

AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA)

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ABSTRACT -

Vicharchika is one of the most common skin disease. In Ayurveda Vicharchika has been described under KshudraKusthas. It is having the involvement of Tridosha, with Kapha predominant. Kandu, Pidika, ShyavaVarna, and Srava are the characteristic symptoms of Vicharchika. It included under RaktapradoshajaVikaras. It affects psychological and social status of person. due to its appearance, severe itching, disturb the daily routine life.

It is correlated with eczema in modern dermatology, based on the clinical presentations. The term Eczema means to "Boil out" (ec = out, zema = boil) that the skin is boiling out or oozing out. Eczema is an inflammatory reaction pattern of the skin. Characterized by variable intensity of itching and soreness, crusting, dryness, erythema, excoriation, exudation, fissuring, hyper pigmentation, lichenification, oozing, scaling & vasculature. The most common type of eczema is known as atopic dermatitis or atopic eczema. No satisfactory treatment is available for eczema in modern medicine, some antihistamines & topical steroids are used for treatment of eczema.

The Ayurvedic treatment principle of eczema can be divided in to Srotosodhana & Doshashaman. According to condition, Vamana, Virechana & Raktamokshana are included in shodhana. In Doshashaman, for acute stage of disease mostly PittaKaphahara properties medicines are useful & for chronic stage of Vicharchika, VataKaphahara medicines are used.

Keywords : Vicharchika, Eczema, KshudraKusthas, Doshashaman.

INTRODUCTION –

In Ayurveda all skin disorders have been classified mainly into two groups, mahakushthas & kshudra kushthas, vicharchika has been described under kshudra kushthas⁽¹⁾. Vicharchika is one of the common skin diseases is most prevalent among rural & urban areas. In Ayurveda "kushhta" is defined as "twachaha kurvanti vaivarnya dustah kushthamushanti tat" the disease which destroys the skin etc dhatus of the human body is called kushtha⁽²⁾. Being a variety of kushtha, vicharchika also destroys affected part of the skin. All kushthas are having tridoshaja origin⁽³⁾, hence vicharchika can be explained in similar manner.

It is correlated with eczema in modern dermatology, based on the clinical presentations. The term eczema means to "boil out" (ec=out, zema=boil) that the skin is boiling out or oozing out⁽⁴⁾. Eczema is an inflammatory reaction pattern of the skin. Characterized by variable intensity of itching and soreness, crusting, dryness, erythema, excoriation, exudation, fissuring, hyper pigmentation, lichenification, oozing, scaling & vasculature⁽⁵⁾. The most common type of eczema is known as atopic dermatitis or atopic eczema. No satisfactory treatment is available for eczema in modern medicine,

Eczema is a group of conditions that show a similar pattern of changes in the skin, giving rise to specific changes on the surface. It is a recognizable reaction pattern seen in a number of skin diseases. It is important to distinguish the different causes of eczema because effective treatments often differ. It heralds with redness of the skin and wet oozing lesions. It is seen most commonly in individuals who have family history of asthma & hay fever.

NIRUKTI OF VICHARCHIKA – according to *Sabdakalpadrum* -

“*Visesena care-ayate padasya tvak vidaryate anaya iti vicharchika*⁽⁶⁾.”

The disease which coats the skin in particular manner & causes cracking of skin of hands & feet mainly.

RUPA (SYMPTOMS) OF VICHARCHIKA –

According to *aacharya charaka* –

“*Sa kandu pidika syava bahu srava vicharchika*” (*Cha. Chi. 7/26*)⁽⁷⁾

According to *aacharya sushruta* –

“*Rajyo atikandu atiruja sa ruksa bhavanti gatresu vicharcikayam* “. (*su . ni. 5/13*)⁽⁸⁾

Rupa of vicharchika according to different *aacharya* of *Ayurveda* are –

S.N.	Rupa	Charaka S ⁽⁹⁾	Sushruta S ⁽¹⁰⁾	Astanga H ⁽¹¹⁾	Astanga S ⁽¹²⁾
1.	<i>Kandu</i> (itching)	+	+	+	+
2.	<i>Pidika</i> (carbuncle)	+		+	+
3.	<i>Syava</i> (blackish discoloration)	+		+	+
4.	<i>Srava</i> (discharge)	+		+	+
5.	<i>Rajyo</i> (marked lining due to thickness of lesions)		+		
6.	<i>Ruja</i> (pain)		+		
7.	<i>Ruksa</i> (dryness)		+		

CLASSIFICATIONS OF THE ECZEMA⁽¹³⁾ –

ACUTE – spongiosis, leading to micro or macro vesicles, infiltration of leukocytes, mostly lymphocytes, into the epidermis & upper dermis. In this type of eczema ill defined erythematous & oedematous plaque, vesicles producing oozy lesions, folloed by sczling. In *Ayurvedic view* it is *vata-pittaja* or *vata-shonitaja* in origin.

SUB ACUTE – reduced spongiosis with no vesicles, diminished infiltration of leukocytes. Wheeping & pustules in lesions. It is *pitta-kaphaja* in origin.

CHRONIC–spoigiosis may be mild or completely absent, epidermal thickening is more pronouned with acanthosis, hyperkeratosis, parakeratosis. In lesions less exudation, prominent scaling, lichenification & fissuring.

There are 11 types of skin conditions that produce eczema⁽¹⁴⁾.

(1). Atopic dermatitis – this health condition has a genetic basis & produces a common type of eczema. It is more common in individuals with a personal or family history of eczema, inhalant allergies like asthma or hay

fever. Patients develop weeping, oozing, itchy lesions in a characteristic distribution, Characteristically, in this type rashes occur on the cheeks, neck, elbow, & knee creases, & ankles.

(2). **Irritant dermatitis** – this occurs when the skin is repeatedly exposed to excessive washing or toxic substances.

(3). **Allergic contact dermatitis** – after repeated exposures to the same substance, an allergen, the body's immune recognition system becomes activated at the site of the next exposure and produces a dermatitis. 2

(4). **Stasis dermatitis**–it commonly occurs on the swollen lower legs of people who have poor circulation in the veins of the legs.

(5). **Fungal infections** – it is similar to all other types of eczema.

(6). **Scabies** – it is caused by an infestation by the human itch mite, it is similar to other types of eczema.

(7). **Dyshidrotic eczema** – this is a common but poorly understood health condition which affects the hands & feet by producing an itchy rash composed of tiny blisters on the sides of the fingers or toes & palm & soles.

(8). **Lichen simplex chronicus (Neurodermatitis)**– it produces localized, thickened plaques of skin caused by itching & rubbing. commonly seen at shins & neck.

(9). **Nummular eczema** – this is a nonspecific term for coin-shaped round plaques of scaling skin most often on the lower legs of older individuals. It often is seen in the elderly & seems to be associated with dry skin.

(10). **Xerotic eczema** – the skin will crack & ooze if dryness becomes excessive.

(11). **Seborrheic dermatitis** –It is a chronic recurrent dermatitis & probably most common of all rashes in adults. it produces a rash on the scalp, face, ears, & occasionally the mid-chest in adults. In infants, it can produce a weepy, oozy rash behind the ears, & can be quite extensive, involving the entire body.

Dermatological complications⁽¹⁵⁾ –

- Infection.
- Ide eruption.
- Contact dermatitis.
- Erythroderma.

Psychological complications -

- Anxiety.
- Depression.

Social compliations –

- Wage loss.
- Debility.
- Social ostracism.

Differential diagnosis – Eczema should be differentiated from psoriasis, scabies, tinea infections, folliculitis, urticaria, & other pemphigus conditions⁽¹⁶⁾.

Investigations – patch testing, photopatch testing, prick testing & serological examinations help to diagnosis⁽¹⁷⁾.

Ayurvedic view – this disease can be correlated with *vicharchika* mentioned in *Ayurveda* under *kushtha*. It is having the involvement of *tridosha*, with *kapha* predominant. Characteristic symptoms of *vicharchika* are *kandu* (itching), *pidika* (vesicles or boils), *shyava varna* (darkness) & *srava* (oozing)⁽¹⁸⁾.

Treatment principles for *vicharchika* – treatment can be divided in *sroto sodhana* & *dosha shaman*. *Sodhana* may involve *vamana*, *virechana* & *rakta mokshana* according to the condition & in *shaman* treatment medicines with *pitta kaphahara* properties in acute stage are helpful. For chronic stage of *vicharchika* *vata kaphahara* medicines are useful⁽¹⁹⁾. 3

Treatment of acute eczema – it is *vata-pitta* or *vata rakta pradhana*, *snehana*, *seka* with *ghrita* is used, then *prachchhana karma* & *jalauka* is useful for *raktamokshana*. For internal medication *manjisthadi kwath* tablet & *vilvadi gulika* is very useful. For externally *kshalana* with *triphala churna* & then *shatdhauta ghrita* apply externally. For treatment of sub acute eczema *rukshana* treatment is used.

Treatment of chronic eczema – it is *vata-kapha pradhana*, for treatment firstly *abhyantar snehapana* is advised, if require, then *swedana*, *vamana*, & *virechana* is advised according to condition of disease & condition of patient.

For external treatment – *kshalanam* with *triphala kashaya*, & then external application of *nimbakalka*, *rasohtmadi lepam*, *manibhadra leham*, *shatdhauta ghrita*, *eladikeram*, or *paranthiadi keratailam*, according to condition of patient & lesions.

For internal medication – internally *mahatiktaka ghrita*, *tiktaka ghrita*, or *kalyanaka ghrita* should be given. *Tiktaka kwatha* tablet, *mahatiktaka kwatha* tablet, *aaragwadhadi kwath* tablet, *guloochyadi kwath* tablet with *kaishora guggula*, *haridra khandam*, *dooshivishari gulika*, *rajanyadi churnam*, *madhusnuhirasaynam* are very useful for treatment of chronic eczema⁽²⁰⁾.

Cases of *vicharchika* –

Case 1. –

female – 53 year

prakruti – *pitta kaphaja*

c/o – swelling on both feet, itching in skin of feet, patient is on under the drug for bp

Diagnosis – Static eczema, *vicharchika sah padasopha*

Treatment given –

(1). *Tiktaka kwatha* tab – 2

+

morning 6 am & evening 6 pm

Kaishore guggula – 1

(2). *Vilvadi gulika* - 1

+

8 am – 2 pm & 8 pm

Suryaprabha gulika – 2

(3). *Mandoor vatak* – 1

+ at night after food

Chandraprabha vati – 1

(4). *Triphala churna*

boil with water & wash

(5). *Shatdhaut ghrita*

external application.

Case 2–male – 62 year

4

Prakruti –

c/o – itching +++ on both foot & palm

Diagnosis – lichenified eczema

Treatment given –

(1). *Patolkaturohinyadi kwath tab* – 2

+ morning 6 am & evening 6 pm

Triphala guggula – 1

(2). *Haridra khandam* – 1 tsf

+ night after food with hot water

Chandraprabha vati – 1

(3). *Vilvadi gulika* – 1

+ 8 am – 2 pm – 8 pm

Suryaprabha gulika– 2

(4). *Triphala churna*

boil with water & wash

(5). *Mahatiktaka ghritam*

external application.

Case – 3

Male – 42 year

Patient *Prakruti* – *kapha pitta pradhan*

c/o – *sarvanga kandu*, cement dust allergy

Diagnosis – allergic dermatitis, *vicharchika*

Treatment –

(1). *Aaragwadhadi kwath* tablet – 2

+

morning 6 am & evening 6 pm

Kaishore guggula – 1

(2). *Vilvadi gulika* – 2

+

noon 2 pm & night 8 pm after food

Chandraprabha vati - 1

(3). *Haridra khandam* – 1 tsf

night after food with hot water

(4). *Eladi kera tailam*

external application

(5). *Shatdhaut ghritam* external application

5

Case 4 –

Female – 22 year

c/o – itching, black patch on skin

Diagnosis – eczema, *vicharchika*

Treatment –

(1). *Tiktaka kwath* tablet – 2

+

morning 6 am & evening 6 pm

Kaishore guggula – 1

(2). *Cap allerkhand* – 1

+

noon 2 pm & night 8 pm

Dooshivishari gulika – 1

(3). *Haridra khandam* – 1 tsf

night with hot water

(4). *Parantyadi kera tailam*

external applicaton

(5). *Triphala churna*

boil & wash.

Treatment continue for 15 days.

CONCLUSION

So we can conclude that in modern medicine no permanent treatment available for eczema except some symptomatic management. The holistic approach of *Ayurvedic* medicines provide better relief to the patients. Thus *Ayurvedic* management provides significant relief & improves the quality of life of eczema patient even if the condition is as a result of contact poisoning.

DISCUSSION

According to *Ayurvedic* texts, all types of *kushtha* are considered in “*Rakta pradoshaja Vikara* “. *Rakta* with *twaka* usually become the main *dushya* in most of the skin diseases. *Vicharchika* is also included in *rakta – pradoshaja vikara*. So the *Ayurvedic* treatment of *vicharchika* is depends upon *rakta shodhana*& local treatment.

In treated cases for externally washing we used *triphala kashaya*. It helps in *kledashoshana*, *pitta&kapha shaman*, which reduces *srava&shotha* from local area. After washing, local application of *lepa* is advised according to the *doshas* conditions. *Lepa* provides highest drug concentration at the site of action. It can be used frequently & does not interfere with GIT, Therefore local application is essential in the management of *vicharchika kushtha*. *Shatdhaut ghrita* is used as externally for *daha shamana*, & for reduce infection, it is mainly used in burning parasthesia, herpes, fungal & bacterial skin lesions.

Tiktaka kwath reduces inflammation from local area, heals ulcers, reduce anxiety & mental stress & normalised liver functions. *Kaishore guggul cure medodusthi*, it helps to improving digestion & removing toxins from the body. It has anti-bacterial, anti-inflammatory, anti-oxidant, anti-microbial property which helps in treating wounds.

Vilvadi gulika is a *aam pachaka*& anti toxic *yoga*, it uses in malansorption, eczema, skin infection disorders such as boils & abscesses. *Surya prabha gulika* is a *aam pachaka&shoola nashaka yoga*, it reduces 6 inflammation & mostly used in fever & myalgia. *Mandoor vataka* is used for *shoshana karma*, it reduces inflammation. *Chandraprabha vati* has *srotoshodhana* property, it cures genito – urinary tract infections.

Patolkaturohinyadi kwath is useful in eczematous skin lesion, psoriasis, allergic skin manifestations, liver diseases & diseases due to toxicity. *Haridra khandam* is useful in allergic skin & respiratory manifestations specially in urticaria & rhinitis. *Mahatiktaka ghritam* is useful in inflammatory nature skin diseases, non healing ulcers, anxiety, mental stress, leucoderma & liver diseases. *Aaragwadhadhi kwath* is useful in *kapha* related skin disorders, itches & ulcers. These drugs are very effective & useful for permanent cure of *vicharchika* (eczema).

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