



AN AYURVEDIC MANAGEMENT OF *VICHARCHIKA-A CASE STUDY*

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Abstract-: Skin is the largest organ of the body. Primary function of skin is protection of organs. Apart from this it also serves as storage, synthetic, excretory and secretory functions which make it as a vital organ responsible for balancing normal body functioning. Any damage to this barrier results in development of diseases of skin. Ayurveda considers all skin diseases under *Kustha Roga*. *Kustha* is defined as त्वचःकृच्छ्रन्ति वैवर्ण्यं दुष्टाः कुष्ठमुशान्ति तत् | (अ.ह.नि१४/३)^[1] which means any pathology leading to discoloration of the skin comes under *Kustha roga*. Further *Kustha* are broadly of two types *Kshudra Kustha* and *Mahakushttha*. *Vicharchika* comes under *Kshudra kustha*.

The study here mentioned is a case of *Vicharchika* which was treated with ayurvedic *Shaman aushadhi*.

Key words-: *Twaka vikara, Kustha, Vicharchika.*

Introduction-: *Vicharchika* is one of the most common skin disorders which affects a large amount of population nowadays due to increase in pollutants and irritants. *Vicharchika* is defined as

सकण्हः पिडका श्यावा बहुस्रावा विचर्चिका ॥(च० चिं० ७/२५)^[2]

This means *Vicharchika* is a condition where *Pidika*(papules) develops in the skin which are black in color associated with intense itching and discharge. It is a *Raktapradoshaja vikara* having predominance of doshas as following-

Charaka-Kapha, Sushruta-Pitta

Prevalence^[3]-: Atopic dermatitis, also known as Eczema, is one of the biggest global public health issues. In children, its prevalence ranges from 0.7% to 26%, whereas in adults, it may range from 1% to 3%. Interestingly, compared to developed nations, its frequency is far lower in emerging nations.

The prevalence of Eczema has increased two or three times in the last thirty years, indicating a growing importance for environmental variables in the aggravation of the illness.

Morphologically Eczema can be staged into acute, subacute and chronic type.

Aim & Objectives-: Aim of the study was to assess how ayurvedic *Shamana chikitsa* can help to treat *Vicharchika*.

Case Report

Present illness: A 69-year-old male patient with registration no K/2681/21362 came to OPD of Kayachikitsa, Rishikul campus, UAU, Haridwar with chief complaints of white discolouration with severe itching on face, hands and legs from last 3 months.

History of present illness: According to the patient he was apparently asymptomatic before 3 months. One day he took bath in a lake on an auspicious occasion with several other people, after that he started having mild itching during the day. Gradually he started having whitish discolouration on extensor surfaces of both hands and legs with severe itching and slowly it spread to face as well. After a clinical diagnosis of contact dermatitis was made, patient used various kind of allopathic ointments for this but did not get any relief. Now the patient has come to RAMC for better management of the disease.

Past illness:

No any history of hypertension, Thyroid disorder, Diabetes mellitus.

Treatment history:

The patient had previously taken topical medications, which temporarily relieved his itching but it did not give him permanent relief.

Local Examination:

Site: Face, Extensor surfaces of both hands and legs.

Distribution: Asymmetrical.

Number: Widely spread (multiple patches)

Color: white patches.

Borders: Poorly Demarcated, Irregular in shape.

Features: Dry scattered lesions.

CRITERIA FOR GRADATION^[4]

Symptom	Score	Grade	Grading Criteria of Symptoms
Kandu	0	None	No Itching
	1	Mild	Mild/ infrequent itching
	2	Moderate	Moderate/ Discomforting
	3	Intense	Very severe itching disturbing sleep and other activities
Daha	0	None	No burning sensation
	1	Mild	Mild burning sensation after itching
	2	Moderate	Moderate burning sensation (No disturbance in sleep)
	3	Severe	Severe burning sensation with disturbed sleep
Vedana	0	None	No pain
	1	Mild	Mild pain
	2	Moderate	Moderate
	3	Severe	Very severe pain
Vivaranaata	0	None	Nearly normal skin colour
	1	Mild	Brownish red discolouration
	2	Moderate	Blackish red discolouration
	3	Severe	Blackish discolouration
Srava	0	None	No discharge
	1	Mild	Slightly discharge
	2	Moderate	Moderate discharge
	3	Severe	Extreme discharge
Rukshata	0	None	No line on scrubbing with nail
	1	Mild	Linings on scrubbing by nail
	2	Moderate	Excessive dryness
	3	Severe	Dryness leads to cracking and bleeding

Diagnosis:*Vicharchika***Plan of treatment:**

Patient was treated on OPD basis.

Treatment given:

1. *Panchtikta ghrita guggul* 2 tab TDS.
2. *Arogyavardhini vati* 2 tab BD.
3. *Nimbadi churna* 3gm
Swarna gairika 250 mg
Shudha gandhaka 250 mg
4. Immunocin 2 tab BD.
5. *Manjisthadi kwatha* 30 ml BD before meal.
6. 777 oil for local application.

Anupana- lukewarm water**Observation and results:**

	0(On first day of the visit)	1(After days)	10	2(After days)	20	3(After days)	30
<i>Kandu</i>	+++	++		+		-	
<i>Daha</i>	++	+		-		-	
<i>Vedana</i>	+	-		-		-	
<i>Vivarananata</i>	+++	+++		++		+	
<i>Srava</i>	++	+		-		-	
<i>Rukshata</i>	+++	++		+		-	

Before treatment:

After treatment:



Discussion:

Considering the above case, drugs selected aimed to improve the condition in the following ways-

- *Panchtikta ghrita gugglu*-As the above condition is *Vata pradhana* skin condition so this medicine works best for *Atiprabala vayu prakopa* and *sandhi asthi majjagata kustha*.^[5]
- *Arogyavardhini vati*-Improves liver function which is a major finding in all skin conditions. It has *Kutki* as main ingredient which does *Pitta virechaka* thus helps in improving metabolism.
- *Nimbadi churna* acts as anti-microbial drug.
- Immunocin tab comprises *Ashwagandha*, *Tulsi*, *Neem*, *Haridra*, *Guduchi*, *Punarnava*, and *Pippali*. These drugs help in improving immunity and helps to improve the skin condition.
- 777 oil-contains *Shweta kutaja* and coconut as chief ingredients. It has anti-inflammatory and wound healing properties without causing dryness.

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