



Case Study

MANAGEMENT OF VICHARCHIKA KUSHTA THROUGH AYURVEDA

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ABSTRACT

Skin disorders in Ayurveda have been mentioned under the broad heading of *Kushta*. There are 18 types of *Kusta* which are classified as *Maha kushta* and *Kshudra kushta*. *Vicharchika* is the type of *Kshudrakushta*. *Vicharchika kushta* is characterized by symptoms like *Kandu*, *Srava*, *Pidaka* and *Shyava varna*. *Vicharchika* is often correlated to eczema based on the clinical presentations. There is no specific treatment or definite cure for eczema in modern medical science, except some of the symptomatic treatments like application of topical steroid. These steroids cause some serious health hazards like suppression of the hypothalamic pituitary- adrenal axis and even cushingoid features. Whereas Ayurveda has specific treatments like *Shodhana* and *Shamana* type of therapies which manages the disease without causing any side effects to the body. In present case report a patient complaints of blackish lesions with itching and discharge since 2 years was treated with *Shodhana* (*Vamana*, *Virechana*) and *Shamana aoushadhi*, shown a significant results.

INTRODUCTION

Vicharchika, according to Ayurveda is *Rakta Pradoshaja Vikara* being involved of three *Dosha* with dominance of *Kapha*^[1]. Though, it is *Kshudra Kushta*, it runs a chronic course and has a tendency of exacerbations. *Vicharchika* can be co-related with eczema from modern system of medicine which is a form of dermatitis, or inflammation of the upper layers of the skin. The term eczema is broadly applied to a range of persistent or recurring skin rashes characterized by redness of skin, edema, itching, with possible crusting, flaking, blistering, cracking, oozing or bleeding. Acute eczema occurs after coming in contact with irritant or allergen. Its pathway involves inflammatory mediators, for example, prostaglandins, Helper T cells. Its clinical features are redness, swelling, scaling, crusting, and itching. All severe forms of eczema have a huge effect on life quality. Effective therapeutic agents in Allopathic medicine are limited in number and may have long term toxic side effects.

The main treatment in Ayurveda for *Vicharchika* is *Shodhana*, which eliminates the vitiated *Doshas*. Parallel to *Shodhana*, *Shamanoushadi* help to correct the *Dhatus* and bring them to normalcy.

Case Report


A 54 years old female patient visited OPD of KVGAMC, Sullia, with complaints of blackish discoloration prominently over abdomen, both upper and lower limbs associated with itching, since 2 years.

History of Present Illness

Patient was apparently asymptomatic before 2 years. Gradually she developed blackish discoloration which was more prominent over abdomen, both upper and lower limbs which was associated with itching. The condition worsens during winter season and when she visit farms. Patient took medicines from the contemporary and other allied medical science but recurrence was seen after stopping the medicines. She visited KVG Ayurvedic Medical College and Hospital, for further management of the condition.

Personal History

- Appetite - Moderate
- Bowel - Regular
- Micturition - Regular, 3 to 4 times a day
- Sleep - Good

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- Food - Mixed diet

General Examination

- Appearance – Normal
- Built – Moderate
- Nourishment – Moderate
- Pallor – Absent
- Icterus – Absent
- Oedema – Absent
- Cyanosis – Absent

Vital data

- Pulse – 70bpm
- BP – 120/80 mmHg
- Respiratory rate –18/ min

Skin Examination

- Site – all over the body, more over abdomen
- Distribution – Symmetrical
- Surface – Rough
- Margin – Irregular
- Discharge – Present after itching
- Itching – Present

Table 1: Nidana Panchaka

<i>Nidana</i>	<i>Poorvaroop</i>	<i>Roopa</i>	<i>Samprapti</i>	<i>Upashaya</i>
<i>Snigdha Guru Bhojana</i> Exposure to skin irritants in field.	Nothing specific	<ul style="list-style-type: none"> • <i>Kandu</i> • <i>Srava</i> • <i>Shyavata/ Vaivaranyata</i> • <i>Pidaka</i> 	<ul style="list-style-type: none"> • <i>Nidana Sevana</i> leads to <i>Tridosha Prakopa</i> • Leads to <i>Twak, Rakta Mamsa, Shithilat</i> • Further <i>Dosha</i> vitiates and lodges in the vitiated <i>Dhatus</i> and does <i>Twagadhi Dhatus</i> vitiatiati. • <i>Kushta-Vicharchika</i> 	After following proper <i>Pathya</i>

Picture 1: Pictures showing before and after *Shodhana*



Table 2: Gradation of symptoms/subjective parameters of *Vicharchika* [2]

Symptoms	Grading	Score
<i>Kandu</i> (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients attention	2
	Severe itching disturbing patients sleep	3
<i>Srava</i> (Discharge)	No <i>Srava</i>	0
	Occasional <i>Srava</i> after itching	1
	Mild <i>Srava</i> after itching	2
	Profuse <i>Srava</i> making clothes wet	3

<i>Pidaka</i> (Papules)	Absent	0
	1-2 <i>Pidaka</i> in one affected part	1
	3-4 <i>Pidaka</i> in one affected part	2
	More than 4 <i>Pidaka</i> in one affected part	3
<i>Shyavata</i> / <i>Vaivarnyata</i> (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3

Table 2: Details of *Shodhana* and *Shamanoushadhi*

1.	<i>Deepana - Pachana</i>	<i>Chitrakadi Vati</i>	2-0-2 for 3 days
2	<i>Snehapana</i> for <i>Vamana</i>	<i>Guggulutiktaka Ghrita</i>	Day 1 - 30ml Day 2 - 60ml Day 3 - 90ml Day 4 - 120ml Day 5 - 150ml
		<i>Abhyanga</i> and <i>Swedana</i>	<i>Marichyadi taila</i> <i>Bashpa sweda</i>
3	<i>Vamana Karma</i>	<i>Akantapana</i> <i>Vamana yoga</i>	<i>Ksheera</i> <ul style="list-style-type: none"> • <i>Madanapippali choorna</i> - 5gms • <i>Yastimadhu churna</i> - 4 gms • <i>Vacha choorna</i> - 2gms • <i>Saindhava lavana</i> - 2gms • <i>Madhu</i> - As required
4	<i>Snehapana</i> for <i>Virechana</i>	<i>Guggulu tiktaka Ghrita</i>	Day 1 - 50ml Day 2 - 100ml Day 3 - 150ml
5	<i>Virechana karma</i>	<i>Virechana Yoga</i>	<i>Ichabhedhi rasa</i> 250mg
6	<i>Shamanoushadhi</i>	1. <i>Aragvadhadi kashaya</i> 2. <i>Arogyavardhini vati</i> 3. <i>Dermorin</i>	15ml-0-15ml with equal quantity of hot water B/F 1-0-1 A/F 2-0-2 A/F

Table 4: Showing changes in symptoms before and after treatment

S.no	Symptoms	Grade before treatment	Grade after <i>Vamana</i>	Grade after <i>Virechana</i>
1	<i>Kandu</i> (Itching)	03	02	01
2	<i>Srava</i> (Discharge)	02	01	0
3	<i>Pidaka</i> (Papules)	03	02	01
4	<i>Shyavata/Vaivarnata</i> (Discolouration)	03	03	02

DISCUSSION

Pachana - Deepana

Chitrakadi vati

This Vati contains *Chitraka* (*Plumbago zeylanica*), *Pippalimoola*, *Kshara* (*Hordeum vulgare*), *Lavana*, *Vyosha*, *Hingu*, *Ajamoda*, *Chavya* (*Piper chaba*), *Chitrak* (*Plumbago zeylanica*), *Matulunga* and *Dadima rasa*. This combination is used for *Ama Pachana* as well as *Deepana*. This Vati balances *Vata* and *Kapha* improves *Pitta*.

Snehapana

Guggulu Tikthaka Ghrita

This Ghrita contains

Kwatha- *Nimba* (*Azadiracta indica*), *Patola* (*Trichosanthes dioica*), *Vyaghri* (*Solanum xanthocarpum*), *Guduchi* (*Tinospora cardifolia*), *Vasa* (*Adathoda vasica*), *Ghrita*, *Kalka-patha* (*Cyclea peltata* /*Cissampelos pariera*), *Vidanga* (*Embelia ribes*), *Suradaru* (*Cedrus deodaru*), *Chavya* (*Piper chaba*), *Yavakshara* (*Hordeum vulgare*), *Sarjikshara*, *Nagar* (*Zingiber officinalis*), *Nisha* (*Curcuma longa*), *Mishreya* (*Anethum sowa*), *Kushta* (*Saussurea lappa*), *Tejovati* (*Zanthoxylum alatum*), *Maricha* (*Piper nigrum*), *Vatsaka* (*Holarrhena antidysenterica*), *Deepyaka* (*Trachyspermum ammi*), *Chitraka* (*Plumbago Zeylanica*), *Rohi* (*Picrorrhiza kurroa*), *Arushkara* (*Semicarpus anacardium*), *Vacha* (*Acorus calamus*), *Kanamoola* (*Piper longum*), *Yukta* (*Pluchea lanceolata*), *Manjishta* (*Rubia cardifolia*), *Ativisha* (*Aconitum heterophyllum*), *Vishani* (*Aconitum species*), *Yavani* (*Trachyspermum ammi*), *Shuddha guggulu* (purified *Cammiphora mukul*). This Ghrita is having *Tridosahara* property, in present case this combination is used for the *Ghritapana* as a *Poorvakarma* before the *Vamana* and *Virechana* in *Arohana krama*.

Abhyanga and Swedana

In the present case for *Abhyanga* as a *Purvakarma*, *Marichyadi taila* was selected – this *Taila* contains *Ushna*, *Teekshna Dravyas* which balances the *Kapha*. This *Taila* is indicated in *Vrana* and in all types of *Kushta*.

Bashpa swedana

This type of *Sweda* is specially indicated in *Vata* and *Kaphaja* disorders.^[3] In the present case this *Swedana* was planned as a *Purvakarma*, to bring down the vitiated *Doshas* from *Shakha* to *Kostha*.

Vamana

Vamana aids in the removal of the vitiated *Doshas*, Primarily *Kapha* and *Pitta* which are brought to the *Koshta* with help of *Snehana* and *Swedana*. The *Ushna*, *Tikshna*, *Vyavayi* and *Vikasi guna* of *Vamana Dravyas* increase absorption rate and aid in reaching all *Sthula* and *Sukshma Strotas*, it works at the cellular

level, eliminating all toxins from the body. *Vamaka Dravyas* has *Urdhabhagahara Prabhava*, which causes the *Doshas* to be expelled from the mouth in an upward direction.

In this case for *Vamana*, *Madana kalpa* is used. Among all the *Vamaka dravya madanaphala* is considered as best. ^[4]

In present case 7 *Vamana Vegas* are observed

Virechana

Virechana helps in pacifying aggravated *Pitta dosha*, reducing the inflammatory process in the body conditions related to *Pitta* imbalance. The main *Dosha* present in the skin is *Bhrajaka Pitta*. In *Kushta roga*, *Pitta* is the *Pradhana dosha* which gets vitiated along with the other *Dosha* and *Virechana karma* is considered as the best treatment protocol to remove the vitiated *Pitta* along with other vitiated *Doshas*. *Vicharchika kushta* is a type of *Kshudra kushta*. So in the present case *Virechana Karma* is adopted.

Shamanoushadhi

1. Aragvadhadi kashaya

This *Kashaya* contains: *Aragwadha* (*Cassia fistula*), *Indrayava* (*Holarrhena Antidysenterica*), *Paatala* (*Stereospermum Suaveolens*), *Kakatiktha* (*Tricosanthes tricuspidata*), *Nimba* (*Azaadiracta Indica*), *Amrutha* (*Tinospora cardifolia*), *Madhusrava* (*Moltinga oleifera*), *Sruvavriksha* (*Butea monosperma*), *Pata* (*Scucumerina*), *Karanja* (*Pongamia pinnata*), *Putikaranja* (*Holopteila integrifolia*), *Sapthachad* (*Alstonia scholaris*), *Agni* (*Plumbago zylanica*), *Karavella* (*Momordica Charantia*), *Bana* (*Tephrosia purpurea*), *Madanaphala* (*Randia dumetorum*). This *Kashaya* is having *Pitta kaphahara* properties, used in *Chardi*, *Kushta*, *Visha*, *Jwara*, *Kaandu*, *Dushta Vruna* and *Prameha*.

2. Arogyavardhini vati

Shuddha parada, *Shuddha gandhaka*, *Loha bhasma*, *Abhraka bhasma*, *Tamra bhasma*, *Haritaki* (*Terminalia chebula*), *Vibhitaki* (*Terminalia bellirica*), *amalaki* (*Emblica officinalis*), *Shilajatu*, *Guggulu* (*Commiphora mukul*), *Eranda* (*Ricinus communis*), *Katuki* (*Picrorrhiza kurroa*), *Nimba* (*Azadiracta indica*). It is having the *Tridosahara* property. This *Vati* improves the digestion power, clears the *Ama*.

CONCLUSION

In the present study patient with *Vicharchika* was treated with *Vamana karma* and *Virechana Karma*. *Vamana karma* helps in the elimination of the *Kapha*. *Vicharchika* is considered as a *Rakta Pradoshaja Vyadhi* by considering the *Ashaya Ashrayi Bhava Virechana* was adopted.

After the *Shodhana*, *Shamanoushadi* are administered and significant changes were noted. The present condition was successfully managed with Ayurvedic line of management.

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