Ayurvedic management of Vicharchika (Eczema) - A Case Report

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Abstract
Eczema is a reaction pattern manifested by variable clinical and histologic findings. Primary lesions may include papules, erythematous macules and vesicles which can coalesce to form patches and plaques. In severe eczema, secondary lesions such as weeping and crusting may predominate. Eczema has quite resemblance with Vicharchika in Ayurveda. Vicharchika is characterized by skin manifestation having the symptoms Kandu (Itching sensation), Pidika (Papule), Shyava Varna (Blackish brown discoloration) and Bahusrava (Excessive exudation).

Case Summary: A 62 year old male patient approached with chief complaints of diffuse scaly skin lesions over face, upper limbs, lower limbs, abdomen and flanks associated with severe itching and serous discharge since 8 months. The Ayurvedic diagnosis was made as Vicharchika (Eczema) on the basis of signs and symptoms. The patient was given with Raktha Shodhaka and Kushtahara Shamana Aushadis (Oral medications) along with Parisheka (Sudation by shower sprinkling) with Sidharthaka Snana Choorna as Sravahara line of management. Later on Sadyovirechana was administered for Koshta Shudhi. From the 7th day Abhyanga (Oil massage) was started and on 11th day of treatment Siravyadha (Bloodletting) was done. Significant improvement was observed after 14 days of treatment in terms of EASI Score. This case study shows that Ayurvedic treatment is helpful in effective management of Vicharchika and helps in improving the quality of life.

Key words: Eczema, Vicharchika, Parisheka, Abhyanga, Siravyadha, Case report.

Introduction
The terms Eczema and Dermatitis are synonymous. The histologic features of dermatitis have been divided into three patterns: acute, sub-acute and chronic. Acute dermatitis shows a mixture of epidermal vesculation, and a mononuclear cell infiltrate. Chronic dermatitis demonstrates epidermal acanthosis, hyperkeratosis, upper dermal fibrosis, and a predominantly perivascular mononuclear cell infiltrate. Mixtures of these two histologic reaction patterns occur in sub-acute dermatitis. Allergic contact dermatitis is an immunologic reaction to an allergen which comes into contact with skin. Dermatitis was estimated to affect 245 million people (3.34%) of world population. About 10-20% of the general practice includes the patients suffering from skin disorders and eczema accounts for a very large population of all the skin diseases.

Vicharchika (Eczema) is one among the Kshudra Kushta (Minor skin disorder). Vicharchika is characterized by skin manifestation having the symptoms Kandu (Itching sensation), Pidika (Papule) Shyava Varna (Blackish brown discoloration) and Bahusrava (Excessive exudation). There is no specific description available in Samhita regarding the line of management of Vicharchika. Hence the treatment is to be carried out according to the predominance of Dosha. The treatment should be planned on the basis of Roga and Rogi Bala (Strength of disease and patient).
PATIENT INFORMATION

A 62 year old male patient visited Kayachikitsa Outpatient department of SDM Hospital, Hassan on 10/9/22 with complaints of diffuse scaly skin lesions over face, upper limbs, lower limbs, abdomen and flanks associated with severe itching, watery discharge, burning sensation and puffiness of face since 8 months. Clinical sign and symptoms like Kandu (Itching sensation), Pidika (Papule) Shyava Varna (Blackish brown discoloration) and Bahusrava (Excessive exudation) were present. He had taken treatment from general physician but found no relief, then he came here for further management.

Associated Complaints

He had disturbed sleep due to itching and burning sensation.

Habits: taking curd, milk (Twice a day), Spicy, oily food, Tea (3 times/day) and smoking (4 beedis/ day).

Past History

No h/o Diabetes mellitus/Hypertension, other major medical and surgical history.

Family History

No relevant family history.

Psychological Evaluation

Patient was in stress due to disturbed sleep, burning sensation and itching.

Clinical Findings

Vital signs were normal. The sleep of the patient was disturbed due to itching. On Integumentary system examination, distribution of the skin lesion was over the face, upper and lower limbs, abdomen and flanks. Type of lesion was papules, vesicles and scaly lesions. The colour was blackish associated with rough surface and serous discharge.

Laboratory parameters

Hb: 14.2 gm%, E.S.R: 20 mm/hr, Eosinophilis: 6%, AEC: 625 cells/cmm.

Timeline

<table>
<thead>
<tr>
<th>Date</th>
<th>Relevant medical history</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2022</td>
<td>Acute onset of skin lesion over neck associated with itching</td>
</tr>
<tr>
<td></td>
<td>Gradual development of skin lesions over other body parts</td>
</tr>
<tr>
<td>February 2022</td>
<td>Severe itching and burning sensation started</td>
</tr>
<tr>
<td>March 2022</td>
<td>Disturbed sleep due to itching</td>
</tr>
<tr>
<td>April 2022</td>
<td>Started allopathic treatment (Corticosteroids and ointment)</td>
</tr>
<tr>
<td>August 2022</td>
<td>Symptoms reappeared</td>
</tr>
<tr>
<td>September 2022</td>
<td>Consulted in outpatient department of SDM Hospital and admission advised.</td>
</tr>
</tbody>
</table>

Diagnostic Assessment

Sroto Pareeksha : Raktabaha Srotas

Symptoms - Daha (Burning sensation), Panduta (pallor), Vyanga (pigmentation), Kotha (Skin eruptions).14

Diagnosis - Sravi Vicharkika (Eczema Contact)

Kandu (Itching sensation), Pidika (Papule), Shyava Varna (Blackish brown discoloration) and Bahusrava (Excessive exudation)

Therapeutic intervention

<table>
<thead>
<tr>
<th>Date</th>
<th>Oral medication and procedure</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/9/22</td>
<td>Punarnava Mandoora Tablet</td>
<td>2-0-2 Before food</td>
</tr>
<tr>
<td></td>
<td>Patola katurohiyadi Kashaya</td>
<td>30ml-0-30ml Before food (with warm water)</td>
</tr>
<tr>
<td></td>
<td>Triphala Tablet</td>
<td>0-0-1 After food</td>
</tr>
<tr>
<td></td>
<td>Six-C ointment</td>
<td>External application</td>
</tr>
<tr>
<td></td>
<td>Eladi soap</td>
<td>External application</td>
</tr>
<tr>
<td></td>
<td>Gani as diet</td>
<td></td>
</tr>
</tbody>
</table>
## CASE REPORT

**Table 3: Outcomes**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Before treatment</th>
<th>In between the treatment (7th day)</th>
<th>After 14 days of treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kandu (Itching sensation)</td>
<td>Present</td>
<td>Reduced</td>
<td>Absent</td>
</tr>
<tr>
<td>Pidika (Papule)</td>
<td>Absent</td>
<td>Absent</td>
<td>Absent</td>
</tr>
<tr>
<td>Shyavavarna (Blackish brown discoloration)</td>
<td>Present</td>
<td>Present</td>
<td>Reduced</td>
</tr>
<tr>
<td>Bahusrava (Excessive exudation)</td>
<td>Present</td>
<td>Reduced</td>
<td>Absent</td>
</tr>
<tr>
<td>EASI Score</td>
<td>39.8</td>
<td>36.8</td>
<td>30.8</td>
</tr>
</tbody>
</table>

**Outcomes**

**Fig. 1 (a,b&c): Picture showing before the intervention of case**
Fig. 2 (d,e&f): Picture showing after the intervention of case

DISCUSSION

The Ayurvedic diagnosis was made as Vicharchika (Eczema) on the basis of signs and symptoms. The patient was given with Parishekasweda (Sudation by shower sprinkling), Abhyanga (Oil massage), Sadyovirechana (Purgation therapy), Siravyadha (Bloodletting) and Shamana Aushadhis (Oral medications).

The Swedana Karma is a part of Purvakarma of Panchakarma along with the Snehana Karma. Sidarata Snana Choorna is Tikta Kashaya Rasa Pradhana. It possess Sheeta Virya and Vata Kaphahara properties. Sidarata Snana Choorna Yoga is Varnakara, Kandughna and Twakdoshahara. After proper Swedana, it helps the development of Mriduta (Softness), Laghuta (lightness) and Agnideepti (increase of digestive power) of body. Through Snehana the Dhatus and obstructed Dosha are moistened and on application of Swedana they are mobilized flows towards Koshta and accumulates in Koshta, which are later removed from the body through Shodhana process. Marichadi Taila is Kapha Samaka, Ushna Virya, Teekshna, Ruksa, Kushtagna and Kandughna.

Virechna is useful in in Pitta dominant disorders along with Kapha Sansrista Doshas and Pitta Sthanaagata Kapha.

The Patient was not ready for Snehapana and considering his age also we planned for Sadyovirechna. The Trivrit is Kashaya, Madhura in Rasa, Ruksa and Katu in Vipaka. It is Kapha Pitta Nasaka. When administered along with other Dravya it becomes Tridosha Shamaka and Sarvarogahara.

In Shalyakarma the Siravyadha treatment is considered as the half treatment. Siravyadha is a procedure of Raktamokshana. Vicharchika is a Raktha Pradoshaja Vyadhi. Hence Siravyadha helps in expelling out the Dushta Raktha from the body.


Aragwadadhadi Kashaya is Kaphahara, Dahahara and Kandughna. Pancha Tikta Guggulu Gritha is Tikta Rasa, Vata Pittahara, Kapha Vatashamaka and Kandughna. Mahatiktaka Lepa is Vata Pittahara, Dahagha and Shyavahara. Significant improvements were observed after 14 days of treatment in terms of itching, skin lesion and serous discharge.

CONCLUSION

Vicharchika (Eczema) is relapsing disease. In present study the patient was given with Parisheka Sweda (sudation by shower sprinkling), Abhyanga (Oil massage), Sadyovirechana (Purgation therapy), Siravyadha (Bloodletting) and Shamana Aushadhis (Oral medications) were found to be effective in the management of Eczema. Present observation and approach definitely boost up the new researcher scholar to manage this condition and do further studies.
**Patient Perspective**

Patient was satisfied with the treatment in terms of reduced itching, burning sensation, exudation and improved sleep.

**Patient Consent**

Written permission for the publication of this case study has been obtained from the patient.

**References**


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