

Effect of *Sindhuradya taila* on *Vicharchika*-A case study.

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Abstract:

Background: *Vicharchika* can be compared with the Eczema of contemporary science. The term Eczema (Dermatitis) refers to inflammation of the skin. Eczema manifests as erythema, vesiculation &oozing in the acute stage, scaling and crusting in the subacute stage and *lichenification* (hyperpigmentation, accentuation of skin marking &thickening of skin) in the chronic stage. The exact cause of eczema is unknown. According to *Ayurveda* the signs and symptoms of eczema can be correlated with *Vicharchika* which is one type of *Kshudra kushta*. The symptoms of *Vicharchika* are *kandu* (itching), *pidaka* (eruptions), *shyavata* (blackish discolouration), *bahu srava* (discharge), *raji* (lines) . **AIM:** To study the effect of *Sindhuradya taila* in the management of *Vicharchika*.

METHODOLOGY: The present study deals with a 33 years old male patient having complaints of blackish discolouration, and itching over bilateral upper and lower limbs and thorax for 8

years. There was *lichenification* on bilateral lower limbs, it was in a chronic stage of eczema. **RESULT:** At the end of treatment significant improvement was seen in signs & symptoms. Criteria were assessed before and after the treatment which showed significant improvement. **CONCLUSION:** *Sindhuradya taila* was found to be effective in the management of eczema.

KEYWORDS: *Vicharchika*, *kshudra kushta*, atopic dermatitis, eczema, *Ayurvedic* management.

INTRODUCTION:

Eczema is a type of dermatitis, commonly called as Atopic dermatitis. Atopic dermatitis is a common, chronic inflammatory skin disease characterized by pruritis and repeated remissions & relapse. It is associated with other symptoms including Asthma and allergic rhinoconjunctivitis The world wide prevalence of eczema ranges from 15%-20%.50%of the cases appear in the first year of life, majority within 5 years and the remaining manifest by 30 years of

age. Eczema can be classified in to two broad groups, exogenous and endogenous eczema depending upon whether the causative factors are external or internal. In acute eczema there is erythema, oedema, vesiculation, oozing and crusting whereas in subacute phase there is erythematous hyperpigmentation plaque with scaling and crusting .In chronic phase there is *lichenification* (a combination of thickening, hyperpigmentation & prominent skin markings) .Most subacute and chronic eczemas are perpetuated by itch-scratch –itch cycle. itching in eczema induce a scratching response which induce more itching.

Vicharchika is a type of *kshudra kushta* explained in *Ayurvedic* classics. The main signs and symptoms of *Vicharchika* described by *Acharya Charaka* are *kandu* (itching), *pidaka* (eruptions), *shayavata* (blackish discolouration) & *bahusrava* (oozing) .¹*Raji* (linings) and *Rukshata* are mentioned by *Acharaya Susruta*² . *Charaka* described *Vicharchika* as *vata kaphaja vyadhi* .³The causative factors of *kushta* mentioned by *Acharya Charaka* are the same as *raktavaha srotodushti* e. g. *vidahi-ahara*, *viruddha-ahara*, *snigdha-ushna-guru-Drava ahara*.⁴

Case-presentation:

A 33 years old male patient belonging to Tirupati attended P. G. (*Rasashastra*) OPD, in S.V. *Ayurvedic* Hospital T.T.D Tirupati. The patient complained of itching, blackish discoloration over bilateral upper and lower limbs, and on the neck since 8 years. He had *lichenification* over lower limbs, the disease was in chronic stage. He had disturbed sleep due to itching all over the body, he went to allopathy hospital where he was treated with cap. cyclosporin 100 mg OD, tab. methotrexate 5mg BD and folic acid 5

mg OD. This treatment was continued for 1 year. The symptoms subsided to some extent but the patient did not get complete relief. Patient was advised to take these medicines for a very long time. Though he took medicines for a long time, he did not get complete relief and allopathy medicines have their own side effects. So, he came for *Ayurvedic* treatment for the better relief.

Table-1 GENERAL EXAMINATION

B.P	110/70mm of Hg
Pulse	76 beats per minute
Ahara	Mixed diet
Vihara	<i>Divaswapna</i> (occasionally)
Appetite	Good
Bowel	Regular once in a day
Bladder	Normal
Sleep	Disturbed

TABLE-2:DASHAVIDHA ROGI PAREEKSHA

<i>Prakriti</i>	<i>VataKapha</i>
<i>Vikriti</i>	<i>Pitta Pradhana tridosha</i>
<i>Sara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Madhyama</i>
<i>Pravara</i>	<i>Mdhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Ahara sakti</i>	<i>Madhyama</i>
<i>Vyayama sakti</i>	<i>Madhyama</i>
<i>Vaya</i>	<i>Yauvana</i>

TABLE NO-3:ASHTAVIDHAPAREEKSHA

<i>Nadi</i>	76 beats per minute
<i>Mala</i>	Once in a day
<i>Mutra</i>	Normal
<i>Jihva</i>	<i>Alipta</i>
<i>Shabda</i>	Normal
<i>Sparsha</i>	<i>Anushna sheetha (normal)</i>
<i>Drik</i>	<i>Prakritha</i>

LOCALEXAMINATION:

1. Site of lesion-over bilateral lower limbs, on hands and on the neck
2. Distribution-Assymetrical
3. Colour-Black
4. Itching-Present
5. Inflammation-Absent
6. Discharge-Absent
7. Superficial sensation on lesion-Normal

Treatment Given:

1. *Nidana Parivarjana* (Abstain from causative factors like *Ahara-Vihara*)
2. Application of *Sindhuradya taila* on affected area twice a day (Quantity Suffecient)

Before treatment**Image Number-1****After treatment****Image Number-2****Before treatment****Image Number-3****After treatment****Image Number-4****RESULT:**

- The blackish discoloration over upper and lower limbs decreased, *lichenification* decreased, itching completely reduced.
- The therapy had shown marked improvement in the patient.

Assessment of Results:

Sr. No	Complaints	Before Treatment	After Treatment
1.	<i>Kandu</i>	+++	-
2.	<i>Pidaka</i>	-	-
3.	<i>Srava</i>	++	-
4.	<i>Shyavata</i>	+++	-
5.	<i>Rukshata</i>	+++	+
6.	<i>Raji</i>	-	-

DISCUSSION-

Table No.4.Showing *RasaPanchaka* of *Sindhuradya taila*:

	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Sarshapa taila</i>	<i>Katu</i>	<i>vishada, laghu, sheeta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i> ⁵
2	<i>Arka patra</i>	<i>Katu, tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata kapha hara</i> ⁶
3	<i>Haridra</i>	<i>Katu, tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i> ⁷
4	<i>Girisindhura</i>	<i>Katu, tikta</i>	<i>ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i> ⁸
5	<i>Tuttha</i>	<i>Katu</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i> ⁹

Based on this, the Probable *Rasa Panchaka* for *Sindhuradya taila* is

- *Rasa-Katu, tikta*
- *Guna-tikshna, Ruksha*
- *Virya-ushna*
- *Vipaka-katu*
- *Karma-vata kapha hara, kapha pitta hara, kushtaghna, kandughna.*

Probable mode of action:

- *Tailakalpana* is included under *Bahirparimarjana chikitsa*, it is one among the *sneha kalpana*.
- *Snehakalpana* may be defined as –“A pharmaceutical process to prepare oleagenous medicaments from substances like *kalka, kwatha* and *Drava dravya*, in specific proportions by subjecting it to unique heating pattern and duration to fulfill certain pharmaceutical parameters according to the need of therapeutics. This process ensures transformation of active ingredients to the solvents.
- *Sarshapa taila* effectively helps in reducing *Kandu* and *Rukshata*, because of its unctuousness and *katu rasa*.¹⁰

- The external application of *taila* prepared from *Arkapatra Swarasa* and *Sarshapa taila, Haridra* relieves *Pama* and *Vicharchika*.¹¹
- *Haridra* has *Varnya* property which effectively helps in reducing *Shyavata*,¹² It's anti-inflammatory activity is investigated with reference to inhibition of activated proteases responsible for acute inflammatory process. (Tripathi et al, 1973)¹³
- *Giri sindhura* has *tridosha shamana* property, and *Lekhaniya, kandughna* properties which play a key role in mitigating *kandu*. *Sindhura* when used as an external application, cures all types of *Kshudra kushta*.¹⁴
- *Tuttha* has *Lekhana* property that helped in curing *lichenification*.¹⁵

Conclusion:

From the present study, it can be concluded that *Sindhuradya taila* that contains *Shuddha Girisindhura, Shuddha tutha, Haridra, Arka patra,* and *sarshapa taila* is effective in treatment of

Vicharchika, No adverse effects were reported during the entire study period.

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