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Ayurvedic Management of *Vicharchika* w.s.r.to Eczema – A Case Study

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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 serious disease but it concerns the patient due to sever 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*, *Rukshata*, *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*



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INTRODUCTION

Kushtha is group of skin disorders. All *kushtha* are of *Tridosha* origin. Vitiating *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*¹. Vitiating of seven factors are responsible for the *samprapti* of *kushtha* i.e. 3 *Doshas* and 4 *Dushyas*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, Vesiculization and oozing is found in *Vicharchika* which in greater amount, resembles with Eczema, so we can relate *Vicharchika* with Eczema³. *Vicharchika* is type of *Kshudra kushtha* (Chronic skin disease). It is included under *Rakta Pradoshaj Vikaras* and its recurrence and chronic course is common⁴. 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: *Paittika 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

Systemic

Examinations

Pulse: 84/min

CVS:

S₁ S₂ Normal

BP: 130/90 mmHg

CNS:

Conscious oriented



Temp: Afebrile

AEBE Clear

RR: 22/min

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

RS:

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 them⁵.

***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 it⁵ and then wound was bandaged.

Table 1 Drug doses with its Anupana

Sr. no.	Drug	Dose	Durat ion	Anupan
1	<i>Arogyavar dhini Vati</i>	500 mg BD	30 days	20 ml <i>Khadirari shtha</i>
2	<i>Panchtikta ghrat Guggul</i>	500 mg BD	30 days	Luke warm water

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.

Sr.No.	Laxanas Present	Before Treatment	After Treatment
1	Kandu	20 (100%)	3 (15%)
2	Daha	14 (70%)	3 (15%)
3	Ruja	16 (80%)	3 (15%)
4	Pidaka	20 (100%)	4 (20%)
5	Strava	14 (70%)	3 (15%)
6	Vaivarnya	20 (100%)	3 (15%)
7	Rukshata	20 (100%)	4 (20%)

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 Guggul*, *Embllica*, *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 (Acacia catechu)*, *Deodaru (Cedrus deodara)*, *Bakuchi (Psoralea corylifolia)*, *Daruharidra (Berberis aristata)*, *Haritaki (Terminalia chebula)*, *Bibhitaki (Terminalia bellerika)*, *Amalaki (Embllica officinalis)*. *Khadira* has anti-oxidant property and anti-mycotic property. It also has anti- bacterial agent. *Deodaru* is *kapha-vata 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 action⁶.

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 property⁷. It mainly acts on body wastes such as *kleda*, *meda* (fat), *lasika* (plasma), *rakta* (blood), *pitta*, *swed* (sweat) and *shleshma*⁸. *Nimb* (*Azadirachta indica*) has chemical composition of *Nimbin* and *Nimbidin* which has anti-inflammatory activity and also has anti-ulcer action⁹. *Guduchi* (*Tinospora cordifolia*) has *tinospurin* and *Berberin* which act as anti-oxidant & immune potentiating¹⁰. *Vasa* (*Adhatoda vasica*) has anti-histaminic property and reduces *strav* (Bleeding). It is also anti-oxidant and anti-inflammatory¹¹. *Patol* (*Trichosanthes dioica*) has anti-oxidant¹² & *Nidigdhika* (*Solanum xanthocarpum*) has anti-histaminic property¹³. *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 *Panchatiktaghrita 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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