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“THE ROLE OF DWAYA HARIDRA AND NIMBADI TAILA IN THE MANAGEMENT OF VICHARCHIKA (ECZEMA): A CASE STUDY”

Dr. Monica Waman Chavan
BAMS MD(Kaychikitsa)

ABSTRACT:

Vicharchika is one of the Kshudra Kushthas described in Ayurvedic classics and can be clinically correlated with eczema or atopic dermatitis. 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). According to Ayurveda, Kushtha comprises a group of dermatological disorders resulting from Dosha-Dushya Sammurchana affecting Twak, Rakta, Mamsa, and Lasika. Contemporary medicine describes eczema as a chronic inflammatory skin disorder presenting with erythema, itching, papules, scaling, exudation, and skin discoloration. The present case study evaluates the therapeutic efficacy of Dwaya Haridra administered orally along with local application of Nimbadi Taila in the management of Vicharchika (Eczema). A 52-year-old male patient suffering from Vicharchika for ten years was treated with Ayurvedic interventions. Significant symptomatic relief was observed following treatment.

KEY WORDS:- Vicharchika, Eczema, Dwaya Haridra, Nimbadi Taila, Kshudra Kushtha, Ayurveda

Corresponding Details:**Dr. Monica Chavan**

Plot no. 16, Sant Dnyaneshwar Society, Near New India Church
Mankapur, distt.- Nagpur- 440030
Mobile No. 07448085058
E-Mail: monica.chavan94@gmail.com



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INTRODUCTION

All skin disorders have been described under the broad heading of Kushtha in Ayurvedic literature. The term Kushtha is derived from “Kushnati iti Kushtham”, denoting diseases that gradually impair or destroy the affected tissues. Charaka Samhita and Sushruta Samhita classify Kushtha into Mahakushtha and Kshudra Kushtha. Vicharchika is included among the Kshudra Kushthas and is characterized by Kandu, Pidika, Bahusrava, Rukshata, Shyavarna, Rajyo, and Ruja.

The classical references of Vicharchika are:

1. "त्वचः कुर्वन्ति वैवर्ण्यं दुष्टाः कुष्ठमुशन्ति तत्" (Ashtanga Sangraha, Nidana Sthana 14/3).
2. "सकण्डूपिडकाश्यावा बहुस्रावा विचर्चिका" (Charaka Samhita, Chikitsa Sthana 7/26; Bhavaprakasha 54/27; Yogaratnakara).
3. "राज्योऽतिकण्डूर्वतिवरुजः सरुजाभवन्ति गात्रेषु विचर्चिकायाम्" (Sushruta Samhita, Nidana Sthana 5/13).
4. "सकण्डूपिटिकाश्यावा लसीकाढ्या विचर्चिका" (Ashtanga Hridaya, Nidana Sthana 14/18).
5. "श्यामलोहितव्रणवेदनासावपाकवती विचर्चिका" (Kashyapa Samhita).
6. "कफप्राया विचर्चिका" (Charaka Samhita, Chikitsa Sthana 7/30).

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Clinically, Vicharchika closely resembles eczema or atopic dermatitis, which is characterized by chronic inflammation, intense itching, scaling, erythema, papules, and recurrent exacerbations. The chronic and relapsing nature of the disease significantly affects the patient's quality of life.

The etiological factors described in Ayurveda include Viruddhahara, Adhyashana, Diwaswapa, excessive consumption of Dadhi, Amla, and Lavana predominant foods, improper Panchakarma procedures, and Agnimandya. These factors lead to Dosha vitiation and involvement of Twak, Rakta, and Mamsa Dhatus.

CASE REPORT

A 52-year-old male patient presented with complaints of skin discoloration, itching, eruptions, pain, and dryness over the affected area for the past ten years.

Chief Complaints

- Padabhaga Twak Vaivarnyata (changes in skin coloration) – since 10 years

- Kandu (itching) – since 10 years
- Pidika (eruptions) – since 10 years
- Shyava Varna (blackish discoloration) – since 10 years
- Ruja (pain) – since 10 years
- Rajyo (marked lining due to thickening of lesions) – since 10 years
- Rukshata (dryness) – since 10 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 ten years prior to the onset of symptoms. Gradually, he developed persistent itching, skin discoloration, dryness, eruptions, and pain over the affected area. He had received symptomatic treatment from local practitioners on several occasions, which provided temporary relief. However, the symptoms recurred after discontinuation of medications. Owing to the chronic and recurrent nature of the disease, the patient sought Ayurvedic treatment for long-term management.

RUGNA PARIKSHANA

- Nadi – 72/minute
- Mala – Samyak
- Mutra – Samyak
- Jivha – Alpa Saama
- Shabda – Spashta
- Sparsha – Anushna Sheeta
- Druk – Prakrita
- Aakruti – Madhyama
- Nidra – Prakrita
- Blood Pressure – 120/70 mmHg
- Temperature – Afebrile

Diagnosis

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

MATERIALS AND METHODS

Study Design

Single Case Study.

Treatment Protocol

1. Dwaya Haridra – 3 g orally twice daily with lukewarm water.
2. Nimbadi Taila – Local application twice daily over the affected area.

Drug Composition

Dwaya Haridra:

- Haridra (*Curcuma longa*)
- DaruHaridra (*Berberis aristata*)

Nimbadi Taila:

- Nimba (*Azadirachta indica*)
- Sarshapa (*Brassica juncea*)
- Danti (*Baliospermum montanum*)
- Ashwamara (*Nerium indicum*)
- Maricha (*Piper nigrum*)

DRUG ACTION

Haridra possesses Kushtaghna, Kandughna, and Raktaprasadana properties. Owing to its Katu Vipaka and Ushna Virya, it helps in reducing Kleda and improving Twak Vaivarnyata. DaruHaridra acts as a blood purifier and exhibits Kushtaghna and Kledaghna properties.

Nimbadi Taila possesses Katu Rasa, Ushna Virya, and Katu Vipaka. The ingredients facilitate Kleda Shoshana and Dosha Shamana. The antimicrobial, anti-inflammatory, and antioxidant properties of Neem contribute significantly to reducing itching, inflammation, and recurrent skin infections. Its local application also improves dryness and promotes tissue healing.

DISCUSSION

According to Ayurveda, Vicharchika is predominantly a Kapha-Vata Pradhana Vyadhi involving Twak, Rakta, and Mamsa Dhatus.

Hetu

Aharaja Hetu:

- Excessive intake of Dadhi
- Viruddhahara
- Vidahi Annapana
- Excessive intake of Amla, Lavana, and Katu predominant food substances.

Viharaja Hetu:

- Diwaswapa
- Atishrama
- Atapa Sevana
- Improper Panchakarma practices.

Samprapti Ghataka

- Dosha – Vata and Kapha
- Dushya – Rasa, Rakta, and Mamsa
- Srotas – Rasavaha, Raktavaha, and Mamsavaha
- Adhisthana – Twak, Rakta, and Mamsa
- Udbhava Sthana – Twak
- Vyakti Sthana – Twak

The Kushtaghna, Kandughna, and Kledaghna properties of Dwaya Haridra help alleviate itching and skin discoloration, whereas the anti-inflammatory effects contribute to reducing pain and eruptions. Nimbadi Taila effectively reduces dryness and promotes healthy tissue repair through its antimicrobial and antioxidant activities.

RESULTS

Following Ayurvedic treatment, the patient demonstrated considerable clinical improvement in itching, pain, dryness, and skin discoloration. The frequency of symptom recurrence was reduced, and the patient tolerated the treatment well without any adverse effects.

CONCLUSION

The present case study demonstrates that Dwaya Haridra, administered orally, along with local application of Nimbadi Taila, is effective in the management of Vicharchika (Eczema). The treatment provided appreciable symptomatic relief and may be considered a safe and promising Ayurvedic therapeutic approach for chronic dermatological disorders.

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