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An exploratory prospective clinical study to assess the combined effect of *Virechana* and *Raktamokshana* in *Vicharchika* - A Case Study

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ABSTRACT

Vicharchika is one of the *Kshudra Kushta* (skin disease). Kashyapa mentioned it as *Sadhya Vyadhi*. Almost all symptoms are *Vata-Pitta* or *Kapha-Pitta* predominant and even *Tridosha* involvement and it is specifically located at lower extremities. The choice of treatment is *Virechana* (purgation) and *Raktamokshan* (bloodletting). We can use this modality as per requirement. *Kandu* (itching), *Pidika* (pimples), *Bahusrava* (discharge) get relieved completely (100%) after *Virechana*. Mild effect was noticed in *Shyava* (blackish discoloration) and *Rukshata* (dryness) i.e. (33.33%). Highly significant result found after both the therapies (*Virechana* and *Raktamokshana*) and marked improvement was seen in *Shyava* and *Rukshata* after *Raktamokshana*. It shows over all Ayurvedic modality gives very good result in *Vicharchika*.

Key words: *Vicharchika*, Eczema, *Kushta*, *Virechana*, Purgation, *Raktamokshana*, Blood letting.

INTRODUCTION

The word '*Kushta*' is a broad term, which covers almost all the skin diseases. *Kushta* is produced invariably by the vitiation of the seven factors i.e. 3 *Doshas* and 4 *Dushyas*.^[1] But different types of pain, color, shape, specific manifestation etc. are found in *Kushta* because of *Anshanshakalpana* of the *Doshas*. Charaka explained *Kushtas* are in fact of innumerable types,^[2] but for systemic study they are classified into two major groups 7 *Maha Kushta* and 11 *Kshudra Kushta*.^[3] Sushruta explained that if person dies due

to *Kushta* then there are chances that person suffer with same disease in rebirth.^[4] It gives an idea how hazardous disease it is. *Vicharchika* is one of the *Kshudra Kushta*, Kashyapa mention it as *Sadhya Vyadhi*^[5] (curable disease).

OBJECTIVES

To assess the efficacy of *Virechana* and *Raktamokshana* in *Vicharchika*.

MATERIALS AND METHODS

The patient having classical signs and symptoms of *Vicharchika* were selected from the O.P.D. of Dr. D. Y. Patil College of Ayurveda, Nerul, Navi Mumbai. A special Proforma including all the etiological factors of *Kushta* with *Dushti Lakshanas* of *Dosha*, *Dushya* and *Srotas* etc. were made for assessing the patient. The patient was thoroughly questioned and examined on the basis of proforma and clinical tests like Auspitz sign, Candle grease were carried out to confirm the diagnosis.

Brief History of Patient

47yrs old female patient working as a house wife, belonging to Hindu religion and having mixed diet.

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She is *Vata-Kapha Prakruti* and *Madhyam Koshta*. Complaining of Itching sensation, small black and red pimples, blackish discolouration, watery discharge, dryness to skin at lower extremity since 2 yrs. Known case of Hypertension, on modern medication since 4 yrs. No history of Diabetes Mellitus.

Study Design

Virechana (Medicated Purgation)

Deepana and Pachana:

Tab. Chitrakadi vati (250mg), 2 tabs 2 times a day, after food, for 3 days.

Snehana (Internal drinking of medicated ghrita):

Arohana Krama (Ascending order) *snehapana* given to the patient with *Panchatiktha ghritha*, starting from 30 ml in the morning i.e. after sunrise around 7am to 8am. It was continued till *samyak sneha lakshanas* (Proper oleation symptoms) are seen. In this patient *snehapana* was done for 4 days, upto 130 ml, by that *samyak sneha lakshanas* were seen and then 3 days *Abhyanga* with *Nimba Taila* (Body Massage) and *mrudusweda* (Sudation) was done.

Virechana

Abhayadimodaka, 4 tab and Gandharvahastyadi tail 50 ml was given, followed by shunthyadijala as *anupana*.

After 15 days

Raktamokshana (Bloodletting by Leech therapy) - *Jalauka Avacharana* carried out, it was done in 3 setting, 8 days gap given between each setting.

Table 1: Grading of signs and symptoms after Virechana.

Signs and Symptoms	B.T.	A.T.
<i>Kandu</i> (Itching)	5	0
<i>Pidika</i> (Pimples)	5	0
<i>Shyava</i> (Discoloration)	5	4
<i>Bahusrava</i> (Discharge)	5	0
<i>Rukshata</i> (Dryness)	5	4

Table 2: Grading of signs and symptoms after Raktamokshana.

Signs and symptoms	B.T.	A.T.
<i>Kandu</i> (Itching)	0	0
<i>Pidika</i> (Pimples)	0	0
<i>Shyava</i> (Discoloration)	4	1/2
<i>Bahusrava</i> (Discharge)	0	0
<i>Rukshata</i> (Dryness)	4	01

Table 3: Grading of signs and symptoms after Virechana and Raktamokshana.

Signs and symptoms	Virechana		Raktamokshana		Virechana and Raktamokshana	
	B. T.	A. T.	B. T.	A. T.	B. T.	A. T.
<i>Kandu</i> (Itching)	5	0	0	0	5	0
<i>Pidika</i> (Pimples)	5	0	0	0	5	0
<i>Shyava</i> (Discoloration)	5	4	4	1/2	5	1/2
<i>Bahusrava</i> (Discharge)	5	0	0	0	5	0
<i>Rukshata</i> (Dryness)	5	4	4	1	5	1

B.T. - Before treatment, A.T. - After treatment

Criteria for assessment of overall effect of the therapies:

1. Complete remission- 76% to 100%
2. Marked improvement- 51% to 75%
3. Mild improvement- 26% to 50%
4. improvement - Below 25%
5. No change- 0%

Table 4: Effect of the therapies in percentage.

Sings and symptoms	After Virechana		After Raktamokshana		After Virechana and Raktamokshana	
	B. T.	A. T.	B. T.	A. T.	B.T.	A.T.
Kandu (Itching)	100%	0%	0%	0%	100%	0%
Pidika (Pimples)	100%	0%	0%	0%	100%	0%
Shyava (Discoloration)	100%	80%	80%	10%	100%	10%
Bahusrava (Discharge)	100%	0%	0%	0%	100%	0%
Rukshata (Dryness)	100%	80%	80%	20%	100%	20%

Table 5: Overall effect of the therapies in percentage.

Signs and Symptoms	B. T.	A. T.
Kandu (Itching)	100%	100%
Pidika (Pimples)	100%	100%
Shyava (Discoloration)	100%	90%
Bahusrava (Discharge)	100%	100%
Rukshata (Dryness)	100%	80%

OBSERVATIONS

General observations

The patients belong to Hindu, married and having mixed diet. She shows *Madhyamakoshtha*, disturbed sleep, and chronic condition (> 1 year). The aggravation season is winter season. *Pravarashudhi* (Proper purification) was noticed in *Virechana Karma* without any complication. She had 24 *Vegas* with proper *Samyak Virechana Lakshana*. *Jalauka* sucked around 30-40 ml blood at every setting.

RESULT

After Virechana - *Kandu*, *Pidika*, *Bahusrava* get relieved completely (100%) after *Virechana*. Low effect was seen in *Shyavata* and *Rukshata* i. e. (20%)

After Raktamokshana - *Shyavata* and *Rukshata* got almost complete relief. *Kandu*, *Pidika*, *Bahusrava* all these symptoms also maintained and not found any recurrence.

DISCUSSION

Kushta whether it is *Mahakushta* or *Kshudrakushta* it is very difficult to treat; even then Ayurvedic modality shows very good effect in this condition. Almost all symptoms are *Vata-Kapha* predominant and even *Tridosha* involvement and located at lower extremity, for this *Virechana* and *Raktamokshana* are the line of treatment. This disease requires repeated *Shodhana* (Purification/Detoxification) as explained in treaties.^[6] We also kept in mind the strength of the patient and made sure that patient should not undergo any complications.

CONCLUSION

Vicharchika is a type of *Kshudra Kushta*, *Vata-Kapha* predominant *Tridosha* condition. Even though it is explained under *Kshudraroga* it is difficult to treat and maintain. In this study we tried *Virechana* and *Raktamokshana* along with internal medicine. The disease is aggravates in winter, lower extremities are badly affected; due to itching patient sleep was disturbed. *Rasa*, *Rakta*, *Mamsa* and *Swedavaha Srotodushti* were found mainly. Highly significant result was found after *Virechana* (medicated purgation) and *Raktamokshana* (Bloodletting by Leech therapy). Overall Ayurvedic modality gives very good result in *Vicharchika*.



Figure 1: Showing the pictures of Before Treatment



Figure 2: Showing the pictures of After Treatment

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