Research article: Management of Eczema by Ayurvedic Regimen

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ABSTRACT –

The skin is largest organ of the body and provides an intermediate barrier between the internal tissues and environment. It has great cosmetic importance. The diseases of skin greatly affect the mental and physical state of human being. In Ayurveda every skin disorder is included under the heading of kushta. Ayurveda also implements broad line of management of skin diseases like medicinal and parasurgical methods¹. The Eczema is the nearest clinical entity of modern science which can correlated with Vicharchika. Vicharchika is a type kshudra kushta. The clinical features of eczema may include itching (Kandu), discolouration (Vaivarnyata), scaling (rukshta), pain (ruja) and pustules (pidaka). The existing treatment of modern science consist of reassurance, elimination of predisposing factor and palliative measures. The modern pharmacology offers very large variety of medications to treat the eczema but it is not always possible to remove symptoms entirely. Ayurveda has unique concept of management for the Kushtha like Snehan (oleation), Shaman (conservative) along with Raktamokshana (bloodletting) is said to be effective in treatment of eczema (vicharchika). But at OPD level all these panchakarma facilities are not available. In such conditions, single herb or combination of medicinal herbs are very effective. In this paper, there is review of medicinal herbs sidda ghruta and ointment made by some herbal drugs. The sidda grita is used for internal administration and ointment for external application. In Ashtanga hridya first preference is given to snehapana while treating the all types of kushta. The use of combination of these bhaya and aabhyantar shenapana will be useful in treatment of eczema. We have used this combination in two patients and it significantly diminishes symptoms like itching, burning and dryness. There is need of further study on this combination.

KEYWORDS:

Eczema, Vicharchika, Ayurvedic management.
INTRODUCTION:

Skin is the outermost covering of the body which acts as a protective barrier. But most of the time, it is exposed to many factors, which can damage and may cause the many disorder. About 10–20% of the general practice includes the patient suffering from skin disorders and eczema accounts for a very large proportion of the skin diseases. Eczea is skin condition caused due to inflammation of skin. This is characterized by itching, lichenification, dryness, pain, discoloration. It is most irritable disease and the patient always experience the physical, emotional and socio-economic embarrassment in the society. Eczema is chronic skin disease and in Ayurveda it is mentioned under the heading of Kshudra kushta. The clinical feature of Vicharchika like kandu, pidika, Shavavarnata, Srava, Rukshta, Daha, Raji and Vedana are very similar to the features of eczema. Aachrya Charaka describe the diagnosis and treatment of Vicharchika under the heading of kshudra kushta. Aacharya Sushruta described under the heading of Maha kushta. Sushruta explained how dermatological disorder enter and invade the tissue which in turn invades the next forming tissues (i.e. dhatugatata and utterottar dhatu pravesh of kushta). Vicharchika being one among the kshudra kushta, is also a Rasa, Rakta, Mansa dhatu pradoshaj vikara. All the clinical features of Vicharchika can be very well correlated to clinical features of Eczema, which is a distinctive pattern of inflammatory response of the skin, induced by a wide range of external and internal factors acting singly or in combination. The condition can impact considerably on the quality of life of the affected individuals. Ayurveda believes that All Dosha in balance is essential for well-being and offers broad line of treatment for the symptom of eczema. Ayurveda offers treatment for the root of eczema by cleansing vitiated Dosha and balancing the Dosha and Dhatus. So to manage this condition, snehan therapy, bahya as well as abhyantara sneha was planned. Abhyantara sneha in the form of shamana sneha acts by normalizing the aggravated doshas, both of pitta and vata kapha pradhanu conditions, without expelling them and without disturbing the normal doshas. It increases bala and Varna of dhatu. Bahya sneha reduces the rookshata of twak and help in reducing the local inflammation, so the Varna of twacha may be improved.

Disease Review:

Eczema:

Eczema or dermatitis is a pattern of inflammatory response of the skin which is due to result of delayed type hypersensitivity, mediated by memory T lymphocytes in the skin. The clinical lesions may be acute (wet and edematous) or chronic (dry, thickened, and scaly). The term eczema is broadly applied to a range of persistent or recurring skin rashes which is characterized by redness, skin edema, itching and dryness, with possible chances of crusting, flaking, blistering, cracking, oozing or bleeding. Areas of temporary skin discoloration sometimes characterize healed lesions, though scarring is rare. Long-standing or chronic eczema is often dry and is characterized by thickened, scaling skin with hyper pigmentation and
visible criss. In early disease the stratum corneum remains intact, so the eczema appears as a red, smooth, oedematous plaque. With worsening disease the edema becomes more severe, tense blisters appear on the plaques or they may weep plasma.

**VICHARCHIKA REVIEW:**

In the Ayurveda Eczema is considered to be a type of *Kushtha*, which is a disease of the skin. *Virruddha Ahar* causes *Agnimandya* of patients. *Agnimandya* leads to incomplete digestion and fermentation of the food and this will leads to produce *Amotpatti* leading *Tridoshdushti* and *Kled* formation, due to *Ashrya-ashrayisambandh* leads to *Mansa dusti, Twakdusti, Lasikadusti* and *Raktadusti* and causes Vicharchika. According to classical texts, Vicharchika has cardinal symptoms i.e. *Kandu* (Excessive itching), *Pidika* (Vesicle/Boil/Pustule), *Shyavata* (Discoloration), *Bahu-srava* (Profuse oozing), *Lasikasrava*, *Raji* (Marked lining/ Lichenification), *Ruja* (Pain), *Rukshata* (Excessive dryness). Vicharchika is *Kapha pradhana tridoshaja vyadhi* and *Rasa* (Twak), *Rakta, Mamsa* and *Kleda* (Ambu) are *Dushya* of it. The main causative factor for all the *Roga* is *Agnimandhya*.

**Line of treatment:**

As always involves more than one *Dosha*, the *Chikitsa* will be based on the presence of particular symptoms. The most aggravated symptom should be treated first. The *Ayurveda* classics advocate several line of conservative treatment for *Kushta* disease specially *Vicharchika*. Ayurveda has unique concept of management for the *Kushtha* like *Snehan* (oleation), *Shodhana, Shaman* (conservative) along with *Raktamokshana* (bloodletting) is said to be effective in treatment of eczema (*vicharchika*).

**Shaman chikitsa:**

When a full *Shodana chikitsa* (i.e *Panchakarma*) is not possible due to some reason then *Vicharchika* treated by *Shaman chikitsa*. In the *Ayurvedic* text described many formulated *Yog* single herb or combination of medicinal herbs are very effective. *Snehasiddha* with single herb or combination of medicinal drugs, which are mainly passasses *Tikta-Katu rasa* seems to be very effective,
reduses the sign and symptoms to the great extent.

Aabhyantar snehan - Abhyantara sneha in the form of shamana sneha acts by normalizing the aggravated doshas, both of pitta and vata kaphapradhana conditions, without expelling them and without disturbing the normal doshas\(^\text{10}\). It increases bala and Varna of dahtus\(^\text{12}\). For the Internal administration Guduchi and Nimb kalk sidda Grita (dose -30ml) which is given empty stomatch in the morning gives better result in diminishing the sign and symptoms of eczema.

Bahya snehan - Bahya sneha reduces the rukshtata of twak which in turn may help in reducing the local inflammation and so the snigdhata and varna of twacha may be improved. For the external application ointment made by using the Til tail, Sikth and Haridra and very less quantity saindhavis used. Which reduces the itching and dryness of the affected area effectively.

### Properties of drugs

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Dravya</th>
<th>Rasa</th>
<th>Vipak</th>
<th>Veerya</th>
<th>Guna</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Guduchi</td>
<td>Katu-Tikta-</td>
<td>Katu</td>
<td>Ushna</td>
<td>Guru, Singdha</td>
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<td></td>
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<td>Kashaya</td>
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<td>2.</td>
<td>Nimb</td>
<td>Tikta –</td>
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<td>Sheeta</td>
<td>Laghu</td>
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<td>Kashaya</td>
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<td>3.</td>
<td>Haridra</td>
<td>Tikta – Katu.</td>
<td>Katu</td>
<td>Ushna</td>
<td>Ruksha,</td>
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<td>Laghu, Snigdha</td>
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<tr>
<td>4.</td>
<td>Gruta</td>
<td>Madhura</td>
<td>Madhura</td>
<td>Sheeta</td>
<td>Laghu, Snigdha</td>
</tr>
<tr>
<td>5.</td>
<td>Til tail</td>
<td>Madhura-</td>
<td>Madhura</td>
<td>Ushna</td>
<td>Guru, Snigdha</td>
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<td></td>
<td></td>
<td>Kashaya-Tikta</td>
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<td>6.</td>
<td>Siktha</td>
<td>Madhura</td>
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<td>7.</td>
<td>Saindhav</td>
<td>Lavana-</td>
<td>Madura</td>
<td>Sheeta</td>
<td>Laghu, sukshma.</td>
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**DISSCUSSION:** In this paper there is review of some medicinal herb sidds ghrita and tail which were not mentioned in the text but modified accordingly for the convenience of the patient. We have used these preparation in two patient also and there is significant reduction in sign and symptoms of eczema. In eczema (Vicharchika) there is symptoms like itching (kandu), pustules (pidika), discharge (srava), discolouration (vaivarnya), excessive dryness (rukshta). So, Guduchi and Nimb kalkasidda goghruta is used for aabhyanar snehapan. Ghrita contains amrita (Tinospora cordifolia) and Nimb kalk(Azadirecta indica) as its main components. Guduchi
possesses katu, tikta and kashaya rasa, ushna veerya, laghu guna and has the actions of tridosha shaman, raktaprasadana, daha shaman and rasayana. Nimba (Azadirecta indica) has Tikta-Kashaya rasa, Katu Vipaka, Sheeta virya, LaghuGuna \[17\]. It has Vrana nashak (anti-ulcer), Kaphanashak (Kapha suppressor), Graahi gunas (properties). Its leaves are Shothagna (antiinflammatory), Twakadoshahar (skin purifier) \[18\]. Isomeldenin, Nimbin, nimbinene, nimbandiol, quercetin, beta-sitosterol, desacetyl Nimbinene are the active ingredients of Neem leaves extract. It is also potent anti-microbial. Ghrita pacifies Vata dosha due to its snigdha guna, Pitta dosha due to its sheeta guna, Kapha dosha due to its property of samskarasya anuvartana i.e. it also performs the actions of samskaraka dravyas like katutiktadi kaphahara dravyas, with which it is processed. It also possess the properties like Varnaprasadana, Mrudukarana and nirvapana i.e. dahapramanana. Guduchi and Nimb kalksidda ghrita as Shamana sneha administered in jatabubhuksha avastha i.e. at the time of hunger circulates throughout the body and pacifies the provoked doshas. Studies on Guduchi (Tinospora cordifolia) have shown the stimulating effect on macrophages. The activated macrophages secrete GMCSF (Granulocyte Macrophage- colony stimulating factor), which is a haemopoietic growth factor, which leads to leucocytosis and improved neutrophil function. This Immunomodulatory action of guduchi plays an important role in Eczema. External application of the formulation made by Sithk, Haridra and Til tail used. Sithk is Madhur Rasa Pradhan Dravya and sticky (Snigdh) in nature helps in reducing the dryness and itching. Haridra mainly acts as a Kandughna\[19\] so useful for treatment of the symptoms like itching. It is having Katu and Tikta rasa, katu vipaka and ushna virya. It is Kapha and Pitta shamaka\[20\]. It act as immunomodulatory. Curcumin present in it, is a potent anti-inflammatory agent. It also improves skin complexion and colour. Til tail reduces Rukshata due it’s sindha guna and maintain normal tone of skin. Due It’s sukshma guna it have the good penetration property. So it helps in reducing the sign and symptoms of eczema. It is also having the Twakprasadak and Vranashothahar properties. So there is reducing of scaling and itching.\[21\] Due to Tikta Rasa there is Shodana (cleaning)\[22\]. Katuras has the properties of kushta kandu upshamana, kapha krimi visha upshamana, medsaamuphanta.

**CONCLUSION**-

So from above discussion it can be concluded that Ayurveda has better approach to the disease. By the use of Medicinal herb combination there is significantly relief in the signs and symptoms of the eczemz (Vicharchika), as compare to the modern medicine. The modern pharmacology offers very large variety of medications to treat the eczema but it is not always possible to remove symptoms entirely. Ayurveda removes the root cause of eczema by cleansing vitiated Dosha and balancing the Dosha and Dhatus. The sneha sidda
with mainly by *tikta* and *katu rasa* drugs helps in reducing itching, burning, discharge, dryness by improving the quality of *rasa* and *rakta dhatu*. *Bahya sneha* reduces the *rukshata* of *twak* which in turn may help in reducing the local inflammation and so the *snigdhata* and *varna* of *twacha* may be improved.

**REFERENCE:**


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