

## An effect of *Pathadya Choorna* orally and *Sinduradya Tailam* topically in the management of *Vicharchika* w. s. r. to Eczema- A case study.

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### Abstract:-

Skin diseases are occurs all over the world at significant levels. The skin is much more than just a protective layer and protect the body from higher number of antigens which occurs in surrounding environment. In the *ayurvedic* text all skin diseases were included under the “Kushtharog” which is classified in two divisions i.e. *Mahakushtha* and *kshudrakushtha*. In *ayurveda* *vicharchika* is described under *kshudrakushtha*. All the clinical features of *vicharchika* are similar to eczema in modern dermatology. Eczema which is also known as Atopic dermatitis is characterized by dry itchy skin, which is classified in two phase i.e. acute phase and chronic phase. Modern science is very developed in dermatology but still there is no sure cure of eczema. Most of the time steroids are used as a symptomatic treatment, which can produced serious side effect like osteoporosis, skin cancer etc. In

ayurveda there are many formulations for internal and topical application mentioned by the different Acharays in *samhitas*, which can shows significant effect on *vicharchika*. Methodology:- In this case *pathadya choorna* administer orally and *sinduradya tailam* topically given to the patient. Result:- There is significant effect on clinical signs and symptoms of patient and size of affected area. Conclusion:- In this case study combine use of *pathadya choorna* orally and *sinduradya tailam* topically was very effective in reducing signs, symptoms, and size of affected area of *vicharchika*. .

**Keywords:-** *Vicharchika*, *Kushtha*, *Pathadya choorna*, *Eczema*, *sinduradya tailam*.

### INTRODUCTION:-

Skin is the outermost covering of the body, accounting for 16-20% it's weight, skin forms the integumentary system which acts as a protective barrier

between the body and external environment .but very often, it is exposed to many microbes which can damage it and many cause various skin disorders.

In Ayurveda, all skin disorders describes under the heading of 'kushtha' "kushnatee iti kushtham" The disease which destroy the affected part of the skin called kushtha. (cha.chi7\3), Which have been classified mainly into two groups- Viz. Mahakushtha, Kshudrakushtha (च.नि.५/४), *Vicharchika* being one among kshudrakushtha, is also a rasa, rakta and mansa dhatu pradoshaj vikara. *vicharchika* is described in many of ayurved text.

#### विचर्चिका-

१)"सकण्डु पिडका श्यावा बहुस्त्रावा विचर्चिका.....॥

"च.चि.७/२६,भा.प्र.५४/२७,यो.२

२)"राज्यो अतिकण्ड्वतिरुजः सरुक्षा भवन्ति गात्रेषु विचर्चिकायाम् ॥....."सु.नि.५/१३

३)"सकण्डुपिटीका श्यावा लसीकाद्या विचर्चिका ॥....."अ.ह.१४/१८

४)"श्यामलोहित व्रण वेदना स्त्राव पाक वती विचर्चिका ॥.....का.सं Pg.No.116

५)"कण्डुविचर्चीभुवने प्रतीता श्वेतानि सुक्ष्माणि च पाटलानी ॥.....हा.सं.३रे स्थान ३६/१२

६)"पित्तोदुम्बरं प्रोक्तं कफान्मण्डलचर्चिके ॥....."शा.सं.७/८७

"कफप्राया विचर्चिका ॥....."च.चि.७/३०

According to charak samhita, *vicharchika* is kaphapradhan vyadhi,

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), *lohit varna* (redness of lesion) .

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, i.e dermatitis according to modern science. Eczema is broad term used for many types of skin inflammations, usually first symptom of eczema is intense itching, the rash appears later, and is red in nature has a carbuncles of different sizes, for this reason, Eczema is also called as "itch that rashes." In some of the people there may be different types of skin inflammations occurred such as chapping (roughness), flaking rupturing of skin and bleeding too.

Even the intensity of eczema differs from one person to another, so the present study research is to treat *vicharchika* with the oral administration of *Pathadya choorna* and topical application of *Sinduradya tailam*.

According to the journal of allergy and clinical immunology, prevalence of current eczema ranged 0.9% in INDIA .

#### A CASE REPORT:-

A 18 years female patient came to OPD of *kayachikitsa* department of L.K. Ayurvedic hospital, Yavatmal with chief complaints of-

- *Kandu* (Itching)
- *Shyava varna* (Blackish discolouration)
- *Pidika*
- *Bahu strava*

- *Ruja (pain)*
- *Rajyo (marked lining due to thickness of lesion)*
- *Rukshata (dryness)*
- *Lohit varna (redness of lesion) on Right thumb and right elbow joint.*

Patient having above complaints since 10 years

N/H/O- HTN & DM

No any H/O major illness.

### HISTORY OF PERSONAL ILLNESS:-

The patient was normal before 10 years ago Since then patient has been suffering from *kandu, shyav varna, pidika, bahu strava, ruja, rajyo, rukshata and lohit varna* on right thumb symptoms get aggravated from 5-6 months. For *Ayurvedic* treatment patient came to our hospital L.K. *Ayurvedic* hospital *yavatmal* in OPD of *kaychikitsa* department.

### Rugna parikshan:-

- *Nadi(pulse)* - 68/min
- *Mala( stool)* - *Prakrit*
- *Mutra(urine)* - *Prakrit*
- *Jivha(tounge)* - *Alpa sam*
- *Netra(eyes)* - *shwetabh*
- *Shabd(speech)*-*Spashta (normal)*
- *Sparsh(skin)* - *samshitoshna*
- *Akriti* - *Madhyam*
- *Bala* - *Madhyam*
- *Raktachaap(B.P)* - 110/70 mm of Hg

### MATERIAL AND METHODS:- METHOD:-

- 1) A case study.

- 2) Centre of study:- Postgraduate Department of *kaychikitsa*, L.K *Ayurvedic* hospital, *Yavatmal* affiliated to D.M.M. *Ayurved* college *Yavatmal*.

### MATERIAL:-

Table 1 - showing material of case study.

Sr. No.	Dravya	Dose	Matra	Anupana
1	<i>Pathadya churna</i>	3gm	Twice a day	Warm water
2	<i>Sinduradya tailam</i>	-	Twice a day	-

### DISCUSSION:-

#### Hetu :-

#### 1)Aahar –

- *Virodhi Annapana,*
- *Snigdha / Guru Ahar,*
- ***Kshara-amla-lavana-ushna aahar***
- *Mounsa Sevan (Machali)*
- *Dudha - Duda - Tila - Udida– Mula etc.*

#### 2)Vihar:

- *Diwaswap*
- *Ativishranti*
- *Chinta virhita*

3) *Manas hetu - Kama, chinta, Bhay, Krodh, Shok etc.*

### SAMPRAPTI GHATAK:-

1. *Dosha* – *kapha*
2. *Dushya* – *Rasa, Rakta, mansa*
3. *Strotas* - *Rasavaha strotas, Raktavaha strotas, Mansvaha strotas*
4. *Udbhavsthan* – *Twaka*
5. *Adhishthan* - *Rasa, Rakta, Mansa,*
6. *Vyaktisthan*- *Twaka*

**TABLE 2-MODE OF ACTION OF FORMULATIONS USED IN CHIKITSA:-**

<i>Dravya</i>	<i>Latin name</i>	<i>Guna</i>	<i>Rasa</i>	<i>Virya</i>	<i>Vipak</i>	<i>Doshghnata</i>
<i>Patha</i>	<i>Cissampelos pareira (menispermaceae)</i>	<i>Laghu tikshna</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittghna</i>
<i>Daruharidra</i>	<i>Berberis aristata (berberidaceae)</i>	<i>Laghu ruksha</i>	<i>Tikta kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittshamak</i>
<i>Chitrak</i>	<i>Plumbagi zeylinica (plumbaginaceae)</i>	<i>Laghu rukshna tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatghna</i>
<i>Atasi</i>	<i>Linum usitasissimum (linaceae)</i>	<i>Guru snigdha pichhil</i>	<i>Madhur tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatshamak</i>
<i>Kutaki</i>	<i>Picrorrhiza kurrora (scrophulariaceae)</i>	<i>Riksha tikshna</i>	<i>Katu</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kaphapittshamak</i>
<i>Indrajav</i>	<i>Holarrhena pubescens (apocynaleae)</i>	<i>Laghu ruksha</i>	<i>Tikta kashay</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kaphapittshamak</i>

सिन्दुराद तैलम्:-

"सिन्दुरम् चन्दनम् मासि विडङ्ग  
रजनिद्वयम्।  
प्रियङ्गु पद्कम् कुष्ठ मंजिष्ठा  
खदिरम् वचाम्।

पाठादं चूर्ण:-

पाठादार्विर्वन्हिघुणेष्टाकटूकाभि  
मुत्र युक्तम शक्रयवैश्चोष्णजलश्च।  
कुष्ठ पित्वामासमरुकस्याद गुदकिलि।  
मेहि शोफि पाण्डूरजिर्नि क्रिमिमान्च्य ॥

वा.भ.चिकित्सा-१९

जात्यार्क त्रिवृता निम्बकरन्ज् विषमेव

च।

क्रिष्णचित्रकलोधच् प्रपुन्नादच

सन्हरेत्।

शलक्ष्णपिष्टानि

सर्वानि

योजयेतैलअमात्रया।

अभ्यन्गेन प्रयुज्जितम्  
सर्वकुष्ठविनाशनम्।  
पामाविचर्चिका कण्डू विसर्पादिहितम्  
मतम्।

रक्तपित्तोत्थितान् हन्ति रोगानेव  
विधान् बहून्।  
सिन्दुरादमिदं तैलमश्विभ्यां  
निर्मित् पुरा॥" भै. रत्नावलि।कुष्ठधिकार

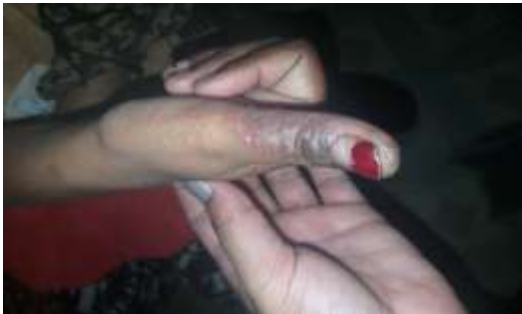
Dravya	Latin name	Guna	Rasa	Virya	Vipak	Doshghnata
Girisindoor	Red oxide of mercury(Hgo)	Sara Guru	Katu tikta	Ushna	Katu	Tridoshshamak
Shwet chandan	Santalum album linn.(santalaceae)	Laghu Ruksha	Tikta Madhur	Sheet	Katu	Kaphapittaghna
Jatamansi	Nordostachys Jatamansi (valerianaceae)	Laghu Snigdha	Tikta Kashay madhur	Sheet	Katu	Tridoshahar
Vidang	Embllica ribes (myrsinaceae)	Laghu ruksha Tikshna	Katu Kashay	Ushna	Katu	Kaphavatshamak
Haridra	Curcuma longa (zingiberaceae)	Ruksha Laghu	Tikta Katu	Ushna	Katu	Tridoshshamak
Daruharidra	Berberis aristata (berberidaceae)	Laghu Ruksha	Tikta Kashay	Ushna	Katu	Kaphapittshamak
Priyangu	Callicarpa Macrophylla (verbenaceae)	Guru Ruksha	Tikta Kashay Madhur	Sheet	Katu	Tridoshshamak Vatpittshamak
Padhyakam	Prunus cerasoides(rosaceae)	Laghu	Kashay	Sheet	Katu	Kaphapittaghna
Kushtha	Saussurea lappa (compositae)	Laghu ruksha Tikshna	Tikta katu madhur	Ushna	Katu	Kaphavatshamak
Manjishtha	Rubia cardifolia (rubiaceae)	Guru ruksha	Tikta kashay madhur	Ushna	Katu	Kaphapittshamak
Khadir	Acasia catechu (leguminosae)	Laghu ruksha	Tikta kashay	Sheet	Katu	Kaphapittaghna
Vacha	Acorus calamus (araceae)	Laghu tikshna	Katu tikta	Ushna	Katu	Kaphavatshamak
Javatri	Myristica malabaricum (myristicaceae)	Laghu tikshna	Tikta katu	Ushna	Katu	Kaphavatshamak
Trivritta	Operculina turpethum (convolvulaceae)	Laghu rukshna tikshna	Tikta katu	Ushna	Katu	Kaphapittaghna

<i>Nimb</i>	<i>Azadirachta indica</i> ( <i>meliaceae</i> )	<i>Laghu</i>	<i>Tikta</i> <i>kashay</i>	<i>Shaeet</i>	<i>Katu</i>	<i>Kaphapittghana</i>
<i>Karanj</i>	<i>Pongamia pinnata</i> ( <i>leguminosae</i> )	<i>Laghu</i> <i>tikshna</i>	<i>Tikta</i> <i>katu</i> <i>kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatshama</i> <i>k</i>
<i>Bachnag</i>	<i>Aconitum ferox</i> ( <i>ranunculaceae</i> )	<i>Rukshya</i> <i>tikshna</i> <i>laghu</i> <i>vyavayi</i> <i>vikasi</i>	<i>Madhu</i> <i>r</i>	<i>Ushna</i>	<i>Madhu</i> <i>r</i>	<i>Vatkaphashamak</i>
<i>Krishnachitra</i> <i>k</i>	<i>Plumbago</i> <i>zeylanica</i> ( <i>plumbaginaceae</i> )	<i>Laghu</i> <i>ruksha</i> <i>tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatghna</i>
<i>Lodhra</i>	<i>Symplocos</i> <i>racemosa</i> ( <i>symplocaceae</i> )	<i>Laghu</i> <i>ruksha</i>	<i>Kashay</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kaphapittshama</i> <i>k</i>
<i>Chakramard</i>	<i>Cassia tora</i> ( <i>leguminosae</i> )	<i>Laghu</i> <i>ruksha</i>	<i>katu</i>	<i>Ushan</i> <i>a</i>	<i>Katu</i>	<i>Kaphavatshama</i> <i>k</i>

The patient had started improving during treatment and the symptoms decreased gradually.

Table 3- showing changes in affected area during chikitsa:-

Before treatment



(Affected Area- Right Thumb)



(Affected Area- Right elbow joint)  
AFTER TREATMENT



(Affected Area- Right Thumb)



(Affected Area- Right elbow joint)



### Discussion :-

In this case study the drug used Pathadya churna contains dravya which mostly acts as kaphagna and vatashamak which reduced the symptoms like kandu, rukshata, shyavata, rajyo, ruja, lohit varna etc. And the sindyaradya tailam which also contain kaphavatshamak dravya decreases the kandu( Itching) and shyavata ( blackish discolouration) significantly .

The symptomatology of *vicharchika* is similar with eczema .Eczema can be defined as a disease in a form of dermatitis or inflammation of the epidermis. The term eczema is broadly applied to a range of persistent skin conditions. There is no sure cure for eczema in modern medical science. The treatment of eczema was discussed here in detail, but they have many side – effects e.g topical corticosteroids have side effects. So, now the duty of ayurveda is to provide a safe and effective medicine to the world so, present case study is a humble effort to give a medicine from classical ayurvedic preparation .

### Conclusion and result:-

From above discussion it is concluded that a classical ayurvedic preparation can also be shows significant effect in the skin diseases. A pathadya churna 3gm orally twice a day and sinduradya tailam topically twice a day decreased symptoms of *vicharchika* with some pathyapathya ( i.e. avoid fish intake) without any side effects.

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