



Case Study

SIMULTANEOUS EFFECT OF DARVYADI KWATH IN ECZEMA (VICHARCHIKA) OF DIABETIC PATIENT (MADHUMEHA ROGA)

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ABSTRACT

Skin is the largest organ of the body which acts as barrier between the internal tissue and the external environment. Many inter-related factors affect health of skin including nutrition, hygiene, circulation, immunity, long term use of drugs etc. In Ayurveda, all skin diseases are included in *Kushta roga*. In the presented case of 56yr old female, diagnosed as case of *Vicharchika* on the basis of symptoms *Kandu* (itching), *Vedana* (pain), *Twak Vaivarnyata*, *Rukshta* and *Pidika* (eruption). She had past history of eczema 2 years ago. She took modern medication from 1 year but doesn't get significant results. At last, she decided to take Ayurvedic treatment for further relief. According to modern science, symptoms and sign of *Vicharchika* show similarity with eczema. So, patients were diagnosed as case of *Vicharchika* (eczema) and treat on the line of management of *Vicharchika*.

INTRODUCTION

The main line of treatment of *Vicharchika* is *Shodhana* (purification) and *Shamana* (pacification). We are presenting a case of *Vicharchika* in *Madhumehi* (diabetic patient), who made a remarkable improvement in symptoms like *Kandu* (itching), *Rukshta* (dryness), *Vedna* (pain and tenderness) and *Vaivarnyata* (discoloration) within 1 month. Along with this, patient's blood sugar remains controlled. So it may be said that *Darvyadi Kwath* is equally effective in *Madhumeha* and related skin disease.

Eczema is a chronic inflammatory skin disease, clinically and histopathologically very similar to contact dermatitis. Eczema offers a wide clinical spectrum ranging from minor forms presented by a few dry eczematous patches to major forms with erythematous rash. Cardinal features of eczema are erythematous skin lesions, flexural lichenifications or papules which go along with an intense pruritus and cutaneous hyper reactivity.^[2] In Ayurveda text, the

word '*Kushta*' is a broad term which covers almost all *Twacha gata vikaras*. *Kushta* is produced by vitiation of seven factors which are 3 *Doshas* (*Vata*, *Pitta*, *Kapha*) and 4 *Dushyas* (*Twak*, *Rakta*, *Mamsa* and *Lasika*).^[3] Because of *Amshamsha kalpana* of *Doshas* different skin lesions varied with pain, colour and shape. *Kushta* are divided into two groups *Sapta Mahakushta* and *Ekadasha Kshudrakushta*^[4]. *Vicharchika* is one of the *Kshudrakushta* with *Pitta dosha pradhanyata* and has the symptoms like *Kandu*, *Srava*, *Pidaka* and *Shyavavarna twacha*.^[5] In this case study 56 yr old female patient, known case of diabetes mellitus, on regular medication, suffered from blackish thick lesion on dorsal aspect of right foot and left ankle joint with pain, itching and burning sensation without any watery discharge last for 3 months. The patches of reddish are observed in centre encircled by blackish hard dry skin. After *Shodhana Karma*, *Shaman Chikitsa* were applied in two ways *Abhynatar Chikitsa* and *Bahya Chikitsa* for 1 month. After treatment the patient was completely cure. She got complete relief in symptoms like *Kandu* (itching), *Rukshta* (dryness), *Vedna* (pain and tenderness) and *Vaivarnyata* (discoloration).

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Clinical**Case Report**

A 56 year old female reported to Kayachikitsa OPD of Chaudhary Brahm Prakash Ayurveda Charak Sansthan, New Delhi, with complaints of blackish thick lesions on dorsal aspect of right foot and left ankle joint with pain, severe itching burning sensation, and no watery discharge for the 3 months

History of present illness: Severe itching. Then patches increased in size and started burning coupled with dryness. He had taken frequently allopathic medicine for 1 month but got temporarily relief. So, he visited the CBPACS hospital for further management.

Ayurvedic Parameter

Vital parameters	
<i>Dosha</i>	<i>Pitta-Kapha</i>
<i>Dushya</i>	<i>Rasa-Rakta, Mamsa, Twaka</i>
<i>Agni</i>	<i>Mandagni</i>
<i>Adhithana</i>	<i>Twaka, Rakta, Mamsa, Lasika Meda</i>
<i>Vyaktasthana</i>	
<i>Srotasdusti</i>	<i>Rasavaha - Aruchi, Asyavairasya, Krishangata Raktavaha - kustha, Pidika. Swedavaha - Twakaparushya.</i>

Clinical Features

As per Ayurveda	As per modern science
<i>Kandu</i>	Itching
<i>Pidika</i>	Pimples
<i>Shyava</i>	Discoloration
<i>Bahusrava</i>	Discharge
<i>Rukshta</i>	Dryness

Skin Examination

Site	Dorsal surface of ankle region unilaterally
Size of lesion	>5mm approx
Shape	Irregular Ring shaped, demarcated.
Colour of lesion	Reddish pink in centre, surrounded by white hard skin
No. of lesion	2 in one ankle region.

Diagnosis: From clinical features, it was diagnosed as *Vicharchika* (eczema).

Consent: Consent of the patient was taken to publish his data.

Timeline: Timeline of management in described table.1.

Table 1: Timeline for management

Date	
4/9/2022	Patient k/c/o diabetes mellitus come in Kayachikitsa O.P.D with complaints of <i>Kandu, Vedna, Twakvaivarnyata</i> .
4/9/2022	After complete screening patient was diagnosed as case of <i>Vicharchika</i> .
1/11/2022 -7/11/2022	<i>Snehapana</i> and <i>Sarvanga Abhyanga Swedana</i> was started from last for 6 days.

8/11/2022	Virechana Karma was done
	After Shamana Chikitsa started lasting for 1 month.

Therapeutic Interventions

In this case, *Snehapana* (internal oleation) was given with *Indukantam ghrita*, followed by *Sarvanga abhyanga* with *Panchguna* oil and mild *Baspa sweda* and then *Virechan karma* (purgation therapy). *Snehapana* was done with *Indukantam Ghrita* considering *Koshtha* of the patients. Features of *Sneha siddhilakshan* were seen during this period. *Virechan* (purgation) was done with *Trivrit Avaleha* (15ml) along with lukewarm water followed by *Samsarjan karma* (dietary regimens) [Table no 5] for the next 5 day according to 12 Vega of *Virechan* (*Madhyam Suddhi*) *Virechana* is opted for this patient since it is a *Raktavaha srotodusti vikara*.

Drug	Dose	Frequency	Anupana
<i>Virechanopaga Trivritta Avleha</i>	15ml OD	In morning (9am- 10am)	With lukewarm water
<i>Darvyadi Kwath</i>	40ml BD	Morning and evening empty stomach	-
<i>Chaturangulapatra + Kakmachi patra + Kaner patra Lepa</i>	-	Twice a day	With <i>Takra</i>

Diagnostic Assessment

Assessment of patient was done on the basis of improvement in subjective parameters like *Kandu* (itching), *Raga* (erythema), *Utsanna mandala* (elevated circular skin, lesion) and *Pidika* (eruption) and photographs of lesion before, during and after treatment along with blood sugar.

Assessment of Patient's condition during *Snehapana*

Step 1: *Purvakarma* for *Virechan*

Name of Procedure	Treatment	
<i>Abhyantar Snehapana Indukantam ghrita</i> Time-6 a.m. empty stomach	<i>Indukantam Ghrita</i>	
	<i>Ghrita Matra</i>	Date
	30 ml	01/11/2022
	60 ml	02/11/2022
	120 ml	03/11/2022
	150 ml	04/11/2022
<i>Sarvang abhayang + Sarvang Swedana</i> for 3 days(5/11/2022 to 7/11/2022)	<i>Panchguna tail</i> for 15 min <i>Bashpa Sweda</i> for 5 min (<i>mild Vashpasweda</i>)	

Table 2: *Samyak Snehapana lakshan* [6]

	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Vata anuloman</i>	✓	✓	✓	✓	✓
<i>Varchsnighdhta</i>	×	×	✓	✓	✓
<i>Deeptagni</i>	×	✓	✓	✓	✓
<i>Mardav Snighdtaange</i>	×	×	✓	✓	✓

Step 2: *Pradhan Karma*

- ✓ Administration of drug
- ✓ Examination of patient undergoing therapy
- ✓ Deciding the *Vegas*
- ✓ Observation of sign and symptoms of *Samyak yoga, Ayoga, Atiyoga*.

Plan for *Virechan- Trivrit Avleha* (*Operculana tarpentum*) 15ml (3tsf) *Anupana-* lukewarm water early morning with empty stomach (8/11/2022).

Table 4: Assessment of Patient's condition

Vital	Before Virechan	After Virechan
Gc	Fair	Fair
Bp	130/84 mmhg	126/84 mmhg
Pulse	78/min	76/min
weight	79 kg	77 kg
Spo2	98	98

Total Vega -12 (*Madhyam suddhi*)

After *Virechan Karma*, *Samsarjan karma* is advised for 5 days since patient had *Madhyam Suddhi*. Normal diet should not be given immediately after completion of *Virechan* procedure as the *Agni* becomes weak. Thus, special dietschedule is to be followed known as *Samsarjan karma* to restore the strength of *Agni*.

Table 5: Pashchata Karma

Date	Diet	Given Aahara
8/11/2022	Day 1- Evening	<i>Peya</i>
9/11/2022	Day 2- Morning	<i>Peya</i>
9/11/2022 10/11/2022	Day 3- Evening Morning	<i>Vilepi</i>
10/11/2022 11/11/2022	Day 4- Evening Morning	<i>Akruta Yusha</i>
11/11/2022 12/11/2022	Day 4- Evening Morning	<i>kruta Yusha</i>

13/11/2022- Normal Diet

RESULTS

The overall reduction in *Kandu* (itching), *Srava* (discharge), *Pidaka* (papules), *Shyavata/Vaivarnyata* (discoloration), *Rukshata* (dryness) were graded based on patient's presentation and physician's observation and were manually documented the mode of gradation and assessment is explained below.

Table 6: Assessment of subjective parameters in Vicharchika after treatment

S.no.	Symptoms	Before treatment	After treatment	Remark
1	<i>Kandu</i> (Itching)	2	0	GR
2	<i>Srava</i> (Discharge)	0	0	GR
3	<i>Pidka</i> (papule)	0	0	GR
4	<i>Shyavata/Vaivarnyata</i> (Discoloration)	2	1	MR
5	<i>Rukshata</i> (dryness)	2	0	GR
6.	Fasting B.S.	163mg/dl	126 mg/dl	
	Post prandial B.S.	7.8 %	6.2%	

Figure 1

Figure 2**DISCUSSION**

Skin is a shield which protects from various invasions. Skin is the organ of the body which is readily available for inspection. Because of its visibility, skin reflects one emotions and it is the index of normal physiology. But pathological variation occurs in skin due to haemostatic imbalances in the body. Many inter-related factors affect health of skin including nutrition, hygiene, circulation, immunity, long term use of drugs etc. Skin diseases have been discussed under broad spectrum of 'Kushta'. In Ayurveda text vitiates three *Dosha's* and affects the skin, blood, lymph and these seven are the pathogenic materials for various skin disorders. According to text, vitiation of *Doshas* creates 20 different *Prameha* similar as *Kushta*. In patients of *Madhumeha* unnecessary *Abadha Meda* (irregular lipid glucose metabolism), *Mamsa*, *Kleda*, *Shukra*, *Shonit*, *Vasa*, *Majja*, *Rasa* and *Oja* are significantly affected. The vitiated *Kapha* combine with *Mamsa* (affect muscle tissues) and appears as lesion on skin.

In this case study 56 yr old female patient, known case of diabetes mellitus, on regular medication, suffered from blackish thick lesion on dorsal aspect of right foot and left ankle joint with pain, itching and burning sensation without any watery discharge last for 3 months. The reddish patches are observed in centre encircled by blackish hard dry skin. She had taken allopathic medication for 1 month but got temporary relief. So she decided to take Ayurveda treatment.

After screening and complete examination, on the basis of symptoms and signs patient was diagnosed as case of *Vicharchika* type of *Kshudra Kushta* and plan treatment protocol for *Kushta Chikitsa*. In this case *Snehapana* (Internal oleation) was given with *Indukantam Ghrita* for 5 days followed by *Sarvanga Abhyanga* with *Panchguna Tailam* and *Mridu Vashpa Sweda*. After one day rest, proceed for *Virechan Karma* (purgation therapy). *Virechanopaga dravya's* are *Trivritta Avleha* (15ml) with lukewarm water. At the end of procedure, *Sansarjana Krama* (dietary regime)

plan for 5 days according to *Madhyam Shuddhi*. *Virechan karma* is effective in raktvahasrotas dusti hence opted in this case.

After *Shodhana Karma*, *Shaman Chikitsa* applied in two ways *Abhynatar Chikitsa* and *Bahya Chikitsa*. In *Abhyantar Chikitsa*, *Darvyadi Kwath* was started in 40mL BD dose, empty stomach in morning and evening for 1 month.

Simultaneously, for *Bahya Chikitsa lepan* with *Chaturangulapatra + Kakmachi patra + Kaner patra* with *Takra* applied for *Vicharchika*.

After treatment the patient was completely cure. She got complete relief in symptoms like *Kandu* (itching), *Rukshta* (dryness), *Vedna* (pain and tenderness) and *Vaivarnyata* (discoloration). Along with this, patient's blood sugar remains controlled. So it may be said that *Darvyadi Kwath* effective in *Madhumeha* and related skin disease.

CONCLUSION

The case study illustrates the Ayurvedic management is safe and effective, stops progression of disease (psoriasis). It shows significant improvement in symptoms *Kandu*, *Srava*, *pidka*, *Shyavata*, *Rukshta*, FBS, HBA1C after 1 month of treatment. So this case study elaborates the efficacy of *Darvyadi Kwath* in *Vicharchika* of diabetic patient.

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We would like to thank the patient, who consented to have his case presented and published.

Patient Perspective

"I'm fully satisfied as the relief of symptoms was observed soon after the initiation of Ayurveda treatment". I followed all the instructions and responded well to the prescribed treatment within a very short period.

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