ABSTRACT
In Ayurveda, various skin diseases have been described under the term Kushtha. Vicharchika is one type of skin disease which is similar to Eczema. Vicharchika is not a serious disease but it concerns the patient due to severe itching, its appearance, and its nature to become chronic. In the treatment of Vicharchika, various Shodhana and Shamana therapies are given in classical texts of Ayurveda. Among the shodhana karma, Raktamokshana (Bloodletting) with the Jalauka called as Jalaukavacharana is mainly advocated. Jalaukavacharana is one of the oldest remedies specially used in Rakta Pradoshaj Vikaras. It involves the attachment of cultured Jalauka (Leeches) in the affected area. A case of 43 years old male patient detected with Kandu, Daha, Rakshata, Strava, Vaivarnya etc lakshanas of Vicharchika on back of his palms of both hands from last 3 months. He was not getting relief by taking Antifungal, Analgesic drugs so came in Twachavikara OPD at Govt. Ayurved College, Osmanabad, Maharashtra for further treatment. He was treated with 4 sittings of Jalaukavacharana. After that he was asked to administer Arogyavardhini Vati along with Khadirarishtha and Panchtiktaghrit guggul with luke warm water twice a day for one month. The above lakshanas were significantly improved after 4 weeks. Jalaukavacharana as shodhana therapy and Arogyavardhini Vati, Khadirarishtha and Panchtiktaghrit guggul as Shamana therapy in combination when followed by systematically, gave relief from symptoms in patient of Vicharchika.

KEYWORDS
Kushta, Vicharchika, Kandu, Strav, Twakavaivarnya, Shudrakushta
INTRODUCTION

Kushtha is group of skin disorders. All kushtha are of Tridosha origin. Vitiated doshas causes discoloration of skin called as kushtha, twakavaivarnya (discoloration) and shows various symptoms such as kandu (itching), strav (bleeding), Puyuttpati (pus formation) which are the commonest symptoms found in the kushtha\textsuperscript{1}. Vitiation of seven factors are responsible for the samprapti of kushtha i.e. 3 Doshas and 4 Dushyas\textsuperscript{2}. Though kushtha have Tridosha origin, different dosha shows different lakshanas. Due to Vata dosha dryness and blackish lesion is found in Vicharchika, pitta is responsible for strav (bleeding) while kapha is responsible for kandu (itching) in the affected area. Though Acharya said that all kushtha have tridoshik involvement but the type of kushtha are according to predominance of particular doshas. Non contagious soreness of the skin along with Erythema, Scaling, Oedema, Vesculization and oozing is found in Vicharchika which in greater amount, resembles with Eczema, so we can co relate Vicharchika with Eczema\textsuperscript{3}. Vicharchika is type of Kshudra kushtha (Chronic skin disease). It is included under Rakta Pradoshaj Vikaras and its recurrence and chronic course is common\textsuperscript{4}. It disturbs the social life because of its appearance and severe itching.

AIMS AND OBJECTIVES

To study the role of Ayurvedic management in Vicharchika with respect to Eczema.

CASE SUMMARY

A 43-year-old Male patient came to us with complaint of Kandu, Daha, Strava, Vaivarnya, Rukshata, Raji etc lakshanas of Vicharchika on back of his palms of both hands from last 3 months.

DESCRIPTION OF PATIENT

Name: XYZ
Age: 43 years old
Sex: Male
Residence: Osmanabad
Occupation: school Teacher
Prakriti: Pittika Vata
Religion: Hindu
Drug History: No drug history found
Family history: No abnormality detected
Past history: H/O Malaria 15 years before

General Examination

VITALS

<table>
<thead>
<tr>
<th>Examination</th>
<th>Systemic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse: 84/min</td>
<td>CVS:</td>
</tr>
<tr>
<td>S\textsubscript{1} S\textsubscript{2} Normal</td>
<td>CNS:</td>
</tr>
<tr>
<td>BP: 130/90 mmHg</td>
<td></td>
</tr>
</tbody>
</table>

Conscious oriented
Temp: Afebrile  RS:
AEIBE Clear  
RR: 22/min  P/A:
Soft
Built: Lean
Weight: 62 kg
Height: 6 feet

CASE REPORT
The patient was normal 3 months back. Since then patient have been suffering from Kandu, Twakavaivarnya, Daha, Strava, Rukshata etc. Patient took treatment from various allopathic practitioners but got no relief, then he came for Ayurvedic treatment in Govt. Ayurved Hospital, Osmanabad in Twacharoga OPD.

The patient was diagnosed with Vicharchika (Eczema) on the basis of signs and symptoms of Vicharchika described in various Ayurvedic classics.

Patient was administered with Jalaukavacharana vidhi followed by Ayurvedic treatment

MATERIALS AND METHODS

Method of Jalaukavacharana

Purva karma (Pre-operative procedure):
For Jalaukavacharana patient was asked to sit or lie down and after that, site was rub with earth and powdered cow dung.

Pradhana karma (operative procedure):
First of all, Jalauka (Leeches) were applied with a paste of Sarshapa (Mustard) and Haridra (turmeric powder) in water and then they were left in a vessel of water for a muhurta (48 min), due to this they were relived from tiredness and therefore can be used for adhering at the site of application. When they were attached at the site of lesion they were covered with fine wet cloth except their mouth. As soon as they started sucking the blood they attained shape of a horse shoe which means that they are sucking in a proper manner. Jalauka (Leeches) were removed when pricking pain or itching was produced at the site of application, which means that after sucking the vitiated blood they were now sucking the pure blood. The leeches were then removed by sprinkling some turmeric powder over them.

Paschat karma (Post-operative procedure): Now body of leeches were gently massaged by rice powder and their mouth by common salt. After that, hind portion of leeches were held by the left hand in between thumb and fingers and gently squeezed towards the direction of mouth by the thumb and finger of right hand and allowed it to vomit until it showed the symptoms of completely emptying. After the Vamana (completely emptying of blood), they were kept in vessel full of water. After measuring the amount of bleeding, the wound was simply anointed
by Shatadhauta ghrita (Ghrita which was washed one hundred times) and after that compressed by gauze (soaked) in the same. Then some sweet, greasy and cold paste was applied over it and then wound was bandaged.

Table 1 Drug doses with its Anupana

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arogyavardhini Vati</td>
<td>500 mg</td>
<td>30 days</td>
<td>20 ml Khadirari shtha</td>
</tr>
<tr>
<td>2</td>
<td>Panchtikta ghrit Guggul</td>
<td>500 mg</td>
<td>30 days</td>
<td>Luke warm water</td>
</tr>
</tbody>
</table>

**OBERVATION AND RESULTS**

**Criteria for the total effect of therapy**

**Complete remission:** 100% relief in the signs and symptoms

**Moderate improvement:** 51-75% improvement in sign and symptoms

**Mild improvement:** 26-50% improvement in signs and symptoms

**Unchanged:** No change or less than 25% improvement in signs and symptoms

**Scoring criteria**

Table 2 Scoring was given before and after treatment.

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Laxanas Present</th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kandu</td>
<td>20 (100%)</td>
<td>3 (15%)</td>
</tr>
<tr>
<td>2</td>
<td>Daha</td>
<td>14 (70%)</td>
<td>3 (15%)</td>
</tr>
<tr>
<td>3</td>
<td>Ruja</td>
<td>16 (80%)</td>
<td>3 (15%)</td>
</tr>
<tr>
<td>4</td>
<td>Pidaka</td>
<td>20 (100%)</td>
<td>4 (20%)</td>
</tr>
<tr>
<td>5</td>
<td>Strava</td>
<td>14 (70%)</td>
<td>3 (15%)</td>
</tr>
<tr>
<td>6</td>
<td>Vaivarnya</td>
<td>20 (100%)</td>
<td>3 (15%)</td>
</tr>
<tr>
<td>7</td>
<td>Rukshata</td>
<td>20 (100%)</td>
<td>4 (20%)</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Jalaukavacharana vidhi was mainly done in Rakta Pradoshaj Vikaras after local abhyanga and swedan on the effected part of the body. There were four sittings of Jalaukavacharana in one month with gap of seven days. Jalauka, three water bowl, Cotton, Bandage, Turmeric powder these ingredients were required for procedure. The content of Arogyavardhini Vati are Kutaki (Picrorhiza kurroa), Chitrak (Plumbago Zeylanica), Shuddha Gugglu, Emblica, Shilajit (Purified asphaltum), Mercury, Sulphur, Loha Bhasma (Fe), Abhraka Bhasma (Mica). It acts on various diseases like skin disease, Eczema, Sthoulya, kandu according to Rasaratna Samuchhayam. It works by kaphapittahara, Sramsana karma. The contents of Khadirarishtha are Khadira (Acasia catechu), Deodaru (Cedrus deodara), Bakuchi (Psoralea corylifolia), Daruharidra (Berberis aristata), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerika), Amalaki (Emblica officinalis). Khadira has anti-oxidant property and anti-mycotic property. It also has anti- bacterial agent. Deodaru is kaphavata shamak. It has anti-inflammatory and anti-leprotic properties. It is Kushthaghna, krumighna and dushtha vrana shodhak. Daruharidra is used for rejuvenating effect.
Haritaki is an Anti-Oxidant, Anti-Fungal, Anti-Inflammatory drug. Bibhitaki also has Anti-Oxidant and Antimicrobial action. Amalaki has anti-tumour action.6

Panchatikta ghrita guggul mainly contains Panchatikta gana dravyas, ghee and Guggul. All dravyas of Panchatikta gana are having tikta rasa, laghu and ruksha guna so it acts on kled and helps in vikrut meda upashoshan and vranashodhak, it also has anti-itching property.7 It mainly acts on body wastes such as kleda, meda (fat), lasika (plasma), rakta (blood), pitta, swed (sweat) and shleshma. Nimb (Azadirecta indica) has chemical composition of Nimbin and Nimbidin which has anti-inflammatory activity and also has anti-ulcer action.9 Guduchi (Tinosporia cordifolia) has tinosporin and Berberin which act as anti-oxidant & immune potentiating.10 Vasa (Adhatoda vasica) has anti-histaminic property and reduces strav (Bleeding). It is also anti-oxidant and anti-inflammatory.11 Patol (Trichosanthes dioica) has anti-oxidant & Nidigdhika (Solanum xanthocarpum) has anti-histaminic property.13 Guggul (Commiphora mukul) has property to act on vikrut meda.

CONCLUSION

Vicharchika can be categorized under Kshudra kushtha, Kshudra roga, Sadhya kushtha and on the basis of its pathology, signs and symptoms it can be correlated with Eczema. Vicharchika is kaphapitta Pradhana tridoshaja vyadhi. Jalaukavacharana helps to manage Pitta dosha while the various medicinal drugs and their active ingredient from Arogyavardhini Vati and Panchtiktaghrit guggul helps to give relief from various lakshanas of Vicharchika. According to Table No.2 we have concluded that Ayurvedic management shows significant results in the management of Vicharchika.
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13. Priyavat Sharma, Dravyaguna Vidnyana Part 2, Published by Choukhamba Bharti Academy 2003 Ed.