



Case Study

COMBINED EFFECT OF VIRECHANA AND JALAUKAVACHARANA IN VICHARCHIKA

Ajay Kumar Dharmabrat Acharya^{1*}, Venkatesh Polampalli²

¹PG Scholar, ²Assistant Professor, Department of PG Studies in Kayachikitsa, SVM Ayurvedic Medical College & PG Research Centre, Ilkal, Bagalkot, Karnataka, India.

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ABSTRACT

Now a day's stress is a very common factor to every human being (even children). Now people are not only conscious about health but also very much serious about their beauty. So even a small pimple they cannot tolerate anymore. But as we know skin disorders are psychosomatic as explain in modern as well as in Ayurveda. So clinician encounter with so much cases of skin disorder in day to day practice, all type of skin diseases are explained under *Kushtha* in Ayurveda. There are 2 types of *Kushtha* like *Maha kushtha* and *Kshudra kushtha*, *Vicharchika* is explained under *Kshudra Kushtha*, which is *Kapha, Pitta, Rakta pradhana*. It can be compared with eczema in modern times which is having prevalence rate of 26.95%. In children of north India prevalence is only 0.01% where in South India prevalence is 2.8%. In conventional system of medicine other than corticosteroids there is no particular treatment for *Vicharchika* but in Ayurveda it can be managed with various line of management like *Shaman Aushadis, Shodhana* like *Virechana* and *Raktamokshana* have more effective and useful. The present study is designed to evaluate the effect of *Shodhan (Virechana & Jalaukavacharana)* along with *Shamana aushadis*.

*Address for correspondence

Dr. Ajay Kumar Dharmabrat Acharya

P.G Scholar,
Department of PG Studies in
Kayachikitsa,
SVM Ayurvedic Medical College
& PG Research Centre, Ilkal,
Bagalkot, Karnataka, India.
Email:
ajayacharya010.aa@gmail.com
Mob: 9108210440

INTRODUCTION

In day to day busy world people spend lot of money for their look without thinking that inner intoxication is important unless and until. There is toxicity in the body if not removed or treated definitely it will reflect on skin. Our skin is considered to be the 1st organ which exposure to outer environmental, physical, chemical and biological agents. Skin is mirror of both external and internal pathology. It helps to diagnose the disease.

In the day to day practice clinician come across many patients of skin disease not only physically but also mentally. Skin disease is most of time is the victim of depression as it snatches one's confidence to face the world, because skin disease result disfigurement, discomfort, depression etc.

The society is now surrounded by so many skin disease like tinea, psoriasis, eczema etc. eczema affects for large portion of population. Now a day's use of cosmetics which is composed of huge amount of chemicals is alone one of the cause for skin disease like eczema.

In Ayurveda, all skin diseases are explained under *Kushtha*, which is further classified into *Maha kushtha* and *Kshudra kushtha*. *Vicharchika* is one of the *Kshudra kushtha* described by all *Acharyas*^[1,2,3]. It occurs due to vitiation of *Saptadravya- Tridosha, Twak, Rakta, Mamsa, Lasika*^[4]. The *Lakshana* like *Shyava varna pidaka* with *Bahusrava* along with presence of *Kandu*.^[5] There are so many lines of management like *Shodhana, Shaman. Shodhana* like *Vamana, Virechana, Raktamokshan* are having very effective results along with some *Shaman Aushadhis*.

Brief History of Patient

A 50 years male patient, married, Hindu by religion came with complaints of *Shyava varna pidaka* with *Srava* and severe itching sensation in the left lower limb, patient was apparently normal before 6 months ago but gradually develop with small patch near the medial side of left leg with itching sensation. Then patient took treatment from local doctor and took some medicines (history unavailable), symptoms subsided but after 7 days, he developed again itching sensation with bleeding. Patient neglected it and then condition get worsen with

severe itching sensation, bleeding and foul smell. Due to this patient consulted to RPK Ayurvedic Hospital for further treatment.

Past history

Patient took some medicines from local doctor (history unavailable).

Family history

Nothing significant all are said to be healthy.

Personal history

- Diet – Mixed
- Appetite – Not good
- Bowel – 2times/day
- Micturation – 3 to 4 times/day
- Sleep – Disturbed

Samprapti^[7]

- Addiction – Alcoholic

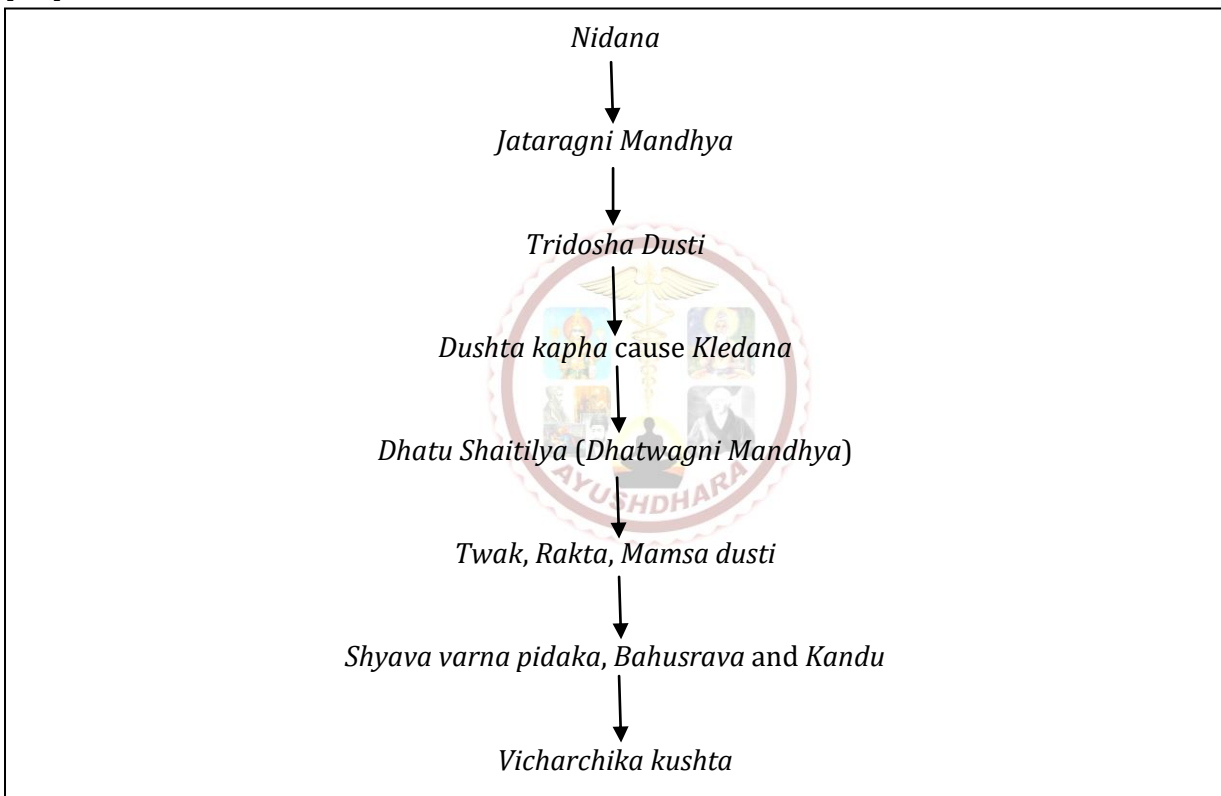
Clinical Findings

O/E of Skin

- Lesion colour– Blackish reddish
- Itching– Present
- Discharge– Present

Nidana on patient wordings^[6]

- *Ahara*– Excessive intake of *Pishtanna*, non-veg, bakery items
- *Vihara*– *Diwaswapna*, *Shrama*, *Sheeta maruta Sparsa*
- *Manasika*– *Chinta*, *Shoka*, *Avasada*



Samprapti Ghatakas

- *Dosha* – *Tridosha (Vata-Kapha)*
- *Dushya* – *Twak, Rakta, Mamsa, Lasika*
- *Ama* – *Jatargnijanyaama*
- *Agni* – *Jatargnijanya, Dhatwagnijanya*
- *Srotas* – *Rasavaha, Raktavaha, Mamsavaha*
- *Srotodustiprakara* – *Sanga*
- *Rogamarga* – *Bahya*
- *Udbhavasthana* – *Amashaya*
- *Vyaktasthana* – *Twacha*
- *Rogaswabhava* – *Chirakari*
- *Sadhyasadhyata* – *Yapya*

MATERIAL AND METHODS

- *Amapachana*
- *Snehapana*
- *Abhyanga* and *Baspa sweda*
- *Virechana*
- *Rakta mokshana*

Treatment Schedule**Table 2: Treatment Schedule**

<i>Arogyavardhini vati</i>	<i>Deepana-pachana</i> (for 5 days with <i>Sukhoshna jala</i>)
<i>Guggulu Tiktaka Ghrita</i> (for <i>Sneha pana</i>)	5 days 1 -30ml 2 -60ml 3- 90ml 4- 120ml 5 -150ml
<i>Manjisthadi Taila</i>	For <i>Abhyanga</i> f/b <i>Baspa sweda</i>
<i>Trivrit lehya</i> (40gm)	For <i>Virechana</i> 11 <i>Vegas</i> are seen without any complication <i>Samsarjana krama</i> (<i>Peyadi</i>)
<i>Jalaukavacharana</i>	3 sitting is done in the gap of 15 days

Table 3: Shamana Aushadhi and dosage form

Shamana Aushadhis	Matra
<i>Triphala Guggulu</i>	1 BD with <i>Sukhoshna jala</i> after food
<i>Nimbadi Guggulu</i>	1 BD with <i>Sukhoshna jala</i> after food
<i>Aragwadadi Kashaya</i>	3tsf TID with <i>Sukhoshna jala</i> before food
<i>Manjisthadi Kashaya</i>	3tsf TID with <i>Sukhoshna jala</i> before food

RESULT AND DISCUSSION**Table 4: Before and After Treatment**

	Features	Before Treatment	After Treatment
1	Lesion	Medium to Large	Medium
2	Colour	Blackish	Normal
3	Itching	Severe	Reduced
4	Discharge	Present	Absent

DISCUSSION

As *Kushta* is *Chirakari vyadhi* it can be manageable, in *Vicharchika kushta dosha* involvement is *Kapha*, *Pitta*, and *Rakta*, so suitable line of treatment is *Virechana*, and *Raktamokshana* respectively.

Arogyavardhini – *Deepaka* and *Pachaka*. It contains *Nimba*, *Triphala*, *Guggulu*, *Shilajitu*, *Gandhaka*, so it act as *Kaphagna* and *Pittagna*.

Guggulu tiktaka rasa – *Tikta rasa* is *Pitta shamaka*, so it is *Pittahara* as well as *Rakta hara* (*Ashraya* and *Ashrayee bhava*).

Manjishtadi taila – It is *Rakta prasadaka* and *Varnya*

Tivrut lehya – *Sukha virechaka* and *Pitta shamaka*

As the condition becomes worsen so patient needs repeated *Shodhana* so *Jaloukavacharana* is done as *Pitta shamaka*.

As *Kustha* is *Chirakari vyadhi* so *Bahu dosha prakopa* occurs so repeated *Dosha* elimination is needed.

Triphala guggulu– It is *Kaphagna* and does *Rukshana*

Nimbadi guggulu– *Nimba* is *Tikta* and *Sheeta*, *Guggulu* is *Kaphagna*

Aragwadadi kashaya– It is *Kaphagna*.

Manjishtadi kashaya – It is *Rakta prasadaka* and *Rakta shodhaka*.

CONCLUSION

In this case *Vicharchika* was successfully managed with *Shodhana* with *Shamana* that is *Virechana* along with *Rakta mokshana*.

Tvak prasadakara dravya as *Shamana aushadhi*. There by patients overall quality of life improved with *Shodhana* and *Shamana* therapy in *Vicharchika kushta*.

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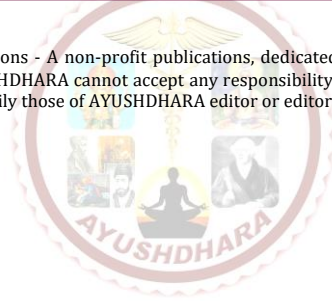
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ANNEXURE

Fig. No 1 Before treatment



Fig. No 2 After Shodhana



Fig. No 2 After Jaloukacharana

1st sitting



2nd sitting



3rd sitting

