



“A CASE STUDY- AYURVEDIC MANAGEMENT OF VICHARCHIKA (WEEPING ECZEMA) WITH HOLISTIC APPROACH”

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ABSTRACT:

Vicharchika, categorized under *Kshudra Kustha* in *Ayurveda*, is a skin disorder arising from an imbalance of the *Doshas* (*Vata*, *Pitta*, and *Kapha*), with a significant predominance of *Kapha Dosha*. In modern medical terms, *Vicharchika* is often associated with eczema, particularly weeping eczema. This case study presents the *Ayurvedic* treatment of a 54-year-old male patient with chronic weeping eczema, characterized by symptoms such as erythema, edema, pruritus, vesiculation, exudation, and hemorrhage. The treatment adhered to classical *Ayurvedic* principles, incorporating herbal remedies (*Aushadhi*), dietary modifications (*Pathya*), and lifestyle changes (*Vihara*) to balance the *Doshas*. Over three months, the patient received *Ayurvedic* treatments, including topical herbal applications, oral medications, and therapeutic procedures (*Samskara*). These included *Prachhan Karma* (bloodletting therapy) and internal medications such as *Guduchyadi Kashaya*, *Khadirarishta*, *Gandhak Rasayan*, *Arogyavardhini Vati*, and *Amruta Satva*. The regimen led to a significant reduction in symptoms, as documented by follow-up photographs. The patient exhibited marked improvement, with minimal recurrence of symptoms during the follow-up period. The patient's skin lesions showed gradual healing, with notable reductions in erythema, pruritus, and swelling. This case underscores the effectiveness of *Ayurvedic* treatments in managing chronic skin conditions like *Vicharchika*, highlighting the importance of a holistic approach to achieving long-term relief and overall health.

Keywords- Ayurveda, Eczema, Kustha, Panchkarma, Prachhan Karma, Vicharchika.

INTRODUCTION

According to the principles of *Ayurveda*, *Vicharchika* is categorized under *Kshudra Kustha*, which is a class of skin disorders. This condition arises due to an imbalance of the three *Doshas* (*Vata*, *Pitta*, and *Kapha*), with a significant predominance of *Kapha Dosha*.¹ It also involves the vitiation of bodily components known as

Dushyas, including the skin (*Twak*), lymph (*Rasa*), blood (*Rakta*), and muscle tissue (*Mamsa*). Most skin infections transmit through contact².

In modern medical terms, *Vicharchika* is often associated with eczema, a chronic skin disorder characterized by inflammation of the epidermis, the outermost layer of the skin. One specific type of eczema is weeping eczema, distinguished by the presence of pus-filled vesicles. These vesicles contain fluid, usually yellow or clear, which eventually dries up, forming a crusty layer on the skin. Clinical symptoms of this condition include recurrent rashes on the dorsal aspect of the ankle joints, erythema (redness), swelling (*Shotha*), pruritus (itching), flaking of the skin, blistering, oozing of fluid, and occasional bleeding of the affected areas.

In this instance, the treatment adhered to the guidelines and principles outlined in classical *Ayurvedic* texts. These texts advocate a holistic approach to healing, incorporating herbal remedies (*Aushadhi*), dietary modifications (*Pathya*), and lifestyle changes (*Vihara*) to balance the *Doshas* and promote overall health. Over a three-month period, the patient received regular *Ayurvedic* treatments, including topical herbal applications, oral medications, and specific therapeutic procedures (*Samskara*). This regimen led to a significant reduction in symptoms such as erythema, pruritus, and swelling. According to classical texts, *Vicharchika* has cardinal symptoms i.e. *Kandu* (Excessive itching), *Pidika* (Vesicle/Boil/Pustule), *Shyavata* (Discoloration), *Bahusrava*³, (Profuse oozing), *Lasikasrava*⁴, *Raji*⁵ (Marked lining/ Lichenification), *Ruja* (Pain), *Rukshata* (Excessive dryness). *Vicharchika* is *Kapha pradhana tridoshaja vyadhi*⁶ and *Rasa* (*Twak*), *Rakta*, *Mamsa* and *Kleda* (*Ambu*) are *Dushya* of it. The main causative factor for all the *Roga* is *Agnimandhya*.

Furthermore, the patient's skin lesions showed marked improvement, as documented by follow-up photographs throughout the treatment. These photographs captured the gradual healing process and positive outcomes achieved through the *Ayurvedic* approach. A follow-up period of one month confirmed the sustained effectiveness of the treatment, with minimal recurrence of symptoms.

CASE REPORT

Patient Profile: A 54-year-old male patient, clinically diagnosed with Weeping Eczema by a dermatologist, presented with recurring skin rashes on the dorsal aspect of the upper ankle joints bilaterally. The primary symptoms included erythema (redness), edema (skin swelling), pruritus (itching), skin desquamation (flaking), vesiculation (blistering), exudation (oozing), and episodic hemorrhage (bleeding) of the superficial skin layer. These symptoms had been persisting intermittently for the past five years, with the most recent exacerbation occurring six months prior to presentation.

Clinical Examination Findings:

General Examination:

- The patient appeared to be in good general health, with vital signs within normal limits.
- Reported complaints included diminished appetite, irregular bowel and bladder habits, and disrupted sleep patterns.
- On physical assessment, the patient was observed to be moderately built and adequately nourished, with no systemic illness symptoms.

Local Examination:

- A comprehensive local examination revealed severe dermal inflammation with multiple irregularly sized ulcers and vesicles, accompanied by mild purulent discharge and occasional hemorrhage, primarily noted on the left leg.
- No family history of similar dermatological conditions or related ailments was reported.
- The patient did not have any significant medical or surgical history apart from the present dermatological complaint.

TREATMENT ADOPTED

Diagnosis and Assessment: The patient was diagnosed with *Vicharchika*, exhibiting classical symptoms as described in *Ayurvedic* literature. These symptoms included recurrent skin rashes on the dorsal aspect of the upper ankle joint of the left leg, accompanied by redness, skin edema, pruritus (itching), desquamation (flaking), vesiculation (blistering), exudation (oozing), and episodic hemorrhage (bleeding) of the superficial skin layer. The clinical presentation suggested a predominance of *Kapha* and *Vata doshas*.

Treatment Plan: A comprehensive treatment regimen was developed, including both internal and external therapies, based on traditional *Ayurvedic* practices:

1. *Prachhan Karma*:⁷ A type of *Raktamokshana* (bloodletting therapy) to alleviate symptoms and balance the *doshas*.
2. Internal Medications: The following herbal formulations were administered, with dosages determined according to the patient's age and clinical needs:

SN	Medication ⁸	Dosage and Administration
1	<i>Guduchyadi Kashaya</i>	20 ml twice daily with 20 ml lukewarm water before meals
2	<i>Khadirarishta</i>	10 ml twice daily with 10 ml lukewarm water before meals
3	<i>Gandhak Rasayan</i>	1 tablet twice daily with lukewarm water after meals
4	<i>Arogyavardhini Vati</i>	1 tablet twice daily with lukewarm water after meals
5	<i>Amruta Satva</i>	30 mg with honey (<i>Makshika</i>) at night after meals



DISCUSSION

Vicharchika, often known as eczema in modern terms, is more than just an irritating skin condition—it's a sign that something deeper is off balance. In *Ayurveda*, it's seen as a manifestation of imbalanced *doshas*, particularly *Pitta* and *Kapha*. This imbalance leads to symptoms like intense itching, redness, oozing, and thickening of the skin.

Enter *Prachhan Karma*, a fascinating *Ayurvedic* procedure that might sound intense but is rooted in ancient wisdom. This therapy involves controlled bloodletting through tiny incisions. Imagine your body as a river that's become polluted; *Prachhan Karma* acts like opening a dam to let the contaminated water flow out, allowing fresh, clean water to circulate.

By releasing vitiated blood, *Prachhan Karma* aims to purify the bloodstream, reduce inflammation, and calm the overactive skin responses associated with *Vicharchika*. It's not just about symptom relief—it's about addressing the underlying causes. The procedure helps in eliminating toxins (*Ama*) and balancing the *doshas*, which can lead to long-term improvement.

1. *Guduchyadi Kashaya*

- *Dosage and Administration*: 20 ml twice daily with 20 ml lukewarm water before meals.
- *Description*: *Guduchyadi Kashaya* is a classical *Ayurvedic* decoction primarily composed of *Guduchi* (*Tinospora cordifolia*), which is renowned for its immunomodulatory and detoxifying properties. This formulation is utilized to balance the three *doshas*—*Vata*, *Pitta*, and *Kapha*—and is effective in supporting the body's natural defense mechanisms. It aids in the elimination of toxins (*Ama*) and promotes overall vitality.

2. *Khadirarishta*

- *Dosage and Administration*: 10 ml twice daily with 10 ml lukewarm water before meals.
- *Description*: *Khadirarishta* is a fermented herbal tonic containing *Khadira* (*Acacia catechu*) as its principal ingredient. It is traditionally used for its blood-purifying properties and is commonly indicated in dermatological conditions such as eczema, psoriasis, and acne. The fermentation process

enhances the bioavailability of the herbs, improving digestion and metabolism. *Khadirarishta* supports skin health by addressing systemic imbalances.

3. *Gandhak Rasayan*

- *Dosage and Administration*: 1 tablet twice daily with lukewarm water after meals.
- *Description*: *Gandhak Rasayan* is an *Ayurvedic* formulation that includes purified sulfur, known as *Gandhak*. This preparation is valued for its antimicrobial and detoxifying effects. It is employed to enhance skin health, bolster the immune system, and improve overall resilience. *Gandhak Rasayan* is beneficial in managing chronic skin disorders and allergic conditions by promoting healthy tissue function and elimination processes.

4. *Arogyavardhini Vati*

- *Dosage and Administration*: 1 tablet twice daily with lukewarm water after meals.
- *Description*: *Arogyavardhini Vati* is a well-known polyherbal formulation used to promote liver health and support metabolic processes. Key ingredients include *Katuki* (*Picrorhiza kurroa*), *Triphala*, and *Shilajit*, which synergistically aid in detoxification and regulation of digestive functions. This remedy is indicated for conditions like jaundice, fatty liver, and other hepatic disorders, as it helps in normalizing liver enzymes and improving bile flow.

5. *Amruta Satva*

- *Dosage and Administration*: 30 mg with *Makshika* (honey) at night after meals.
- *Description*: *Amruta Satva* is a refined extract of *Guduchi* (*Tinospora cordifolia*), offering concentrated therapeutic benefits. When administered with honey, it enhances palatability and therapeutic efficacy. *Amruta Satva* is esteemed for its rejuvenative (*Rasayana*) properties, supporting immune function, and acting as a natural adaptogen. It aids in improving digestion, assimilation, and promoting overall well-being.

CONCLUSION

This case study of *Vicharchika* was conducted following *Ayurvedic* treatment principles rigorously, in conjunction with strict adherence to *Pathyasevana*. No alternative medical systems were employed during the course of treatment.

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