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"EFFECT OF ARKATAILA IN VICHARCHIKA W. S. R. ECZEMA: A REVIEW ARTICLE"**Dr. Manojkumar Pardhi¹, Dr. Mamta Aadhao²**

1. PG Scholar Dept of Agad Tantra, Bhausaheb Mulak Ayurvedic Mahavidyalay, Nagpur
2. Assitant Prof., Dept of Agad Tantra, Bhausaheb Mulak Ayurvedic Mahavidyalay, Nagpur

ABSTRACT:

The body's first organ to react to environmental stimuli is the skin. In Ayurveda, every skin condition has been classified under the Kushtha category. It is said that Vicharchika is a Kshudra kushtha. According to Charaka, Vicharchika is a Kapha-dominant illness with four main characteristics: Bahusrava, Pidika, Shyava, and Kandu. Vicharchika's clinical manifestations frequently lead to its correlation with eczema. Antihistamines and topical steroids are the only effective treatments available in modern medicine. Because of the important qualities of its constituents, Arka Taila can be used extensively in Vicharchika. One of the skin conditions listed in Ayurveda's Kshudra kushta is vitcharchika. In modern science, it is frequently associated with eczema, which is characterised by frequent skin rashes and flare-ups. It is a tridosha janya vyadhi kapha pradhana. The prevalence rate and urgency of this problem are rising daily, particularly among the elderly, as it also negatively impacts the patient's psychosocial well-being. Lichenification, which is characterised by thickening, scaling, and hyperpigmentation, occurs when this becomes chronic. According to modern science, emollients and corticosteroids are the main treatments for eczema. While many people experience relief, recurrence is also quite frequent. Even though Ayurveda has made significant progress in this area by providing a variety of internal and external remedies through shodhana and shamana, they are time-consuming, and further research might be conducted to provide comfort right away.

KEY WORDS:- Ayurveda, Vicharchika, Eczema, Arka taila, Skin disease.

Corresponding Details:**Dr. Manojkumar Pardhi**

At-Bhajepar Ta-Tirora
Dist-Gondia State-Maharashtra-441911
Mobile No. 8208398115
E-Mail: pardhim95@gmail.com

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**Dr. Manojkumar Pardhi, Dr. Mamta Aadhao**

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INTRODUCTION

Ayurveda One of the earliest known medical systems is the science of life, which has its roots in the Vedas. By preventing and curing illnesses, Ayurveda helps the vast majority of Indians maintain their health. This system aims for a thorough comprehension of the body as a whole. These days, people's eating habits are altering as a result of urbanisation, life changes, and the allure of western culture. Between ancient times and the present, there has been a discernible shift in eating customs and cooking techniques. The majority of ailments, including skin issues, are caused by the incompatible food that people eat on a daily basis. One of the primary reasons of all skin diseases is an incompatible diet. As a mirror reflecting both internal and exterior diseases, the skin aids in illness diagnosis. It is the first organ in the body to interact with environmental stimuli and the body's innate ability to handle these elements, which leads to relapses and spontaneous remissions. In Ayurveda, every skin condition has been classified under the Kushtha category. Stated differently, it falls under the category of Ayurvedic dermatology. Although there isn't a direct correlation, all skin conditions can be included under the 18 Kushtha kinds. Although Kushtha is one of the Ashta mahagadas, the Acharyas state that Vicharchika is a Kshudra kushtha and a Sadhya kushtha. Due to its ubiquity, chronic nature, and tendency to recur, it is challenging to treat even in this day and age and shares characteristics with eczema and its variants. Although vicharchika can occur at any age, it is more common in young people because of smoking, environmental factors, occupational exposure, and mental stress. Although Vicharchika is a Kapha-dominant illness, its symptoms clearly show Tridosha involvement. The manifestation of Vicharchika involves Rasa, Rakta, Mamsa, and Lasika. According to reports, the majority of patients had eczema at its chronic stage. In the early stages of eczema, neglect is a regular occurrence.

DISCUSSION

Conceptual study of Vicharchika

To determine Arka Taila's likely course of action against Vicharchika Vicharchika is a Shakhagata sickness that is caused by a morbid Dosha that vitiates the Rakta, then spreads through Tiryakavahisira and affects the Tvak. Since it is difficult to fully restore the vitiated Dosha from Shakha to Koshtha, especially if it has spread through Triyakavahi sira, the involvement of all three variables suggests that the illness nature is tough to treat. As a result, the last Dosha in Shakha becomes chronic and recurrent. As a result, this illness has a chronic course that includes flare-ups and remissions. Almost all Ayurvedic books describe vicharchika, either as Sadhya kushtha, Kshudra roga, or Kshudra kushtha. In relation to their symptomatological complex, some Acharya noted Vicharchika with varying Doshika involvement. According to Acharya Charaka, Vicharchika is a Kapha-dominant illness with four main symptoms: Bahusrava (excessive oozing), Pidika (eruptions), Shyava (blackish discolouration), and Kandu (pruritis). This denotes the wet kind of eczema or its early or acute stages. The clinical manifestation of dry eczema (Shushka Vicharchika) has been reported by Acharya Sushruta. significant discomfort, distinct linings, and severe pruritis as

symptoms. This variation is only the result of agitated Pitta. It suggests a chronic or advanced stage of the illness. Accordingly, this viewpoint might also imply a distinct stage of Vicharchika. Acharya Vagbhatta also said that Vicharchika has a characteristic discharge like Lasikadhya, although Indu says it is Jalapraya, or watery discharge. In the early stages of Vicharchika, when pruritus is acute, this leads to a rupture of skin integrity and water discharge. According to the traditional criteria, Vicharchika (excessive pruritus), Pidika (boil/pustule/vesicle), Shyava (discoloration/hyperpigmentation), Bahusrava (profuse oozing) and later Rajii (marked linings/lichenification/Cris-cross marking), Ruja (pain), and Saruksha (excessive dryness) share symptoms with eczema. Eczema is characterised as an inflammation of the epidermis or dermatitis. Eczema is a general word used to describe a variety of chronic skin disorders. It is characterised by erythema, scaling, oedema, vesiculation, and oozing and is not communicable. Eczema eruptions catch the skin and create vesiculation and plastering. Erythematic, or reddening, skin is the initial symptom. These papules or vesicles disintegrate and leak from the skin's afflicted region. Scales may appear and the skin may thicken if the illness continues. Kushtha symptoms included excessive sweating (Atisvedanam) or loss of sweating (Asvedanam) due to persistent irritation caused by the obstruction of sweat glands, especially at the site of the lesion. Viruddha, Mithyaahara, and vihara, along with other Nidana, may function as metabolic poisons or other irritants and cause skin sensitisation, which is another similarity in the etiopathogenesis to eczema. It is possible to conclude, after all the debate, that Vicharchika is a clinical entity in which the lesion has the Shyava colour of Pidika with extreme pruritus and leaking. It can appear anywhere in the body (Gatreshu), whether it is wet or dry. Erythema, or skin reddening, oedema, vesiculation, leaking, crusting, and eventually lichenification are the initial signs of eczema. Extreme stages of Vicharchika may result from changes in the body's internal and external environments and the reactions to these changes. Tvak (adhishtana), Rakta (blood and lymph), Mamsa (deep cutaneous tissue), and Lasika (sweat gland apparatus) are the primary sites of etiopathogenesis.

Composition of arka taila

Considering all signs and symptoms of vicharchika Arka taila mentioned in Yogratanakara (Kushtha Nidana Chikitsa Prakarana 203) could be useful in treatment of vicharchika.

Composition of arka taila

Arka Taila contains drug Arka, Haridra, Sarshapa tail.

Arka has Katu-Tikta rasa, Laghu-Ruksha-Tikshnaguna, Ushna virya, it act as Bhedana, Dipana, Krimighna, Shophahara, Vatahara, Vranahara, Vishaghna, Kusthaghana, kandughna.

Haridra has Katu-Tikta rasa, Laghu-Rukshaguna, Ushna virya, it act as Kushthaghna, Kandughna, Raktaprasadana, Raktavardhaka, Vishaghna, Anulomana, Shothahara, Varnya.

Sarshapa taila has Katu-Tikta rasa, Tikshna, Snigdha guna, Ushna virya, it act as Lekhana, Varnya, Krimighna, Jantughna, Kushthaghna.

Upon topical application, the active principle of the Taila reaches to the deeper tissues

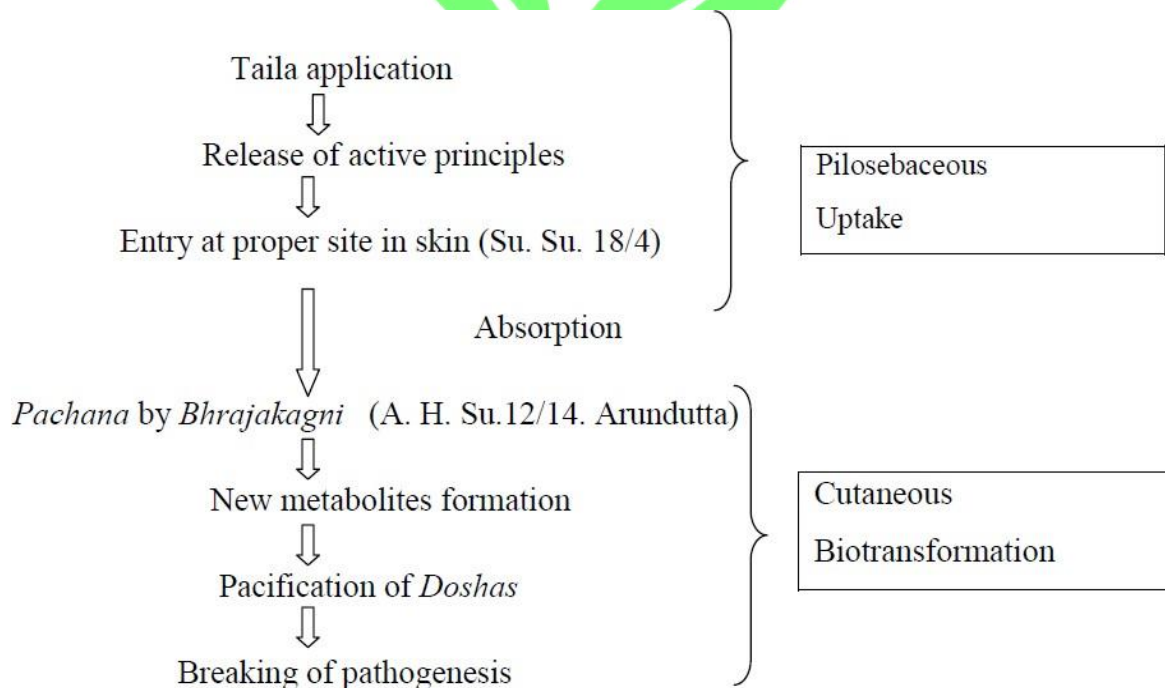
through Siramukha and Svedavahi srotas by virtue of its stains it with its Sukshma and Tikshna property. Due to its Ushna, Laghu, Ruksha properties it removes the obstruction in Svedavahi srotas and allows the local toxins to flow out through the Sveda, thus clearing out the micro channels.

Probable mode of action of taila:

The probable mode of action of Taila can be described in two steps as follows:

Pilosebaceous uptake: The active components of the chemicals in Taila are released into the base when it is applied to the skin's surface in the opposite direction of the hairs on it. This mixture then passes via the svedavahi srotas and siramukha before entering the Romkoopa. However, it should be remembered that the pilosebaceous uptake, or absorption, of Taila varies depending on the site variation, skin condition, and—above all—the base used for application.

Cutaneous bio transformation: Thereafter it goes through Pachana by Bhrajakagni, which is the viable epidermis. This starts breaking down the material it took in with the help of enzymes that are needed. As the above changes happen, new chemicals may be created that calm down the imbalanced doshas in the area. This breaks the cycle of disease, which leads to relief.



Hypothesis based on reference

CONCLUSION

Haridra, Sarshapa taila, and Arka. By staining it with its Sukshma and Tikshna properties, the active ingredient of the Taila enters the deeper tissues through Siramukha and Svedavahi srotas when applied topically. Owing to its Ushna, Laghu, and Ruksha qualities, it clears the microchannels by removing the blockage in Svedavahi srotas and permitting the local poisons to exit through the Sveda. The Kusthaghna and Kandughna qualities of Arka taila medications can greatly alleviate Kandu.

Based on the contemporary pharmacology of individual medications as well as the traditional analysis of Rasa panchaka and Dosha-vyadhi karma, a likely mode of action of the drug was assumed.

All of the components have anti-inflammatory, antihistaminic, hepatoprotective, antibacterial, antifungal, and blood-purifying qualities in modern words.

Because of the pharmacological activity of its ingredients, Arka Taila can have notable results when used to treat itching.

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