

Vicharchika with Vamana Karma: A Review

Dr. Ashutosh Sharma

Assistant Professor in Panchkarma Department, Kritika Ayurvedic Medical College, Bareilly, 243006 U.P., India

Abstract: *In Ayurveda almost all samhitas uniformly classified kushtha as mahakushtha & kshudra kushtha. Vicharchika comes under kshudra kushtha although it is briefly mentioned, the symptoms closely resembles that of Eczema. To break the vicious cycle of Psychological and physical harm we have to take action on both mind and skin as both are linked. According to Ayurveda the management of vicharchika is done by Shodhana chikitsa i.e. Vamana karma. Which is considered as best line of management. In Kustha Chikitsa adhyaya, Chakradatta has mentioned use of Edgajadi lepa for treatment of Vicharchika. Hence Vamana, in management of Vicharchika will be discussed in this article.*

Keywords: Vamana, Vicharchika, Eczema, Kustharoga

1. Introduction

Skin Diseases are among the most common health problem globally which is associated with a Considerable burden. Eczema is also one of the skin diseases which is associated with a significant morbidity in the form of physical and mental discomfort which impairs the quality of life. In our classical textbooks, Skin disorders are described under Kustha roga. Amongst them, Vicharchika is one of the common occurring condition. Vicharchika presents with the skin lesion along with Kandu (itching), Shyavapidiaka (eruptions), Bahusrava (oozing).

This is not a life-threatening ailment but it affects psychological health causing mental trauma, social anxiety, disturbs the person's routine. Also leads to social isolation and disturbs the quality of life. Modern science has been developed since last decades but there is no satisfactory treatment for eczema. Commonly used drugs are Antihistamines and Steroids which should be used life long and present with serious side effects. Hence, it is the need of hour to find out most effective treatment for Vicharchika.

In Ayurveda, Shodhan therapy is considered to be best therapeutic procedure in Kushtha roga. Amid Shodhan therapy Vamana Karma (Purgation) described in ancient texts is mainly indicated which has multiple systemic benefits. Acharya Charak has indicated Vamana Karma (Purgation) for kapha Dushti. Hence the best possible treatment in Vicharchika (Eczema) is Shodhan (Purification) followed by Shamana therapy (Pacification). The manifestation of any diseases is described in five steps in Ayurveda, these are Nidana, Purvarupa, Rupa, Upashaya and samprapti. It helps in proper diagnosis of diseases.

Aim

To Review the concept of Vaman Karma in management of Vicharchika (Eczema).

Objective

- 1) To study the details of Vamana Karma and its mode of action
- 2) To study the role of vamana kamra in vicharchika (Eczema).

2. Materials and Method

As this is a review article, available Ayurvedic texts, research papers, available case studies and all the Brihatrayi and available commentaries have been reviewed. Also all the available materials on internet have been reviewed for this article. Modern texts and various websites to collect information on the relevant topics were referred.

Nidana

Nidan (Etiological factors) responsible for Vicharchika is not described specifically, only Nidana for kushtha is described. As it is one of a type of Kshudra Kushtha, So nidana for Kushtha can be considered as Nidan of Vicharchika.

Poorvaroopo

These are the characteristics that appear before the actual disease manifestation and are expressed as milder or incomplete form. There is no illustration regarding Poorvaroopo of vicharchika in the text, but as it is classified as one of the kushtha roga, so one can take the poorvaroopo of the kushtha vyadhi to that of vicharchika.

Samprapti

Samprapati (pathogenesis) is the gradual changes of disease, from the causative factors to the clinical manifestation of the disease. Specific Samprapati for Kushtha is not explained therefore, Kushtha Samprapati can be considered as Samprapati of Vicharchika. According to Acharya Charak and Vagbhata, Kapha Pradhan Tridosha get vitiated and according to Acharya Sushrut Pitta Pradhan Tridosha get vitiated, then Dushti of Twaka, Rakta, Mamsa and Lasika get affected hence in this all seven Dravyas (substances) i.e three Doshas and four Dhātu (body tissues) (Twaka, Rakta, Mamsa and Lasika) get vitiated which results into a condition called Vicharchika.

Chikitsa

Shodhana Chikitsa According to Charaka in Kustha chikitsa (vicharchika) shodhana is given prior importance. Charak has mentioned chikitsa according to Doshaja dominance. In Vataja Kushtha Ghritpana, vamana in kaphaja vikara and virechana after raktamokshana in Pitaja kushtha. Acharya Charak opines that in bahudoshavastha shodhana therapy should be administered for several times. Acharya sushruta stated that the Chikitsa should be planned in the starting stage i.e in poorvarupa, for Ubhya bhaga vaman & Virechan should

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be planned after the Snehpaan according to dosha dominance. Acharya Charak has mentioned Vamaka yoga for kustha roga which comprises of Kutaj, Madanphala, Yashtimadhu, patola along with nimba patra swarasa (Kutajadi Yoga). He also mentioned Virechana, basti, Nasya and Raktamokshan in kustha roga but as Vicharchika is Kaphaja predominant according to Acharya charaka and pittaja predominant according to Acharya sushruta that's why Vamana is stated as best treatment for the kapha Pradhan roga.

Vamana Karma

Vamana Karma is one of the Panchakarma modality i.e. induction of emesis. It helps to remove the morbid doshas accumulated in upper part of the body through mouth. It is subjected to remove the vitiated Kapha and Pitta dosha primarily. The drugs used for vamana are Madanphal churna, Vacha churna, Saindhav, Madhu and Yashtimadhu phanta which are Ushna, Tikshna, Vyavayi, and Vikasi in characteristics which increase absorption rate and aid in reaching Hriday (heart). It travels to Dhamani from Hriday and reaches all Sthula and Sukshma strotas. It works at the cellular level, eliminating all toxins from the body. In Vamak dravyas, the Agni and Vayu mahabhutas are prevalent.

As a result, it possesses the Urdhwabhagahar prabhav, which causes the Doshas to be expelled from the mouth in an upward direction. This procedure can be used in Vicharchika to get the maximum result. After the person has undergone abhyanga, swedana, in early morning he should be administered with vamaka yoga. After administration of vamaka yoga, the patient is watched carefully for a muhurat(48 min) or till he gets the vamana vega. It is accessed by symptoms like Sweda pradhurbhava (appearance of sweating), Romharsha(horripilation), Kushi adhman (heaviness in abdomen), Praseka and hrillasa (nausea, salivation). Later vegas are counted and patient is looked for all the samyak vaman lakshana.

3. Discussion

As all types of Kushtha are Tridoshaja. Acc. to Acharya Charaka Vicharchika is Kapha predominant, attributed by with the symptoms of Kandu, Pidika, Shyava Varna and Bahusrava. Which indicates initial or acute stage of Eczema. As per Acharya Sushruta Vicharchika is pitta predominant with the symptoms like Raji, Atikandu, Arati, Rukshata that indicates chronic or later stage. This explanation suggests different stage of Vicharchika. Acharya Vagbhata mention specific type of discharge like Lasikadhya.

Being kaphaja predominant Vamana may offer relief in Vicharchika. Deepana-Pachana, Snehana and Swedana as Poorvakarma offer Samshodhana effect. Deepana-Pachana drug ingredients of panchakol being tikshna, ushna guna and katu vipaka which alleviates kapha dosha. It also has properties of Kushthaghna, Deepana, Amapachana, Kaphagna and Krimighna properties, properties. Panchatikta ghruta has Shothahara (antiinflammatory) property which provides relief from itching and irritation caused due to vicharchika. Being Snigdha (oily) it help to control dryness. Tikta Rasatmaka, Madhur Vipaki and Ushna Viryatmaka properties of Ghruta acts mainly on Kleda, Meda, Lasika,

Rakta, Pitta and Kapha which helps in balancing the vitiated Dosha and Dhātu.

4. Conclusion

Vicharchika is a chronic skin disorder which impacts patients physically as well as psychologically. The increasing prevalence of Skin disorder especially vicharchika is a global issue of concern due to associated social and psychological effects which compromise the quality of life. With the introduction of Corticosteroids, the problem has been solved to some extent but the use of, steroids has limitations like side effects, chances of reinfection, and relapse even after long-term therapy. Simultaneously increasing incidence of resistance and high cost of therapy are common problems. Even after the greater advancement in Modern science, skin disorders continues to be a challenge. Though it is difficult to manage, but significant improvement in the case of vicharchika has been recorded through Ayurveda. So, Vamana and edgajadi lepa can be a good option for better management of Vicharchika. In Ayurveda, Main line of treatment of Kushtha includes Shodhana i.e. Vamana and Virechan. Ayurveda can treat and avoid recurrence of Vicharchika with medications, Panchakarma therapies, diet and lifestyle modifications.

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