

An effect of *manjistha khadir choorna* orally and *dermocare* oil locally in the management of *vicharchika* w. s. r. to eczema –a case study.

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Abstract:

In *Ayurveda*, majority of skin diseases have been mentioned under the umbrella of *Kushtha* and in other words, it can be listed as “*Ayurvedic dermatology*.” *Ayurveda* is science of life. *Ayurveda* is not only curative but also preventive science of life. In *ayurveda* the word *Kushta* is broad term which cover almost all skin disorder. *Vicharchika* is a type of *kshudrakushta* often encountered by *Ayurvedic* dermatologists characterized with symptoms namely *Kandu* (Itching) *Srava* (discharge) *Pidika* (vesicles) and *Shayava varna* (Discoloration) *Rajyo* (marked lining due to thickness of lesions) *Vicharchika* is often correlated to eczema based on the clinical presentations. No satisfactory treatment is available in contemporary medical practice expect antihistamines and topical steroids. Main line of treatment for *vicharchika* in *Ayurved* is *shodhsna* and *shaman oushadhi*. 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 present case study is successful *ayurvedic* management of case of *vicharchika* (eczema). Here is case report of a 45 years male having with complaint of *padbhagi twak vaivaranyata kandu pidika ruja rajyo rukshata strava*. He was treated with *ayurvedic* drugs. A remarkable improvement in condition was observed.

Keywords: *kushta, eczema, shaman shoudhan oushadhi, vicharchika*

Introduction

Ayurveda is a life science. *Ayurveda* is not only curative but also preventative science of life . In *Ayurveda*, all skin disorders describes under the heading of *Kushta*. Skin is the one of the sense organ in the body. largest and important organ and outermost covering of the body which acts as a protective barrier. But very often, it is exposed to many entities which can damage it and cause

many of the skin disorder. About 10-20% of the general practice includes the patients suffering from skin disorder and Eczema accounts for a very large proportion of all the skin diseases. In *Ayurveda*, The word *Kushta* is broad term, which covers almost all skin disorders.

“*kushnatee iti kushtham*”
(*Ma.Ni./Kushta./Tika 1*)

Viz. 1. *Mahakushtha*, 2. *Kshudrakushtha*,

Vicharchika being one among *kshudrakushtha*, is also a Rasa, Rakta and Mansa dhatu pradoshaj vikara.

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

Paribhasha: The term *Vicharchika* is derived as one of the variety of *Astadasha Kshudrakushta*, in which the skin develops *Shyavarnata*, *Pidaka*, associated with *srav* and *kandu*. According to *Acharya vicharchika* is *kaphapradhan vyadhi* and symptoms of *vicharchika* are *kandu* (Itching), *shyava varna* (blackish discolouration), *pidika* (carbuncles), *bahu strava* (discharge), *ruja* (pain), *rajyo* (marked lining due to thickness of lesion), *rukshata* (dryness). Also Many *Acharya* defined as various dosha responsible for *Vicharchika vyadhi* and defined *vicharchika* is *kaphapradhan*, *pittapradhan*, *Kaphavatpradhan* Disease. *Vicharchika* is described in many of *Ayurved* text.

विचर्चिका-

१)सकण्डु पिडका श्यावा बहुस्त्रावा
विचर्चिका॥

“च.चि.७/२६,यो.र/भा.प्र.५४/२७

2)कफप्रायाविचर्चिका॥च.चि.७/३०

3)राज्योअतिकण्ड्वर्तिरुजः

सरुक्षाभवन्तिगात्रेषुविचर्चिकायाम्॥.सु.
नि.५/१३

4)सकण्डुपिटीकाश्यावालसीकाद्याविचर्चिका॥ अ.ह.नि १४/१८

5)श्यामलोहितव्रणवेदनास्त्रावपाकवतीविचर्चिका॥.का.सं Pg.No.116

6)पित्तेनोदुम्बरं प्रोक्तंकफान्मण्डलचर्चिके
॥ 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. Eczema is broad term used for many types of skin inflammations, 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. It clinically manifest by *pruritus*, *eythema*, *oedema*, *Papules* and *Vesicles* and oozing in acute stage whereas itching, scaling, dryness and *lichenification* occur in chronic stage.

Appearance carries a lot of weight in modern world. Patients are very much concern about grooming and the way they present themselves before other. Both men and women want a looking attractive and fabulous skin right till old age. Any blemish on skin causes lot of psychological stress, physical uneasiness. 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.

The prevalence of skin disease in the general population has varied from 7.86% to 11.16% in various studies. 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 45 yr male pt. came to opd of *kayachikitsa* department of L K Ayurved Hospital *yavatmal* with **chief c/o**

- 1) *Padbhagi Twak vaivaranyata* (changes in skin coloration) since 3 yr.
- 2) *kandu*(Itching) since 3 yr
- 3) *pidika* (eruption), since 3 yr
- 4) *Shyav varna* (blackish discoloration) since 3yr
- 5) *Strava* (discharge), on and off
- 6) *Ruja* (pain), since 3 yr
- 7) *Rajyo* (marked lining due to thickness of lesion),since 3 yr
- 8) *Rukshata* (dryness), since 3 yr

Pt. having above complaints since 3 yr

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

History of present illness :- pt. is normal before 3 yr ago then pt. has been suffered from above symptoms. Pt. was treated by local doctor many times but after stop medication pt. symptoms was

aggravated then pt. came to L.K. Ayurved Hospital *yavatmal* for Ayurvedic treatment and management.

Rugna parikshan:-

- *Nadi:-68/min*
- *Mal: Asamyak*
- *Mutra: samyak*
- *Jivha: alpa saam*
- *Shabda : prakrut*
- *Sparsha : prakrut*
- *Druk : prakrut*
- *Aakruti:-Madhyam*
- *Nidra:- prakrut*
- *BP:- 140/80 mmHg*
- *Temp:- Afebrile*

Material and methods

Method:-

A Case Study

Centre: P.G. Dep. Of *Kayachikitsa*

L. K. Ayurved hospital *yavatmal* affiliated to D.M.M Ayurved college *yavatmal*.

MATERIALS AND METHODS

MATERIAL:
The following tables showing material of case study

TABLE NO.1

Sr no	<i>Dravya</i>	Dose	Duration	<i>Anupan</i>
1	<i>Manjistha khadir choorna</i>	3 gm	Twice a day	Luke warm water
2	<i>DermaCare oil</i>	Local application	Twice a day	

TABLE NO. 2

1. MANJISHTA KHADIR CHOORNA:

Sr. no.	Sanskrit name	Botanical name	Ras	Virya	Vipak	Karmukta
1	Manjistha	Rubia cordiafolia	Kashay	Ushna	Katu	Kapha Pittashamak
2	Khadir	Acacia catechu	Tikta kashay	Shita	Katu	Kaphapitta Shamak

TABLE NO 3 2 DERMOCARE OIL

Sr.	Sanskrit name	Latinname	ras	virya	vipak	karmukta
1	Kalamari	Pipernigam	katu	ushna	katu	lekhan
2	Ark	Calotropis gigantea	katu	ushna	katu	kaphavatshamak
3	Devdar	cedrusdeodara	Tikta katu	ushna	katu	kushtanng
4	Haridra	Curcuma longa	tikta	ushna	katu	Kaphavatshamak
5	Daruhari dra	Berberis aristata	tikta	ushna	katu	kaphapittahar
6	Kath	Sassurea lappa	tiktakashay	shita	katu	Kapha pittashamak
7	Rraktachandan	pterocarcaus	tikta	shita	katu	kaphapittashamak
8	Indravarun	Citrullus colocynthis	tikta	ushna	katu	kaphapittaghna
9	Kaner	Nerium indicum	katu	ushana	katu	kaphavatshamak
10	Chitrakmool	Plumbago zeylanica	katu	ushna	katu	vatkaphashamak
11	Vavdinga	Embelica ribes	katu	ushna	katu	vatakaphashamak
12	Chakramarda	Cassia tora	katu	shita	katu	kaphavataghana
13	Shirishchal	Albizia lebeck	kashay	ushna	katu	tridoshshamak
14	Kutaj	Holarrhena antidysenterica	tkiktakashay	shita	katu	kaphapittashamak
1	Neemchh	Azadirachta	tikta	shita	katu	kaphapittashamak

5	<i>al</i>	<i>indica</i>				<i>amak</i>
1 6	Galo	<i>Tinosporacordi folia</i>	<i>tikta</i>	<i>ushn a</i>	<i>katu</i>	<i>kaphapittash amak</i>
1 7	Amaltas	<i>Cassia fistula</i>	<i>amla</i>	<i>ushn a</i>	<i>aml a</i>	<i>kaphavatsha mak</i>
1 8	Karanbee j	<i>Pongamia glabra</i>	<i>tikta</i>	<i>ushn a</i>	<i>katu</i>	<i>kaphavatshak</i>
1 9	Nagarmo tha	<i>Cyprus rotundus</i>	<i>katu tikta kashay</i>	<i>shitat</i>	<i>katu</i>	<i>pittaghan</i>
2 0	Kherchha l	<i>Acacia catechu</i>	<i>tikta kashay</i>	<i>shita</i>	<i>katu</i>	<i>kaphavatagh ana</i>
2 1	Vaj	<i>acoruscalamus</i>	<i>katu</i>	<i>shita</i>	<i>katu</i>	<i>kaphavatagh na</i>

showing changes in affected area before *chikitsa* and after *chikitsa*
Treatment

Before treatment:-



During treatment :-1.



During treatment 2.



After treatment:-



Discussion:-

Hetu:-

1) **Aahar:-** *Dadhi sevan, Mansa sevan,*

Lavan-amla-katu padarth sevan

Madhyapan, Virudha aahar, Vidahi annapan

Vihar:- *Atishram, Aatapsevan, Atikrodh, Panchkarma Abhav, Diwaswap*

Samprapti Ghatak:-

1) **Dosha:-** *vat + kapha*

2) **Dushya:-** *Rasa, Rakta, Mansa*

3) **Strotas:-** *Rasavaha strotas*

Raktavaha strotas

Mansavah strotas

4) **Adhistan:-** *Rasa, Rakta, Mansa*

5) **Udbhavsthan:-** *Twaka*

6) **Vyaktisthan:-** *Twaka*

CONCLUSION

In this study the drug used orally formulation of *majistha choorna* most helpful in all types of skin disorders an imbalanced pitta dosha vitiates the blood and impairs its normal functioning. This causes skin problems like redness *manjistha* helps to purify the blood and treats all type of skin disorders. this is due to its pitta balancing and *rakta shodhak* (blood purifier properties). *Khadiardi choorna* which mostly acts as *Kushtaghna, vranaghna, twachyakar, Shothaghna, Raktashudhikar, Balancing trishosha and rasayani*. Locally used *dermocare* oil which also *Kushtaghna, vranaghna, twachyakar, Shothaghna, Raktashudhikar*. Application of *dermocare* oil would take care of *rukshta* (dryness) as it contains *til tailam* which is *snehpaakdrya*. *Haridra daruharida* reduces acts as *shodhagana* i.e reduces swelling. *Chakramarda* acts as *vishaghana* decreases *kandu* (itching) *Raktachandan* acts as *dahaprashmak* i.e. reduces (burning sensation) *Chitrakmula* acts as *lekhna* i.e. it removes *pitika* (eruptions) *nagarmotha* and *nimba* acts as *kledaghna* decrease *kandu* (itching).

Dermocare oil fights free radicals that damage cell membrane. Hydrating

properties in the oil will relive from itching. Anti-inflammatory and antibacterial infection to relive inflammation. From above case study. It is concluded that *Ayurvedic* drug formulation of *manjishtakhadir choorna* orally and *dermocare* oil locally is very effective to reduce sign and symptoms of *vicharchika* patient.

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Conflict of Interest:

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