

## Treatment Of *Vicharchika Kushtha* As Per Ayurveda- A Case Study

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### ABSTRACT

The skin, the body's largest organ, envelops the entire external surface of the body. Skin is made up of epidermis, dermis and hypodermis layer. Skin is great indicator of general health. The skin is sensory organ. Skin is more affect in various diseases. Skin which is said "*Kushtha*" in *Ayurveda*. *Kushtha* is sub-divided into *Mahakushta* and *Kshudrakushta*. *Mahakushta* are seven in number. *Kshudrakushta* are eleven in number. Among the eleven *Kshudrakushta*, *Vicharchika Kushtha* is described. *Vicharchika Kushtha* has *Kapha Dosha*. It is *Raktapradoshaj Vyadhi*. *Vicharchika* is correlate with eczema. Eczema arises from the condition caused by a deficiency in filaggrin, a protein essential for a robust and protective skin barrier. *Staphylococcus aureus* is major pathogens in eczema (90% present of patients). Less than 5% of patients without have *staphylococcus aureus*. *Ayurvedic* treatment is *Shodhan* and *Shaman* therapy for *Kushtha*. A 51-years-old male patient presented with a complaints of itching sensation on affected part, skin rash, dryness and redness skin, discharge from vesicles since for 4 month. The symptoms are as well as *Vicharchika Kushtha*. The treatment plan of *Vicharchika* is internally administration of *Arogyavardhini Vati*, *Gandhak Rasayan*, *Triphala Guggulu*, *Chandraprabha Vati*. Externally, *Mahatiktaka Ghrita* is use for local application. *Triphala Churna* is use for wash. The treatment was planned for 1 month, during which symptoms improvement was observed in itching sensation on affected part, skin rash, dryness and redness skin, discharge from vesicles. According to *Ayurvedic Samhita*, the *Arogyavardhini Vati*, *Gandhak Rasayan*, *Triphala Guggulu*, *Chandraprabha Vati* has property like *Kushthaghna*, *Kandughna*, and *Krumighna*. Externally, *Mahatiktaka Ghrita* is use for local application. *Triphala Churna* is use for wash. Drawing from this case study, one can deduce that *Ayurvedic* preparations are efficacious in the treatment of *Vicharchika Kushta* (Eczema).

**KEYWORDS** – *Vicharchika Kushtha*, eczema, *Kushthaghna*, *Kapha Dosha*, *Rakta Pradosha-janya Vyadhi*.

### INTRODUCTION

The skin, the body's largest organ, envelops the entire external surface of the body.<sup>1</sup> Skin is made up of epidermis, dermis and hypodermis layer. Skin is great indicator of general health. The skin is sensory organ. Skin is more affect in various diseases. Skin which is said "*Kushtha*" in *Ayurveda*. *Kushtha* is sub-divided into *Mahakushta* and *Kshudrakushta*. *Mahakushta* are seven in number. *Kshudrakushta* are eleven in number. Among the eleven *Kshudrakushta*, *Vicharchika Kushtha* is described. *Vicharchika Kushtha* has *Kapha Dosha*.<sup>2</sup> It is *Raktapradoshaj Vyadhi*. *Vicharchika* is correlate with eczema.

*Acharya Charak* has classified *Vicharchika* under *Kshudrakushta*<sup>3,4</sup> while *Acharya Sushruta* and *Acharya Vagbhata* have represented as a type of *Kshudrakushta*.<sup>5</sup> According to *Samhita*, causative factors for *Vicharchika* are *Mithyaahar-vihar*, *Virodhi ahar*, *Sadhuninda*, *Sadhu-vadh*, *Pap-karma*, *Vegavidharana*, *Diwaswapa*, intake of excessive spicy food, and exercise.<sup>6</sup>

The main symptoms of *Vicharchika* are itching sensation on affected part (*Kandu*), skin rash, dryness and redness skin (*Syava*), discharge from vesicles (*Lasikadhya/Pidikasrava*).<sup>7</sup> The pathophysiology of *Vicharchika* involves the aggravated of the *Kapha Dosha*.

*Vicharchika* is *Raktapradoshajanya Vyadhi*. *Vicharchika* is correlate with the eczema. Eczema, also known as atopic eczema or atopic dermatitis, is a significant condition that impacts 20% of children and upto 10% of adults. It is linked to a substantial level of suffering and expenses for individuals and healthcare systems. Sleep disturbances happen in 67% of children with atopic dermatitis.

Modern treatment of *Vicharchika* is applying a corticosteroid ointment.<sup>8,9</sup> But *Ayurvedic* treatment is *Antahparimarjana* and *Bahirparimarjana*. The treatment plan of *Vicharchika* is internally administration of *Arogyavardhini Vati*, *Gandhak*

*Rasayan, Triphala Guggulu, Chandraprabha Vati.* Externally, *Mahatiktaka Ghrita* is use for local application. *Triphala Churna* is use for wash.

## CLASSIFICATION

*Vicharchika* classified under *Kshudrakushta*. *Vicharchika* is correlate with eczema.

❖ Eczema classified into three types-

- 1) Endogenous- Seborrheic dermatitis, Nummular dermatitis, Lichen simplex chronicus, Pityriasis alba, Stasis dermatitis, Asteatotic eczema.
- 2) Exogenous- Irritant dermatitis, Allergic dermatitis, Photo-dermatitis, Radiation dermatitis, Infective dermatitis.
- 3) Combined- Atopic dermatitis, Pompholyx.

❖ Another types of eczema are two types-More common- Atopic, Contact, Xerotic, Seborrheic. Less common- Discoid, Venous, Neurodermatitis, Dyshidrotic.

## CASE STUDY

A 51-years-old male patient presented with a chief complaints are itching sensation on affected part, skin rash, dryness and redness skin, discharge from vesicles since for 4 month. Patient came to my OPD with following chief complaints.

### History of present complaints-

The patient was suffered from itching sensation on affected part, skin rash, dryness and redness skin, discharge from vesicles complaints for the last 4 months, after took the allopathic medicine for 90 days from MD dermatologist, but it did not make any difference, then he came to take medicine from me.

### Past history-

Patient has diabetes mellitus (DM) for last 5 years. But no history of blood pressure (BP) and thyroid disease.

### Ongoing treatment-

Tab. Zoryl M 1 (0-1-0) (took the medicine half an hour before the afternoon meal) Tab. Vilason 50 (0-1-0) (before meal)

### Family history-

No family history about DM and skin disease.

### Ashtavidh Pariksha-

*Nadi*-82/min, *Pittapradhan Kaphanubandhi Dosha Mala*- *Malavibandha Mutra*- *Prakruta* 4-5 time a day *Jivha*- *Niram Shabd*-*Prakruta Sparsh*- *Shita Druk*- *Prakruta Aakruti*- *Madhyam Kshudha*-*Tikshana Nidra*- Sound sleep

### Clinical Examination-

BP-110/70 mmHg, Other vitals are stable. Itching in skin, skin rash, dryness and redness skin, discharge from vesicles on skin was present on the skin.

### Diagnosis-

Chief history and examination was diagnosed as a *Vicharchika Kushtha* (eczema).

**Clinical Investigation** – Random blood sugar (RBS) and HbA1C report with abnormal range.

**Figure-1 investigation report of blood sugar blood sugar (after treatment)-**

**Figure-2 Investigation report of blood sugar (before treatment) -**



**Treatment-**

**Table no. 1- Given treatment with dose and duration**

SR.NO.	DRUGS	DOSE/ANUPANA	DURATION
1	<i>Arogyavardhini Vati</i>	2 tablet twice per day with lukewarm water after a meal	30 days
2	<i>Gandhak Rasayan</i>	2 tablet twice per day with lukewarm water after a meal	30 days
3	<i>Triphala Guggulu</i>	2 tablet once per day with luke warm water at 10 pm	30 days
4	<i>Chandraprabha Vati</i>	2 tablet twice per day with normal water after a meal	30 days
5	<i>Mahatiktaka Ghrita</i>	Local application, after cleaning the skin with normal antiseptic solution/soap	30 days
6	<i>Triphala Churna</i>	Boiling with water then, cooled it then wash the skin. (thrice a day)	30 days
7	<i>Mamejava Ghanavati</i>	2 tablet twice per day with normal water before half hour a meal	30 days

**Assessment Criteria-**

The patient's assessment criteria of subjective parameters are itching sensation on affected part (*Kandu*), skin rash, blackish discoloration skin (*Shyava Varna*), *Pidaka* (boils), discharge from vesicles (*Lasikaadhya/Srava*). Additionally, photographs of the skin was taken before, during and after the management for analyze process.

**Table no.2 - Assessment Criteria of Subjective Factors**

SR.NO.	SUBJECTIVE PARAMETERS	GRADE 0	GRADE 1	GRADE 2	GRADE 3
1	<i>Kandu</i> (itching sensation)	Absent	Mild	Moderate	Severe
2	Skin rash	Absent	Mild skin rash	Moderate skin rash	Severe skin rash
3	<i>Shyavavarna</i> (blackish discoloration)	Absent	Mild	Moderate	Severe
4	<i>Pidaka</i> (boils)	Absent	1-3 boils	3-7 boils	>7 boils
5	<i>Lasikaadhya/Srava</i> (discharge-from vesicles)	Absent	Mild	Moderate	Severe

**RESULT**

**Table no. 3- Assessment criteria before, during and after management**

SR. NO.	SYMPTOMS	ON DAY 0	ON DAY 15	ON DAY 30
1	<i>Kandu</i> (itching sensation)	3	1	0
2	Skin rash	3	1	0
3	<i>Shyava Varna</i> (blackish discoloration)	3	2	1
4	<i>Pidaka</i> (boils)	3	2	0
5	<i>Lasikaadhya/Srava</i> (discharge from vesicles)	3	2	0
6	<i>Prameh</i> (Diabetes)	3	2	0

The severity of *Kandu* (itching sensation) was severity as 3 (severe itching) in the early stages, then which decreased symptoms to 1 (mild itching) during the first follow-up (on 15 days) and it was completely absent after completing the

treatment on 30 days. The severity of skin rash was graded as 3 (severe skin rash) before give the treatment, it reduced symptoms to 1 (mild skin rash) and then it was completely absent after completing the treatment on the days of 30. Similarly, *Shyava Varna* (blackish discoloration) was graded as 3 (severe blackish discoloration) in the early stages, then which decreased symptoms to 2 (moderate blackish discoloration) during the first follow up (on 15 days) and it was completely absent after given the treatment. The severity of *Pidaka* (boils) was graded as 3 (> 7 boils), which improved to 2 (3-7 boils) during the first follow-up. After the 30 days, it was completely absent after completing the proper way of treatment. The severity of *Lasikaadhya/Srava* (discharge from vesicles) was graded as 3 (severe discharge) before given the treatment, then which improved to 2 (moderate discharge) during the first follow-up on the days of 30, then it was absent on after completing the proper treatment.

**Figure 3-Vicharchika Kushtha before treat      Figure 4-Vicharchika Kushtha after treat**



**DISCUSSION**

All types of *Kushta* (*Mahakushta* and *Kshudrakushta*) are *Tridoshaj* (*Vata*, *Pitta*, and *Kapha Dosha*) *Vyadhi*. *Kushta* is sub-divided into *Mahakushta* and *Kshudrakushta*. *Mahakushta* are seven in number. *Kshudrakushta* are eleven in number. Among the eleven *Kshudrakushta*, *Vicharchika Kushtha* is described in all *Ayurveda Samhita*. *Vicharchika Kushtha* has *Kapha Dosha*. It is *Raktapradoshaj Vyadhi*. *Vicharchika* is correlate with eczema. Various treatment of *Kushta* is described in *Ayurveda Samhita*. Modern treatment of *Vicharchika* is applying a corticosteroid ointment. But *Ayurvedic* treatment is *Antahparimarjana* and *Bahirparimarjana*. *Antahparimarjan* treatment is *Shodhan* (purgating) and *Shaman* (palliative) treatment. *Bahirparimarjan* treatment is local application on the skin. The treatment plan of *Vicharchika* is internally administration of *Arogyavardhini Vati*, *Gandhak Rasayan* (contain purified sulfur), *Triphala Guggulu*, *Chandraprabha Vati*. Externally, *Mahatiktaka Ghrita* is use for local application. *Triphala Churna* is use for wash. This treatment is best for balancing *Dosha* and alleviates the symptoms of the *Vicharchika*.

**Table no. - 4 Ingredient and function of Aushadh used during treatment**

SR.NO.	MEDICINE	INGREDIENTS	FUNCTION
1	<i>Arogyavardhini Vati</i> <sup>10</sup>	<i>Kutaki</i> , <i>Haritaki</i> , <i>Bibhitaki</i> , <i>Aamalaki</i> , <i>Chitrakmula</i> , <i>Shilajatu</i> , <i>Guggulu</i> , <i>Parad</i> , <i>Gandhak</i> (sulfur), <i>Lauha bhasma</i> (iron ash) and <i>Abhrak- bhasma</i> (mica ash), <i>Tamra bhasma</i> (copper ash), in combination with a preparation involving the infusion of neemb leaf juice ( <i>nimbpatra swaras</i> ).	<i>Pittavirechan</i> , <i>Tridosh-shamak</i> , <i>Deepana</i> , <i>Pachana</i> , <i>Kushthaghna</i> , and <i>Kandughna</i> properties
2	<i>Gandhak Rasayan</i> <sup>11</sup>	<i>Shudha Gandhak</i> (purified sulfur) is processed with various substances including Cow's milk, <i>Bhringraj</i> , <i>Dalchini</i> (cinnamon), <i>Tamalpatra</i> (bay leaves), <i>Nagkeshar</i> (saffron), <i>Haritaki</i> , <i>Sunthi</i> (dried ginger), <i>Bibhitak</i> and <i>amla</i> to create a medicated formulation.	<i>Agnidipak</i> , <i>Saptadhatu- vardhak</i> , <i>Visheshtah</i> <i>Raktavardhak</i> , <i>Raktashodhak</i> , <i>Kandughna</i> , <i>Rasayana</i> , <i>Pushitkara</i> .
3	<i>Triphala Guggulu</i>	<i>Haritaki</i> , <i>Bibhitaki</i> , <i>Amalaki</i> , <i>Pippali</i> , <i>Shuddha Guggulu</i> .	<i>Bhagandara</i> , <i>Gulma</i> , <i>Sotha</i> , <i>Mala-avastambha</i> , <i>Arsha</i> , <i>Vayu shaman</i> , <i>Ruk-shaman</i> .
4	<i>Chandraprabha Vati</i>	<i>Guggulu</i> (32 parts), <i>Shilajit</i> (32 parts), <i>Sharkara</i> (16 parts), <i>Kapoor</i> , <i>Ativisha</i> , <i>Haridra</i> , <i>Vacha</i> , <i>Mustak</i> , <i>Amalaki</i> , <i>Bibhitaki</i> , <i>Haritaki</i> , <i>Chavya</i> , <i>Bhumimba</i> , <i>Vidanga</i> , <i>Devdaru</i> , <i>Dhania</i> (coriander), <i>Guduchi</i> , <i>Chitraka</i> bark, <i>Shunthi</i> (dried ginger), <i>Darvi</i> , <i>Maricha</i> , <i>Pippali</i> , <i>Pippalimoola</i> , <i>Gaja pippali</i> , <i>Sarjikshar</i> , <i>Yavkshar</i> , <i>Saindhav lavan</i> , <i>Suvarchal lavan</i> , <i>Vida lavan</i> , <i>Swarnamakshika bhasma</i> , <i>Trivrita</i> , <i>Danti</i>	<i>Prameha</i> , <i>Mutrakricha</i> , <i>Mutraghata</i> (obstruction during urination), <i>Ashmari</i> (stone), <i>Vibandha</i> (constipation), <i>Anaha</i> , <i>Shoola</i> (pain), <i>Granthi</i> (tumor), <i>Andavruddhi</i> (appendix), <i>Pandu</i> , <i>Kamala</i> (jaundice), <i>Kati Shoola</i> (backache), <i>Shwasa</i> (difficulty in

		<i>moola, Dalchini, Tejpatra, Ela, Vankshalochana, Lauha bhasma.</i>	breathing), <i>Kasa</i> (cough), <i>Vicharchika</i> (skin disease) etc.
5	<i>Mahatiktaka Ghrita</i>	<i>Ghritam, Saptachada, Parpataka, Samyaka, Katuka, Vacha, Triphala, Padmaka, Patha, Haridra, Daruharidra, Pippali, Pippalimula, Nimba, Chandana, Indrayava, Amrita, Murva, Satavari, Patol, Ativisha, Musta, Amalaki, Dhanvayasha etc.</i>	<i>Arsha, Vatarakta, Pandu, Kamala, Manoroga, Kusthagna, Jwara etc.</i>
6	<i>Triphala Churna</i>	<i>Haritaki, Bibhitaki, Amalaki</i>	<i>Roga Nirodhaka Shakti, Deepan-Pachana, Srotoshodhak, Vatarakta, Prameh, Keshya, Chakshushya etc.</i>

## CONCLUSION

According to Acharya Charak; Vicharchika Kushta is classified as a type of Kshudrakushta. Acharya Sushruta and Acharya Vagbhata have represented as a type of Kshudrakushta. According to Samhita, causative factors for Vicharchika are Mithyaahar-vihar, Virodhi ahara, Sadhuninda, Sadhu-vadh, Pap-karma, Vegavidharana, Diwaswapa, intake of excessive spicy food etc. Contemporary management of *Vicharchika* involves the use of a corticosteroid based topical cream or ointment. But Ayurvedic treatment is Antahparimarjana and Bahirparimarjana. The treatment plan of Vicharchika is internally administration of Arogyavardhini Vati, Gandhak Rasayan, Triphala Guggulu, Chandraprabha Vati. Externally, Mahatiktaka Ghrita is use for local application. Triphala Churna is use for wash.

## CONFLICT OF INTEREST- NIL

## FINANCIAL SUPPORT -NONE

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