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Management of *Vicharchika* w.s.r. to Eczema : A Case Study

Manisha Bai¹, Ravi Sharma²

¹Post Graduate Scholar, Dept. of Kaya Chikitsa, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

²HOD, Dept. of Kaya Chikitsa, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

ABSTRACT

All skin conditions are covered by *Kustha Roga* in Ayurveda. The two forms of *Kustha Roga* identified by Ayurveda are *Mahakushta* and *Kshudrakustha*, which are further divided into seven and eleven varieties, respectively. It is categorised as a *Astha Mahagada*. According to Ayurveda, *Vicharchika* is *Rakta Pradoshaja*. Being affected by three *Doshas*, with *Kapha* dominating, is *Vikara*. Modern science says that *Vicharchika* presents clinically as Eczema. Eczema is a type of dermatitis in which the dermis becomes inflamed. Atopic dermatitis, which is characterised by dry skin that itches and has poorly defined patches of scale and erythema, is another name for it. Current mainstream medicine offers inadequate treatment options. In the present case study, a 32 years old female consulted in Out-patient department of Rajkiya Ayurved Hospital Motichohta, Udaipur. Complain of the patient was recurrent skin rashes on both feet and thigh region with redness, itching, along with discharge. By examining the signs and symptoms of complaints of patient was diagnosed with eczema. In the present case report patient was intended to treat with some ayurvedic formulations under the treatment of *Vicharchika*.

Key words: Eczema; *Vicharchika*; *Rakta Pradoshaja* *Vikara*

INTRODUCTION

Due to poor cleanliness, skin diseases are more common in youngsters and those from lower socioeconomic groups. According to Ayurveda, *Vicharchika* has similar clinical presentation as eczema. According to *Bruhatryee*, *Vicharchika* comes under *Kshudrakustha*. As *Kustha* is caused due to *Viruddhaahara* which leads to *Agnimandya*. Atopic dermatitis is another name for eczema in modern medical terminology. Eczema, also known as atopic

dermatitis, is a pattern of skin inflammation caused by delayed type hypersensitivity and mediated by T cells in the skin.^[1] Although scarring is uncommon, areas of transient skin darkening occasionally defined healed wounds.

There are many causes of *Vicharchika*, excessive consumption of foods that are dry, stale and cold, salty, spicy sour, fermented or fried, late night work schedules, regular late-night dinners, excessive physical, mental and sexual activities and the stress is responsible for causing *Vicharchika*. Excessive intake of teas, coffee, alcoholic beverages, aerated drinks, indigestion, constipation, acidity or flatulence too can cause eczema.

CASE REPORT

A 32-year-old female consulted in Out-patient department of Rajkiya Ayurved Hospital Motichohta, Udaipur. Complain of the patient was recurrent skin patches on both feet and thigh region with redness, itching, along with discharge. Patient was suffering with these symptoms from last six years. The patient

Address for correspondence:

Dr. Manisha Bai

Post Graduate Scholar, Dept. of Kaya Chikitsa, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

E-mail: vikashyadav471995@gmail.com

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also consulted to allopathic hospitals and took allopathic treatment but did not get much relief from modern medicine and even condition become vaster with spreading of symptoms to nearby area of body.

Dashvidh Pariksha

Prakriti	Vata Pitta
Vikriti	Vikriti Visham Samvet
Pramana	Madhyam
Sattav	Madhya
Satmaya	Sarvaras
Sara	Raktsara
Sehnan	Madhyam
Aahar Shakti	Madhyam
Vyayam Shkti	Madhyam
Vaya	Yuva

Ashtavidh Pariksha

Nadi	80 per min
Mutra	Samyak
Mala	Samyak
Jihvya	Malavrit
Shabd	Tikshan
Sparsh	Samsheetoshn
Druk	Sam
Akriti	Sam

Diagnosis

By observing the symptoms of patient, she was diagnosed with Eczema. Vicharchika was considered as ayurvedic diagnosis.

Treatment

1. *Bhumyamlaki Churna* 1gm
Kutaki Churna 1 gm
Manjishtha Churna 1 gm
Chopchini Churna 1 gm
Godanti Bhasma 500 mg

In morning & evening with lukewarm water

2. *Manjishthadi Kwath* 5 gm BD
3. *Pamahar Lepa* mix with mustard oil for local application

After this-

1. *Manjishtha churna* 1 gm x BD
2. *Chopchini churna* 1 gm x BD
3. *Prawal pishti* 500 mg x BD
4. *Rasmanikya* 100 mg x BD
5. *Tab. Yojanvalli* 2 tab. x BD
6. *Tab. Kushthjeet* 2 tab. x BD

Plan for Virechana

Snehpana with *Mahatiktak Ghrita* for 7 days

8th and 9th day *Abhyanga* and *Swedana*

10th day *Virechana* with;

Amaltas 10 gm

Sanaya Patti 10 gm

Harad 10 gm

Munakka 10 gm

Boiled with 800 ml water and reduced to 400 ml

Gulab Patti 10 gm

Saindhav Lavan 5 gm

Boiled again and reduced to 200 ml.

20 Vega of *Virechana* is considered as *Madhyam Shuddhi*.

7 days *Sansarjan Krama* followed by patient.

OBSERVATION AND RESULT

After *Virechana* patient have got relief in symptoms

- Decreased redness and itching
- Discharge subsides

DISCUSSION

Poor food and lifestyle choices contribute to eczema or *Vicharchika*, which compromises digestion and aggravates *Kapha Dosha*.^[2] When *Kapha* is present, it shows up in the skin and builds up toxins. eating too much fish, new grains, curds, and sour or salty meals. Black grammes, radish, foods made from flour paste, sesame, and items made with milk and jaggery. *Vicharchika's* aetiology and risk factors include engaging in sexual activity even when food hasn't fully digested (sex right after eating), sleeping during the day, insulting peers like brahmins, gurus, and other respected individuals, as well as engaging in sinful behaviour. The three vitiated *Doshas* of *Vata*, *Pitta*, and *Kapha*, as well as impaired *Tvak*, *Rakta*, *Mamsa*, and *Ambu*, collectively make up seven crucial elements that contribute to the pathogenesis of this skin illness, with *Kapha* being the main *Dosha* in *Vicharchika*.^[3] Patient should consume easily digestible and wholesome food, green leafy vegetables bitter in taste, food and ghee prepared by fortifying with *Bhallataka*, *Triphala* and *Nimba*, one year old cereals, meat of animals inhabiting from arid area, preparations of *Mudga* and *Patola*. Patient should avoid food which are heavy to digest, sour food, milk, curd, meat of

animals residing in marshy area, fish, jaggery and sesame.^[4]

CONCLUSION

The case study shows how eczema can be totally treated with only Ayurvedic medicine. A key component of the treatment for *Vicharchika* is *Pathyasevan*. Apathy must be prevented.

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