



A Case Report On Effect Of *Virechana* In Atopic Dermatitis

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ABSTRACT

Atopic Dermatitis is a most common chronic inflammatory skin disease characterised by the itching, scaly plaques, lesions may exude in the acute stage and are dry scaly and lichenified in the chronic cases. Commonly seen in face, hands, feet and flexor surfaces. Similar features are seen in *Vicharchika* in Ayurveda as it is characterised by *Kandu* (itching), *Pidaka* (vesicles), *Shyava varna* (reddish discoloration), *Srava* (discharge). *Vicharchika* is one among the *Kshudra Kusta*. There will be involvement of *Tridosha* and *Bahudosha Avastha Lakshana* like *Pidaka Kota Kandu* can be seen. Major line of treatment for *Vicharchika* is *Shodhana* and *Shamanaushadi*. A Patient with a chief complaint of severe itching, dry scaly skin, reddish discoloration and vesicles with clear discharge majorly in the tip of the both hands was treated with *Virechana* and some *Shamanaushadis*. The patient showed a remarkable improvement in the condition in a span of 4 months.

KEYWORDS; Atopic dermatitis, *Vicharchika*, *Virechana*

INTRODUCTION

Many skin conditions present with itching. Atopic dermatitis is one of them. Atopic Dermatitis is the most common chronic inflammatory skin disease characterised by the itching, scaly plaques, lesions may exude in the acute stage and are dry scaly and lichenified in the chronic cases.¹ Commonly seen in face, hands, feet and flexor surfaces. Person with itching can never be comfortable in any situations due to severe itching, oozing, and later discoloration. Atopic dermatitis makes the patient suffer a lot of mental agony. Prevalence varies from 15 to 20%. Similar features are seen in *Vicharchika*. *Vicharchika* is one among the *Kshudra Kusta*. It is characterised by *Kandu* (itching), *Pidaka* (vesicles), *Shyava varna*, *Bahusrava* (discharge).² The main line of treatment in Ayurveda is to eliminate the *Doshas* (*Shodhana*).

CASE REPORT

A 75 years old retired advocate male patient presented with severe itching in the tip of the fingers in both hands all the day and associated with dry, scaly, reddish discoloration, and vesicles with clear discharge at the tip of the fingers of upper limb in the past 2 years. Initially complaints were seen in only one hand and within a couple of days it spread to both hands. From past 1-month symptoms like itching (sometime leads to bleeding) and dryness of the skin got aggravated. Symptoms aggravates on consumption of banana and sweets and no h/o aggravation according to the seasonal changes.

N/k/o DM-2 and hypertension.

N/H/O Allergy to any food or substance and no complaints related to the asthma etc

Family history – No one had any supporting complaints

Table 1 Examination

Nadi-76/min
 Mutra-Prakruta
 Mala-prakruta
 Jihva-Alipta
 Shabda- Prakruta
 Sparsha- Prakruta
 Druk- Prakruta
 Prakruti-Vata Pitta
 Sara,Satmya, Samhanana, Satmya-Madhyama
 Aharashakti, vyayama shakti-Madhyama

Table 2 General Examination

Pallor-Absent
 Icterus-Absent
 Lymph nodes-Absent
 Clubbing-Absent
 Oedema-Absent
 RS-NVBS heard
 CVS-S1S2 heard, no murmur
 CNS-HMF intact

Table 3 Systemic Examination of skin

Inspection

Site-palmar aspect of the tips of both upper limb

Loss of epidermis-present

Type of lesion – initially vesicle, secondary lesion -lichenified lesions in the palms

Colour-red, black

Numbers-multiple

Discharge-present in the initial stage, clear, no smell

Margin-well demarked

Palpation

Primary lesion – elevated and soft

Secondary lesion -hard

Accessory organs

Nails-

color-slight coppery color

texture-rough

Special test

Aupitz sign- positive

Candel greese test-negative

Koebner phenomenon-negative

Haematological investigations

- 1.Routine haematology showed Hb%-13.5gm%
- 2.ESR-18mm/hr
- 3.AEC-400.0cells/cu.mm

Based on the above symptoms like itching (*Kandu*), vesicles (*Pidaka*), *Shyava varna*, discharge (*Srava*) and examinations, the case was diagnosed as Atopic dermatitis.

INTERVENTION

POORVA KARMA-

1 *Agni thundi* - 125 mg thrice a day with luke warm water (before food) * 2 days.

2.*chitrakadi vati* -500mg thrice a day with luke warm water (before food) * 2 days.

3.*Snehapana* with *Pancha tiktha guggulu ghruta*⁴ was given for 4 days 25ml, 50ml, 100ml and 125ml respectively at 6:00am

Day	Dosage	Shiroruj a	Kshuda	Udgara shuddi	vatanulo mana	Shareer a lagutha	observation
Day 1(14-09-2021)	25ml	At 8:45am	11:30(5 hours)	At 10:45 am	present	Attained	Itching,dryness,scaly lesions
Day 2(15-09-2021)	50ml	At 9:30am	12: 15(5 hrs 45min)	12: 10pm	present	Attained	Itching,dryness,scaly lesions
Day 3(16-09-2021)	100ml+saindava 5 gms+shunti 5 gms	-	1:00(6hours 30 min)	12:30pm	present	Attained	Mild reduction in the dryness
Day 4(17-09-2021)	125 ml+saindava 5 gms+shunti 5 gms	At 9:45am	2:15(7 hours)	1:30pm	Present	Attained	Mild reduction in dryness

Karanja Nimba pariseka without *abhyanga* was given for 4 days and on 4th day *virechana* was given with *Ichhabedi rasa* – 350mg with cold water at 9:30am

Vegiki- 12 vegas

Anthiki - *kapha*

Laingiki – *Samyak lakshana* like *Laghutha*, *Agnideepthi*, *Vatanulomana* were seen.

Shuddi-*Madhyama shuddi*

PASCHATH KARMA -5 days of *Peyadi Samsarjana Krama* is advised

The patient is administered with

Nimbamarutasava,

Kamaduga rasa,

Laghu suta vati, *Triphala guggulu* for **1 month**

RESULTS

In this patient, *Virechana* showed significant results. There was a remarkable reduced in the complaints like dryness, itching and discharge.

Pictures

Before Treatment



After virechana+ 1-month shamanaushadi:



DISCUSSION

Atopic dermatitis is the inflammatory changes in the skin induced by the internal or external factors. Dermatitis include wide variety of skin conditions with often unknown aetiologies. Similar characteristics are seen in *Vicharchika*. *Vicharchika* is one among the *Kshudra Kusta*. *Bahu Dosha lakshana*⁵ like *Pidaka Kandu Kota* were observed. Hence the ideal treatment for *kusta and bahudosha avastha lakshana* is *Shodhana*. As there was involvement of *raktha and pitta*, *Viechana* is opted. *Roga and Rogi bala* was *Madhyama* hence planned for *Virechana*.

Here initially *Deepana and Pachana* was done with *Agni tundi vati and Chitrakadi vati*. They possess the properties *Ushna, Teekshna, Laghu, Ruksha* which help to attain *Nirama avasta*. Then *Snehapana* with *Pancha Tiktha Guggulu Ghrita* was given as it consists of *Kustagna and Kandugna* drugs like *Nimba, Patola, Guduchi, Vasa, Vidanga, Nishi, Pata etc and Shudda Guggulu*. It possesses the properties like anti-inflammatory, Anti pruritic, demulcent thus, it helps in managing in the skin conditions like eczema, psoriasis etc

After attaining *Samyak Snehana Lakshana* patient is subjected to *Swedana*. *Pariseka* is done with *kustagna* drugs like *Nimba and Karanja* for 4 days as there was an involvement of *Raktha and Pitta*. *Nimba* leaves contains *Triterpenoida* which is *Anti inflamatory* in nature and *Karanja* consist of *Tetra-o-methyl fisetin* which is *Anti-inflammatory* in nature. *Virechana* was given with *Ichhabedi rasa - 350mg* with cold water at *9:30am* to expel the *Dushitha Dosha*. *Shodhana* helps in elimination *Dushitha Dosha*, does the *Srotoshuddi* and to prevent reoccurrence⁶ of the disease. After *Shodhana*, *Peyadi Samsarjan Krama* is advised for 5 days to bring back the *Agni* in to normalcy, the patient is administered with *Nimbamarutasava, Kamaduga rasa, Laghu suta vati, Triphala guggulu* for 1 month which showed significant improvement in the symptoms like itching and reddish discoloration.

CONCLUSION

Atopic Dermatitis is a most common chronic inflammatory skin disease characterised by the itching, scaly plaques, lesions may exude in the acute stage and are dry scaly and lichenified in the chronic cases. Commonly seen in face, hands, feet and flexor surfaces. Person with itching can never be comfortable in any situations due to severe itching, oozing, and later discoloration. Similar symptoms are seen in *Vicharchika*. Based on the treatment principle of *Kusta*, A diagnosed case of atopic dermatitis was treated with *Shodhana* followed by *Shamanausadi*. This treatment showed significant improvement in the management of the *Vicharchika*. Thus, Ayurvedic treatment provides remarkable relief and improves the quality of life of the patient.

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Conflict of interest: None Declared