



**PIJAR**

*Paryeshana International Journal of Ayurvedic Reserach*

[www.pijar.org](http://www.pijar.org)

**ISSN:2456:4354**

## **A single case study of Vicharchika w.s.r.to DryEczema -Ayurvedic management**

**DrDamodar Naik<sup>1</sup>, DrRajkumar Wali<sup>2</sup>, DrAnjaneyaHonnalli<sup>3</sup>.**

1AssistantProfessor, DepartmentofAgadaTantra,, 2AssistantProfessor, Departmentof Prasooti Tantra and Streeroga, 3Assistant Professor, B.N.M Ayurvedic Medical College Vijayapur, Karnataka.

DOI:<https://doi.org/10.47071/pijar.2024.v09i02.02>



### Abstract

Vicharchika is one among the kshudra kushta, which is commonly represented with the symptoms kandu, srava, pidika, shyava varna. Vicharchika is often co-related to eczema, based on the clinical symptoms. In Ayurveda Shodhana and shamana are the two treatment modalities for vicharchika. **Materials** – Ayurveda treatises, articles, net sources. **Method**- Clinical Intervention **Discussion**- A 42-year-old woman consulted to our Ayurveda clinic with the complaints of recurrent skin rashes over dorsal part of right forearm with redness, skin edema, itching, skin flaking with elevated margins of lesion, N/H/O hypertensive, diabetic, after taking treatment for 6 months from other paths patient came with huge disappointment. In the present case patient was intended to treat with Ayurveda. On examining the patient, based on signs and symptoms patient was diagnosed as Vicharchika, the laxanas of vicharchika are compared with Dry eczema as per modern medicine.

As per Ayurveda, Vicharchika is one among Kshudrakusta with dominance of Kaphadosha, but in this case both pitta and kapha dosha were aggravated. The patient was treated with agadas such as Arogya vardhini vati, Panchatiktaka ghrita guggulu, Patolkaturohinyadi kashaya, and Panchavalkala lepa ointment along with strict restrictions of diet, follow up was done after 1 month. **Result**- Gradually after 1 month symptoms were reduced a remarkable improvement was seen in the patient, and patient was very happy. It is the need of the hour to put the lime light on the study of such cases, which boosts the confidence of physician, so this case study has been selected for the presentation which is the need of the hour.

**Keywords**- Vicharchika, Agada, Eczema, Kshudra kushta.

### Introduction

As per Ayurveda, Vicharchika is a

Rakta Pradoshaja Vikara & it is a type of Kshudra Kushta involved with all the

## A single case study of Vicharchikaw.s.r.to Dry Eczema-Ayurvedic management

Tridoshas with predominance of Kapha dosha along with the Dushyas like Twak, Lasika, Rakta and Mamsa.<sup>[1]</sup> Vicharchika can be correlated with eczema as per modern medicine which is a type of dermatitis caused by the inflammation of epidermis.<sup>[2]</sup> Dry eczema is a condition that causes dry, itchy, inflamed skin, redness, skin flaking, elevated margins of lesions<sup>[3]</sup>. It's common in adults but can occur at any age. Here, the adopted treatment methods are as per the treatment principles mentioned in Classical Ayurvedic texts.

**Materials**—Ayurveda treatises, articles, net sources. **Method**—Clinical Intervention A substantial reduction in all the symptoms and improvement in the skin lesion were observed after a period of 3 months of regular treatment and 1 months follow up. The improvement was observable through the follow up photographs.

### Case Report

A 42 year old female patient diagnosed as Dry Eczema by a dermatologist, with

### Treatment adopted

complaints of recurrent skin rashes over dorsal part of right forearm with redness, skin edema, itching, skin flaking, with elevated margins of lesion. The symptoms were occurring on and off for the past 1 year including a recurrence 6 months ago.

### Clinical Findings

**On general examination**, patient vital signs were normal. a) appetite-good, bowel movement-regular 1-2 times/day, urine-4-5 times/day, sleep-sound sleep, but oftenly patient was complaining of burning sensation in the epigastric region. On clinical examination, patient is moderately built and moderately nourished with no other symptoms of any systemic illness.

### Findings on local examination-

1. multiple patchy skin rashes over dorsal part of right forearm with redness, skin edema since 1 year
2. Itching, skin flaking with elevated margins of lesions since 1 year

**Family history**—not specific,

## A single case study of Vicharchika w.s.r. to Dry Eczema - Ayurvedic management

based upon dosha dushya sammurchana condition was diagnosed as Vicharchika as the patient presented with all the classical symptoms of vicharchika. The features of recurrent skin rashes over dorsal part of right

forearm with redness, skin edema, itching, skin flaking with elevated margins of lesion enabled in diagnosing the vyadhi with predominance of Kapha and pitta doshas.

### Drug administered with Posology

SL.NO	Medications	Dose with Anupana
1	Arogyavardhinivati	1 tab BD with lukewarm water after food
2	Panchatiktaghritaguggulu	1 tab BD with lukewarm water after food
3	Patolkaturohinyadikashayam	10 ml BD with 25 ml lukewarm water before food
4	Sidharthakasnana Churna	Quantity sufficient for lepa and prakshalana
5	Panchavalkalalepa	External application

### Discussion

- Eczema or vicharchika is caused due to faulty diet and lifestyle, which are the causative factors for manifestation of vicharchika in this

leads to impairment of digestion and aggravation of kapha dosha leading to formation of ama nidana

- present case are frequent intake of new grains, curds, fish, chicken and excessive salty and sour food items., sesame, milk and jaggery products. sleeping during day time because of all these nidanas, The vitiation of three doshas – kapha pradhana vata, pitta, along with dushya tvak, rakta, mamsa and ambu takes place, and gets sthana samshrayain tvak and its vyakta sthana is in forearm
- Arogyavardhini Vati is indicated in tvak vikara (skin disease), medo-dosha (obesity), yakrit vikara (liver disorders) and jirnajwara (chronic fever). Major ingredients of Arogyavardhini Vati are Gandhaka (Sulfur), Triphala, Katuki (Picrorhiza kurroa), and Nimba (Azadirachta indica), which are the versatile drugs for all type of skin disease. Triphala is anti-inflammatory astringent. Nimba is an antiseptic helpful in shedding of the scales of the skin and preventing secondary infection. It is helpful in Pachana (metabolism) of Ama Visha (toxins) and corrects vitiated rasa dhatu in the body.
- Panchatikta ghrta guggulu consists of drugs like guduchi, Neem, Patha, triphala, trikatu, ajamod, manjistha, chavya, jyotishmati etc. it possess so many qualities, on account of its roughness, coarseness and non-sliminess, dries up rasa, rakta, mamsa, medas, asthi, majja and shukra, causes coarseness in channels, takes away strength, produces emaciation, malaise, mental confusion, giddiness, dryness of mouth and other vatika disorders. Hence Panchatikta ghrta guggulu is given. It is useful in many skin disorders like eczema, syphilis, leprosy etc. it provides relief from rashes, inflammation, pain, boil, and any kind of pus discharge. It also gives soothing effect by healing blisters.
- Patolkaturohinyadi kashayam as it contains Patola, Katurohini, Chandana, Madhusrava, Guduchi, etc. It has a balancing effect on Pitta and Kapha vitiation. The formulation is effective in purifying

## A single case study of Vicharchikaw.s.r.to Dry Eczema- Ayurvedic management

blood, Removing the blocks in Liver, remove the toxicity in cells and rejuvenating the cells which are contaminated and debilitated due to the disease process.

- Sidharthaka snana churna it contains musta, madanaphala, haritaki, vibhitaki, amalaki, karanja patra, saptaparna indrayava, daruharidra, aragvadha patra, so churna is having anti-bacterial, anti-fungal, anti-inflammatory properties

### ● **Picture 1: Condition before treatment**

and it also improves skin complexion. So it is indicated in many skin disorders like eczema, psoriasis, dry skin and acne.

- Panchavalkala lepa contains Vat, Udumbara, Ashwattha, Plaksha and Parisha, Panchavalkala bear Kashayarasa and has Shothahar, Vranaropana and Twakprasadana properties, it also possesses antibacterial property as well as anti-inflammatory effect.



**Picture2:Afterthecompletionoftreatment**



**Conclusion**

The case report demonstrates the treatment of Eczema completely with only ayurvedic medicinal intervention. No surgical intervention was given. Pathyasevan plays a major role in the treatment of vicharchika. Apathyaahar should be avoided.

**Reference**

1. JadavajiTrikamjiAcharya., Charaka Samhita, Vidyotini Hindi Commentary by KashiramShastriandGorakhnath

Chaturvedi, Chaukhambha Bharati Academy, Varanasi, Part 2, Reprint 2006, Chikitsa Sthana 7/30, pp 253

2. Harrison's Principles of Internal Medicine, McGraw Hill MedicalPublishing Division, New Delhi, 1036th Edition 2004, pp 289

3.[accessedon21/02/2009].hhttp://pagead2.google syndication.com/pagead/ads?client=Ca-pub-3339185, H:\plants \ Eczema-Article. htm .

## A single case study of Vicharchikaw.s.r.to Dry Eczema- Ayurvedic management

4. yadavaji Trikamji Acharya., Charaka Samhita, chikitsasthana, Kushthachikitsa Adhyaya, 7/30., editor. 5th ed. Varanasi; Chaukhambha Sanskrit Sansthana; 2001. p. 185.

5. yadavaji Trikamji Acharya. Charaka Samhita, chikitsasthana, Kushthachikitsa Adhyaya, 7/10. In: Jadavaji Trikamji Acharya., editor. 5th ed. Varanasi: Chaukhambha Sanskrit Sansthana; 2001. p. 182.

6. Ayurvedic formulary of India. Part 1 (2nd ed.), Ministry of Health and Family Welfare, Department of ISM & H, New Delhi (2003), p. 258

7. V. Kuchewar. A case study on successful ayurvedic management of a rare case of reiter's syndrome. Ancient Sci Life, 36 (2017), pp. 225-258

8. Database on Medicinal Plants used in Ayurveda. 1st edition. III. New Delhi: CCRAS; 2001. Anonymous; p. 257.



### Corresponding author:

**Dr Damodar Naik**

Assistant Professor, Department of Agada Tantra B.N.M Ayurvedic Medical College Vijayapur, Karnataka.

[damodarnaik1100@gmail.com](mailto:damodarnaik1100@gmail.com)

Source of Support: NIL  
Conflict of Interest: None declared

Published BY:  
Shri Prasanna Vitthala Education and Charitable Trust (Reg)