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Effect of *Virechana* and *Raktamokshan* in *Vicharchika*: A Single Case Study

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ABSTRACT

Skin protects us from various external invasions. Skin is largest organ and is exposed to disease and injury. *Kushtha* in Ayurveda represent all skin diseases. It is one among the *Ashtaumahagad*. There are two main types of *Kushtha* i.e., *Mahakushtha* and *Kshudra Kushtha*. *Vicharchika* (*Kshudra Kushtha*) is characterized by symptoms like *Pidika*, *Kandu*, *Raktavarna* or *Shyavata*, *Vedana*, *Strava* or *Rukshta* etc. All *Kushtha* are *Tridoshaj* the *Pradhan Dosha* involved in *Vicharchika* is *Pitta*. *Virechana* and *Raktamokshana* is indicated in treatment of *Pittaja* and *Raktaja Vyadhi*. A case study of patient of *Vicharchika* treated by *Virechana* and *Raktmokshan* along with *Shamana Chikitsa* is presented.

Key words: *Skin, Raktamokshan, Virechana, Panchakarma, Jalaukavacharan, Eczema*

INTRODUCTION

Skin is the outer covering of our whole body. In Ayurveda skin is known as *Sparshanendriya*. It protects the surface of the body from heat cold and external infection. *Vicharchika* is a type of *Kshudra Kustha* with symptoms *Kandu* (Itching), *Srava* (discharge), *Pidika* (vesicle) and *Shyav Varna* (discoloration). All skin diseases are included under the *Kushtha* and are classified into *Mahakushta* and *Kshudrakushta*. *Vicharchika* is described under *Kshudrakushta*. The clinical presentation of *Vicharchika* is similar to Eczema in modern dermatology. Eczema (atopic dermatitis) is characterized by dry, itchy skin with areas of poorly

demarcated erythema and scale. In the acute phase, Eczema may be vesicular and oozing; in the chronic phase, it may become hyperpigmented and thickened.

Causes of *Vicharchika*

- *Viruddha Aahar* (incompatible diet)
- *Drava, Snighdha, Guru Aahar* (liquid, oily and heavy food intake)
- *Chardi Vega Dharan*
- *Vyayam* immediately after having food
- Intake of cold water after fear, hard work and after sitting in sunlight.
- Eating even having indigestion
- Improperly following *Panchakarma*
- Daily intake of freshly cultivated grains, curd, fish, salt and sour.
- Intake of *Kapha Vardhak Ahara* in excess like Urad, Mooli, Guda, Milk etc.
- Sexual intercourse during indigestion
- *Divaswap* (Sleeping during day)
- Disrespect of the respectable (*Brahmin, Guru* etc.)
- *Atisweda* (excessive sweating)

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- Aswedan (no sweating)

Purva Rupa (prodromal symptoms) of Vicharchika

- Atisweda (excessive sweating)
- Aswedan (no sweating)
- Twakparushya (hard and dry skin)
- Akasmata Romharsha (tingling sensation)
- Vaivarnya (discolouration)
- Kandu (itching)
- Suptata (numbness)
- Sparshgyananash (no sensation)
- Kotha (eruptive rashes)
- Twak Shotha (inflammation in the skin)
- Shrama (easy fatigue)
- Klama (fatigue)
- Wound healing delayed
- Discoloration of blood

Differential diagnosis of Eczema

- Chronic inflammatory skin diseases (Chronic inflammatory skin diseases, contact dermatitis, Seborrheic dermatitis, Psoriasis, Lichen simplex chronicus)
- Infectious agents (Candida, Dermatophytes, Herpes simplex, Staphylococcus aureus, Sarcoptes scabiei)
- Immunologic disorders (Dermatitis herpetiformis, Pemphigus foliaceus, dermatomyositis)
- Congenital disorders
- Nonallergic reaction to medication
- Metabolic Diseases (Phenylketonuria, Tyrosinemia, Zinc deficiency, Pyridoxine (Vitamin B6) and niacin deficiency.
- In Ayurvedic aspect Vicharchika is to be differentiated from Kapal, Audambar, Mandal, Rishyajeewa, Pundreeka, Sidham, Kaknaka, Ekkushtha, Charmakhya, Kitibh, Dadrumandal, Charmdal, Pama, Visphotak Kushtha.

Lakshana (Symptoms of Vicharchika)

Sa Kandu Pidika Syava Bahu Srava Vicharchika || (Cha.Chi.7/26)

Rajyo Atikandu Atiruja Sa Ruksa Bhavanti Gatresu Vicharcikayam || (Su.Ni.5/13)

The classical symptoms of Vicharchika are Rakta and Shayava Varna (Red and Black discoloration), Pain, Kandu (itching), Bahusrava (Secretions).

CASE REPORT

Clinical findings & History

Name - ABC

Age - 48 years, Male

Occupation - Officer in a Bank

Complaints - Itching, oozing, pain, and redness in both legs for 6 months

Pulse - 84/min

BP - 116/80 mmHg, Nondiabetic.

Family history - No significant illness

Assessment Criteria

The symptoms of Vicharchika were categorized according to intensity

Symptoms - Rakta Varna, Kandu, Vedana, Srava

Assessment - Atyadhik - 3, Madhyam - 2, Alpa - 1, Normal - 0

Timeline chart of treatment

| Symptom | BT | 2 mths | 4 mths | 6 mths | 9 mths | 1 yr | 2 yrs | 3 yrs |
|-------------|----|--------|--------|--------|--------|------|-------|-------|
| Rakta Varna | 3 | 3 | 3 | 3 | 2 | 1 | 0 | 0 |
| Kandu | 3 | 3 | 3 | 2 | 2 | 1 | 1 | 0 |
| Srava | 3 | 2 | 2 | 1 | 0 | 0 | 0 | 0 |
| Vedana | 3 | 2 | 2 | 2 | 1 | 0 | 0 | 0 |

Internal Medicine

1. *Kaishor Guggulu* - 2 tablets thrice a day after meal (for 2 years)
2. *Haridrakhand Churna* - 3 gm twice a day (for 2 years)
3. *Arogyavardhini Vati* - 2 tablets after meal twice a day (for 1 month)

External Medicine

Triphala Kwatha for *Dhavana* (cleaning the lesion)

Shatdhaut Ghrut for local Application and alternatively *Karanj Tailam* for local application

Shodhan Chikitsa

Vamana - *Sneha-Sweda Purvak Vaman* was given followed by *Sansarjan Krama*. *Samyak Vamana Lakshan* were observed.

Virechana - *Sneha-Sweda Purvak Virechana* was given followed by *Sansarjan Krama*.

Virechana was given every month for six months.

When the symptoms of disease showed improvement then *Virechana* was given once a year in *Sharad Ritu*.

Raktamokshana - *Jalaujavacharana* was performed every month for 3 months.

Vitiated Dosha and Dushya of Vicharchika

Vicharchika has the involvement of *Tridosha*, with *Kapha* predominant *Dosha*.

Twak, Rakta, Mansa and *Lasika* are the four *Dushyas* of *Vicharchika* (mainly *Rakta*)

It is also included in *Raktapradoshaja Vikaras*.

DISCUSSION

Kushtha is *Tridoshaj Vyadhi* with *Twak, Rakta, Mansa, Lasika* as four *Dushyas*. So, the treatment in *Vicharchika* was planned to target *Kapha Dosha* by *Vaman*. *Virechan* every month for 6 months and then once a year in *Sharad Ritu* was performed to remove vitiated *Pitta* and *Kapha Dosha*. *Raktamokshan* was performed to achieve *Raktashuddhi* as *Rakta* is one of main *Dushya*. Externally washing with *Triphala*

Kashaya helps in *Kledashoshana*, reduces *Srava* & *Shotha* from local area. After washing, local application of *Shata Dhaut Ghrut* and *Karanj Tailam* was administered. *Lepa* provides highest drug concentration at the site of action so it is essential. *Shatdhaut Ghruta* is used as externally for *Daha Shamana*, and to reduce infection. *Kaishor Guggul* cures *Medodusthi*, it helps to improving digestion & removing toxins. It has anti-bacterial, anti-inflammatory, anti-oxidant, anti-microbial property which helps in treating wounds. *Haridra Khanda* is useful in allergic skin manifestations especially in urticaria, eczema. *Aaragwadhadi Varga* is useful skin disorders, itches & ulcers.

Before Treatment**Jalaukavacharana**

After Treatment**CONCLUSION**

Shodhan Chikitsa (Panchakarma) as described in classic text plays significant role in disease management and *Apunarbhava* of disease. *Shamana Chikitsa* (Internal and External) in *Vicharchika* is found effective. *Pathya* plays important role in speed of recovery and *Apunarbhava* of disease. Ayurvedic management provides significant relief & improves the quality of life of *Vicharchika* patient.

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