



ISSN 2456-3110

Vol 9 · Issue 7

July 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of Ayurveda Medicine in the management of Vicharchika vis a vis Contact Dermatitis (Eczema)

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ABSTRACT

Vicharchika is a chronic dermatological disorder commonly associated with itching seen in India Subcontinent. It is characterized by *Kandu* (itching in the skin), black eruptions (*Syam Pidakas*), and *Srava* (Oozing). It is a psychosomatic disorder where itching and oozing in the lesion aggravates on increased psychological stress. It is sometimes associated with sleeplessness and itching during night. In *Ayurveda*, *Nidana Parivarjana*, *Vyadhi Pratyahana*, *Aushadhi Prayoga*, *Pancha Karma* therapy. Practice of *Yoga* and *Pranayama*, *Pathapathya Prayoga* and diet therapy are advised in the management of *Vicharchika Roga*, *Yogas* like *Mahamanjishtadi Kashaya*, *Manjishtadi Kashaya*, *Maha Tiktaka Kashaya*, *Tiktaka Kashaya*, *Patola Katu Rohinyadi Kashaya*, *Katuki Kwatha*, *Khadirarishta*, *Arogya Vardhini Vati*, *Guggulu Tiktaka Kashaya*, *Panchatikta Ghrita Guggulu*, *Brihan Marichyadi Taila*, *Maha Marichyadi Taila* and *Nalpaaradi Tailas* are frequently used in this disease. These drugs are having the actions like *Tikta Rasa Yukta*, *Kashaya Rasa Yukta*, *Ushna Virya*, *Rakta Shodhaka*, *Kushtaghna*, *Kandughna*, *Rasayana*, *Kapha Vatahara*, Antistress, Adaptogenic, Anxiolytic, Sedative, Anti allergic, Immuno suppressant and CNS depressant actions. *Vicharchika* usually needs prolonged treatment. Present paper highlights about the role of Ayurveda medicine in the management of *Vicharchika vis a vis Eczema* in detail.

Key words: *Vicharchika Roga*, *Eczema*, *Contact Dermatitis*, *Rakta Shoodaka*, *Skin disorder*.

INTRODUCTION

Ayurveda medicine has its own role in the management of chronic and debilitating diseases. *Vicharchika* is a chronic skin disorder where chronic psychological stress also plays a significant role in aggravation of signs and symptoms of the disease. Often, there will be allergen or allergic factor which, when coming in contact with the skin or food materials which cause allergy are taken, the signs and symptoms

aggravates. Certain food materials cause hypersensitivity in the skin. Allergens like hair of animals, pollens, chemical detergents and often chemicals such as paints cause this disease.

AIM AND OBJECTIVE

To study about the role of Ayurveda medicine in the management of *Vicharchika Roga vis a vis Eczema* (Contact Dermatitis).

MATERIALS AND METHODS

Relevant subject matters are compiled from *Samhita Granthas*, *Sangrahas*, contemporary literature, research monographs, and research journals and from personal clinical experiences.

Single drugs used in *Vicharchika Roga*^[1,2,3]

- 1) *Khadira* - *Acacia catachu*
- 2) *Sariva* - *Hemidesmus indicus*
- 3) *Chandana* - *Santalinum album*

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Submission Date: 15/05/2024 Accepted Date: 22/06/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.7.34](https://doi.org/10.21760/jaims.9.7.34)

- 4) *Rakta Chandana - Pterocarpus santalinus*
- 5) *Karanja - Pongamia pinnala*
- 6) *Kalamegha - Andrographis paniculata*
- 7) *Bhunimba - Swertia chirayata*
- 8) *Nimba - Azadirachta indica*
- 9) *Katukarchini - Picrorrhiza kurroa*
- 10) *Guduchi - Tinospora cordifolia*^[4]
- 11) *Haridra - Cucurbita longica*
- 12) *Asana - Pterocarpus marsupium*

Formulations used In Vicharchika Roga

- 1) *Khadirarishta*^[5]
- 2) *Maha Manjishtadi Kashaya*
- 3) *Manjishtadi Kashaya*
- 4) *Mahatiktaka Kashaya*
- 5) *Tiktaka Kashaya*
- 6) *Sarivadyasava*
- 7) *Chadanasava*^[6]
- 8) *Sarivadi Vati*
- 9) *Chandaadi Loha*
- 10) *Rasamanikya*
- 11) *Tala Sidoora*
- 12) *Shila Sindoor*
- 13) *Asanadi Kashaya*
- 14) *Phalatrikadi Kashaya*
- 15) *Triphala Kashaya*
- 16) *Arogyavardhini Vati*
- 17) *Triphala Kashaya*
- 18) *Patola Katurohinyadi Kashaya*
- 19) *Katuki Kwatha*
- 20) *Laghu Sootha Shekhara Vati*
- 21) *Haridra Khanda*
- 22) *Nal Pamaradi Taila*

- 23) *Mahamarichyadi Taila*
- 24) *Brihan Marichyadi Taila*
- 25) *Karanja Taila*
- 26) *Gandhaka Rasayana*
- 27) *Guggulu Tiktaka Kashaya*
- 28) *Pancha Tikta Ghruta Guggulu*
- 29) *Nimbadi Choorna*
- 30) *Panchanimbadi Choorna*

Actions of drugs used in Vicharchika Roga

- 1) *Kushtaghna*^[7]
- 2) *Kandughna*
- 3) *Rasayana*
- 4) *Rakta Shodhaka*
- 5) *Kapha Vatahara*
- 6) *Virechana*^[8]
- 7) *Mala Vatanulomana*
- 8) *Ropana*
- 9) Anti infective
- 10) Anti-bacterial
- 11) Bactericidal
- 12) Anti-fungal
- 13) Anti-stress
- 14) Adaptogenic
- 15) Sedative^[9]
- 16) Hypnotic
- 17) CNS Depressant
- 18) *Medhya*
- 19) *Buddhivardhaka*
- 20) Anxiolytic
- 21) Antiallergic
- 22) Immuno suppressant
- 23) Immunomodulator

24) Shothahara

Kushthaghna^[11,12]

- 1) Khadirarishta
- 2) Sarivadyasava
- 3) Arogya Vardhini Vati

Kandughna

- 1) Laghu Sootha Shekhara Vati
- 2) Madhu Yashti Choorna
- 3) Haridra Choorna

Rasayana^[13]

- 1) Khadirarishta
- 2) Amalaki Rasayana
- 3) Gokshira

Raktashodhaka

- 1) Sarivadyasava
- 2) Chandanasava
- 3) Maha Manjishthadi Kashaya

Kaphavatahara^[14]

- 1) Bhallataka Vati
- 2) Amrita Bhallataka Leha
- 3) Chitrakasava

Virechana

- 1) Triphala tablets
- 2) Trivrit Leha
- 3) Haritaki tablets

Malavatanulomana^[15]

- 1) Haritaki Choorna
- 2) Triphala Kashaya
- 3) Avipattikara Choorna

Ropana

- 1) Triphala Kashaya
- 2) Mahatiktaka Kashaya

3) Majishtadi Kashaya

Anti infective^[16]

- 1) Tiktaka Kashaya
- 2) Patala Katurohinyadi Kashaya
- 3) Guduchi Kwatha

Antibacterial

- 1) Guduchi Kwatha
- 2) Rasa Manikya
- 3) Tala Sindoor

Bactericidal

- 1) Malla Sindoor
- 2) Vrinapahari Rasa

Anti-fungal

- 1) Chakramarda Taila
- 2) Tankana Bhasma

Anti stress^[17]

- 1) Jatamamsi Choorna
- 2) Sarpagandha Vati
- 3) Saraswathari Vati

Adaptogenic

- 1) Guduchi Kwatha
- 2) Tagara tablets

Sedative

- 1) Sarpagandha Ghanavati
- 2) Drakshasava

Hypnotic

- 1) Tagara tablets^[18]
- 2) Saraswatharishta

CNS Depressant

- 1) Jatamamsi Choorna
- 2) Saraswatharishta

Medhya

- 1) *Brahmi Vati*
- 2) *Mandooka Parni Swarasa*
- 3) *Shankha Pushpi syrup*

Bhuddhivardhaka

- 1) *Brahmi Ghrita*
- 2) *Swarna Basma*

Anxiolytic

- 1) *Saraswatharishta*
- 2) *Manasamitra Gutika*

Anti allergic

- 1) *Haridra Khanda*
- 2) *Laghu Sootha Shekhara Vati*
- 3) *Shunthi Kashaya*

Immuno suppressant

- 1) *Guduchi Kashaya*
- 2) *Patola Katurohinyadi Kashaya*

Shothahara

- 1) *Yasti Madhu Choorna*
- 2) *Gairika Choorna*
- 3) *Puarnava Swarasa*

Panchakarma in Vicharchika

- 1) *Virechana*
- 2) *Jalaukacharana – Raktamokshana*
- 3) *Vamana*
- 4) *Siravyadha*

Pathyas in Vicharchika Roga

- 1) *Shashtika Shali Udga*
- 2) *Gokshira*
- 3) *Kapha Vatahara Aharavihara*
- 4) *Laghu Supachya Achara*

Apathyas in Vicharchika Roga

- 1) *Tikshna, Vidahi, Vishtambhi, Aharasevana*
- 2) *Kapha Vata Vriddhikara Aharavihara*
- 3) *Masha, Kukkuta Mamsa, Kukkutanda Vrintaka Phala*

DISCUSSION

Vicharchika is a skin disease which is characterized by itching in the skin, black eruptions and oozing. It is a chronic disorder which needs prolonged treatment. *Rakta Shodhaka* drugs purify the blood, speeding recovery. Anti allergic drugs reduce the symptoms like itching in the skin and inflammatory response. Immunosuppressants reduce the signs and symptoms of inflammation. Immunomodulators increase immunity and decrease the occurrence of added infection in the lesions. Anti infective, anti bacterial, bactericidal drugs relieve the infection. *Panchakarma* therapy helps in expelling toxins from the body and purifies the blood which helps in early recovery in these patients. Following *Pathapathya* results in early recovery and better outcome.

CONCLUSION

Vicharchika Roga is usually chronic disorder which require prolonged treatment. *Ayurveda* medicine given in the management of *Vicharchika* produce least adverse drug reactions in the patients. Strict *Pathapathyas* is essential in the management of *Vicharchika Roga*.

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How to cite this article: Shripathi Acharya G., Shrinidhi R. Ballal, Rajeshwari Acharya. Role of Ayurveda Medicine in the management of Vicharchika vis a vis Contact Dermatitis (Eczema). J Ayurveda Integr Med Sci 2024;7:225-229.
<http://dx.doi.org/10.21760/jaims.9.7.34>

Source of Support: Nil, **Conflict of Interest:** None declared.
