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# A single case study of role of *Shodhan* and *Shaman Karma* in the management of *Vicharchika* (Eczema)

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## ABSTRACT

In Ayurveda skin diseases are included in *Kushtaroga* which is divided into two types that is *Mahakushta* and *Kshudrakushta* which are again sub- classified into seven types of *Mahakushta* and eleven types of *Kshudrakushta*. *Vicharchika* is a form of *Kshudrakushta* with *Lakshanas* like *Kandu*, *Pidaka*, *Shyava*, *Bahustrava* can be correlated with Eczema also called as dermatitis which is clinically manifests by pruritus, erythema, oedema, papules, vesicles and oozing in acute stage where as itching, scaling, dryness and lichenification occur in chronic stage. According to *Sushruta Acharya*, *Pitta Dosh*a is the predominant *dosha* in *Vicharchika*. *Virechan* and *Raktamokshan* is the most effective body purification procedure useful to regulate the function of *Pittaj* and *Raktaj Vyadhi*. A case report of 58-year-old male, who presented with complaints of swelling of right foot followed by itching, pain eventually leading to watery discharge has been treated with Ayurveda modalities *Shodhan* and *Shaman Aushadhi* for 1 month.

**Key words:** *Vicharchika*, *Eczema*, *Virechan*, *Jaloukavacharana*.

## INTRODUCTION

*Vicharchika* one of the common skin disorders met with the day-to-day practice. In Ayurveda skin diseases are included in *Kusthroga* which is divided into two types that is *Maha Kushta* and *Kshudrakushta* which are again classified into seven types of *Mahakushta* and eleven types of *Kshudra Kushta*. *Vicharchika* is a form of *Kshudrakushta*<sup>[1]</sup> with *Lakshana* like *Kandu*, *Pidaka*, *Shyava*, and *Bahustrava*.<sup>[2]</sup> It can be correlated

with Eczema also called as dermatitis<sup>[3]</sup> which is clinically manifests by pruritus, erythema, oedema, papules and vesicles and oozing in acute stage where as itching, scaling, dryness and lichenification occur in chronic stage. Its prevalence is 2 - 5% in children and young adults, atopic eczema being the most frequently seen dermatoses (World Allergy Organization).<sup>[4]</sup> Typically, eczema shows itself as patches of chronically itchy, dry, thickened skin, usually on the hands, neck, face and leg. According to *Sushruta Acharya*, *Pitta Dosh*a.<sup>[5]</sup> Is the predominant *Dosha* in *Vicharchika*. In *Ayurveda*, *Nidanparivarjana* (avoiding etiological factors), *Shodhana* (elimination therapy), and *Shamana Chikitsa* (drug therapy) are mentioned for *Kushtha*, *Virechan* and *Raktamokshan* is the most effective body purification procedure useful to regulate the function of *Pittaj* and *Raktaj Vyadhi*.<sup>[6]</sup>

## CASE PRESENTATION

A Male patient of age 58 year was healthy and asymptomatic before 2018. Patient is having office work as an occupation on 2018. He got swelling of right

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foot followed by itching, pain eventually leading to watery discharge for which patient took variety of treatments from all the disciplines like Allopathy, Homeopathy by which he got relief from the above complaints but after some months specially in winter season patient repeatedly getting the above complaints. Hence for the further treatment and management he came to our institution OPD. He was not taking any medication at the time of consultation.

**Medicinal history** - Known case of Hypertension and on routine antihypertensive agent

**Surgical history** - Hemorrhoidectomy 10 years ago.

**Drug - Dust allergy** - No

**Blood transfusion history** - No

**Bite history** - No

**Family history** - Same complaints seen in Mother, Father, Sister and Brother.

**Personal history**

- 1) Marital status - Married
- 2) Occupation - Service
- 3) Addiction - Nil
- 4) Diet - Mix

**Urine, Stool** - Normal

**Per abdomen** - Soft, non-tender

**Liver, Spleen, Kidney** - Collectively normal

**Systemic examination** - Normal

**Local examination**

O/E - blackish discoloration at the dorsum of right foot

Dryness +++,

Oozing - +++

Discharge - Seropurulent

Whitish Scale - ++

Sensitivity - +

Surrounding skin - Oedematous +, pitting ++

**Investigation**

<b>CBC</b>	1) HB - 14.7 gm % 2) WBC - 9,400 3) Platelet count - 2,06,000
<b>BT-CT</b>	1) BT - 2min 15sec 2) CT - 4min 15sec
<b>BSL R</b>	84.7mg/dl
<b>Color Doppler</b>	Normal
<b>X-Ray right ankle joint and right foot A-P and Lateral view</b>	No e/o fracture Tarsals and Metatarsal bones. No erosion of the bones. No periosteal reaction. The phalanges are normal. No vessels calcification seen.

**Treatment**

As per present complaints of patient treatment was adopted as follows

SN	Treatment Given	Drug	Dose and Anupan	Days
1.	Deepan Pachan	Shankha Vati	250 mg twice a day with Luke warm water	3 days
2.	Snehapan	Mahatikta Gritha	Arohi Matra 1 <sup>st</sup> day- 30 ml 2 <sup>nd</sup> day – 60 ml 3 <sup>rd</sup> day- 90ml 4 <sup>th</sup> day- 120 ml 5 <sup>th</sup> day – 150ml	5 days
3.	Sarvang Snehan Sweadan	Snehan – Til Tail Swedan – Nadi Sweda	Local application	2 days
4.	Virechan	Trivruta Leha	50 gm	1 day
5.	Jaluka Avacharan	--	--	Every 15 day 3 setting

6.	Shaman Aushadhi	Arogyavardhini Vati <sup>[7]</sup>	250mg twice a day after meal with luke warm water	21 days after Shodhan
7.		Gandhak Rasayan	250mg twice a day after meal with luke warm water	
8.		Kadhirarishta	40 ml twice a day with water	

## RESULT

Assessment Criteria <sup>[8]</sup>	Before	After	Grading
Kandu	Grade 3	Grade 1	Grade 0 - Absent
Srava	Grade 3	Grade 0	Grade 1 - Mild
Pidaka	Grade 2	Grade 0	Grade 2 - Moderate
Rukshtha	Grade 3	Grade 1	Grade 3 - Severe



## DISCUSSION

Vicharchika explained under the *Kshudra Kushtha*. In this case study treatment modality was adopted as per classical text explains for Vicharchika i.e., *Raktamokshan*, *Virechan* and *Shaman Aushadhi*. Considering *Koshtha and Agni* after thorough

examination of patient. *Deepan* and *Pachan* was given with *Shankha Vati* for 3 days as *Shankha Vati* contains *Deepaniya* and *Pachaniya Dravyas* after that *Abhyantar Snehapaaan* started with *Panchatikta Ghruta* in *Arohi Matra* up to *Sneha Siddhi Lakshana* were noted. followed by *Bahya Snehana* and *Swedan* with *Tila Tail* and *Nadi Sweda* was given and *Virechan* was given with *Trivrutta Leha* 50gm as a bolus dose, followed by 18 *Vegas* throughout the day followed by *Samsarjan Kram* as *Virechan* was to reduce blackish discoloration, oozing and itching.

*Jaluka Avacharan* was done after every 15days for 3 times expel out *Dushit Rakta* and reduce blackish discoloration.<sup>[9]</sup> *Shaman Aushadhi Arogyavardhini Vati* contains *Kutaki* as a major ingredient as *Mrudu Virechak*. *Khadirarishta* contains *Khadira* has *Kushtaghna*, *Kandughna*, *Kushthaghna*, *Krumighna*, *Raktashodhaka*, and *Vranaropaka* properties. It possesses antioxidant, antifungal, anti-inflammatory, and antimicrobial properties, which aid in alleviation of symptoms of *Vichachika*.<sup>[10]</sup>

## CONCLUSION

From case study we can conclude that use of *Virechan* therapy helps to expels out the *Pitta Doshas*. *Jalaukavcharan* helps to expel out impure blood. *Shaman* medicines like *Arogyavardhini Vati*, *Gandhak Rasayan*, *Khadirarishta*, with some dietary and lifestyle modification is effective in the management of *Vicharchika*.

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