

The role of *Dwaya Haridra* with *Nimbadi* tail in the management of *Vicharchika* W.S.R. to Eczema

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ABSTRACT

In *Ayurveda* all skin diseases describes under the heading of *kushta*. "*Kushnateeti kushtham*." (*Ma.Ni/kushta/Tika 1*) The disease that destroys the affected part of skin. Both *charak samhita* and *sushrut samhita* classify skin disease into 2 categories.1) *Mahakushtha* (major) 2) *Kshudrakushtha* (minor) *Ayurvedically*, Eczema is considered to be a type of *kushtha*. i. e. type of *kushdrakushtha* which is disease of the skin. It is also known as a type of *twak roga*. which also signifies that it is a skin disease that *twak* translates to skin and *rog* translates to pain. *Vicharchika* is characterised by the following symptoms *ati kandu, bahu strav, ruksha, shyavata, pidika, raji*. As described in terms of *nidan, purvarupa, samprapti and chikitsa vicharchika* can most certainly be correlated with the modern interpretation of eczema or atopic dermatitis. Eczema or atopic dermatitis is chronic inflammatory skin condition. Atopic dermatitis is characterized by

cracked or scaly skin discolored patches, erythma (red skin) , papules, exudates (oozing) and *intence pruritus* (itching)

Keywords:

Kshudrakushtha,

Mahakushtha,
Vicharchika,

INTRODUCTION

In *Ayurveda* all skin diseases describes under the heading of *kushta*.

"*Kushnateeti kushtham*."
(*Ma.Ni/kushta/Tika 1*)

The disease that destroys the affected part of skin. Both *charak samhita* and *sushrut samhita* classify skin disease into 2 categories.

1) *Mahakushtha* (major)

2) *Kshudrakushtha* (minor)

There are seven *mahakushtha* and eleven *kshudrakushtha*. The *mahakushtha* include those that are considered variations of leprosy. While the

kshudrakushtha comprise all other skin conditions. It is generally agreed by most ayurvedic scholars that *vicharchika* is *kshudrakushtha* (minor) most closely resembles the modern interpretation of eczema of atopic dermatitis.

Vicharchika is described in various *samhitas*. Ayurvedically, Eczema is considered to be a type of *kushtha*. i. e. type of *kshudrakushtha* which is disease of the skin. It is also known as a type of *twak roga*. which also signifies that it is a skin disease that *twak* translates to skin and *rog* translates to pain. *Vicharchika* is characterised by the following symptoms *ati kandu*, *bahu strav*, *rukshata*, *shyavata*, *pidika*, *raji*. As described in terms of *nidan*, *purvarupa*, *samprapti* and *chikitsa* *vicharchika* can most certainly be correlated with the modern interpretation of eczema or atopic dermatitis. Eczema or atopic dermatitis is chronic inflammatory skin condition.

Atopic dermatitis is characterised by cracked or scaly skin discolored patches, erythema (red skin), papules, *exudate* (oozing) and intense purities (itching) which can secondarily cause insomnia and diminished quality of life. *vicharchika* is described in various *samhita*.

1)

“त्वचः कुर्वन्तिवैवर्ण्यदुष्टः कुष्ठमुशन्तितत्

कालेनोपेक्षितंयस्मात्सर्वकुष्ठातितद्दपु || ”

(अं. सं. नि. 14/3) ^[5]

2)

सकण्डुपिडकाश्यावाबहुस्त्रावाविचर्चिका....||

“च. चि. 7/26, भा. प्र. 54/27, यो. र. ^[9, 10,]

3) “राज्योअतिकण्ड्वतिरुज :
सरुक्षाभवन्तिगात्रेषुविचर्चिकायाम्॥.....”

सु. नि. 5/13

^{[2]4)}

“सकण्डुपिटीकाश्यावालसीकादयाविचर्चिका॥

.....” अ. ह. 14/18^[1]

5)

“श्यामलोहितव्रणवेदनास्त्रावपाकवतीविचर्चिका॥..... का. संप. No. 111 ^[11]

6)

“कफप्रायाविचर्चिका

॥.....” च. चि. 7/30 ^[9]

Hetu of *vicharchika* according to *ayurved* *samhita* are *viruddha anupan*, *chardi* *vegvidharan*, *adhyasan*, *mithyopchar* of *panchakarma*, *diwaswap*, intake of food during indigestion, excessive use of *navanna*, *dadhi*, *amla*, *lavan*, bath after heavy meals sudden changes from heat to cold or cold to heat without following the rules of *vihar*. *Agnimandya* is the root cause of all disease. The cause of eczema may be combination of genetic and environmental factor like allergens, pollen, house dust, dandruff. Irritants like soap, detergents, shampoo, meats. Microbes like bacteria such as *staphylococcus*, viruses, certain fungi.

METHOD :- A case study

A 45 years old female patient came to OPD of *kayachikitsa* department of L.K. AYURVED HOSPITAL Yeotmal with chief C/O

1. *Padbhagi twak vaivarnya* (changes in skin coloration) since 10 years
2. *Kandu* (itching) since 10 years
3. *Pidika* (eruption) since 10 years
4. *Shyav varna* (blackish discoloration) since 10 years
5. *Ruja* (pain) since 10 years
6. *Rajyo* (marked lining due to thickness of lesion) since 10 years

7. *Rukshata* (dryness) since 10 years

PAST HISTORY :-

No H/O DM/HTN/ Any major illness.

HISTORY OF PRESENT ILLNESS:

Patient is normal before 10 years ago then patient has been suffered from above symptoms. patient was treated by local doctors many times but after stop medication patient symptoms was aggravated then patient came to L.K. Ayurved hospital Yeotmal for Ayurvedic treatment and management.

RUGNA PARIKSHAN

- *Nadi* -72/ min
- *Mal-samyak*
- *Mutra-samyak*

- *Jivha-alpa sama*
- *Shabda-spashta*
- *Sparsha- anushnshit*
- *Druk -prakrut*
- *Akruti-madhyam*
- *Nidra- prakrut*
- *B.P.-120/70 mm of hg*
- *Temp.- afebrile*

MATERIAL AND METHOD

Method :-

- 1) A case study.
- 2) centre : PG department of *kaychikitsa*, L.K. Ayurved hospital Yeotmal, Affiliated to DMM Ayurved college, Yeotmal.

Material :-

TABLE NO.1

Showing material of case study



Sr. No.	Dravya	Dose	Duration	Anupan
1	<i>Dwayaharidra</i>	3 gm	Twice a day	Lukewarm water
2	<i>Nimbadi tail</i>	Local application	Twice a day	-

TABLE NO.2

Sr. No.	Dravya	Latin name	Ras	Virya	Vipak	Doshghnata
1	<i>Haridra</i>	<i>curcuma longa</i>	<i>tikta madhur</i>	<i>katu</i>	<i>Ushna</i>	<i>Kaphaghna</i>
2	<i>Daruharidra</i>	<i>Berberis aristata</i>	<i>Tikta kashay</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphaghna</i>
3	<i>Nimb</i>	<i>Azadiracta indica</i>	<i>Tikta katu kashay</i>	<i>Katu</i>	<i>Shit</i>	<i>Kapha pittaghna</i>
4	<i>Sarshap</i>	<i>Brassica juncea</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphaghna</i>
5	<i>Ashwamar</i>	<i>Nerium indicum</i>	<i>Katu tikta kashay</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphaghna</i>
6	<i>Danti</i>	<i>Baliospermum montanum</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphaghna</i>
7	<i>Marich</i>	<i>Piper nigrum</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphaghna</i>

TABLE NO.3

Before treatment:



During treatment:



After treatment



DRUG ACTION :-

The oral use of *haridra* works as *Raktaprasadan*. Which absorbs the *kleda* present in *rakta dhatu* due to its *katu vipak* and *ushna virya* hence *haridra* acts as a "*varnya*".

The oral administration of *Daruharidra* increases the liver function and purifies the blood and act as *kandughna*, *kushtghna* and *kledaghna*.

Nimbadi tail contains *Nimb patra*, *Dantimool*, *Sarshap*, *Ashwamar* and *Marich*. This contents are *katu vipaki*, *ushna viryatmak* and due to *ruksha* and *laghu guna* they absorb *kleda* in *rakta* and *mansa dhatu* and act as *kledaghna*, *kandughna*, *raktaprasadan*.

Local application of *neem* plays as antimicrobial role through inhibitory effect on microbial growth. It is rich source of antioxidant.

DISCUSSION :-

Hetu-

- *Ahar :-* *Dadhi seven*, *mansa sevan*, *lavan*, *amla*, *katu padarth sevan*, *viruddha ahar*, *vidahi annapan*
- *Vihar :-* *Atishram*, *atapsevan*, *panchakarma abhav*, *diwaswap*.

SAMPRAPTI GHATAK :-

- 1) *Dosha :-* *vata + kapha*
- 2) *Dushya :-* *Ras, rakta, mansa*
- 3) *strotas :-* *rasavaha, raktavaha, mansavaha*
- 4) *Adhisthan :-* *ras, rakta, mansa*
- 5) *Udbhavsthan :-* *twak*
- 6) *Vyaktisthan :-* *twak*

CONCLUSION :-

- From the above discussion that the *varnya prabhav* of *Haridra* reduces *tvakvaivarnya* and *shyavata*.

- The symptoms like *pidika*, *ruja*, *rajyo* decreased due to anti inflammatory action of *Danti*, *Neem* and *Marich*.
- *Kledaghna* property of *Haridra* and *Marich* reduces *kandu*. Due to *snehan guna* of tail, *rukshta* in the body decreases.

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Conflict of Interest:

Non

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