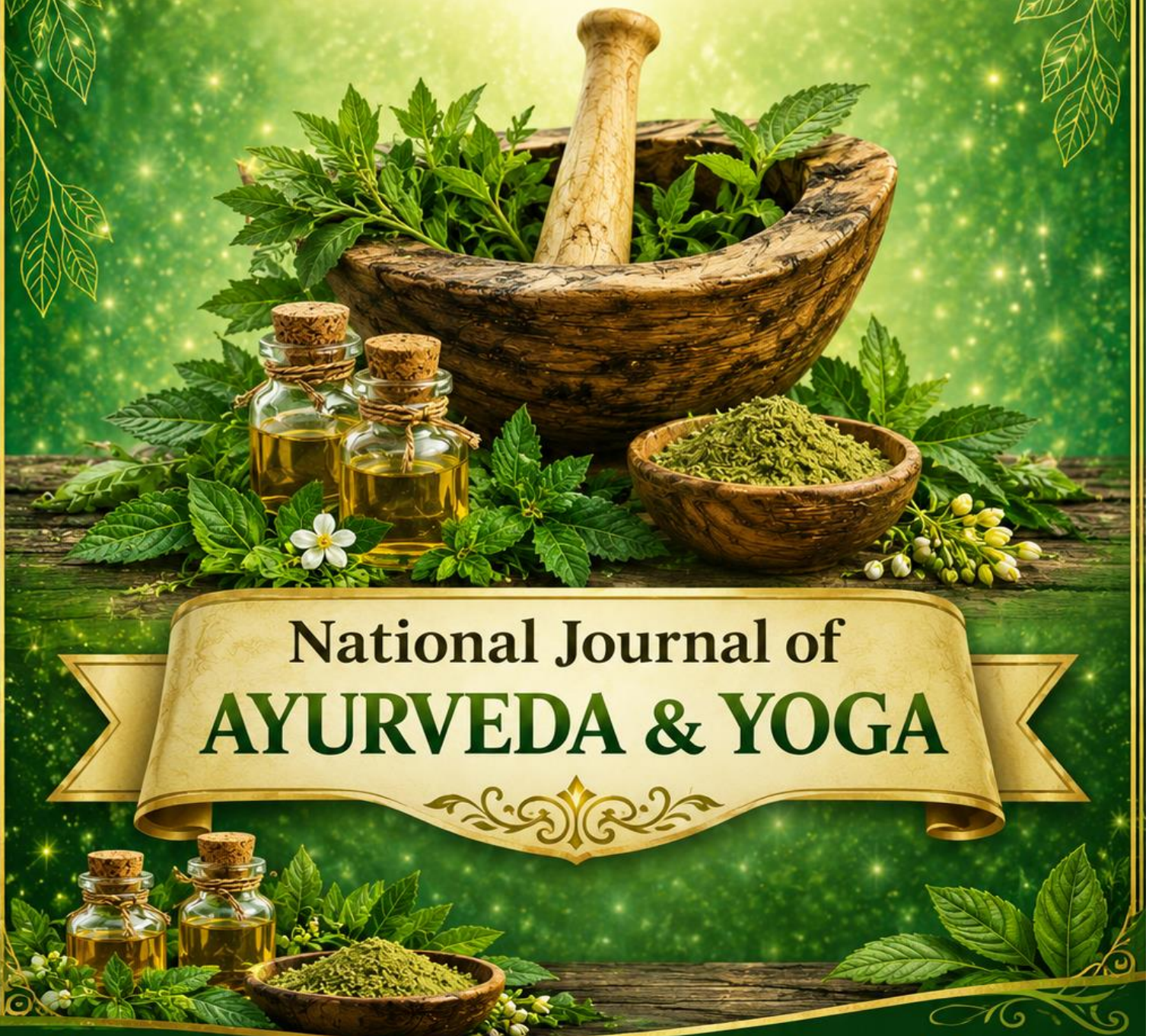




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“AN AYURVEDIC MANAGEMENT OF VICHARCHIKA W.S.R. TO ECZEMA: A CASE STUDY”**Dr. Hrishikesh Shendage¹, Dr. S. B. Jamdhade², Dr. Pradnya Jamdhade³, Dr. Gangadhar Polawar⁴**

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DMM Ayurved Mahavidhyalaya, Yavatmal, Maharashtra, India**ABSTRACT:**

Background: Vicharchika, described by Kshudra Kushtha in Ayurveda, is a chronic, recurrent skin disorder characterized by Kandy (itching), Slava (discharge), Vaivarnya (discoloration), and Rukshata (dryness). It closely resembles eczema (atopic dermatitis) in its clinical presentation. Ayurveda attributes its pathogenesis to Agnimandya leading to AMA formation, Tridosha vitiation (predominantly Kappa), and involvement of Teak, Rata, Mama, and LASIK. This study evaluates the effectiveness of Ayurvedic management in a patient with Vicharchika. **Objective:** To evaluate the efficacy of Ayurvedic treatment in the management of Vicharchika with special reference to eczema. **Materials and Methods:** A single-case study was conducted on a 45-year-old female presenting with itching, pain, and erythema over both legs for four months. The treatment protocol included Shoshana Chikitsa (Snehapoorvaka Virechana and monthly Jalaukavacharana for three months), internal medications (Arogyavardhini Vat, Kaishor Guggulu, Khadiradi Vat, Haridrakhandha, Punarnavasava, and Sukhavirechana Churn), and external therapies (Triphala Katha Havana, Karajan Tail, and Shatadhauta Ghrita). Clinical assessment was based on the severity of Kandy, Raktavarna, Brava, and Vedanta. **Results:** Marked improvement was observed after three months. Complete resolution of itching, erythema, and discharge was achieved, while pain was significantly reduced. No adverse effects were reported during the treatment period. **Conclusion:** A comprehensive Ayurvedic approach integrating Shoshana, Shaman, external therapies, and Pathy effectively reduced the clinical manifestations of Vicharchika and may help prevent recurrence. This case highlights the potential of Ayurvedic management as a safe and holistic treatment option for eczema, warranting further validation through larger controlled clinical studies.

KEY WORDS:- Vicharchika, Eczema, Kshudra Kushtha, Agnimandya & Ama, Tridosha Vitiation**Corresponding Details:****Dr. Hrishikesh Shendage**

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INTRODUCTION

Atopic dermatitis, often known as eczema, is a disorder that results in dry, rough, itchy skin. Damage to the skin barrier is caused by eczema (the "glue" of skin). The skin becomes more sensitive, prone to infection, and dry due to this lack of barrier function. Use of skin moisturizers, phototherapy, Time (Topical Immune Modulators), mild soaps, and other items devoid of alcohol, colors, and fragrances are examples of conservative treatment. According to Ayurveda, Vicharchika is a Raktpradoshaja Vikara with three Doshas engaged with Kapha as the dominant Dosha. As mentioned in Chara Samhita, Samprapti (pathogenesis) of Vicharchika, which starts with Agnimandya, which occurs due to Nidana sewana which causes Amautpatti (indigestion), which further does Tridoshadushti & Kleda (moisture) formation and eventually causing Mamsadushti, Twakdushti, Lasika Dashti and Rata Dashti finally causing Kushta/ Vicharchika. [1] Even though it is Kshudra Kushta, it has a propensity for exacerbations and has a chronic history. Most Vicharchika (eczema) patients, who do not benefit much from modern medicines, seek Ayurvedic treatment with high hopes of being cured of their illness. There are numerous factors that contribute to Vicharchika, including overindulging in foods that are salty, spicy, sour, fermented, dry, cold, and dry; working late; eating frequent late-night meals; engaging in excessive physical, mental, and sexual activity; and stress. Eczema can also be brought on by excessive consumption of tea, coffee, alcohol, aerated drinks, indigestion, constipation, acid reflux or flatulence.[2] Ayurveda emphasizes a holistic treatment approach aimed at Samprapti Vighatana through Shoshana Chikitsa (Vimana, Virechana, and Raktamokshana where indicated), Shaman Chikitsa, local therapies, and appropriate Pathya-Apathya. These interventions not only alleviate symptoms but also target the underlying etiopathogenesis, thereby reducing recurrence and improving overall quality of life. Contemporary clinical studies have demonstrated encouraging outcomes of Ayurvedic interventions in the management of Vicharchika (eczema), suggesting their potential as safe and effective therapeutic options.[3] Therefore, the present article aims to review the Ayurvedic concept of Vicharchika and its correlation with eczema, with special emphasis on its etiopathogenesis and evidence-based Ayurvedic management[4]

AIM & OBJECTIVE:

To evaluate efficacy of ayurvedic management of Vicharchika W.S.R. to Eczema.

MATERIAL AND METHOD :

The present work is based on a review of Classical information, relevant Published research work and modern literature.

Method : single case study.

Place : PG department of Kayachikitsa Kalaspurkar Ayurvedic College Yavatmal, affiliated with D. M. M Ayurveda College Yavatmal

Case report

A 45-year-old female patient presented to the Outpatient Department (OPD) of Kayachikitsa, L.K. Ayurved Hospital, Yavatmal, with complaints of

- Itching
- pain
- redness in both the legs

For more than 4 months

History of Present Illness

The patient was apparently healthy 4 months before the presentation, after which he gradually developed Itching, pain, redness in both his legs. so she came to L.K. Ayurveda Hospital for treatment.

Past History –

No history of diabetes mellitus or hypertension.

No previous major surgical intervention.

No known drug allergy.

Ashtavidha Pariksha

Nadi (Pulse)— 80/min, regular, Kapha-pitta predominant

Mura (Urine)— Samyaka pravritti

Mala (Stool)— Regular, once daily, well-formed

Jihva (Tongue)— Slightly coated (Sama),

Shabda (Speech/Voice)— Clear and normal

Spars (Touch/Skin temperature)— Samashitoshna

Dirk (Eyes)— Samayk

Aakruti (Build)— Madhya Aakruti (moderate body build), moderately nourished

General Examination

Pulse: 80/min, regular

Blood Pressure: 120/80 mmHg

Respiratory Rate: 18/min

Temperature: Afebrile

SpO2: 98% in room air

Samprapti – [5,6,7]**Nidana Sevana**

(Apathy Ahara-Vihara, Viruddhahara, Divaswapna, Vega Dharana, etc.)

↓
Jatharagni Mandy

↓
Ama Utpatti

↓
Tridosha Pakora (Kappa > Pitta > Vata)

↓
Dosha-Dushya Sammurchana
(Teak, Rakta, Mama, Lasika)

↓
Rasavaha & Raktavaha Srotodushti (Sanga)

↓
Sthanasamshraya in Teak

↓
Vyakti of Vicharchika
(Kandy, Pidika, Slava, Shyava Varna, Rukshata, Vaivarnya)

↓
Chir akari Avast (Chronicity) & Punaravartana (Recurrence)

Samprapti Ghataka

Dosha: Tridosha (Kappa predominance, followed by Pitta and Vata)

Dushya: Twak, Rakta, Mamsa, Lasika

Agni: Jatharagni Mandy, Dhatvagni Mandy

AMA: Present

Srotas: Rasavaha, Raktavaha, Mamsavaha

Srotodushti: Sanga and Vimarga Manama

Udbhava Sthana: Amashaya

Sanchara: Rasavaha and Raktavaha Rotas

Adhisthana/Vyaktasthana: Twak

Roga Marga: Bahya Roga Marga

Swabhava: Chir akari (chronic), Punaravartaka (recurrent)

Treatment –

Sr.no	Drug	Dose	Kala	Anupana
1	Aarogyavardhini vati	250mg	Vyanodane	Koshnajala
2	Khadiradi vati.	250 mg	Vyanodane	Koshnajala
3	Kaishor Guggulu	500mg	Vyanodane	Koshnajala
4	Punarnavasava	15ml	Vyanodane	Sheetal jala
5	Haridrakhanda	3gm	Vyanodane	Milk
6	Sukhvirechan churna	3gm	Nishakale	Koshnajala
7	Triphala Kwath (Dhavanartha)	As required	-	-
8	Shatadhaut Ghrita Karanja Taila	Local application	-	-

Shodhan Chikitsa –

1. Virechan – Sneh swdapurvak Virechan was given
2. Jalaukavacharana (every month For Three Months)

Assessment Criteria – ^[8]

The symptoms of Vicharchika were categorized according to intensity

Symptoms - Rakta Varna, Kandu, Vedana, Strava

Assessment - Atyadhik - 3, Madhyam - 2, Alpa - 1, Normal – 0

Observations and Results

Symptoms	B.T.	1 Month	2 Month	3 Month
Raktavarna	3	2	1	0
Kandu	3	2	1	0
Strava	2	2	1	0
Vedana	2	1	1	1

DISCUSSION

Kushtha is tridoshaj vyadhi, in which Tweak, rata, manga and lasika were involved. So treatment was intentionally planned to target the kappa and pitta doshas by carrying out virechan, to remove vitiated pitta and kappa doshas.

Then Raktamokshan in which jaloukavacharan was carried out for raktashuddhi. As a rata is the main dushya. Externally, Triphala Dhawan helps with keldoshaman, reduces straw from the local area. After washing local application of Karanj Tailam and shatadhaut grit were administered. Shatadhaut Ghrita Reduces burning sensation (Doha) and inflammation. Moisturizes and restores the skin barrier. Karanj tails possess antimicrobial and antifungal properties, reducing secondary infection.

Aarogyavardhini Vati– Corrects Pitta-Kapha imbalance, improves liver function, and helps reduce skin inflammation and itching.

Khadiradi Vati – Purifies blood (Raktashodhaka) and relieves itching, discharge, and skin lesions Kaishor Guggulu– Reduces inflammation, detoxifies Rata, and promotes healing of chronic skin lesions. Haridrakhanda Churn– Acts as an anti-allergic and antipruritic formulation, reducing itching and hypersensitivity in Vicharchika.

Sukhvirechan Churn was administered to achieve mild Virechana, which is considered one of the principal therapies for Pitta disorders. It aids in the elimination of vitiated Pitta, improves bowel regularity, enhances Agni, and contributes to the overall correction of the disease process.

CONCLUSION

Shodhana Chikitsa (Panchakarma), as described in the classical Ayurvedic texts, plays a significant role in the management of Vicharchika by eliminating vitiated Doshas and reducing the chances of disease recurrence (Apunarbhava). Shamana Chikitsa, including both internal and external therapies, is effective in alleviating the clinical symptoms of Vicharchika. Along with these treatments, strict adherence to Pathya (appropriate diet and lifestyle) plays a crucial role in promoting faster recovery and preventing recurrence. Thus, a comprehensive Ayurvedic approach provides significant symptomatic relief, improves the patient's quality of life, and helps achieve long-term disease control.

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