

A Single Case Study on the Role of Some Ayurvedic Modalities in the Management of Vicharchika (Eczema)

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Abstract: Skin diseases have been explained as *kustha* by ancestors of Ayurveda where obstinate skin diseases including leprosy were considered with those ailments. The *kustha roga* in Ayurveda has been broadly classified by our classics in to two groups one is *Mahakustha* with its seven varieties another is *Khudrakustha* with its eleven varieties. *Vicharchika* is a skin disease included under *khudrakustha* characterized by the features like *Kandu* (Itching), *Pidaka* (Papules), *Shyava varnata* (Discoloration), *Bahu srava* (Profuse oozing). As those features are commonly found in the disease *Eczema* of modern science, So *Eczema* could be called as a modern correlation of *Vicharchika*. In present study a female of 33 years of age has been treated with some Ayurvedic modalities namely *Panchatikta ghrta guggulu*, *Gandhak rasayan* orally and *Marichadi taila* has been applied locally for her disease *Vicharchika* (*Eczema*). Patient has gone through the weekly follow up and after 1 month she was found completely cured. As, those Ayurvedic modalities have showed excellent curative effect. So, the main Aims & Objectives of this article is to encourage the Ayurvedic practitioners as well as scholars to work on those medicine over the problem *Vicharchika* (*Eczema*).

Keywords: Vicharchika & Eczema, Eczema & Ayurveda, Vicharchika in Ayurveda

1. Introduction

Skin is an important structure distributed all over body which protects all from injury, infection, heat, light, cold and other harmful objects. Ayurveda the ancient science has also provided a lot of measures to protect the skin from harmful objects as well as contributed a lot of herbal and mineral components to prevent the skin & cure the skin diseases. Nowadays Eczema is a big trouble some problem all over globe. It is a inflammatory skin disease and effects 15-20% of children and 1-3% of adults worldwide.^[1] It shows the features like Itching, red rashes, scaly leather patch of skin and swelling. Some time Eczema appears with wet & oozing state and sometimes with dried and rough skin. In Ayurveda, Charaka [1000 BC]^[2] stated that “सकण्डूः पिडका श्यावा बहुस्रावा विचर्चिका” means it is a skin ailment where in eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge. So, the Eczema with discharge or Wet Eczema may be co-related with Vicharchika in Ayurveda. As, it is known that “Eczema is an inflammatory skin reaction characterized histologically by spongiosis with varying degrees of acanthosis, and a superficial perivascular lymphohistiocytic infiltrate.”^[3] Clinically presents as itching, erythema, scaling, papulovesicles, hyperkeratosis, or fissuring based upon complex interactions of genetic predisposition, environmental triggers and immune system^[4]. So, commonly it could be prevented with maintenance of proper hygiene, nourishment of the skin epithelium and introduction of natural immunomodulators. In acute condition where inflammatory changes are prominent, there the pitta shamaka dravya would work and where is excessive discharge, itching in that condition

kapha shamaka dravya would work. Vata nasaka agents of Ayurveda could be able to bring solution in Jirna avastha (chronic stage). Several herbal, mineral and organic components of Ayurveda useful over Twak and Raktavaha srotas (skin & blood circulatory system), for this reasons those components are always beneficial agents against such ailments. In present case study all those above mentioned views have been taken into consideration and these established case of Wet Eczema (Sravi vicharchika) has been treated with Panchatikta ghrta guggulu^[5] which is effective agents procated vata, pitta, kapha and act as anti-inflammatory medicines. Similarly Gandhak rasayan^[6] is also tridosha shamak means, pacifies vata, pitta, kapha and nourishes the immune system beside its anti-microbial effect. Marichadi taila^[7], is a known protent skin nourisher and also act as Sthanik Kriminashaka (Local anti-microbial). So, these agents have been chosen to introduce over this established case of Vicharchika (Eczema). Follow up has been done every weekly where the assessment parameters like *Kandu* (itching), *Daha* (Burning sensation), *Pidaka* (Papules), *Vaivarnyata* (Discoloration), Number of patches and *Srava* (oozing)^[8] have been gradually cured.

2. Material and Methods

1) Material

- Patient: A 33 years old female patient has been taken for introducing the Ayurvedic modalities.
- Recipes as below :
 - Providing all details of drugs along with doses and anupana [Table No- 01]

| SL | Drugs | Dose | Anupana |
|----|-----------------------------|------------------------|-------------------|
| 1 | Panchatikta ghritha guggulu | 500mg BDPC | Luke warm water |
| 2 | Gandhak rasayan | 500mg BDPC | Luke warm water |
| 3 | Marichadi taila | Quantity sufficient BD | Only external use |

2) Ingredients of used medicines [Table No- 02]

| Medicine Name | Ingredients |
|-----------------------------|--|
| Panchatikta ghritha guggulu | Nimba, Patola, Vyaghri, Guduchi, Vasa, Vidanga, Nagara, Suddha guggulu, Manjistha, Ativisa & Ghritha, etc. |
| Gandhak rasayan | Suddha gandhak, Twak, Amla, Ela, Vibhitaki, Godugdha, Guduchi, Nagkeshara Haritaki, Bhringaraj, Sita, etc. |
| Marichadi taila | Trivrit, Haridra, Maricha, Haratala, Manashila, Gomutra, Katutaila, Devadaru, Arka, etc. |

3) Method

a) Center of study:

Institute of Post Graduate Ayurvedic Education and Research At Shyamadas Vaidya Shastra Pith Hospital

b) Type of study:

Sample random single case study.

c) Case Report :

A 33 years old female patient suffering from vicharchika for last 3month attended kayachikitsa OPD of Institute of Post Graduate Ayurvedic Education and Research At Shyamadas Vaidya Shastra Pith Hospital with complaints – Kandu (Itching), Daha (Burning sensation), Pidaka (Papules), Vaivarnyata (Discoloration), Srava (Discharge /oozing) and number of patches.

d) Plan of treatment:

This is OPD basis case study. In this case study patient was treated with [Table No- 01] Panchatikta ghritha guggulu, Gandhak rasayan and Marichadi taila along with a guidance of pathya & apathy [Avoid Guru ahara ex- piyush, less animal protein as example meat, fish etc, allergic food like brinjal, egg, prawn etc] and avoidance of contact of corrosive agents like acid, strong alkaline objects (Soap, detergent powders), Other things like Spirit, Cement, sand, ashes, latex of flowers and foods and improper maintenance of personal hygiene.

e) H/O present illness:

- The patient was suffering from above symptoms for 3months. Patient took allopathic medicine Flucloxacillin and locally applied 5% Lotion Calamine for 1month, inspite of those medications patient not been cured, rather the symptoms gradually aggravated and then she attended OPD of Institute of Post Graduate Ayurvedic Education and Research At Shyamadas Vaidya Shastra Pith Hospital.
- Itching as well as discharge from the patches relieved in cold exposure.
- Aggravated in hot climate and heat exposure.

f) Clinical examination:

Following examinations were performed

Astavidha Pariksha:

- Nadi: 72/min
- Mala: Mala vibandha
- Mutra: Normal
- Jihva: Avarana yukti (coated)
- Sabda: Karkasha
- Sparsha: Ruksha, Daha, Vaivarnyata, In hasta pada and few areas of sphik having the wet patches with irruption

- Drika: Normal

- Akriti: Madhyama

General Examination:

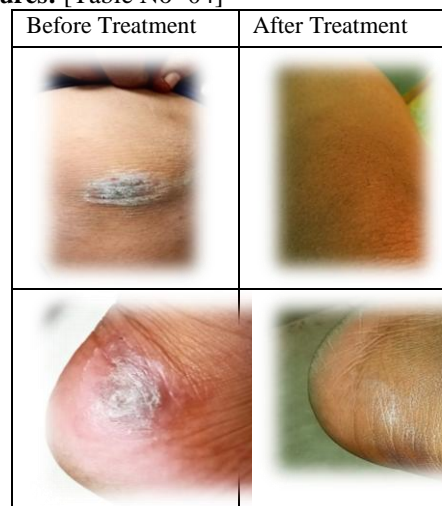
- Weight: 68 Kg
- Height: 5'5''
- Blood Pressure : 130/70 mm of Hg
- Respiration : 15 beats / min
- Sleep: Normal

3. Observation and Results

The patients was observed for 30 days and on each 15 days interval the changes were noted on the basis the objective parameters [Table No-03]

| Symptoms | 1 st Day | 15 th Day | 30 th Day |
|--------------------------------|---------------------|----------------------|----------------------|
| 1. Kandu (Itching) | +++ | + | - |
| 2. Daha (Burning sensation) | +++ | + | - |
| 3. Pidaka (Papules) | +++ | ++ | - |
| 4. Vaivarnyata (Discoloration) | +++ | ++ | - |
| 5. Srava (oozing) | +++ | ++ | - |
| 6. Number of patches | 5 patches | 3 patches | 0 patches |

1) Pictures: [Table No- 04]



4. Discussion

As this established case of Vicharchika (Eczema) has been treated with Panchatikta ghritha guggulu, Gandhak rasayan orally & Marichadi taila locally. So, the composition of those medicines have definitely broken the pathway of disease process and have been able to heal the patches. Panchatikta ghritha guggulu composed with nimba, patola,

guduchi, vasa etc herbs which are known to pacify pitta, Ghrita itself able to carry the properties of all those ingredients to the target organs and cells by nursing the area well. Guggulu^[9] is a known anti-inflammatory agent which clears the micro-channels from which necessary nutrients could be supplied to the affected area. It has been stated earlier that corrosives, microbial irritants are also liable for the genesis of the inflammatory changes over the dermis layer and necessary protection is needed to provide health of the skin. Marichadi taila has become able to provide soothing to the irritating parts and roughness at the patches area. As, krimi (microbes) are also liable for production of eruption through the inflammatory changes over skin, so kriminasaka agents are needed for local and systemic anti-microbial activities. The ingredient which is present in Marichadi taila are known to act as krimighna (anti-microbes), the ingredients of bitter taste which are present in Panchatikta ghrita guggulu are also krimighna (Systemic germicidal agents). Gandhak rasayana is a potent rejuvenating compound nourishing the dhatus (Rasa, Rakta etc) beside cleansing of biological or metabolic waste. So, in this case Gandhak rasayan played an important role in nourishment to Rasa, Twak and purification of Rakta dhatu. It is needless to mention here that, all those ingredients of herbal and organic compound are making equilibriums of tridosha by its pitta shamak and kapha nashak action for tikta rasa and vatanasak action of ghrita^[10] and guggulu^[9].

5. Conclusion

From above discussion it could be concluded that after 1 month of therapy the patient showed excellent curative effect. So, this case report could encourage the Ayurvedic practitioners as well as scholars of this field regarding the effectiveness of this modalities. As, during this therapy no such adverse effect has been observed, so initially it could be stated that therapies are safe and effective.

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