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“THE ROLE OF TRIJATYADICHOORNA WITH BHALLATAKTAIL IN THE MANAGEMENT OF VICHARCHIKA W. S. R. TO ECZEMA: A CASE STUDY”

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ABSTRACT:

Background: Vicharchika is one of the Kshudra Kushthas described in Ayurvedic classics and closely resembles eczema or atopic dermatitis in contemporary medicine. It is characterized by Kandu (itching), Pidika (eruptions), Shyavarna (blackish discoloration), Bahusrava (oozing), Rukshata (dryness), Rajyo (marked lining due to lesion thickening), and Ruja (pain). Considering its chronic and recurrent nature, Ayurvedic interventions may provide a safe and effective treatment modality.

Aim and Objectives: To evaluate the therapeutic efficacy of Trijatyadi Churna administered orally along with topical application of Bhallataka Taila in the management of Vicharchika (Eczema).

Case Presentation: A 45-year-old male patient presented with complaints of itching, skin discoloration, eruptions, dryness, pain, and intermittent discharge over the affected area for the past three years. Based on the classical signs and symptoms described in Ayurvedic texts, the condition was diagnosed as Vicharchika (Kshudra Kushtha).

Treatment Protocol: The patient was treated with Trijatyadi Churna (3 g orally with lukewarm water) and local application of Bhallataka Taila for 45 days.

Conclusion: The case demonstrated clinically significant improvement in the symptoms of Vicharchika following Ayurvedic management. Trijatyadi Churna and Bhallataka Taila may be considered an effective therapeutic option in the management of Vicharchika (Eczema).

KEY WORDS:- Vicharchika, Eczema, Trijatyadi Churna, Bhallataka Taila, Kshudra Kushtha, Ayurveda.

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INTRODUCTION

Skin is the largest organ of the human body and performs vital physiological functions, including protection, sensation, and maintenance of homeostasis. In Ayurveda, Twak is considered one of the five Gyanendriyas responsible for Sparsha Gyan (sense of touch). Kushtha is a broad term encompassing all dermatological disorders described in Ayurvedic classics. The term Kushtha is derived from “Kushnati iti Kushtham”, which denotes a disease that gradually impairs or destroys the affected tissue.[4]

Charaka Samhita and Sushruta Samhita have classified Kushtha into Mahakushtha and Kshudra Kushtha.[3] Vicharchika is included under Kshudra Kushtha and is characterized by Kandu, Pidika, Shyavarna, Bahusrava, Rukshata, Rajyo, Ruja, and Lohitvarna.[1,2,6,7]

The classical references of Vicharchika are described as follows:

1. “त्वचः कुर्वन्ति वैवर्ण्यं दुष्टाः कुष्ठमुशन्ति तत्” (Ashtanga Sangraha, Nidana Sthana 14/3).[5]
2. “सकण्डूपिडकाश्यावा बहुस्रावा विचर्चिका” (Charaka Samhita, Chikitsa Sthana 7/26; Bhavaprakasha 54/27; Yogaratnakara).[6,7,8]
3. “राज्योऽतिकण्डूर्वतिवरुजः सरुजाभवन्ति गात्रेषु विचर्चिकायाम्” (Sushruta Samhita, Nidana Sthana 5/13).[2]
4. “सकण्डूपिटिकाश्यावा लसीकाढ्या विचर्चिका” (Ashtanga Hridaya, Nidana Sthana 14/18).[1]

Clinically, Vicharchika can be correlated with eczema or atopic dermatitis, a chronic inflammatory skin disorder characterized by pruritus, erythema, scaling, dryness, oozing lesions, and skin discoloration. Its chronic and recurrent course often adversely affects the quality of life of patients.

According to Ayurveda, etiological factors include Viruddhahara, Adhyashana, Diwaswapa, improper Panchakarma procedures, excessive intake of curd, sour and salty food substances, and Agnimandya, leading to vitiation of Doshas and involvement of Twak, Rakta, Mamsa, and Lasika.[1,2,3]

Considering the Kushtaghna, Kandughna, Kledaghna, and Raktaprasadana properties of Trijatyadi Churna and Bhallataka Taila, the present case study was undertaken to evaluate their efficacy in the management of Vicharchika (Eczema).

AIMS AND OBJECTIVES

1. To evaluate the therapeutic efficacy of Trijatyadi Churna administered orally along with topical application of Bhallataka Taila in the management of Vicharchika (Eczema).
2. To assess the clinical improvement in the signs and symptoms of Vicharchika following Ayurvedic treatment.

CASE REPORT

A 45-year-old male patient presented with complaints of Padabhaga Twak Vaivarnyata (changes in skin colouration), Kandu (itching), Pidika (eruptions), Shyava Varna (blackish discoloration), Strava (intermittent discharge), Ruja (pain), Rajyo (marked lining due to thickening of lesions), and Rukshata (dryness) for the past three years.

Chief Complaints

- Padabhaga Twak Vaivarnyata – since 3 years
- Kandu (itching) – since 3 years
- Pidika (eruptions) – since 3 years
- Shyava Varna (blackish discoloration) – since 3 years
- Strava (intermittent discharge)
- Ruja (pain) – since 3 years
- Rajyo (marked lining due to thickening of lesions) – since 3 years
- Rukshata (dryness) – since 3 years

Past History

No history of Diabetes Mellitus, Hypertension, or any other major systemic illness was noted.

History of Present Illness

The patient was apparently healthy three years before the onset of symptoms. Gradually, he developed itching, skin discoloration, eruptions, dryness, pain, and intermittent discharge over the affected area. He received symptomatic treatment from local practitioners on multiple occasions, which provided temporary relief. However, the symptoms recurred and worsened after discontinuation of medication. Subsequently, the patient sought Ayurvedic management for his condition.

Rugna Parikshana

- Nadi – 68/minute
- Mala – Asamyak
- Mutra – Samyak

- Jivha – Alpa Saama
- Shabda – Prakrita
- Sparsha – Prakrita
- Druk – Prakrita
- Aakruti – Madhyama
- Nidra – Prakrita
- Blood Pressure – 140/80 mmHg
- Temperature – Afebrile

Diagnosis

Based on the clinical presentation and Ayurvedic examination, the patient was diagnosed as a case of Vicharchika (Kshudra Kushtha), which closely resembles Eczema in contemporary medicine.

TREATMENT PROTOCOL

1. Trijatyadi Churna – 3 g orally with lukewarm water twice daily.
2. Bhallataka Taila – Local application over the affected area.
3. Duration of treatment – 45 days.

Composition of Trijatyadi Churna

Ela, Twak, Tejapatra, Haritaki, Bibhitaki, Amalaki, Shunthi, Vidanga, Draksha, Haridra, Daruharidra, Nimba Patra, Pippali, Guduchi, Mishri, Shashtishali, and Meshashringi.

Composition of Bhallataka Taila

Bhallataka, Shunthi, Maricha, Pippali, Haritaki, Bibhitaki, Amalaki, Gunja, Kushtha, Panchalavana, and Sarshapa Taila.

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ASSESSMENT CRITERIA

Clinical assessment was carried out on the basis of:

- Kandu (Itching)
- Pidika (Eruptions)
- Shyava Varna (Blackish discoloration)
- Strava (Discharge)
- Ruja (Pain)
- Rajyo (Marked lining due to thickening of lesions)
- Rukshata (Dryness)

- Lohitvarna (Redness)
- Extent of the affected area

RESULTS

The patient was assessed clinically before and after completion of treatment. Significant improvement was observed in itching, dryness, skin discoloration, pain, and oozing of lesions following 45 days of Ayurvedic treatment. No adverse drug reactions were reported during the treatment period.

(You may insert before and after treatment photographs and symptom grading scores here, if available.)

DISCUSSION

Trijatyadi Churna possesses Kushtaghna, Kandughna, Kledaghna, and Raktaprasadana properties. Most of its constituents exhibit Katu Vipaka and Ushna Virya, thereby facilitating the reduction of Kleda and improvement in Rakta Dhatu. Ingredients such as Daruharidra, Guduchi, Triphala, and Vidanga contribute to blood purification and enhance metabolic functions.

Bhallataka Taila possesses antimicrobial, antioxidant, and anti-inflammatory properties. Owing to its Ushna Virya and Ruksha Guna, it helps reduce Kleda and improves the clinical manifestations of Vicharchika. Its local application aids in reducing itching, discharge, and thickening of lesions.

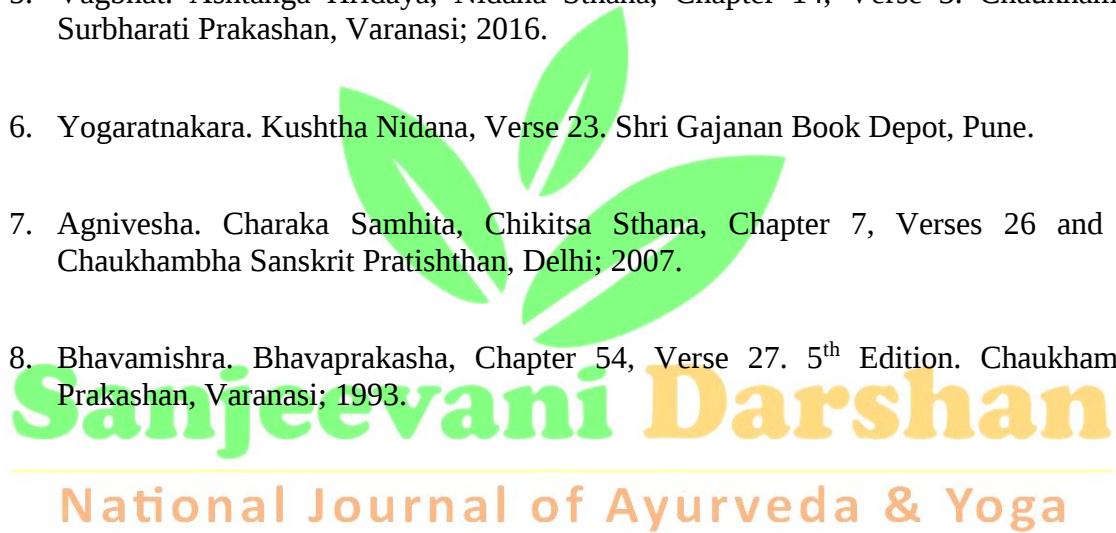
The combined therapeutic action of Trijatyadi Churna and Bhallataka Taila effectively alleviates the signs and symptoms of Vicharchika by correcting Dosha imbalance and promoting tissue healing.

CONCLUSION

The present case study demonstrates that Trijatyadi Churna administered orally along with topical application of Bhallataka Taila is effective in the management of Vicharchika (Eczema). The treatment provided considerable symptomatic relief and was well tolerated by the patient. Ayurvedic management may therefore serve as a safe and promising therapeutic approach for patients suffering from chronic dermatological conditions such as Vicharchika.

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