

“Effect of an Ayurvedic Formulation Orally and Purnil Oil locally in the management of Vicharchika w. s. r. to Eczema” –A case study.

Subhash B Jamdhade*¹, Pravin G Kendre², S. K. Jaiswal³

1. Associate Professor
2. P.G Scholar
3. HOD/Professor

P.G. Dept. of Kaychikitsa, D.M.M. Ayurved College, Yavatmal, M. S., India

***Corresponding Author:** drsubhashjamdhade@gmail.com

Abstract:

Ayurveda is the traditional, ancient Indian system of health science. Ayurveda is science of life. Ayurveda is not only curative but also preventive science of life. Skin is the largest and important organ and outermost covering of the body which is 1st protective barrier but very often it is exposed to many entity which can damage it and cause many skin disorder. In ayurveda the word *Kushta* is broad term which cover almost all skin disorder. According to many acharya in *kushta* due to vitiated *dosha* the part of the skin become affected and changes its normal colour called *Kushta* .which have been classify two groups.

1. *Mahakushta* 2. *Kshudrakushta*.

Vicharchika is defined under *kshudrakushta*. it can be correlate with eczema in modern medicine. *Vicharchika* is *kapha pradhan vyadhi* and symptom of

vicharchika are *Kandu* (itching), *Shyavata* (blackish discoloration), *Pidaka* (eruption), *Bahustrava* (discharge), *Ruja* (pain), *Rajyo* (marked lining due to thickness of lesion), *Rukshata* (dryness).

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 *ayurveda* there are various drugs formulation mentioned in *samhita* which show significant effect on *vicharchika*.

Methodology: In this case of *vicharchika* patient was treated by some Ayurvedic formulation orally and *Purnil* Oil locally.

Keywords: *Vicharchika*, *Kushta*, *Eczema*, *Purnil oil*, *Ayurvedic Formulation*

Introduction:-

Ayurveda is the traditional, ancient Indian System of Health science. Ayurveda is “the science of life”. Skin is the 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. According to Astanghrudaya, in kushta due to vitiated dosha the part of skin becomes affected and changes its normal colour called kushtha. Which have been classified mainly into two groups-

(1) Mahakushtha (2) Kshudrakushtha

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

According to Acharya vicharchika is kapha pradhan vyadhi and symptoms of vicharchika are kandu (Itching), shyavavarna (blackish discolouration), pidika (carbuncles), bahustrava (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, Kaphavat pradhan Disease.

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, erythema, oedema, Papules and Vesicles and oozing in acute stage where as itching, scaling, dryness and lichenification occur in chronic stage.

Appearance carries a lot of weight in modern world. Patients are very much concerned about grooming and the way they present themselves before others. 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.

Method:- A case report

A 57yr male pt. came to OPD of kayachikitsa department of L K Ayurved Hospital Yavatmal with **chief c/o**

- 1) Padbhagi Twakvaivarnyata (changes in skin colouration) since 20 yr.

- 2) kandu (Itching) since 20yr
- 3) pidika (eruption), since 20yr
- 4) shyavvarna (blackish discolouration) since 20 yr
- 5) strava (discharge), on and off
- 6) ruja (pain), since 20 yr
- 7) rajyo (marked lining due to thickness of lesion),since 20 yr
- 8) rukshata (dryness), since 20 yr.

Pt. having above complaints since 20 yr.

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

History of present illness:

Pt. is normal before 20 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:-

- 1) Nadi: 68/min
- 2) Mala: Asamyak
- 3) Mutra: samyak
- 4) Jivha: alpasaam
- 5) Shabda : prakrut
- 6) Sparsha : prakrut
- 7) Druk : prakrut
- 8) Aakruti:-Madhyam
- 9) Nidra:- prakrut
- 10) BP:- 140/86 mmHg
- 11) Temp:- Afebrile

Material and methods

Method:-

1) A Case Study

2) Centre: P.G Dept. of kayachikitsa L. K. Ayurved Hospital, Yavatmal, affiliated to D.M.M Ayurved college, Yavatmal.

Material :-

Table no.1 Showing material of case study

Sr. no.	Dravya	Dose	Duration	Anupan
1	<i>Gandhak Rasayan</i>	250 mg	Twice a Day	Lukewarm water
2	<i>SuksmaTriphala</i>	250 mg	Twice a Day	Lukewarm water
3	<i>Guduchighanvati</i>	250 mg	Twice a Day	Lukewarm water
4	<i>Panchsakarchurna</i>	3gm	H.S	Lukewarm water
5	<i>Purnil Oil</i>	Local application	Twice a Day	

Table no.2 Mode of action of formulation used in chikitsa

Sr.no	Dravya	Mode of action/Use
1	<i>Gandhak Rasayan</i>	<i>Kandunashak, kushtaghna, Vishaghna, rasayan, vranaghna, Sarvaroghar</i>
2	<i>SuksmaTriphala</i>	<i>Krumighna, kushtaghna, kshudraroghar,</i>
3	<i>Guduchighanvati</i>	<i>Rasayan, Balancing Tridoshas, improve immune system and built body resistance to infection</i>
4	<i>Panchsakarchurna</i>	<i>Mrudu virechak, vatanulomak</i>
5	<i>Purnil Oil</i>	<i>Kushtaghna, twachyakar, kandughna, krumighna</i>

***Before treatment:-**



***During treatment :-1.**



***During treatment: 2.**



***After treatment:**



Discussion:-

01) Hetu:-

- **Aahar:-** Dadhisevan, mansasevan, Lavan-amla-katu padarth sevan Madhyapan (drinking), virudhaaahar, vidahiannapan

- **Vihar:-** Atishram, aatapsevan, atikrodh, panchkarma Abhav, Diwaswap

02) Samprapti Ghatak:-

1) Dosha:- vat + kapha

2) Dushya:- Rasa, Rakta, Mansa

3) Strotas:- Rasavahastrotas

Raktavahastrotas

Mansavahastrotas

4) Udbhavsthan:- Twacha

5) Vyaktisthan:- Twacha

In this case study the drug used orally formulation of Gandhak Rasayan, su. Triphala, Guduchi Ghanvati which mostly acts as Kushtaghna, Vranaghna, Twachyakar, Shothaghna, Raktashudhikar, Balancing trishosha and rasayani and locally used purnil oil which also contains combination of karanj oil, tuvarakoil, bakuchioil, marichoil, neem oil, castor oil which also Kushtaghna, vranaghna, twachyakar, Shothaghna, Raktashudhikar.

Result:

In ayurveda there are lots of drug used but in this case Ayurvedic Formulation Orally and Purnil oil local used and it is safe and show significant effect on reduce clinical sign and symptom of vicharchika patient.

Conclusion:- on the basis of above discussion It is concluded that Ayurvedic drug formulation of Gandhakrasayan, su. Triphala, guduchi Ghanvati orally and Purnil oil locally is

very effective to reduce sign and symptoms of vicharchika patient.

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