



Case Study

EFFECT OF MULAKABEEJADILEPA AND PRITHUNIMBAPANCHAKACHURNA IN VICHARCHIKA W.S.R. TO ECZEMA

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Eczema.

ABSTRACT

All *Kustas* are having *Tridoshaja* origin; hence *Vicharchika* can be explained in similar manner. Dermatitis is being used as synonym of eczema by most of the dermatologist. These are the kind of non-contagious inflammation of the skin characterized by erythema, Scaling, edema, vesiculation and oozing. The disease *Vicharchika* to a greater extent resembles eczema/dermatitis. Therefore the eczematous dermatitis can be included in study of *Vicharchika*. *Vicharchika* can be correlated with eczema in the sequence. The involvement of *Vata* results in dry, blackish lesion of eczema, itching in those affected areas is due to *Kapha* and *Pitta* is responsible for *Srava*. Though, the disease *Vicharchika* is not life threatening, it makes the patient worried due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. In classical texts of Ayurveda Acharyas emphasizes *Shodhana* and *Shamana* therapy as the line of treatment at various contexts. Among the *Shamana karma*, Acharya Chakradutta has advocated *Lepana karma* and *Prithunimbapanchaka churna* orally by (*Sahasrayoga churna prakarana*) for *Vicharchika*. Hence, purpose of the study aimed to evaluate efficacy of *Mulakabeejadilepa* and *Prithunimba panchaka churna* in *Vicharchika*. A case of 9yr old child, presented with *Kandu*, *Pitika*, *Srava*, *Vivarnata*, *Vedana* etc *Lakshanas* of *Vicharchika* on the back of his neck since one year, was given *Mulakabeejadilepa* as external application and *Vati* prepared with *Prithunimbapanchaka churna* 250mg TID for 30 days, and Marked improvement was observed in the symptoms of *Vicharchika*.

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INTRODUCTION

Ayurvedic physicians are providing good health to human race by treating their diseases with the help of Ayurvedic principles since thousands of years ago. Dermatological problems are seen by paediatricians everyday and comprise of around one quarter of a busy outpatient clinic^[1]. In *Ayurveda* all types of skin diseases have been discussed under the broad heading of *Kushta* which is further divided as *Mahakusta* and *Kshudrakusta*.^[2] Acharyas considered *Vicharchika* as *Kshudrakushta*^[3]. Different Acharyas have defined *Vicharchika* in different ways.

Vicharchika

It means the disease which coats or covers the skin in particular manner and causes cracking of

skin of hands and feet mainly (*Shabdhakalpadruma*).

Means the skin disease where eruptions over the skin appear with dark pigmentation, itching with profuse discharge from lesion. (*ch.chi.7/26*).

Disease where severe itching, severe pain, and dryness is seen is *Vicharchika* (*su.ni.5/13*).

Black, red ulcers with pain, discharges and suppuration is *Vicharchika* (*k.s.chi.kustachikitsa*).

Vicharchika, according to Ayurveda is *Rakta Pradosaja Vikara* having involvement of *Tridosha* with dominance of *Kapha*, with symptoms of *Kandu*, *Srava*, *Pitika*, *Vivarnata*, *Rukshata*^[4]. It can be co-

related with eczema, according to allopathic view. Eczema is non- contagious inflammation of the skin characterised by erythema, scaling, edema, vesiculation and oozing. It also effects psychological status and disturb social life due to its

appearance^[5]. It causes disturbed sleep and poor growth^[6]. Present Research was planned to know the efficacy of *Mulakabeejadilepa* and *Prithunimba-panchaka churna* in *Vicharchika*.

Table 1: Ingredients of *Mulakabeejadilepa*

S.No	Name of drug	Latin name	Part used	Quantity
1	<i>Mulaka beeja</i>	<i>Raphanus sativus</i>	Seed	50gms
2	<i>Sarshapa</i>	<i>Brassica campestris</i>	Seed	50gms
3	<i>Laksha</i>		Niryasa	50gms
4	<i>haridra</i>	<i>Curcuma longa</i> Linn.	Rhizome	50gms
5	<i>Chakramarda beeja</i>	<i>Cassia tora</i>	Seed	50gms
6	<i>Srivestaka</i>	<i>Pinus longifolia</i> roxb.	Niryasa	50gms
7	<i>Pippali</i>	<i>Piper longum</i> linn	Fruit	50gms
8	<i>Maricha</i>	<i>Piper nigrum</i> linn	Fruit	50gms
9	<i>Sunti</i>	<i>Zingiber officinale</i> rose	Rhizome	50gms
10	<i>Vidanga</i>	<i>Embelia ribes</i> burm.f	Fruit	50gms
11	<i>Kusta</i>	<i>Saussurea lappa</i> c.b.clarke	Bark	50gms

Table 2: Ingredients of *Prithunimbapanchaka churna*

S.No	Ingredients	Botanical name	Quantity
1	<i>Nimba sara</i>	<i>Azadirachta indica</i> A.Juss	50 gms
2	<i>Nimba pushpa</i>	<i>Azadirachta indica</i> A.Juss	50gms
3	<i>Nimba patra</i>	<i>Azadirachta indica</i> A.Juss	50gms
4	<i>Nimba tvak</i>	<i>Azadirachta indica</i> A.Juss	50gms
5	<i>Nimba beeja</i>	<i>Azadirachta indica</i> A.Juss	50gms
6	<i>Shunti</i>	<i>Zingiber officinale</i>	50gms
7	<i>Pippali</i>	<i>Piper longum</i> Linn.	50gms
8	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	50gms
9	<i>Amalaki</i>	<i>Embellica officinale</i> Linn.	50gms
10	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	50gms
11	<i>Vibhitaki</i>	<i>Terminalia bellerica</i>	50gms
	<i>Haridra</i>	<i>Curcuma longa</i> Linn.	50gms

Case Report

A 9yr old male child along with his father reported to our OPD with the chief complaints of itching, vesicular formation with oozing and discolouration on back of the neck since 1year.

On clinical examination skin lesion with blackish discolouration, small papules with oozing on back of the neck was noticed. Based on the history and clinical examination the case was clinically diagnosed as *Vicharchika*.

Before treatment



The patient visited KBOPD in S.V.Ayurvedic hospital on 09-09-17. The patient was put on the following medication.

1. *Mulakabeejadilepa* for external application.^[7]
2. *Vati* prepared with *Prithunimbapanchaka churna* 250mg TID dose.^[8]

The patient was asked to review after 15 days.

After treatment



After 15 days the patient visited KB OPD in S.V.Ayurvedic hospital for the review check up on 24-09-17.

Clinical examination revealed mild decrease in discoloration and itching was reduced and oozing was completely arrested.

After follow up



The treatment has been continued for further 15 days, then the patient again visited KB OPD in S.V.Ayurvedic hospital on 11-10-17 and the symptoms are resolved completely.

DISCUSSION

Vicharchika, according to Ayurveda is *Rakta Pradosaja Vikara* having involvement of *Tri dosha* with dominance of *Kapha*, with symptoms of *Kandu*, *Srava*, *Pitika*, *Vivarnata*, and *Rukshata*.

Eczema is a kind of non-contagious inflammation of the skin characterized by erythema, scaling, edema, vesiculation and oozing. The disease *Vicharchika* to a greater extent resembles eczema/ dermatitis. In this case Ayurvedic treatment helped in the management of *Vicharchika*. When the patient visited our OPD for the first time patient was put on *Mulakabeejadilepa* for external application and *Vati* prepared with *Prithunimba panchaka churna*. According to Ayurveda, *Vicharchika* is a *Kaphapradoshajavikara*. The drugs used in the above *Yogas* commonly having properties like *Katu rasa*, *Ushnaviryra* and *Laghuguna*. Their action is *Kustaghna*, *Kandughna* and *Krimighna* properties helps in the alleviation of above said symptoms.

The contents of *Mulakabeejadilepa* are *Mulakabeeja*, *Chakramardabeeja*, *Lakshachurna*, *Sarshapabeeja*, *Vidanga*, *Kusta*, *Srivestaka*, *Haridra*, and *Trikatu*. And its properties and actions are mentioned as following.

Mulakabeeja (Raphanus sativus) is used for hepato toxicity and oxidative stress. Produces skin lightening effect. It possesses skin collagen stimulating and anti-inflammatory effect. Presence of Vit. C helps to build tissue and blood vessels. *Mulakabeeja* is good for skin diseases because it possess Vit.C, Zinc, B complex and phosphorous. These minerals and vitamins are useful in the treatment of skin disorders such as rashes, dry skin, cracks and moisturizes skin from inside.^[9]

Cakramardabeeja (Cassia tora) contain anthraquinone, glycosides, naphtha-pyroneglycosides, cassiaside and rubrofusarin-6-beta gentiobioside. These constituents showed significant hepato protective activity. Thrachryson isolated from seeds showed stronger anti-oxidant activity.^[10]

Lakshachurna (Laccifer indica) is styptic, used in haemetemesis, promotes tissue regeneration and wound healing. Is applied to dental carries and diseased dentition.^[11]

Sarshapabeeja (Brassica campestris) contain glycosinolates. It has anti-inflammatory, anti-fungal, *kandugna*, *vedanasthapana*. It helps to decrease painful lesion and *kushtaroga*.^[12]

Vidanga (Embelia ribes) has anti-inflammatory, anti-bacterial properties. Used in diseases of chest and skin. It also has blood purifying properties.^[13]

Kusta (Saussurea lappa) has antiseptic and anti-spasmodic activity. Useful in skin diseases. Applied locally to wounds and ulcerations. Roots contain resinoids, alkaloid, inulin, saussurea

lactone, a fixed oil and minor constituents like tannin and sugars.^[14]

Srivestaka (*Sarala niryasa*) (*Pterocarpus marsupium*) has anti-tympanic, anti-bacterial, insecticidal, ovicidal and antiviral properties. It has *Laghu*, *Teekshnasnigdha*, *Madhura*, *Tikta*, *Katu rasa*, *Ushnaveerya* and *Katuvipaka*. It has *Sleshmaputihara* property.^[15]

Haridra (*Curcuma longa*) is anti-inflammatory, hepato-protective, blood purifier, anti-oxidant, detoxifier and has anti cutaneous activity.^[16]

Trikatu has *Kaphahara* property, it enhances the absorption of other Ayurvedic medicines. anti inflammatory, anti viral, chemo protective properties.

Drugs used in *Prithunimbapanchaka churna* are *Nimbasa*, *Pushpa*, *Patra*, *Tvak*, *Beeja*, *Trikatu*, *Triphala* and *Haridra*. It posses the following properties.

Neem (*Azadarachta indica*)^[17] stem, bark, leaves, fruits, flowers and seeds possess compounds such as flavonoids, tannins, anti-inflammatory, anti-viral and anti-bacterial properties.

Bark, leaf, root, flower and fruit together cure blood morbidity, biliary affliction, itching, skin ulcers, burning sensation and pthysis.

Triphala increases skin tone, flexibility, elasticity of skin, *Haridra* (*Curcuma longa*) is anti-inflammatory, hepato-protective, blood purifier, anti-oxidant, detoxifier and has anti cutaneous activity.

Trikatu has *Kaphahara* property, it enhances the absorption of other Ayurvedic medicines. anti inflammatory, anti viral, chemo protective properties

CONCLUSION

Vicharchika is a chronic skin disease disturbing the routine and makes patient worried due to its appearance.

Ayurveda has described elaborately about the disease and its management in our classics.

In such condition local treatment like *Lepana karma* with *Mulakabeejadilepa* and oral administration of *Vati* prepared with *Prithunimba panchaka churna* is beneficial.

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