

Effect of Ayurvedic Formulation Orally and Karanjtail locally in the management of Vicharchika WSR to Eczema –A case study.

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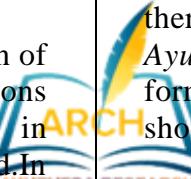
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Abstract:

Skin is the largest and important organ of the body .A number of skin conditions last a long time. some may start in childhood and continue into adulthood.In Ayurveda the word *Kushta* is broad term which cover almost all skin disorder.Skin is the Largest Organ of Human Body. all the skin diseases in Ayurveda have been classified under the broad heading of' *Kushta*' which are further Classified in to *MahaKushta* and *KshudraKushta*.*Vicharchika* is defined under *kshudraKushta*. *Vicharchika* is *kaphapradhanvyadhi* it can be correlate with eczema in modern medicine. Eczema is a condition where in patches of skin become inflamed, itchy, cracked, and rough.some types can also cause blisters. In adults, Eczema appear anywhere, mostly Hand and foot. The affected skin may be blackish, eruptive.Chronic skin conditions typically aren't curable but they can managed using drugs.In spite of presence of antibiotic, antihistamines, steroids etc, the skin disorder remains refractory to treatment But Ayurveda is the



repository of skin remedies which are therapeutically safe and effectiveness.In Ayurveda there are various drugs formulation mentioned in *samhita* which show significant effect on *Vicharchika*.

Keywords: *Vicharchika*,

Introduction

- Skin is the largest and important organ of the body .A number of skin conditions last a long time. some may start in childhood and continue into adulthood.
- Skin diseases can affect an Individual at any age. about 10-20 % of the general practice
- includes the Patients suffering From skin disorders.
- Eczema affects about 10% to 20 % in human. Some people continue to have symptoms on and off for life .
- In Ayurveda, The word *Kushta* is broad term, which covers almost all skin disorders

“कृष्णातीतिकृष्ठं” (मा.नि ./कृष्ठ ./टिका1)
Viz.

(1) *Mahakushtha* (2) *Kshudrakushtha*
Vicharchika being one among
kshudrakushtha, is also a *Rasa*, *Rakta*and
Mansa dhatupradoshajvikara.

VicharchikaNirukti: The word *Vicharchika* is derived from the root word “*Charcha*” with “*Vi*” *upasarg* meaning a form *cutaneous Eruption* with itch and scab.

Paribhasha: The term *Vicharchika* is derived as one of the variety of *AstadashaKshudraKushta*, in which the skin develops *Shyavvarnata*, *Pidaka*, associated with *sav* and *kandu*.

According to Acharya *Vicharchika* is *kaphapradhanvyadhi* and symptoms of *Vicharchika* are

- 1) *Kandu (Itching)*,
- 2) *Shyavavarna (blackish discoloration)*,
- 3) *Pidika (carbuncles)*,
- 4) *Bahustrava (discharge)*,
- 5) *ruja (pain)*,
- 6) *rajyo (marked lining due to thickness of lesion)*,
- 7) *rukshata (dryness)*.



Also Many Acharya defined as various dosha responsible for *Vicharchikavyadhi* and defined *Vicharchika* is

- *kaphapradhan, pittapradhan, Kaphavatprdhan Disease.*
Vicharchikais described in many of *Ayurved* text.
- **विचर्चिका-**

- 1) सकण्डुपिडकाश्यावाबहुस्त्रावाविचर्चिका ॥
 “च.चि.७/२६, यो.र/भा.प्र.५४/२७
- 2) सकण्डुपिटीकाश्यावालसीकाढ्याविचर्चिका ॥ अ. ह.नि१४/१८
- 3) कफप्रायाविचर्चिका ॥ च.चि.७/३०
- 4) राज्योअतिकण्डवर्तिरुजः
 सरक्षाभवन्तिगत्रेषुविचर्चिकायाम् ॥ ..सु.नि.५/१३
- 5) श्यामलोहितव्रणवेदनास्त्रावपाकवतीविचर्चि ॥..

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6) पित्तेनोदुम्बरं प्रोक्तं कफान्मण्डलचर्चिके ॥

शा.सं७/८

All the clinical features of *Vicharchika* can be very well correlate to clinical features of Eczema, which is distinctive pattern of inflammatory response of the skin

Continuous rubbing and scratching can lead to skin infections.

Eczema also called atopic dermatitis is an inflammatory, non –contagious and extremely pruritic, chronically relapsing skin disease. Different types and stages of eczema affect 31.6 million people in the United States, Which is over 10% of the population It is the skin disorder also called as Dermatitis.

It is a pattern of inflammatory response of the skin which is the resultant of delayed type of hypersensitivity mediated T lymphocytes in the skin

The most patients report stress results in aggravation of the disease.

It clinically manifestation:

pruritus, erythema, oedema, Papules and Vesicles and oozing in acute stage whereas itching, scaling, dryness and lichenification occur in chronic stage.

Beauty aspect is not just limited to females or younger generations now but it has been expanded to all the age groups in male and females both.

No Satisfactory treatment is available in contemporary medical practice except antihistamines and topical steroids. But *Ayurveda* is the repository of skin remedies which are therapeutically safe and effectiveness.

Skin problem has its link to a problem inside our body only.so, Best& everlasting treatment for any problem is to diagnose it rightly so that root cause can be found out. If the root cause will get solved, the skin related issues will resolve automatically.

According to JMGIMS (journal of mahatma Gandhi institute of medical science.), Eczema is the most common dermatitis in the last 10 years.

Method:- A case report

A 40 yr male pt. came to opdof Kayachikitsa Department of L K Ayurved Hospital yavatmal with **chief c/o**

1. *Pad PradeshiTwakvaivaranyata* (*changes in skin colouration*) since 05 yr.
2. *Kandu (Itching)* since 05yr
3. *Pidika (eruption)*, since 05yr
4. *Shyavvarna* (*blackish discolouration*) since 05 yr
5. *Strava (discharge)*, on and off
6. *Ruja (pain)*, since 05 yr
7. *Rajyo* (*marked lining due to thickness of lesion*), since 05 yr
8. *Rukshata (dryness)*, since 05 yr

Pt. having above complaints since 05 yr

Past history:-No H/O DM/HTN/ Any major illness.

History of present illness :

Pt. is normal before 05 yrs ago then pt. has been suffered from above symptoms.

Pt. was treated by local doctor many

Table no.1

Showing material of case study

Sr.no	Dravya	Dose	Duration	Anupan
1	<i>AarogyavardhiniVati</i>	250 mg	Twice a Day	Lukewarm water
2	<i>GandhakRasayan</i>	250 mg	Twice a Day	Lukewarm water
3	<i>Guduchighanhvati</i>	250 mg	Twice a Day	Lukewarm water
4	<i>Panchsakarchurna</i>	3gm	H.S	Lukewarm water
5	<i>Khadiraarishta</i>	15ml	Twice a Day	Lukewarm water
6	<i>Karanj Tail</i>	05 ml for L.A.	Twice a Day	

Table no.2

Mode of action of formulation used in chikitsa

Sr. no	Dravya	Mode of action/Use

times but after stop medication pt. symptoms was aggravated then pt.came to L.K.Ayurved Hospital yavatmal for ayurvedic treatment and management.

Rugnparikshan:-

- *Nadi*:-80/min
- *Mal*: Asamyak
- *Mutra*: samyak
- *Jivha*: alpasaam
- *Shabda* : prakrut
- *Sparsha* : prakrut
- *Druk* : prakrut
- *Aakruti*:-Madhyam
- *Nidra*:- prakrut
- *BP*:- 110/70 mmHg
- *Temp*:- Afebrile

Material and methods

Method:-

1) A Case Study

2) Centre: P.G Dep. Of kayachikitsa L.K Ayurved hospital yavatmalaffiliated to D.M.M Ayurved college yavatmal.

Material :-



1	<i>AarogyavardhiniVati</i>	<i>Agneedipan, proper rasa Dhatu Formation, Katuki eliminates dushtaPitta, Corrects Rakta.</i>
2	<i>GandhakRasayan</i>	<i>Krumighna, Kushtaghna, kshudra roghar,</i>
3	<i>Guduchighanvati</i>	<i>Rasayan, Balancing Tridoshas, improve immune system and built bodys resistance to infection</i>
4	<i>Panch sakarchurna</i>	<i>Mruduvirechak, vatanulomak</i>
5	<i>Khadiraarishta</i>	<i>Anti-inflammatory Activity, Antiparasitic, Anti oxidant property.</i>
6	<i>Karanj Tail</i>	<i>Astringent, anti-inflammatory properties, Ropan (Healing), antiseptic property.</i>

Table no.3**showing changes in affected area before chikitsa and after chikitsa****• Before treatment:-****After treatment:-**

- *Dadhisevan, sevan,* Mansa
- *Lavan- katupadarthsevan* amla-
- *Madhyapan,* Virudhaahar, Vidahiannapan

2) Vihar:-

- *Atishram, Aatapsevan, Atikrodh,*
- *PanchkarmaAbhav, Diwaswap*

SampraptiGhatak:-

- **Dosha:-** vat + kapha
- **Dushya:-** Rasa, Rakta, Mansa
- **Strotas:-** Rasavahastrotas, Raktavahastrotas, Mansavahastrotas
- **Adhisthan:-** Rasa, Rakta, Mansa
- **Udbhaysthan:-** Twaka
- **Vyaktisthan:-** Twaka

In this case study the drug used orally formulation of *AarogyavardhiniVati, GandhakRasayan, su.Triphala, GuduchiGhanvati,*

Discussion:-**Hetu:-****1)Aahar:-**

Khadiraarishta which mostly acts as *Kushtaghma*, *vranaghna*, *twachyakar*, *Shothaghna*, *Raktashudhikar*, *Balancing trishosha* and *rasayani* and locally used *karanja oil*, *Also tuvarak oil*, *bakuchi oil*, *marich oil*, *neem oil*, *castor oil* which also *Kushtaghma*, *vranaghna*, *twachyakar*, *Shothaghna*, *Raktashudhikar*.

Conclusion:-

From above discussion. It is concluded that Ayurvedic drug formulation of *Gandhakrasayan*, *su.Triphala*, *guduchiGhanvati*, *Khadiraarishta* orally and *Karanj Tail* Locally is very effective to reduce sign and symptoms of *Vicharchika*

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2021; 5(2):01-05