



Case Study

AYURVEDIC MANAGEMENT OF VICHARCHIKA THROUGH PANCHKARMA

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ABSTRACT

Ayurveda holds crucial and traditional space in the world of medicine. In spite of various challenges, Ayurveda continued to flourish its roots and spreading its fragrance all around the world through ages. Our Vedas holds various introduction and explanation about diseases along with their treatment whose complete curable treatment not available in today's developed period. One such disease is Vicharchika Acharya's in Brihatryi included Vicharchika in Kshudra kustha. According to Ayurvedic diagnostic criteria Pidika, Kandu, Srava, Twak syavata seen. In Ayurveda, this disease mainly treated with shaman and Shodhan chikitsa In contemporary medicine world, this disease correlated with eczema and no satisfactory result with curable symptom not established till now with increased chances of relapse.

INTRODUCTION

According to Ayurveda, Kustha is classified basically into Mahakustha and Kshudra kustha and Vicharchika which was described by various Acharyas along with its symptom and treatment comes under under Kshudra kushta.^[1] As it comes under Kshudra kustha than also it causes chronic symptom. All Kusthas possess Tridoshaja origin^[2] and so Vicharchika also. characterized by Kandu (itching), Pidika (boils) Shyavarna (darkness), and Srava (oozing)^[3]. According to Acharya Madhav Kapaha is responsible for Kandu, Pitta is responsible for Srava and Shyava shows the presence of Vata^[4], Acharya Shuhruta said dominancy of Pitta in Vicharchika^[6] and Acharya Madhav in Madhav nidan showed dominance of Vata-Pitta in this vyadhi^[7]. Vicharchika's literature review holds position both in Brihatyri and Lagutari samhita of Ayurveda. In Brihatyri Acharya Charak, Sushruta, Vagbhata described about this Vyadhi and on the other hand in Laghutrai harita Samhita., Kashyapa Samhita in Kushtadhyaya, Bhela Samhita represented Vicharchika. It is said that the due to improper treatment and

taking aggravating Apathya which is described in Vicharchika it can go deeper into Dhatus converts Sadhya vyadhi into Asadhya vyadhi that's why proper measures should be followed in early stages of the Vyadhi^[8] or it can come up with Updravas like Puyasravam, Angabheda, Trishna, Jwara, Atisara, Daha, Daurablya, Avipaka, Arochaka are the complications which is described in Charak Samhita^[9].

So, its need of an hour to do further research in this area of skin disease which is affecting everyone in irrespective of gender, economical status that's why Ayurveda with no side effect and low chance of relapse can be excellent choice of pathology.

Description of Vicharchika in various literatures

According to Charaka Samhita

सकण्डःपिडका श्यावा बहुस्रावा विचर्चिका । (च.चि. 7/26)

According to Sushruta Samhita

राज्योऽतिकण्ड्वर्तिरुजःसरूक्षा भवन्ति गात्रेषुविचर्चिकायाम् । (सु.नि. 05/12)

• According to Acharya Vagbhata

सकण्डूपिटिका श्यावा लसीकाठ्या विचर्चिका । (अ.ह.नि. 14/6)

According to Bhela Samhita

श्यावा रक्ता समुत्पन्ना प्रक्लिन्ना स्राविणी तथा । मांसेनोपचिता युक्ता विज्ञेया सा विचर्चिका ॥ (भेल. चि.6/25)

Samprapti Ghataka

Doshas: Tridosha

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Dushya: Twak, Rakta, Mansa, Lasika (Ambu)

Srotas: Rasa, Rakta, Mansa & Udakavaha

Agni: Jatharagni & Dhatwagnimandya

Srotodusti: Sang & vimargagamana

Sanchara: Tiryaga sira

Adhishtana: Twaka

Rogamarga: Bahya

Swabhava: Chirkari

MATERIAL AND METHOD

Case Study

A 31 yr - old male patient came to Rani Dullaiya Ayurvedic P.G. Hospital, Bhopal (M.P), Panchkarma O.P.D. 1 year back i.e., on 10 July 2023 had complained of *Ubhayahastapadapradeshi pidika* with *Kandu, Puyasrava, Daha, Twakavaivarnata* associate complaint of *Malasanga*~constipation duration of 11 years. These symptoms were progressively worsened over time for which he visited various clinics.

First appearance of these symptoms observed by patient was in 2012, for same allopathic skin ointment taken which reduced symptom again

symptoms aggravated on 2019, physician started with steroidal combination treatment which subsided symptom for three years. In 2022, he was managed with homeopathic medication following which symptoms aggravated after completing medication. In between allergen test and hematological investigation were also done, he was diagnosed with certain substance hyper allergy disease.

Later on patient visited *Panchakarma* OPD with aggravated symptoms. None of the family member had history of skin disease or diabetes. His vitals like BP, RR, HR, BT were normal.

Past History

No h/o diabetes mellitus or hypertension, other major medical and surgical history.

Family History

No relevant family history

Psychological Evaluation

Patient was in stress due to social embarrassment feeling of self-consciousness and discomfort due to the visible nature of the condition.

Table 1: Treatment protocol followed

S.no	Follow up date	Treatment given	Panchkarma Procedure
1	10 July 2023	1) <i>Rasmanikya</i> 625mg BD <i>Bakuchi churna</i> 125mg} <i>Manjhishta churna</i> 250mg <i>Arogyavardhini vati</i> 500mg } <i>Sukhoushna jala anupana</i> 2) <i>Sarivadhasava</i> 20ml bd 3) <i>Avipattikar churna</i> 2gm hs	-
2	14 July 2023	<i>Saman aushadhi</i> stopped till completion of <i>Virechan karma</i> .	Planned for <i>Virechan karma</i> 15/07/23 - 50ml 16/07/23 - 100ml 17/07/23 - 150ml 18/07/23 - 200ml 19/07/23 - 250ml (<i>Samyak snigdha lakshana</i> observed on 19/07/23) <i>Snehapan</i> stopped. Then for two days <i>Vishram kala</i> advised with all <i>Pathyas</i> and <i>Apathays</i> to follow with <i>Sarvang abhyang</i> with <i>Tila taila</i> and <i>Bashp peti swedana</i> .
3	22 July 2023	<i>Pradhan karma</i> for <i>Virechan karma</i> initiated with tab <i>Abhyadi modak</i> 500gm intake with lukewarm water <i>Triphala kwath</i> and <i>Munakka phanta</i> as <i>Anupana</i>	<i>Virechan karma</i> conducted with <i>Uttam shudhi</i> (27 Vega) <i>Paschat karma</i> started with <i>Sansarjan karma</i> started from evening for 7 days i.e., 3 <i>Aanakala</i> .
4	29 July 2023	CT All Medicine	<i>Raktamokshan</i> with <i>Shiravedha</i> (100ml) done. (blood taken from <i>Kurpar sandhi</i> (rt

			cubital fossa)
5	2 Aug 2023	CT All Medicine + <i>Mahatikta ghrít</i> 20ml BD with <i>Sukhoushna jala</i> as <i>Anupana</i> . <i>Sidharthak churna</i> for bathing and hand washing purpose	<i>Raktamokshan</i> with <i>Jaluka</i> done. (3-3 <i>Jaluka</i> on the affected side i.e., both hands placed)
6	10 August 2023	CT All Medicine	<i>Raktamokshan</i> with <i>jaluka</i> done. (3-3 <i>Jaluka</i> on the affected side i.e., both foot placed)
7	18 August 2023	CT All Medicine	<i>Raktamokshan</i> with <i>Shiravedha</i> (100ml) done. (blood taken from <i>Kurpar sandhi</i> (rt cubital fossa)



Image 1: *Raktamokshan* with *Shiravedha* done Image 02 & 03: *Raktamokshan* with *Jaluka* done
Before treatment



Table 2: Treatment Outcome

Parameter	Before Treatment	After treatment
<i>Kandu</i> (itching sensation)	Present	Absent
<i>Pidika</i>	Absent	Absent
<i>Bahusrava</i> (excessive exudation)	Present	Absent
<i>Shyavavarna</i> (blackish brownish discolouration)	Present	Reduced
EASI Score *	22.2	10.6

*EASI score – Eczema Area and Severity Index – The region score is calculated separately for each region by multiplying sum of regional intensity score by the regional area score and region – specific multiplier. the final EASI score of 4 regional score, ranges from 0 to 72. (source – Dermatitis 2022,, Pub med, may- june: ncbi, The Eczema Area and Seeriry Index – A Practical Guide.

DISCUSSION

As all we know *Vicharchika* is *Tridoshaja Kapha Pradhan* disease which is caused due to excessive intake of *Lavan, Katu, Madhura rasa* along with humid, cold, watery contact, *Diwaswapana* may increase the symptoms of *Vicharchika*. Common affected sites are neck and lower legs which can be seen in this patient. In *Samhitas Chikitsa of Kustha* can be combined in three forms *Daivyapashraya, Yuktivyapashraya* and *Satwavajaya*^[10] as we go deep *Yuktivyapashraya* includes of *Shodhan, Shaman* and *Nidan parivarjana*.^[11]

All the type of *Kustha* develops due to vitiation of *Tridoshas*, therefore depending upon the sign and symptoms *Vaidya* should decide the line of treatment. In this case, *Panchkarma* like *Shiraveda, Raktamokshan* with *Jaluka, Virechana, Lepana* done along with shaman therapy. In modern science, it is correlated with eczema or psoriasis with no satisfactory or completely curable treatment. Drugs which are induced in this type of condition is oral and topical corticosteroid, antihistamine pills, etc which can be seen prescribed in this patient also but results are not up to mark or given symptomatic relief upto certain duration only. That's why patient turned towards Ayurveda for safe and complete cure from this *Vyadhi*. And got relief with this condition also impacted his psychological condition as social embarrassment which patient is facing finally sorted and self-esteemed increased. So this can confirm that along with body, mind also got healed proving the fact that Ayurveda works both on *Sharir* and *Mana* health.

CONCLUSION

Vicharchika which was diagnosed in this case is type of *Kustha* having potency of relapsing. In modern science treatment is limited with more chances of relapse. So Ayurveda can prove boon in this condition. In present case patient was treated with combined

treatment along with *Panchkarma* therapy which included *Virechana, Raktamokshana, Shiravedha* alongside *Shaman aushadi*, for *Snana sidharthaka churna* is prescribed and for local application *Shatdhaut ghrita* is used. There are no unfavourable impacts traced down over this treatment thus this treatment protocol can be followed in case of *Vicharchika*.

Patient Perspective: patient was satisfied with the treatment in terms of reduced itching, *Bahusrava, Syavavarnata* and other associated symptoms. Patients consent was taken for publication of this case study.

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