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Etiopathogenesis of *Vicharchika*: A Review

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ABSTRACT

In Ayurveda "*Kustha*" is defined as "*Kushnateeti kushatham*" the disease which destroys the affected part of the body (skin) is known as *kustha*. *Vicharchika* is classified under *kshudra kustha*. It is *Vata-Kaphapradhan Tridoshaja vikar*, characterised by *Kandu*, *strava* and *pidika*. *Vicharchika* can be correlated with the eczema or dermatitis. In eczema patches of skin become inflamed, itchy, red, cracked and rough. Sometimes blisters may occur. The involvement of *Vata dosha* is responsible for dry, blackish lesion of eczema, *Kapha dosha* is responsible for itching in those affected areas and oozing is due to *pitta dosha*. Junk food, frozen food and rapidly changing lifestyle is also leading to increase the rate of skin diseases. The patients of *Vicharchika* are found commonly now a days, so for their treatment; it is essential to study the etiological factors and pathogenesis of *Vicharchika* in detail.

KEYWORDS

Vicharchika, Kustha, Eczema, Viruddha ahar



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INTRODUCTION

All skin diseases are included in the *kustha*. There are two main types of *kustha*, i.e. *Mahakustha* and *kshudra kustha*. *Vicharchika* disease included in *kshudra Kustha*. The meaning of *Vicharchika* is “cracking of skin” mainly seen on the skin of hand and legs.¹ The symptoms of *Vicharchika* are *shava pidika* (skin eruption with discoloration), *kandu* (severe itching) and *ruja* (pain). *Vicharchika* can be correlated with the eczema or dermatitis, is reaction pattern with clinical findings like erythema, edema, oozing, vesiculation, crusting and later lichenification². Skin is the mirror that reflects the internal and external pathology and thus helps in diagnosis of diseases. Skin diseases result in disfigurement and depression. Among all skin diseases which are commonly seen in the society i.e. Tinea infections, psoriasis, eczema etc. The etiological factors are varied in *vicharchika*, but *virudha ahar* and *vegadharana* (holding of natural urges) are the major causative factors. There is more confusion in diagnosing the *Vicharchika* based on the symptoms mentioned by *Acharya Charaka*, hence this study is made to better diagnosis, treatment and prevention of the *Vicharchika*.

AYURVEDIC VIEW OF THE SKIN-

In Ayurveda the term *Twak* or *charma* is used for skin.³

Panchabhautik Sanghatana of Skin-

Romakupa, swedvaha strotas – *Akash Mahabhut pradhan*

Prabha, Kanti, Bhrajak pitta – *Vayu Mahabhut pradhan*

Rasa dhatu, sweat, secretion – *Agni Mahabhut pradhan*

Epidermis, Subcutaneous fat, Loma – *Prithwi Mahabhut pradhan*

AIM

To study *Vicharchika* in detail according to ayurveda.

OBJECTIVES

1. To study the etiological factors of *Vicharchika*.
2. To study pathogenesis of *Vicharchika* in detail.

MATERIALS AND METHOD

1. Ayurvedic classical text
2. Modern Textbook

NIDAN-

Assesment of Nidan for Vicharchika- Ahar⁴- (Virudhha Aahar)

Madhura Ahar- Ama, Ajirnakara (e.g. cake, Rabadi, chocklate etc.)

Matsya- Bahudoshakara

Tila – Pitta prakopa and Kusthakara



Guda – Krimikara and Agnimandyakara
Dadhi- Mahabhishyandi,
kusthakara, Kaphakara
Snigdha Ahar – Abhishaydi (e.g Medu vada,
Dahi vada)
Guru Ahar - Ajirnakara
Kshira- Kledakara
Mulaka – Tridoshakara, Abhishyandi and
Vishtambhakara

Examples of Viruddha Ahara⁵ –

Veerya Viruddha (potency incompatibility)
– fish and milk
Samskar Viruddha (processing
incompatibility) – heated honey *sevana*
Matra Viruddha (dose incompatibility) –
honey and ghee in equal amount or
proportion
Kala Viruddha (time incompatibility) –
consuming pungent substance in summer
and cold substance in winter
Krama Viruddha (order incompatibility) –
consuming curd at night, madhura rasa food
after meal
Samyoga Viruddha (combination
incompatibility) – consuming fruit salad
and banana with milk
Parihar Viruddha (contraindication
incompatibility) – consuming cold water
immediately after having hot substance i.e.
tea or coffee
Upachara Viruddha (treatment
incompatibility) – consuming cold water
after taking ghee (sneha dravyas)

Viharaj hetu-

Exposure to cold immediately after heat
leads to *Swedawaha Strotodusti*.⁶

Diwaswap, Ativyavay, Ativyayam
Panchakrma apcharan (Panchakrma doing
in improper way)

Vegavidharana (controlling natural urges)
Ratrijagarana (late night sleep) - due to night
job and late night sleep habit

Krimij Hetu-⁷

Acharya Sushruta says that all types of
Kustha caused due to *tridoshaja* and *krimi*.

Poorvrupa⁸-

There is no classical description regarding
the *poorvrupa* of *Vicharchika* but being a
variety of *kustha*, the *Poorvrupa* of *Kustha*
should be considered as *poorvrupa*. This
can be described as follows-

Asweda (No perspiration)

Atisweda (Excessive perspiration)

Kandu (Itching)

Toda (pricking pain)

Vaivarnya (Discoloration)

Paridah (Burning sensation)

Rupa-

Vedana vishesh-

1. Kandu-

Kandu means itching. Itching is due to
prakupita (vitiated) *Kapha* and *Vata dosha*.
In *Vicharchika* itching is severe, as it
mentioned by *Acharya Sushruta*, ‘
Atikandu’ and by *Acharya Charaka* as
‘*Sakandu*.’¹⁰



2. *Pidika* (blackish discolouration)-

In *Vicharchika shyava pidika*⁹ occurs it means a localised circular protuberance small in size or boil (which is blackish discolouration of the skin), pustules when *Pitta* gets aggravated. all the *Acharya* mentioned this characteristic of this colour but *Acharya Sushruta* has not mentioned the colour of the lesion of *Vicharchika*.

3. *Daha*-¹⁰

Daha means burning sensation, due to *Vata* and *pitta dosha*.

4. *Ruja* (Pain)-

Ruja occurs due to predominance of *Vata dosha*. *Acharya Sushruta* has mentioned ‘*Atiruja*’ as a symptoms of *Vicharchika*.

5. *Strava*(Oozing)-

Acharya charaka mentioned *Bahustrava*⁹ means profused discharge.

6. *Rukshata*¹⁰(dryness)-

Rukshata means dryness. It is mentioned by *Acharya Sushruta*. And it causes due to *Prakupita*(vitiating) *Vata dosha*.

Samprapti-

The Pathogenesis of *Vicharchika* is -

Nidan Sevan



Agnimandya



Kapha pradhan Tridosha Prakopa
(vitiating)



Simultaneously *Twak*(skin), *Rakta*(blood), *Mamsa*(muscular part of the body) and *Ambu*(watery part of the body) get *shithila* (lose their consistency)



All seven *dravyasangrah* of *Kustha* get vitiated



Kandu, Strava, Pidika Utpatti



Vicharchika

*Samprapti ghataka*¹¹ –

Dosha- Kaphapradhana Tridoshaj

Dushya- Twak, Rakta, Mamsa and Ambu

Strotas- Ras, Rakta, Mamsavaha and Udakvaha strotas

Strotodusti lakshana- Sanga and vimargagamana

Udabhava sthana- Aamashaya

Adhistan-Twak

Marga- Bahya

Gati- Tiryak

DISCUSSION

The change in food habits, lifestyle and stress are main aggravating factors of different skin diseases among them *Vicharchika* is one of them. Nowadays most common *hetus*(causes) of *vicharchika* are *virudha ahar sevana* like fruit salad, tea with khari(toast) and *abhishyandi ahar* (*Dahi- vada, pizza, burger*) in *vihar* i.e



Ratrijagaran (late sleep at night) it causes *Aam ras utpatti* then *Kapha pradhan Tridosha Prakopa* and *dushya dusti* leads to *Vicharchika*. *Vicharchika* is correlated with 'eczema' in modern science, characterised by erythema, edema, oozing, vesiculation, crusting and later lichenification. The patients of skin diseases have mental torture because of their ugly look and constant discomforts like severe itching. Hence there is need to find out the cause for skin diseases and try to stay away from exposure to that cause, because "Nidan Parivarjanameva chikitsa".

CONCLUSION

On the basis of conceptual analysis, the following conclusions can be drawn as follows. *Vicharchika* is a *Tridosaj vikar* with *kapha dosha* predominance. symptoms like *kandu strava*, *ruja* and *shyava pidika* are the cardinal features of *Vicharchika* and can be correlated to eczema. The etiological factors are varied in *Vicharchika*, but *virudha ahar* and *vegadharana* (controlling of natural urges) are the major causative factors. Exposure to various *nidanas* (causes) make *twagadidhatudusti* to become *shithila* and then causes *Vicharchika*.



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