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# Role of *Raktamokshana* by *Jalaukavacharana* in management of *Vicharchika* - A Case Study

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## ABSTRACT

According to *Ayurveda*, all skin diseases are considered under the broad heading of *Kushtha*. *Vicharchika* is a type of *Kshudrakushtha*, now-a-days very commonly found in many people. It is presented with symptoms as *Shyava Vaivarnya*, *Pidaka*, *Kandu*, *Srava* and *Shoola*. In this case study, a 57 years old male patient working as bus conductor visited to OPD of Panchakarma of our hospital with symptoms of *Vicharchika*. He was treated with *Jalaukavacharana* every 7 days for 1.5 month (5 sittings) along with internal Ayurvedic medications for 3 months and regular follow-up was taken every 7 days. Remarkable results were observed in patient with reduction of symptoms. Assessment was performed with Eczema Area and Severity Index Score (EASI) and Eczema area score. The study proved efficacy of *Jalaukavacharana* in the management of *Vicharchika* within short duration and marked improvement.

**Key words:** *Kushtha*, *Vicharchika*, *Jalaukavacharana*

## INTRODUCTION

In *Ayurveda*, *Acharyas* have explained *Kushtha* as - *Kushnati Vapuh Iti*. It describes *Kushtha* as the *Vyadhi* that gradually destroys healthy body tissues; mainly sin and then further tissues.<sup>[1]</sup> All types of *Kushtha* have symptoms like *Vaivarnya*, *Kandu*, *Raga*, *Srava*, *Pidaka*, *Mandal Utpatti*, *Shoola*, *Raukshya*, *Vrana* etc.

*Vicharchika*, a type of *Kshudra Kushtha* is most commonly diagnosed in clinical practice. Its incidence is alarmingly rising and is quite a concern on healthcare of public. It is a *Raktapradoshaja Vyadhi*, involving *Tridosha* with dominance of *Kapha*<sup>[2]</sup> and *Pitta*.<sup>[3]</sup>

The characteristic features of *Vicharchika* are - *Pidaka*, *Shyava Varna*, *Kandu* and *Srava*.<sup>[4]</sup> *Pidaka* or *Mandala* are of varying size with *Alpa Shotha*, *Ati Kandu*, *Shyava* or *Krishna Vaivarnya* and *Alpa Pichhil Jala* or *Raktasrava* in some cases.

According to modern science, *Vicharchika* can be correlated with Eczema. It is found in patients in two types- 1) Dry and 2) Wet. Most commonly it has symptoms like- rashes with redness, thickness/ inflammation, scratching and lichenification. These symptoms can affect the cosmetic look of individual and can be stressful. Recurrence of symptoms is the most common complaint in patients of *Vicharchika* and hence, there is need for permanent cure of *Vicharchika* which can be achieved with the help of *Ayurveda*.

## CASE REPORT

A 57 years old male patient visited in OPD of Panchakarma of M. A. Podar Ayurveda Hospital, Worli, Mumbai with the complaints of - *Raukshya*, *Kandu*, *Vranavat Utpatti*, *Alpa Raktasrava* and *Kandupashchat Pichhil Jalasrava* and *Shoola* over both hands and foot for 2 years with gradual increase in the intensity. He worked as BEST bus conductor for more than 25-30 years. Patient had also taken allopathic treatment with

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antifungal drugs and local applications but got mild relief in symptoms only for short period. So, he visited to our hospital at Panchakarma OPD for ayurvedic management.

### Clinical Findings

When the patient visited to OPD of Panchakarma of our hospital, he was thoroughly examined.

The findings observed are as below:

**Table 1: Samanya Parikshan**

Parikshya Bhava	Parikshana	Parikshya Bhava	Parikshana
Naadi	Vatapradhan, Kaphanubandhi Guru, Saama.	Shabda	Prakrit
Mala	Kathin, Grathita Asamadhankarak	Sparsha	Twak Dushti Sthani Kharata, Raukshya
Mutra	5-6 Vega/din; 1-2 Vega/Ratra Samadhankarak	Druk	Prakrut
Jivha	Alpa Saama	Aakruti	Madhyam

**Table 2: Srotas Parikshan**

Srotas Naam	Parikshan
Pranavaha	S1S2 Normal, AEBE Clear
Udakvaha	Avishesh
Annavaaha	Avipaka, Amlodgar, Hrullas, Chhardi
Rasavaha	Angamarda, Ubhay Hasta-Pada Twakdushti, Hrullas, Raukshya, Kandu, Shoola
Raktavaha	Ubhay Hasta-Pada Twakdushti, Raukshya, Kandu, Srava, Shoola, Raktasrav

Mamsavaha	Avishesh
Medovaha	Avishesh
Asthivaha	Avishesh
Majjavaha	Avishesh
Mutravaha	5-6 Vega/Dina 1-2 Vega/Ratra
Purishvaha	Udar Aadhmaan, Udar Gaurav, Asamadhankarak, Grathit Malapravrutti
Swedavaha	Ati Sweda, Sarvaang Kandu

### Dashavidha Pariksha

1. Prakruti : Vatapradhan Pittanubandhi
2. Vikruti : Rasa, Rakta,
3. Sara : Madhyam
4. Samhanan : Madhyam
5. Satva : Madhyam
6. Saatmya : Ushah paan
7. Aharshakti : Abhyavaharan: Madhyam; Jaran: Madhyam
8. Vyayamshakti : Alpa
9. Vaya : Madhyam
10. Praman : Madhyam

### Sthanik Parikshan

**Darshan:** Ubhaya Hasta Pada Anguli Sthani Raukshya, Kharata, Mandal Utpatti, Vranavat Darshan, Alpa Aarakta Varna, Alpa Rakta Srav.

**Sparshan:** Ruksha, Khara Sparsha, Alpa Aardra.

### Prashna:

1. Twak Dushti Sthani Shoola, Kandu
2. Kandu Vriddhi After Sheeta Vata or Jala Samparka.
3. Lakshanvriddhi after Amla Rasa Sevan.

**All Routine Investigations**

- All basic routine blood and urine check-up was performed.
- As Raktamokshan as Panchakarma Chikitsa was planned, the patient was investigated for BSL- F and PP.
- Haemogram to examine basic blood parameters and BT, CT.
- Also, patients were tested for HBsAg, VDRL etc.

**Table 3**

Test	Result
Hb%	13.9
RBCs	4.12 milli/cmm
WBCs	9600/cmm
Platlets	2.3 lakhs/cmm
ESR	13 at the end of 1 hr
BSL	FBS - 112 mg/dl PP - 219mg/dl
BT	2mins 15 sec
CT	5mins 35 sec
VDRL	Negative
HBsAg	Negative
LFT	WNL
RFT	WNL
Lipid Profile	WNL
Sr. Uric Acid	WNL
Urine – R & M	WNL; PC- 4-5/hpf

**Nidan Panchak****Hetu****Aahar**

- Katu, Amla Rasa Sevan, Atyambupaan, Ateetakalashan, Vishamashan,
- Abhishyandi (Sandhanjanya, Matsya, Odana) Viruddha Ahar Sevan.

**Vihar**

- Yanayan, Sheeta Vata Sevan, Aatapsevan, Chhardi Vega Udiran.

**Manas**

- Atichintan, Krodh

**Vyasan**

- Tea: 5-6 times/day
- Tobacco: 6 times/day
- Alcohol: 2-3 times /week

**Poorvarupa**

- Sarvaang Kandu
- Ati Swedan
- Ubhay Hasta-Pada Pradeshi Mandal Utpatti, Vranvat Utpatti, Raukshya.

**Roopa**

- Ubhay Hasta-Pada Pradeshi Mandal Utpatti, Vranvat Utpatti
- Raukshya, Kharata, Kandu, Shoola
- Twak Dushti Sthani Alpa Raktasrav, Kandu Paschat Picchil Jalasrava.

**Fig 1: Samprapti**

Rasa Raktavaha Srotodushti



Dosha - Shakha Gati



Twak Sthani – Sthanasamshraya



Ubhaya Hasta Pada Pradeshi- Raukshya, Kandu, Vranava Utpatti



Alpa Raktasrav, Kandupashat Picchil Jalsrav and Shoola



Vicharchika

**Differential Diagnosis****Vyadhi Nidana:** Vicharchika**Sadhya-Asadhyata:** As Vicharchika is Kapha dominant and only one Dosh dominant type of Kushtha; it is considered as Sadhya.<sup>[5]</sup>**Management**

Patient was diagnosed with Vicharchika as Sadhya and Nava Avastha. The treatment was planned as Jalaukavacharana along with Ayurvedic internal medicines.

Aushadhi	Matra & Anupana	Sevan Kala	Kala	Guna
Arogyavardhini Vati	500 mg Koshna Jala	Apana	1 month	Pachan, Deepan, Malashodhan, Kushthaghna
Nisha + Amalaki Choorna	2 gm+ 1gm Koshna Jala	Apana	2 months	Pachan, Anuloman, Rasa-Rakta shodhan, Pramehanashan
Bhoonimbadi Kwatha	20 ml	Apana	1.5 months	Pachan

Internal Ayurvedic medicines and their mode of action are given as below:

Triphala Guggul	500 mg Koshna Jala	Vyana Udana	15 Days	Shoolaghna, Shothahara, Kledanashan
Gandhaka Rasayan	250 mg Koshna Jala	Vyana Udana	1.5 months	Kledanashan, Dahanashan, Kushthaghna
Khadiradi Vati	500 mg	Vyana Udana	1.5 months	Kledanashan, Kushtaghna

	Koshna Jala			
Panchatikta Ghrita Guggul	500mg Koshna Jala	Vyana Udana	1 month	Raktaprasadan, Kanduhara, Raukshnashan
Aragwadha Kapila Vati	500 mg Koshna Jala	Ratrau	1 month	Sramsan, virechan, Kushtha-Kandu Nashan.

**Panchakarma Upakrama**

Panchakarma Upakrama as Raktamokshana in the form of Jalaukavacharana was performed in this patient.

Jalaukavacharana at both hands and feet was done every 7 days for 1.5 month (5 sittings) and observations, assessment was recorded.

**Fig. 2****Fig. 3****Fig. 4**





Fig. 5



Fig. 6



3	Mild to Moderate itching	Slight black reddish discoloration	Mild to Moderate burning
4	Severe itching	Deep black reddish discoloration	Severe burning

Score	Vedana	Pidaka	Rukshata
0	No pain	No eruption of skin	No line on scrubbing with nail
1	Occasional pain	Starting of eruption	Faint line on scrubbing with nail
2	Mild pain on touch	Moderately developed eruption	Marked line on scrubbing with nail
3	Mild to moderate pain	Spread over extremities	Excessive dryness leading to itching
4	Severe pain	Severely spread on overall body	Excessive dryness leading to cracks and bleeding

2) Area Score

3) Severity score

4) EASI score

Assessment of the Patient

Before Treatment

Signs and Symptoms	Score
Kandu	3
Vaivarnya	3
Daha	2
Vedana	3

Assessment of the Patient:

1) Scoring of signs and symptoms of Vicharchika.

Score	Kandu	Vaivarnya	Daha
0	No Itching	Normal colour	No burning
1	Occasional itching	Abnormal but near to normal colour	Occasional burning
2	Mild itching	Reddish discoloration	Mild burning

Pidika	2
Raukshya	2

**After Treatment**

Signs and Symptoms	Score
Kandu	2
Vaivarnya	1
Daha	1
Vedana	1
Pidika	0
Raukshya	0

**Before Treatment****1) Area score:**

Upper limb- 2

Lower limb-2

**2) Severity score**

Region	Redness	Thickness	Scratching	Lichenification
Upper Limb	1	2	1	0
Lower Limb	1	2	1	0

**Easi Score:**Upper Limb =  $1+2+1+0=4*2*0.2= 1.6$ Lower Limb =  $1+2+1+0=4*2*0.4= 3.2$ **After Treatment****1) Area score**

Upper limb: 1

Lower limb: 1

**2) Severity score**

Region	Redness	Thickness	Scratching	Lichenification
Upper Limb	0	1	0	0
Lower Limb	0	1	1	0

**3) Easi Score**Upper Limb =  $0+1+0+0=1*1*0.2= 0.5$ Lower Limb =  $0+1+1+0=2*1*0.4=0.5$ **DISCUSSION**

While understanding pathology of *Kushta* and *Vicharchika*, all *Tridoshas* are vitiated along with *Rasa*, *Rakta*, *Mamsa* and *Lasika*.<sup>[6]</sup> *Vicharchika* is one of the *Kshudrakushtha* with *Kapha Dosha* predominance but it represents symptoms of *Tridosha Dushti*, as *Kandu* due to *Kapha*; *Srava* due to *Pitta*; and *Shyava Varna*, *Raukshya* due to *Vata*.<sup>[7]</sup> *Acharya Dalhana* in the commentary of *Sushrut Samhita* has specifically mentioned that most common site of *Vicharchika* is *Hasta* and *Pada*.<sup>[8]</sup>

As per the *Chikitsasutra* of *Kushta*, one should perform *Shodhana Karma* according to *Dosha* dominance.<sup>[9]</sup> Also, in *Raktamokshana Chikitsa*, *Alpa Kushtha* needs *Prachhan* or *Jalaukavacharana*.<sup>[10]</sup> Considering *Raktadushti* and local *Raktamokshana Chikitsa*, *Jalaukavacharana* proves very effective in reducing signs and symptoms of *Vicharchika*.

*Ayurvedic* internal medications given act as *Pachan*, *Deepan*, *Tridosha Shaman*, *Kleda Nashan*, *Kandu-Kushtha Nashan*, and *Rasa Rakta Prasadana* along with *Jalaukavacharana*.

Here, in this case, Area score has reduced from 2 to 1, Severity score also has reduced in each symptom. EASI score for upper limb is reduced from 1.6 to 0.5 and for lower limb from 3.2 to 0.5.

Thus, *Jalaukavacharana* and internal medicines both show marked results in management of *Vicharchika*

**CONCLUSION**

This case study proves that *Jalaukavacharana* and *Ayurvedic* internal medicines can not only cure *Vicharchika* but also prevents recurrence of the *Vyadhi*. *Raktamokshana* and medicines along with *Nidan Parivarjan* and *Pathya Ahar Vihar Sevan* is very effective in the management of *Vicharchika*.

### CONSENT OF THE PATIENT

Informed written consent of the patient has been obtained before treatment and for the publication of the case study.

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