachatilta Ghrit Guggule*, *Arogywardhini vati*, *Tiphala kwatha dhavan*, and *Siraveda Vicharchika vyadhi*, with some dietary and lifestyle changes, is very effective management. The case report showcases the effectiveness of traditional *Ayurvedic* practices in managing *Vicharchika*, recommending further larger-scale studies for validation and promotion of integrative dermatological care.

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