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A single case study of Ayurvedic management of Vicharchika w.s.r. to Weeping Eczema

Reshmi PK

Assistant Professor, Department of Panchakarma, Ramakrishna Ayurvedic Medical College, Hospital and Research Center, Bangalore, Karnataka, India.

ABSTRACT

In the present case study, a 4 years old girl consulted in the Ayurvedic clinic after a spectrum of allopathic treatment with huge disappointment. The girl was with the presenting complaints of recurrent skin rashes over dorsal part of upper ankle joints bilaterally with redness, skin edema, itching, skin flaking, blistering, oozing and bleeding of upper layer of skin. In the present case, parents of patient was intended to treat with Ayurveda. By examining the patient, the signs and symptoms was diagnosed as *Vicharchika* which has similarities with eczema as per modern medicine. As per Ayurveda, *Vicharchika* is one among *Kshudrakusta* with dominance of *Kaphadosha*. The patient was treated with *Gudoochyadi Kashaya*, *Manjishtadi Kashaya*, *Aragwadharista*, *Gorochanadi Gutika*, *Triphala Churna* and *Mahatiktaka* ointment along with strict restrictions of diet. This study is carried out as per International conference of Harmonization – Good Clinical Practices Guidelines as per Declaration of Helsinki guidelines.

Key words: Eczema, Vicharchika, Kshudra Kusta, Triphala Churna.

INTRODUCTION

As per Ayurveda, *Vicharchika* is a type of *Kshudra Kusta* involved with all the *Tridoshas* with predominance of *Kaphadosha* along with the *Dushyas* like *Twak*, *Lasika*, *Rakta* and *Mamsa*.^[1] *Vicharchika* can be correlated with eczema as per modern medicine which is a type of dermatitis caused by the inflammation of epidermis.^[2] Weeping eczema is the one with pus filled blisters. The pus is usually yellow or clear in color and eventually dries up as a crusty layer on skin which was characterized by recurrent skin rashes over dorsal part

of upper ankle joints bilaterally with redness, skin edema, itching, skin flaking, blistering, oozing and bleeding of upper layer of skin.

Here, the adopted treatment methods are as per the treatment principles mentioned in Classical Ayurvedic texts. A substantial reduction in all the symptoms and improvement in the skin lesion were observed after a period of 4 months of regular treatment and 2 months follow up. The improvement was observable through the follow up photographs.

CASE REPORT

A 4 year old female patient diagnosed as Weeping Eczema by a dermatologist, with complaints of recurrent skin rashes over dorsal part of upper ankle joints bilaterally with redness, skin edema, itching, skin flaking, blistering, oozing and occasional bleeding of upper layer of skin. The symptoms were occurring on and off for the past 2 years including a recurrence 2 months ago.

Clinical Findings

General Examination

The general condition of the patient was good and there were no alterations in vital signs. She had good

Address for correspondence:

Dr. Reshmi PK

Assistant Professor, Department of Panchakarma, Ramakrishna Ayurvedic Medical College, Hospital and Research Center, Bangalore, Karnataka, India.

E-mail: pkreshmipk@gmail.com

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appetite, regular bowel and bladder habit and sound sleep. In clinical examination, patient is moderately built and moderately nourished with no other symptoms of any systemic illness. On local examination, there could be observed that severe degree of inflammation with multiple irregular sized ulcers and vesicles with slight pus discharge and occasional bleeding on left leg. None of the family members of the patient had this ailment or similar other dermatological complaints. Patient has not reported any other medical or surgical illness apart from the present complaints.

Treatment adopted

Before planning the treatment, the condition was diagnosed as *Vicharchika* as the patient presented with all the classical symptoms. The features of recurrent skin rashes over dorsal part of upper ankle joint of left leg with redness, skin edema, itching, skin flaking, blistering, oozing and bleeding of upper layer of skin enabled in diagnosing the ailment with *Kapha* and *Vata* dominance.

The treatment planned for this condition was *Prakshalana* and *Lepa* of *Triphala Churna*, topical administration of *Mahatiktaka Gritha* ointment and internal administration of *Guduchyadi Kashaya*, *Manjishtadi Kashaya*, *Gorochanadi Gutika*, *Aragwadharista* and *Triphala Churna*. Dosage of the internal medicines as decided by considering the age of the patient as per clinical practice.

Table 1: Drugs administered with Posology

SN	Medications	Dose with Anupana
1.	<i>Guduchyadi Kashaya</i> ^[3]	10 ml bd with 25 ml luke warm water before food
2.	<i>Manjishtadi Kashaya</i> ^[4]	10 ml bd with 25 ml luke warm water before food
3.	<i>Gorochanadi Gutika</i> ^[5]	1 tab bd with luke warm water after food
4.	<i>Aragwadharista</i> ^[6]	5 ml bd with 10 ml luke warm water after food

5.	<i>Triphala Churna</i> ^[7]	5 gm at night with luke warm water after food
6.	<i>Mahatiktaka ointment</i> ^[8]	External application



Picture 1: Condition before treatment



Picture 2: After 1 month of treatment



Picture 3: After the completion of treatment

DISCUSSION

Ingredients of *Guduchyadi Kashaya* are *Guduchi*, *Padmaka*, *Nimba*, *Dhanyaka* and *Raktachandana*. It possesses *Pittahara* and *Kaphahara* properties. In *Vicharchika* main symptoms are oozing, reddish discoloration, itching etc. and the mainly involved *Doshas* are *Kapha* and *Pitta*. So, we can choose *Guduchyadi Kashaya* here. *Manjishtadi Kashaya* contains drugs like *Manjishta*, *Triphala*, *Katurohini*, *Vacha*, *Devadaru*, *Haridra*, *Amritha* and *Nimba*. These drugs together possess *Kapha-Pittahara* properties. So alternate use of *Guduchyadi Kashaya* and *Manjishtadi Kashaya* given good result in the treatment of *Vicharchika*.

Gorochanadi Gutika generally can be used in all the inflammatory conditions especially in children as it contains many auspicious ingredients like *Rudraksha*, *Swarnabhasma*, *Ishwari* etc. As per *Ayurveda*, in all the skin diseases involvement of *Rakta* is evaluated and so we can use *Gorochanadi Gutika* in skin diseases of children because of its anti-inflammatory properties.

As the ingredients of *Aragwadharista* possess *Raktashodhaka* properties and it has a key role in treating various types of skin diseases. *Aragwadha*

possesses mild purgative action and all the skin diseases are fit for *Shodhana* therapies.^[9] So it can be used in *Vicharchika* also.

Anti-inflammatory, immune-modulating, laxative and Anti-oxidant properties of *Triphala* already proven in various case studies by various scholars. As per *Susruta*, *Triphala Churna* is very much useful for treating ulcers and wounds.

CONCLUSION

In this case study of *Vicharchika*, the given treatment intervention was completely followed by *Ayurvedic* treatment principles along with strict *Pathyasevana*. No other systems of medicine was given.

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