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Effect of *Parisheka*, *Rakta Mokshana* and *Shamanoushadhi* in management of *Vicharchika* (Eczema) : A Case Report

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ABSTRACT

Introduction: *Vicharchika* is one among the eleven *Kshudra Kushta*. Cardinal features of *Vicharchika* are *Kandu*, *Pidika*, *Shyava Varna*, *Bahusravi*. *Vicharchika* is a *Kapha Dosha* predominant condition as mentioned by *Acharya Charaka*. **Methods:** The patient was treated with *Siravedha*, *Sheeta Parisheka* with *Panchavalkala Qwatha*, *Gandhaka Rasayana*, *Triphala Guggulu*, *Patolakaturonhinyadi Kashaya* as *Shamana Aushadhi* for seven days. Assessment was done on 1st day and 8th day on bases of *lakshana*, EASI score. **Result:** After seven days of treatment there was significant reduction in the signs and symptoms, along with EASI score. **Discussion:** *Siravedha* was done on the first day in order to eliminate the *Dooshita Rakta*, later on *Sheeta Parisheka* was done to pacify the *Daha* over the lesion for next 6 days. *Panchavalkala Qwatha* was used for *Sheeta Parisheka*. *Shamanoushadhi* prescribed were *Gandhaka Rasayana* which is *Kapha Hara* due to its *Katu*, *Tikta Rasa* and *Ushna Veerya*. *Triphala Guggulu* which acts as *Kaphahara* due to its *Kashaya*, *Katu*, and *Tikta Rasa*, *Rooksha Guna*. *Patolakaturonhinyadi Kashaya* which is *Kaphapitta Hara* due to its *Tikta Rasa* and *Rooksha Guna*. After seven days of treatment patients got significant relief in many cardinal symptoms like *Kandu*, *Srava* & *Daha*. Combined effect of *Rakta Mokshana*, *Parisheka* and *Shamanoushadhi* were considerable improvement seen in this case.

Key words: *Vicharchika Kushta*, *Eczema*, *Siravedha*, *Sheeta Parisheka*, *Panchavalkala Qwatha*, *Gandhaka Rasayana*, *Triphala Guggulu*, *Patolakaturonhinyadi Kashaya*.

INTRODUCTION

Kushta is manifested by provocation of all three *Doshas* (*Vata*, *Pitta*, *Kapha*) and derangement of four *Dhatus* (*Twak*, *Mamsa*, *Rakta*, *Lasika*). *Acharya Charaka* opines

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dominant *Dosha* of the diseases should be treated first and later the associated *Doshas*.^[1] *Acharya Charaka* has classified *Kushta Roga* as *Maha* and *Kshudra Kushta*. *Vicharchika* is one among *Kshudra Kushta*. *Vicharchika* being *Kapha* predominant *Tridosha vyadhi* and having specific involvement of *Rasa*, *Rakta*, *Mamsa* and *Kleda* (*Lasika*) *Dushya* (the *Sapthadravya*) for the manifestation of disease. Cardinal features of *Vicharchika* are *Kandu* (itching), *Pidika* (eruptions), *Shyava Varna* (blackish discoloration) and *Bahu Srava* (excessive oozing).^[2]

Acharya Sushruta explained *Vicharchika* being *Pitta* predominant *Tridoshaja Vyadhi*, presence of symptoms such as *Ati Kandu* (intense itching), *Ati Ruja* (Severe pain) and *Raaji* (marked linings) with *Rukshata* (dry appearance).^[3]

According to *Ashtanga Hridaya*, nature of *Srava* was explained as '*Lasikadhya*' whereas *Indu*, explained *Lasikadhya* as '*Jala Pravah*' i.e., watery discharge.^[4] *Kushta* is disorder of *Tvak* (skin), affecting a person both cosmetically and mentally because of social stigma faced by the patients due to distorted appearance. *Tvak* is the *Upadhatu* of *Mamsa*, originating from *Matruja Bhava*, also an *Adhithana* of *Sparshanendriya*, covers the outer part all over the body.

Vicharchika can be correlated with Eczema as it has similar signs and symptoms like non-contagious inflammation of the skin characterized by erythema, scaling, oedema, vesiculation and oozing. There are different types of eczema mentioned; the commonest form encountered is atopic or allergic dermatitis.

Daily visit to general practitioner's accounts for 10-15% patients with dermatological disorders and of all skin diseases, 30% cases are of eczema. Dermatitis was estimated to affect 245 million people globally in 2015^[5], More prevalent among children (15-20%) and in adults (1-3%) worldwide, the prevalence among age group 6-7 years is 0.9% in India.^{[6],[7]}

Acharya Charaka states that dominant *Doshas* should be treated first and associated *Doshas* later. An individual with *Kapha* predominant constitution if exposed to *Kapha* aggravating *Nidana*, it results in further aggravation leading to increase strength of *Kaphaja Vyadhi*.^[8] The vitiated *Tridoshas* - *Vata*, *Pitta*, *Kapha* along with impaired *Tvak*, *Rakta*, *Masa* and *Lasika* plays a role in pathogenesis of this *Kushta*. *Kapha* and *Pitta Dosh*a are responsible for symptoms like *Kandu* and *Daha*,^[9] *Vata* is responsible for *Tvak Shyava Varna* and *Pitta* is responsible for *Bahusraava* and *Daha*. As *Kushta* is known to be a chronic disease for which repetitive *Shodhana* is indicated.^[10] According to *Acharya Sushruta*, *Vamana* can be repeated at interval of every 15 days, *Virechana* at interval of 30 days and *Raktamokshana* every 6 months.^[11] In *Bahu Dosh*a condition, *Shodhana* such as *Vamana* and *Virechana* is mainly indicated. *Vicharchika* is a *Raktapradoshaja Vyadhi* and the lesion was localized at bilateral distal lower limbs, *Siravedha* was

done in order to eliminate the *Dooshita Rakta*. *Raktamokshana* is one of the prime methods of treatment for curing skin disease where all other treatment modalities fail^[12,13]

CASE REPORT

A 65 year female, approached *Kayachikitsa* OPD with complaints of dark skin lesion over both legs associated with serous and blood discharge, burning, and itching sensation since 15 days.

Patient had a history of *Vicharchika* (Eczema) every year in between September to march since 8 years, for which after every onset she use to take *Ayurveda* treatment.

History of presenting illness

Patient was apparently healthy 8 years back. Suddenly 15 days back she develop lesion over bilateral distal lower limbs with itching and serous discharge. Gradually the lesion increased in surface area with serous discharge, itching and burning sensation. For the above complaints she has approached to our hospital.

Clinical findings

On general examination a female patient with moderately nourished having normal blood pressure with normal temperature, pulse and respiratory rate. On examination other parameters like pallor, icterus, central cyanosis, oedema, digital clubbing and local lymphadenopathy were absent.

Systemic examination

Dashavidha Pareeksha (Ten fold examination)

Prakrithi (~body constitution) - *Vatapitta*; *Vikrithi* (~abnormal tissues affected) - *Tvak*, *Rakta* (~Skin and Blood); *Satva* (~will power) - *Madhyama* (~Moderate); *Sara* (~essence of body tissues) - *Madhyama* (~Moderate); *Samhanana* (~Nourishment) - *Madhyama* (~Moderate); *Aharashakthi* (~Power of digestion) - *Madhyama* (~Moderate); *Vyayamashakthi* (~Power of performing exercises) - *Madhyama* (~Moderate); *Vaya* (~Age) - *Vridha* (~Old).

Ashtavidha Pariksha (Eight fold examination)

Nadi (~pulse) - *Vataja*; *Mutra* (~nature of micturition) - *Prakritha* (~normal); *Mala* (~Nature of stool) - *Prakritha* (~normal); *Jihva* (~Status of tongue) - *Alipta* (~not coated); *Shabdha* (~auditory reflexes) - *Prakritha* (~normal); *Sparsha* (~tactile) - *Prakritha* (~normal); *Drik* (~visual reflexes) - *Prakritha* (~normal); *Aakrithi* (~body built) - *Krishha* (~lean).

Nidana (~Etiology/Causative factor)

Ati Amla, *Katu* and *Lavana Aahara Sevana* (~consumption of more sour, spicy and salty food); *Divasvapana* (~Sleeping in day); *Ati Snigdha Aahara Sevana* (~consumption of more oily food).

Srotopareeksha (~Examination of circulatory channels involved)

The involved *Srotas* (~circulatory channels) are *Rakta* (~Blood) which is having origin from *Rasa* (~plasma). The *Lakshanas* (~symptoms) are *Kandu* (~itching), *Pidika* (~eruptions), *Shyava* (~blackish discoloration) and *Bahu Srava* (~excessive oozing).

MATERIALS AND METHODS

| Day | Intervention | Dose and Anupana |
|--|--|--|
| 1 st day | <i>Siravedha</i> (b/l lower limb) | 20 ml blood <i>Visravana</i> from each leg |
| 2 nd to 7 th day | <i>Sheeta Parisheka</i> - <i>Panchavalkala Qwatha</i> (b/l lower limb) | OD |
| 1 st to 7 th day | <i>Patolakaturonhinyadi Kashaya</i> | 30ml-0-0 (BF) with 30 ml of with luke warm water |
| 1 st to 7 th day | <i>Triphala Guggulu</i> | 2-2-2 (BF) with luke warm water |
| 1 st to 7 th day | <i>Gandhaka Rasayana</i> | 2-0-2 (AF) with luke warm water |
| 1 st to 7 th day | <i>Gandhaka Malahara</i> (Morning, after <i>Parisheka</i>) | (EA) |

| | | |
|--|--------------------------------------|------|
| 1 st to 7 th day | <i>Shatadhouta Ghrita</i> (At night) | (EA) |
|--|--------------------------------------|------|

b/l - Bilateral, EA - External application, BF - Before food, AF - After food, OD - Once daily

RESULT

| Parameter | Before treatment | In between treatment (Day 3 rd) | After 7 days of treatment |
|------------------------------|------------------|---|---------------------------|
| <i>Kandu</i> ^[14] | Present | Reduced | Absent |
| <i>Pidika</i> | Absent | Absent | Absent |
| <i>Shyava Varna</i> | Present | Present | Reduced |
| <i>Bahusraava</i> | Present | Reduced | Absent |
| EASI score ^[15] | 4.8 | 2.4 | 0 |

DISCUSSION

Gandhaka Rasayana has *Katu*, *Tikta Rasa* and *Ushna Veerya* which pacified *Kandu Karma* of *Pitta* and *Kapha*.^[16]

Gandhaka is also *Pittakara* so, to avoid *Pitta* aggravation, *Sheeta Parisheka* of *Panchavalkala Qwatha* was done. It relieved *Daha* by its *Sheeta Guna* and *Bahusrava* because of its *Rooksha Guna*.

Triphala Guggulu may have helped in reducing *Kandu* by its *Katu*, *Tikta Rasa* and *Rooksha Guna*.^[17]

Patolakaturonhinyadi Kashaya possesses *Tikta Rasa* and *Rooksha Guna* by which acts as *Kanduhara*, *Bahu Sravahara* and works as *Raktashodhaka*.^[18]

Gandhaka Malahara is of *Ushna Veerya* which pacifies *Kandu*.^[19]

Shatadhouta Ghrita worked as *Vata* and *Pittahara* which reduced *Daha* and *Syava Varna*.^[20]

Therefore, combined effect of *Parisheka*, *Rakta Mokshana* and *Shamanoushadhi* plays a significant role in the treatment of *Vicharchika*. Assessment was done on follow ups and there was no relapse till six months of treatment.



Before treatment (Day 1st)



After treatment (Day 7th)



In between treatment (Day 3rd)

CONCLUSION

In this case study combined effect of *Parisheka*, *Rakta Mokshana* and *Shamanoushadhi* in *Vicharchika* (Eczema) was found to be effective.

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