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 Pradhana Doshha involved in Vicharchika is Pitta. Virechana and Raktamokshan 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 Kushtha 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)
- Chordi 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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Lakshana (Symptoms of Vicharchika)

Sa Kandu Pidika Syava Bahu Srava Vicharchika || (Cha.Chi.7/26)
Rajyo Atikandu Atiruja Sa Ruksa Bhavanti Gantresu Vicharcikayam || (Su.Ni.5/13)

The classical symptoms of Vicharchika are Rakta and Shayav 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, Strava
Assessment - Atyadhik - 3, Madhyam - 2, Alpa - 1, Normal - 0

Timeline chart of treatment

<table>
<thead>
<tr>
<th>Symptom</th>
<th>BT</th>
<th>2 mths</th>
<th>4 mths</th>
<th>6 mths</th>
<th>9 mths</th>
<th>1 yr</th>
<th>2 yrs</th>
<th>3 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rakta Varna</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Kandu</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Strava</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vedana</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
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</tbody>
</table>

In Ayurvedic aspect Vicharchika is to be differentiated from Kapal, Audambar, Mandal, Rishyajeeva, Pundreek, Sidham, Kaknaka, Ekkushtha, Charmakhya, Kitibh, Dadrumandal, Charmdal, Pama, Visphotak Kushtha.
CASE REPORT

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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 Kwath for Dhavana (cleaning the lesion)
Shatdhaut Ghrut for local Application and alternatively Karanj Tailam for local application

Shodhan Chikitsa
Vamana - Sneha-Sveda Purvak Vaman was given followed by Sansarjan Krama. Samyak Vamana Lakshan were observed.

Virechana - Sneha-Sveda 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 Ghrita 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.
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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