



Original Research Article

Volume 14 Issue 03

March 2025

## AYURVEDIC MANAGEMENT OF VICHARCHIKA W.S.R TO ECZEMA: A CASE REPORT

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### Abstract –

As per contemporary science, eczema is one of the type of dermatitis . contact dermatitis is anti-inflammatory skin condition which is caused by the agents which directly or indirectly affects the skin. In Ayurveda according to charaka vicharchika is a type of kushta , which is included in kshudra kushta . In the present case study patient of vicharchika was treated with shamana aushadhis. A female patient of age 48yrs approached our opd with the complaints of intensifies itching with bahusrava, burning sensation and blackish discolouration of right leg since 4months. Patient was diagnosed with vicharchika and treated with following medications like tab Gandhaka Rasayana 1 bd , tab Arogyavardhini Vati 1tid, Patolakaturhinyadi Kashaya 2tsf bd , Nalpamaradi taila, Mahamarichyadi taila along with six c ointment for external application. Within the span of 90 days remarkable improvement is seen in the complaints.

**KEYWORDS** - Kshudra Kushta, Vicharchika, Bahusrava, Burning Sensation And Blackish Discolouration

## INTRODUCTION

According to ayurveda vicharchika is one of the raktapradoshaja vikara which involves three doshas with predominance of kaphaja dosha, though it is included in kshudra which is characterised by kandu, pidika, shyava varna and bahusrava<sup>[1]</sup>. Based on predominance of doshas treatment can be done. As per contemporary science, eczema is one of the type of dermatitis. dermatitis is anti-inflammatory skin condition which is caused by the agents which directly or indirectly affects the skin. The term eczema and dermatitis are synonymous. The histological features of dermatitis are divided into three types acute, sub acute and chronic. Acute dermatitis shows the features of mixed epidermal vesiculations and mononuclear cell infiltration. Chronic dermatitis shows features of epidermal acanthosis, hyperkeratosis, upper dermal fibrosis, and predominantly perivascular mononuclear cell infiltrate. Allergic contact dermatitis occurs due to contact with skin due to immunological reaction to allergens<sup>[2]</sup>.

## CASE REPORT

A 48yrs old patient was apparently healthy before 6 months, came to our opd with the complaints of intense itching, blackish discolouration along with lesion along with bahusrava, burning sensation since 4 months, which was gradual in onset. she had N/H/O any allergy or drug reaction, N/H/O diabetes mellitus, hypertension, asthma. Patient had H/O hypothyroidism since 1yr on medication tab thyronorm 50mcg. and she had undergone hysterectomy surgery 3yr back. she approached many general practitioners for the above said complaints but didn't get relief. Hence she approached our opd for further management.

## ASSOCIATED COMPLAINTS

Disturbed sleep due to itching and burning sensation

## PAST HISTORY

N/H/O - DM /HTN / Asthma/ Allergy / Any Drug Reaction

H/o - Hypothyroidism Since 1yrs On Tab Thyronorm 50mcg

## **SURGICAL HISTORY –**

H/O Hysterectomy 3yrs Back

## **PERSONAL HISTORY**

Diet – Veg & Non Vegetarian

Appetite – Good

Bowel – Unsatisfactory

Micturation – Clear

Sleep – Disturbed Due To Itching & Burning Sensation

## **GENERAL EXAMINATION**

BP– 130/76mmhg

PR – 75bpm

Temperature – Afebrile

CNS – Conscious And Well Oriented

CVS – S1 & S2 Heard

RS – Air Entry Bilaterally Equal

## **ASTHAVIDHA PARIKSHA**

Nadi – 75bpm

Mutra -4-5times/day

Mala – Badha (constipated)

Jivha – Saama

Shabdha – Prakrut

Sparsha – Anushanasheeta

Druk- Avishesh

Akruti – Madhyama

Bala- Madhyama

**SIGNS & SYMPTOMS**

<b>Signs &amp; Symptoms</b>	<b>Present / absent</b>
Kandu (itching)	Present
Bahusrava	Present
Pidaka	Present
Shyava varna	Present
Burning sensation	Present

**Treatment Given**

<b>Medicine</b>	<b>Dose</b>	<b>Anupana</b>	<b>Duration</b>
Gandhaka rasayana	500mg tid	Ushna jala	90days
Arogyavardhini vati	500mg tid	Ushna jala	90days
Patola katurohinyadi kashaya	15ml bd	Ushna jala	60days
Nalpamaradi taila	Local application	-	-
Six c oint	Local application	-	-
Mahamarchayadi taila	Local application	-	-

**Observations – Before & After Treatment**

<b>Signs &amp; symptoms</b>	<b>Before treatment (07/07/2024)</b>	<b>After treatment (23/07/2024)</b>	<b>After treatment (25/10/24)</b>
Kandu	Present	Absent	Absent
Pidaka	Present	Absent	Absent
Shyava varna	Present	Slightly reduced	Reduced
Bahusrava	Present	Absent	Absent
Burning sensation	Present	Absent	Absent

## RESULTS & DISCUSSION –

*Gandhaka Rasayana* – contains drugs which is having katutikta & kashaya rasa, kaphahara , kandughna and kushtaghna properties. Bhavana dravyas like haritaki , shunti, nagakeshara and gusuchi has katukashaya rasa and ushna virya in nature, due to this it does deepana , pachana , kledahara and kaphara also its acts as kandughna and kushtaghna., It possesses the property like antibacterial, antiviral, and antimicrobial. [3]

*Arogyavardhini Vati* – is having tiktakashaya rasa drugs , ushnavirya tridoshara properties, acts as agnideepana and pachana helps in removal of aama from the body<sup>[4]</sup> . its usefull in all types of kushta especially in vatakapahaja kushta<sup>[5]</sup> . as it contains katuki as a main ingredient helps in bhedana of dosha and also shodhana<sup>[6]</sup> .

*Patolakaturohinyadi Kashya* – is having the drugs which possess tikta rasa, ruksha guna & kaphapittahara properties. It acts as raktashodhaka, kandughna kushtaghna and varnya. *Pippali acts as bio availability of other drugs in this formulation* <sup>[7]</sup>.

Six C Oint – contain karanja , yashada bhasma and gandhaka etc this drugs are having antimicrobial & anti-inflammatory property

Mahamanjistadi kadha – possesss drugs having madhura tikta kashaya rasa, guru ruksha guna , ushna virya katu vipaka , manjista is having raktashodhaka , varnya , and vishagna properties <sup>[8]</sup>.

*Nalpamaradi taila* - acts as *Shothagna (inflammation)* and *dahahara* (burning sensation) as this oil contains all *ksheerivriksha dravyas, which acts pitta kaphahara due to its kashayarasapradhana* . Its contains tannins as a main phytochemical constituent this helps in inhibition of growth of bacterias. The oil given for local application act as physical barrier(emollientsType) also<sup>[9]</sup>.

Mahamarichayadi taila-it acts as kandugna, srava, vaivarnya, it is useful in dadru kushta.

**CONCLUSION** – patient got significant improvement in the symptoms after taking ayurvedic treatment and by following correct pathya apathya , hence we can conclude with this case study vicharchika can be successfully treated only by ayurveda.

**Declaration Of Patient Consent** – Consent From The Patient Is Taken

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### BEFORE TREATMENT -07/07/24



**AFTER 15 DAYS OF TREATMENT**



**AFTER TREATMENT**

