



VIRECHANA KARMA IN THE MANAGEMENT OF VICHARCHIKA (ECZEMA): A SINGLE CASE STUDY

Shreedevi. B. Huded¹

PG Scholar, Pg Department of Panchakarma, Shri D.G.M. Ayurvedic Medical College & Hospital Post Graduate Studies and Research Center, Gadag, Karnatak

Jairaj. P. Basarigidad²

Professor and HOD, Department of Panchakarma, Shri D.G.M. Ayurvedic Medical College & Hospital Post Graduate Studies and Research Center, Gadag, Karnatak

Abstract

Sparshanedriya is one among the *Panchendriya* it acquires the whole body and also *Samavaya Sambhanda* with other *Indriyas*. All *Tridosha* like *Vyana Vata*, *Bhrajaka Pitta* and *Tarpaka Kapha* is present in the skin so vitiation of all three *Dosha* leads to a *Vicharchika Vyadhi*. *Vicharchika* is *Ratka Pradoshaja Vyadhi* and one among the *Kshudra Kusta*. *Vicharchika* characterised by symptoms of *Kandu*, *Srava*, *Pidaka* and *Shyava Varna*. In present case study made an attempt of *Vicharchika* is treated with *Shodhana* and *Shamana Chikitsa*.

Key Words: *Tridosha*, *Vicharchika*, *Virechana Karma*

Introduction:

Skin is a large organ of the human body and also act as the immune barrier of the body. All the *Tridosha* are involved in causation of the disease, specifically *Vata* and *Kapha* are predominantly involved according to most of *Acharyas*. *Vicharchika* characterised by symptoms of *Kandu*, *Srava*, *Pidaka* and *Shyava Varna*¹. Eczema is also called as atopic dermatitis is a chronic inflammatory skin disease. *Vicharchika* has similar presentation as Eczema. *Kusta* Nidana mentioned in *Samhitas*, directly vitiates the *Dosha*, *Dhatu* and *Mala* in the body.

CASE SUMMARY

A 49-year-old male patient consulted to *Panchakarma* O.P.D No 27892 with the complaints of Hyperpigmentation in shin region of both leg and lesions over the right shin region associated with itching, exudate. And also, he was having associated complaints of disturbed sleep, irregular bowel habits, secretion from the lesion for 1 year. The patient took allopathic treatment but after that the complaints used to reoccur once the medications were stopped. Patient decided to take ayurvedic treatment, so for that he visited to Panchakarma outpatient department of D.G.M Ayurveda Medical College, Hospital PG and PhD studies and Research centre Gadag for the further management.

Preliminary information of patient	Personal History:
Occupation: Farmer Religion: Hindu Diet: Mixed	Bowel: Irregular bowel Bladder: 6-7 times/day Sleep: Disturbed

Drug History: Nothing specific Past History: No history of HTN/DM/Thyroid disorder Family History: No Family History	Diet: Non-Vegetarian Addiction: Tea
--	-------------------------------------

General Examination	Systemic Examination
Pallor- Absent Icterus – Absent Cyanosis – Absent Clubbing- Absent Lymph node- Not palpable Oedema: Absent Blood Pressure: 150/100 mmHg Pulse Rate- 82 b/min	C.N.S: Conscious and Oriented. R.S: Bilaterally equal air entry clear C.V.S: S1, S2 heard No Abnormality detected P/A: No lesion over abdomen, Soft and non-tender.

S.No	Ashtavidha Pariksha	Dashvidha Pariksha
01	Nadi: 82 bpm, Regular	Prakriti: Kaphapittaja
02	Mala: once in a day/ regular	Vikriti: Vata-Kapha
03	Mutra: 6-7 times/day	Sara: Madhyama
04	Jihva: Ishat liptata	Samhanana: Madhyama
05	Shabda: Prakruta	Pramana: Uttama
06	Sparsha: Rooksha and Krishnata over both leg (Shin region)	Satva: Pravara
07	Drika: Prakruta	Satmaya: Sarvarasa and Snigdha
08	Akriti: Pravara	Vyayama Shakti: Madhyama
09		Ahara Shakti: Abhyavarana Shakti: Madhyama Jarana Shakti: Heena
10		Vaya: Madhyamavastha

Local examination:

1. **Site of lesion-** Shin of B/L Leg
2. **Shape-** irregular
3. **Distribution-** Symmetrical
4. **Character of lesion-** Number of lesion -2 in number, Size=4 cm, Colour-Black
5. **Itching-** Present. Severity- Severe
6. **Inflammation-** Absent
7. **Discharge-** Present
8. **Superficial Sensation on lesion-** Dryness of Lesions

Chikitsa:

Nidana Parimarjana is the first line of treatment in all the *Vyadhi*². *Shodhana Karma in Bahudosha Avastha* and *Shamana Chikitsa in Alpa Dosha Avastha* are to be adopted for the proper management of the *Vyadhi*. In the present study *Roga* was in *Bahudosha Avastha* and *Deerghakalina*. So *Shodhana Karma* i.e *Virechana Karma* followed by *Shamana Chikitsa* for one month was planned.

Material and Method**The drug used for *Deepana-Pachana* for 5 days**

S.NO	Dravya	Dose	Duration	Anupana
01	<i>Hinguwachadi Gulika</i>	1 Tablet	BD/BF	Luke warm water

***Snehapana with Mahatiktaka ghrita* for 4 days**

Procedure	Days	Medicine	Date	Dose	Observation	Diet
<i>Snehapana</i>	01	<i>Mahatiktaka ghrita</i>	09/08/2023	25ml	Itching reduced	Peya/Ganji
	02		10/08/2023	60ml		Peya/Ganji
	03		11/08/2023	75ml		Peya/Ganji
	04		12/08/2023	90ml		Peya/Ganji
<i>Sarvanga Abhyanga and Sweda</i>	01	<i>Abhyanga with Guggulumarichyadi taila followed by parisheka with siddarthaka snana choorna</i>	13/08/2023		Itching reduced and sound sleep	Peya/ Rice + Rasam and lemon juice
	02		14/08/2023			
	03		15/08/2023			

Method:

Virechana procedure

Purvakarma

Deepana and *Pachana* is given before starting *Snehapana*, because to digest the *Ama* and to improve the *Agni*. Then the *Snehapana* is administered, the dose of *Snehapana* decided on the basis of *Koshta* and *Agni*. The patient has *Mandagni* and *Madhyama Koshta*. Hence the *Snehapana with Mahatiktaka Ghrita*³ was given for 4 days, on 5th day assessed the *Samyak Snigdha Lakshana* like *Twak Snigdhta*, *Sneha Varcha*, aversion to wards *Sneha (Ghrita)*. After 3 days gap was given during those days *Abhyanga with Guggulu Marichyadi Taila*⁴ followed by *Siddhartaka Snana Choorna*⁵ *Parisheka* was done and advice to take *Snigdha*, *Drava*, and *Ushna Ahara*. Diet should not be given on the day of *Virechana*.

Virechana karma

S.No	Procedure	Medicine	Dose	Anupana	Vega
01	<i>Virechana karma</i>	<i>Trivrut lehya</i>	45 gm	<i>Ushna Jala</i>	12

Pradhana Karma

The *Virechana Oushadha Trivrut lehya*⁶ was administered at 9:00 am and *Ushna Jala* given as *Anupana*. After administration of *Oushadha* instruction given to the patient ask the patient to drink hot water sip by sip every 5-10 min interval, If Patient feels Nausea, vomiting sensation asked the patient to gargle with hot water and clean the mouth. If patient feels Sleepy ask to walk few steps. Till evening around 6:00 pm patient made to take only hot water sip by sip and after that assessed the Patient with *Samyak Virechana Lakshanas* like Lightness of the body, Increased appetite, *Indriyaprasannata*. Patient had 12 Vegas.

SI.NO	Laingiki	Vegaki	Antaki
01	<i>Lakshana</i> Lightness of the body, Increased appetite, <i>Indriyaprasannata</i>	12	Vata

Paschat karma

Patient had 12 vegas during Virechana Karma. It was Madhyama Shuddhi and Madhyama Bala Patient. Samsarjana krama for 5 days with 2 Annakala was explained to the Patient. Samsarjana Krama included Peya, Vilepi for 5 days.

Shamana Oushadhi after Panchakarma (Virechana Karma)

S.No	Medicine	Dose	Anupana	Duration
01	Manjistadi Kashaya	2tsp BD/BF	warm water	1 month
02	Guggulutiktaka Kashaya	2tsp BD/BF	warm water	1 month
03	Shiva Gulika	½ BD/AF	warm water	1 month
04	Tiktamruta	1BD/AF	warm water	1 month

DISCUSSION:

Vicharchika is type of Kusta. Kushtha has specific Nidana hence Nidana Parimarjana is the first line of treatment. In this case patient was did Nidana like eating non veg, curd, sour fruits mixed with milk, patient asks to avoid day sleep and maintains of hygiene these miner things help a lot to the patient. Amapachana and Agnideepana Achieved by administration of Hinguwachadi Gulika as it has Vatanulomana, amapachana and agnideepana Properties. Snehapana with Mahatiktaka Ghrita does the Pitta Shamana and Doshavilayana, Guggulumarichyadi taila is indicated mainly in Skin diseases associated with sever itching and Siddartaka Snana Choorna is indicated in Kusta chikitsa Adhyaya is Used for Parisheka. Virechana with Trivrut lehya is selected because the Trivrut is main ingredient in it and it is Sukha Virechaka Dravya. The ingredients of Trivrut Lehya are purgatives which increases the water content of faeces by osmotic action and decreases net absorption of water and electrolytes in intestinal mucosa eliminates the toxins from the body. By this regulates the Vata, Pitta, Kapha by causing movement regulation of intestine, chemoenzymatic secretion, intestinal mucosal secretion respectively. Itching, Secretion and Hyperpigmentation are due to Kapha, Pitta and Vata dosha vitiation these symptoms relived by elimination of the Dosha through virechana Karma.

Shodhana Karma helps to remove root cause of the disease by eliminating the Doshas from the Body and prevent the diseases from reoccurrence. Shamana Oushadha plays an important role in alleviating the symptoms and improve the Vydhi kshamatva.

BT & AT of Right Leg



BT & AT of Left Leg



Result:

Hyperpigmentation, itching reduced, improve the Sleep quality and Skin patches over the right shin region resolved.

CONCLUSION:

By concluding that Vicharchika is Pitta and Rakta Pradoshaja Vyadhi, In present case patient having the involvement of all three Dosha and after administering the Virechana karma followed by Shamana oushadha got better results in symptomatically and overall health of the patient. Hence Virechana karma is best Shodhana chikitsa in all Kustha.

Reference:

1. Vaidhya Yadvji Trikamji Acharya edited Ayurveda Deepika commentary by chakrapanidatta CHARAKA SAMHITA of AGNIVESHA, Charaka Chikitsa stana 7- chapter sloka no 26, reprint 2023, pub: Choukamba Surabharati Prakashana Varanasi, Pg No- 451.
2. Commentry of sri Dalhanacharya & the Nyayacandrika panjika of sri Gayadasacharya on nidana stana, Susruta Samhita of Susruta with the Nibandhasangraha, Uttara tantra chapter 1 and sloka no 25, reprint 2021, pub: Chaukhambha Orientalia Varanasi.pg no -266.
3. Pro. K. R. Srikantha Murthy, ASTANGA SAMGRAHA OF VAGBHATA, Volume II, First edition 1996, Pub: Choukambha Orientalia, Page No - 492
4. Dr. Anna Moreswar Kunte and Krsna Ramachandra Sastri Navre, ASTANGAHRUDAYA OF VAGBHATA, Sarvanga Sundara of Arunadatta and Ayurvedarasayana of Hemadri, edited by Hari sadasiva Sastri Paradakar, Chikitsa Stana chapter no 19, sloka 71-72, Reprint 2009, Pub: Choukambha publication New Delhi, Page No: 716
5. Vaidhya Yadvji Trikamji Acharya edited Ayurveda Deepika commentary by chakrapanidatta CHARAKA SAMHITA of AGNIVESHA, Charaka Chikitsa stana 7- chapter sloka no 91-92, reprint 2023, pub: Choukamba Surabharati Prakashana Varanasi, Pg No- 454-455.
6. Dr. Anna Moreswar Kunte and Krsna Ramachandra Sastri Navre, ASTANGAHRUDAYA OF VAGBHATA, Sarvanga Sundara of Arunadatta and Ayurvedarasayana of Hemadri, edited by Hari sadasiva Sastri Paradakar, Kalpa Stana chapter no 2, sloka9, Reprint 2009, Pub: Choukambha publication New Delhi, Page No: 742