

A COMPARATIVE CLINICAL STUDY ON VICHARCHIKA VIS-À-VIS ECZEMA**Maurya Pradeep¹ A.S. Prashanth² Chavan S.G.³**

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Abstract

The skin is the largest organ of the body with three main functions: protection, regulation and sensation. It is an important sense organ which provides tactile sensation and help, by not only protecting inner sensitive organs but also by performing various functions like temperature regulation, moisture control and it also protects the skin from harmful ultraviolet radiations. A clinician, in day to day practice, is confronted with various skin ailments that are complicated not only to treat but as well as to cure which require prolonged duration of treatment. "*Vicharchika*" is the most common skin disease and is most prevalent among the rural and urban population. It has been correlated with Eczema in the modern science because of the presenting symptoms such as *Atikandu* (Severe Itching), *Shyava* (Blackish Discolouration), *Raji* (Lichenification of skin), *Ruja*(Pain) etc. Here, an effort has been made to study and understand the role of Virechana karma, along with shamanoushadhi like *Amrita Guggulu* and *Ekavimshati Guggulu* in the management of *Vicharchika*.

Keywords : Vicharchika, Eczema, Virechana Karma, Amrita Guggulu, Ekavimshati Guggulu

INTRODUCTION

Skin is the largest organ of the body which interacts with the physical, chemical and biological agents of the environment. It acts as a mirror that reflects the internal and external pathology and thus helps in the diagnosis of certain diseases. It acts as a barrier to certain micro-organisms and the removal of the toxins to the possible extent. Among the various chronic diseases, skin disorders have a unique position irrespective of the time and climatic conditions, which has a World-wide spread.

All the skin diseases in *Ayurveda* have been highlighted under the title "*Kustha*". In *Ayurveda*, the disease *Kustha* is considered as *Bahu Doshavastha* ^[1] since '*Saptako Dravya Sangraha* ^[2] are responsible for the manifestation of the different types of *Kustha*. Hence, as a *Vyadhi Pratyaneeka Chikitsa*, *Shodhana* is advised to purify the body systems and channels. *Kustha*, is one among the *Ashta Mahagada* ^[3] and it affects the *Tridosha's*, *Twak*, *Rakta*, *Mamsa* and *Lasika* ^[4] which makes it difficult to treat. "*Vicharchika*" is the most

common skin disease and is most prevalent among the rural and urban population. *Vicharchika* has been correlated to Eczema in the modern science because of the presenting symptoms such as *Atikandu* (Severe Itching), *Shyava* (Blackish Discolouration), *Raji* (Thickening, Lichenification of skin), *Ruja* (Pain) etc [5].

Eczema affects the people of all age groups irrespective of sex, religion, socio-economic status etc. Research studies reveal that it is the most common type of dermatosis accounting for about 22% of the participants and among them almost 60% of the sufferers are Females [6].

"*SaKandu pidika syavabahrava vicharchika*" [7]"

Which states that the skin disease where eruptions over the skin appear with dark pigmentation and itching with profuse discharge from the lesion. *Acharya Charaka* has mentioned symptoms like *Kandu, Pidika, Srava* and *Shyava Varna* in *Vicharchika*.

"*Rajyoatilkandu tirujasarukshabhavanti gatresuvicharchikayama*" [8]"

Vicharchika is a dry type of lesion with *Raji, Atikandu* and *Vedana* mainly occurring at the *Pani-pada*. In the *Ayurvedic* treasure of classics, the description of 18 types of *Kustha* has been mentioned which are divided under *Mahakustha* as 7 and *Kshudrakustha* as 11. [9] *Vicharchika* is included under *Kshudrakustha* [10] which has specific features like *Daha, Kandu, Srava* and *Pidika* that arise

mainly due to vitiation of *Kapha Dosh*. [11]

Shabdakalpadruma has mentioned the main features found in *Vicharchika* as cracking of the skin which mainly occurs over the hands and legs. [12] *Acharya Charaka, Sushruta* and *Vagbhata* have categorized *Vicharchika* differently. Generally all types of *Kustha* are stated to be *Tridoshaja* [13] in origin and hence, *Vicharchika* can also be considered in the same manner. Here, the features like *Kandu* (itching), *Daha* (burning) and *Shyava* indicate the presence of the particular *Doshas* like *Kapha, Pitta* and *Vata*. *Acharyas* have described the predominance of *Tridoshas* in *Vicharchika* differently like *Kaphaja Pradhana Vyadhi* by *Charaka, Pittaja Pradhana Vyadhi* by *Sushruta* and *Vata-Pittaja Pradhana Vyadhi* by *Madhava Nidana*.

According to *Ayurveda*, the word *Kustha* (pertaining to skin) in broad sense, means, one which discolours or depigments the *Deha* (body). [14]

OBJECTIVES OF THE STUDY

1. To assess the role of *Virechana Karma* along with *Shamanoushadhi Amrita Guggulu, & Kusthaghna Kashaya* with *Karanjadi Taila* for external application in *Vicharchika* in Group A.

2. To assess the role of *Virechana Karma* along with *Shamanoushadhi Ekavimshati Guggulu & Kusthaghna Kashaya* with *Karanjadi Taila* for external application in *Vicharchika* in Group B.

3.To compare the efficacy of *Virechana Karma* along with *Shamanoushadhi* in Group A and Group B.

4.To study *Vicharchika* according to *Ayurveda* and Eczema according to Modern in detail.

RESEARCH DESIGN

A Comparative Clinical Study

MATERIALS AND METHODS

1. *Amapachana* with *Hareetaki Choorna*¹⁵
2. *Snehapana* with *Khadiradi Ghrita*^{16]}
3. *Abhyanga* with *Karanjadi Taila*^{17]}
4. *Virechana* with *Manibhadra Guda*^{18]}
5. *Amrita Guggulu*^{19]} and *Ekavimshati Guggulu*^{20]} as *Shamanoushadhi*.
6. *Kushthaghna Kashaya*^{21]} as *Anupana*

Inclusion Criteria

1. Subjects of *Vicharchika* on the basis of lakshana's as per diagnostic criteria.
2. Subjects of either sex between the age group of 20 to 60 years.
3. Subjects fit for *Virechana Karma*

Exclusion Criteria

1. Subjects Unfit for *Virechana Karma* .
2. Subjects with Uncontrolled DM & HTN.
3. Subjects with Uncontrolled Metabolic disorders and other Systemic disorders.
4. Subjects with HIV, HBsAg, Tuberculosis & STD.
5. Pregnant lady and Lactating mother.

DIAGNOSTIC CRITERIA: The patients were diagnosed entirely based on the signs and symptoms of *Vicharchika* mentioned in *Ayurvedic* classics and Modern books.

- *Vaivarnya*
- *Raji*
- *Srava*
- *Kandu*
- *Ruja*
- *Pidika*

I. Subjective Parameters

- *Raji*
- *Srava*
- *Kandu*
- *Ruja*
- *Pidika*

II. Objective Parameters

- *Vaivarnya* (Discoloration)
- Size of lesion
- Site of lesion
- Photography (Before Treatment and After Treatment)

ASSESSMENT CRITERIA:

The following Objective criteria were graded and analyzed.

- 1.*Kandu* (Itching)
- 2.*Srava* (Discharge)
- 3.*Vaivarnya* (Discolouration)
- 4.*Ruja* (Pain)
- 5.*Pidika* (Eruption)
- 6.*Raji* (Thickening, Lichenification of skin)
- 7.Sites of lesion
- 8.Size of lesion:

The area of skin lesions were measured by counting the area of square centimetre.

Change in the signs and symptoms of *Vicharchika* before and after treatment.

- 9.Photography (Before Treatment and After Treatment)

OVER ALL ASSESSMENT	GRADE OF IMPROVEMENT
Complete relief	100 % improvement
Marked relief	- 76%-99% improvement
Moderate relief	- 51%-75% improvements
Mild relief	- 25%-50% improvement
No relief	- less than 25%improvement

INTERVENTION

GROUP A

AMAPACHANA	<i>Hareetaki Choorna</i> –(Till <i>Nirama lakshana</i> were seen) <i>Matra:</i> 5grams BD with <i>Ushna Jala</i> , before food.
POORVA KARMA	
SNEHAPANA	<i>Khadiradi Ghrita</i> - (<i>Sadyo Snehapana</i>) <i>Matra:</i> <i>Madhyama Matra</i> (As per <i>Agni bala</i> and <i>Koshta</i> of the patient)
ABHYANGA AND ATAPA SEVANA	<i>Karanjadi Taila</i>
PRADHANA KARMA	
VIRECHANA	<i>Manibhadra Guda</i> <i>Matra:</i> As per <i>Koshta</i> of the patient
PASCHAT KARMA	
<i>Samsarjana Krama</i> depending on <i>Vega/Shuddhi</i> attained	
SHAMANOUSHADHI	<i>Amrita Guggulu</i> <i>Matra:</i> 500 mg (Twice a day),after food <i>Anupana:</i> <i>Kusthaghna Kashaya</i>
DURATION	45 Days
TOTAL DURATION ON THE STUDY	60 Days

GROUP B

AMAPACHANA	<i>Hareetaki Choorna</i> –(Till <i>Nirama lakshana</i> were seen) <i>Matra:</i> 5grams BD with <i>Ushna Jala</i> , before food.
POORVA KARMA	
SNEHAPANA	<i>Khadiradi Ghrita</i> - (<i>Sadyo Snehapana</i>) <i>Matra:</i> <i>Madhyama Matra</i> (As per <i>Agni bala</i> and <i>Koshta</i> of the patient)
ABHYANGA AND ATAPA SEVANA	<i>Karanjadi Taila</i>
PRADHANA KARMA	
VIRECHANA	<i>Manibhadra Guda</i> <i>Matra:</i> As per <i>Koshta</i> of the patient

PASCHAT KARMA	
<i>Samsarjana Krama</i> depending on <i>Vega/Shuddhi</i> attained	
SHAMANOU SHADHI	<i>Ekavimshati Guggulu</i> <i>Matra: 500 mg (Twice a day), after food</i> <i>Anupana: Kusthaghna Kashaya</i>
DURATION	45 Days
TOTAL DURATION ON THE STUDY	60 Days

EFFECT OF THERAPY ON SUBJECTIVE AND OBJECTIVE PARAMETERS OF VICHARCHIKA IN GROUP A.

Parameter	BT Score	AT Score	MEAN	% RELIEF	SD	SE	T Value	P Value	Remark
RAJI	36	11	1.25	69.45%	0.7162	0.1602	7.802	<0.001	HS
SRAVA	21	5	0.8	76.2%	0.894	0.200	3.99	<0.001	HS
KANDU	44	8	1.8	81.82%	0.378	0.084	21.23	<0.001	HS
VAIVARNYA	41	15	1.3	63.42%	0.732	0.163	7.93	<0.001	HS
RUJA	17	3	0.7	82.36%	0.655	0.146	4.77	<0.001	HS
PIDIKA	36	8	1.4	77.78%	0.598	0.133	10.46	<0.001	HS
SIZE OF LESION	50	19	1.55	62%	0.604	0.135	11.45	<0.001	HS
SITE OF LESION	45	23	1.1	48.89%	0.852	0.190	5.77	<0.001	HS

EFFECT OF THERAPY ON SUBJECTIVE AND OBJECTIVE PARAMETERS OF VICHARCHIKA IN GROUP B.

Parameter	BT score	AT Score	Mean	% Relief	SD	SE	T Value	P Value	Remarks
RAJI	25	9	0.8	64%	0.767	0.171	4.65	<0.001	HS
SRAVA	19	2	0.8	89.48%	0.67	0.15	5.66	<0.001	HS
KANDU	41	11	1.5	73.18%	0.688	0.15	9.74	<0.001	HS
VAIVARNYA	36	15	0.95	58.34%	0.892	0.199	4.75	<0.001	HS
RUJA	15	7	0.4	53.34%	0.67	0.14	2.85	<0.05	S
PIDIKA	31	2	1.45	93.54%	0.887	0.198	7.30	<0.001	HS
SIZE OF LESION	43	13	1.4	69.77%	0.82	0.183	7.62	<0.001	HS
SITE OF LESION	42	15	1.35	64.29%	0.988	0.221	6.10	<0.001	HS

COMPARATIVE EFFICACY OF THERAPIES ON DIFFERENT PARAMETERS.

Parameters	GROUP- A			GROUP- B			‘t’	SD	P	Remark
	Mean	S.D	S.E	Mean	S.D	S.E.				
RAJI	1.25	0.716	0.160	0.8	0.767	0.171	2.54	0.56	<0.52	S.S
SRAVA	0.8	0.89	0.20	0.85	0.670	0.15	0.2	0.823	>0.50	SNS
KANDU	1.8	0.37	0.084	1.5	0.688	0.153	3	0.315	<0.005	SHS
VAIVARNYA	1.3	0.73	0.16	0.95	0.89	0.199	1.62	0.697	<0.2	SS
RUJA	0.7	0.655	0.146	0.4	0.67	0.14	2.12	0.45	<0.05	SS
PIDIKA	1.4	0.598	0.133	1.45	0.88	0.198	0.268	0.59	>0.5	SNS
SIZE OF LESION	1.55	0.604	0.135	1.4	0.82	0.183	0.88	0.54	<0.4	SS
SITE OF LESION	1.1	0.852	0.19	1.35	0.988	0.221	0.92	0.88	<0.4	SS

INDIVIDUAL PATIENTS RESULTS OF BOTH GROUPS

Group A				Group B			
BT Score	AT Score	Relief in %	Remark	BT Score	AT Score	Relief in %	Remark
23	12	47.82	Mild Relief	13	7	46.15	Mild Relief
15	0	100	Complete Relief	15	2	86.66	Marked Relief
19	10	52.63	Moderate Relief	8	2	75	Marked Relief
15	4	73.33	Moderate Relief	13	5	61.5	Moderate Relief
11	3	72.72	Moderate Relief	20	9	55	Moderate Relief
13	6	53.84	Moderate Relief	11	3	72.77	Moderate Relief
19	9	52.63	Moderate Relief	19	5	73.68	Moderate Relief
14	4	71.42	Moderate Relief	14	0	100	Complete Relief
20	7	65	Moderate Relief	14	0	100	Complete Relief
15	3	80	Marked Relief	9	5	44.44	Mild Relief
17	5	70.58	Moderate Relief	11	7	36.36	Mild Relief
17	5	70.58	Moderate Relief	13	1	92.30	Marked Relief
11	4	63.63	Moderate Relief	10	0	100	Complete Relief
11	2	81.81	Marked Relief	10	8	20	No Relief

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11	3	72.72	Moderate Relief	17	6	64.76	Moderate Relief
12	4	66.66	Moderate Relief	6	0	100	Complete Relief
12	5	58.33	Moderate Relief	15	7	53.33	Moderate Relief
15	1	93.33	Marked Relief	7	1	85.71	Marked Relief
10	5	50	Moderate Relief	9	2	77.77	Marked Relief
14	00	100	Complete Relief	18	6	66.66	Moderate Relief

RESULTS ASSESSMENT IN BOTH THE GROUP

GRADES OF IMPROVEMENT	No. of patients		No. of Patient
	GROUP A	GROUP B	
Less than 25%	00	01	No Relief
26% to 49%	01	03	Mild Relief
50 to 74%	14	07	Moderate Relief
75% to 99%	03	05	Marked Relief
100%	02	04	Complete Relief

PARAMETER SCORE EFFECT OF THERAPY ON INDIVIDUAL SUBJECTS TOTAL PARAMETER SCORING

GROUP A				GROUP B			
BT	AT	BT-AT	PERCENTAGE	BT	AT	BT-AT	PERCENTAGE
294	92	202	68.70%	252	76	176	69.84%

The total scoring of the symptoms of 20 patients before treatment in group A was 294 and after treatment, it was 92 and in group B, before treatment the scoring was 252 and after treatment, it was 76. The therapy provided 68.70% relief in group A and 69.84% relief in group B. Scoring parameters were selected for the diagnosis and to assess the changes after the treatment.

DISCUSSION:-

In this study, *Hareetaki Choorna* was selected for *Amapachana* as it acts as *Deepana* and *Pachana*. *Khadiradi Ghrita* was selected for the purpose of *Sadyo Snehapana*, in which most of

the drugs are *Katu, Kashaya* and *Tiktha Rasa Pradhana* possessing *Laghu, Ruksha Guna's*. It is *Tridosha shamaka* especially *Kapha Vata Shamaka* and acts as *Kushtaghna, Krimighna* and *Kandughna*. *Karanjadi*

taila was selected for *Abhyanga* which acts as *Kandughna*, *Sravahara*, *Pidika* and *Raji Shamaka*, *Lekhana kara* so it reduces the thickening of skin which is present in *Vicharchika*. *Manibhadra Guda* was selected for *Virechana Karma* which possesses the properties like *Laghu*, *Ruksha*, *Teekshna Guna's* with *Ushna Virya*, *Vyavayi* and *Vikasi Guna's* which helps in *Virechana*. *Amrita Guggulu* is *Tridosha Shamaka*, *Vatapitta Shamaka* and *Vedana Sthapaka* and *Ekavimshati Guggulu* acts as *Deepana*, *Pachana*, *Anulomana* and *Vata Kapha Shamaka*. These were selected as *Shamanoushadhi* along *Kushthaghna Kashaya* as *Anupana*. Here, most of the ingredients are *Tridoshashamaka*, *Vatakapsha Shamaka* which help in the management of *Vicharchika*.

CONCLUSION

Vicharchika is a disease of agriculturists, housewives, industrial workers who are more exposed to the assault of irritant substances. *Vicharchika* is *Tridoshaja*, *Kapha Pradhana Vyadhi* and has been classified under *Kshudrakushtha*. It has been correlated with Eczema in the modern science because of the presenting symptoms such as *Atikandu*

(Severe Itching), *Shyava* (Blackish Discolouration), *Raji* (Lichenification of skin), *Ruja* (Pain) etc. As it is a *Rakta Pradoshaja Vikara* and due to *Bahudoshavastha*, *Shodhana Chikitsa* i.e. *Virechana* is the most suitable treatment for *Kushtha*. In this study, *Virechana* along with *Shamanoushadhi Ekavimshati Guggulu* (Group B) was found to be more effective than *Virechana* along with *Shamanoushadhi Amrita Guggulu* (Group A).

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