

## Effect of *Ayurvedic* Formulation Orally and *Karanjtail* locally in the management of *Vicharchika* WSR to Eczema –A case study.

Subhash B. Jamdhade<sup>1</sup>, Swati. S. Tayade\*<sup>2</sup>, S.K. Jaiswal<sup>3</sup>, Pradnya S. Jamdhade<sup>4</sup>

1. Associate Professor, PG Dept. of Kaychikitsa, drsubhashjamdhade@gmail.com,
2. PG scholar PG Dept of Kaychikitsa
3. HOD/Professor, PG Dept of Kaychikitsa, dr.skjaiswal01@gmail.com,
4. Assistant professor, drpradnyajamdhade@gmail.com

DMM Ayurved Collage, Yeotmal, Maharashtra, India

\*Corresponding author: [tayadeswati957@gmail.com](mailto:tayadeswati957@gmail.com)

### Abstract:

Skin is the largest and important organ of the body .A number of skin conditions last a long time. some may start in childhood and continue into adulthood. In *Ayurveda* the word *Kushta* is broad term which cover almost all skin disorder. Skin is the Largest Organ of Human Body. all the skin diseases in *Ayurveda* have been classified under the broad heading of ' *Kushta* ' which are further Classified in to *MahaKushta* and *KshudraKushta*. *Vicharchika* is defined under *kshudraKushta*. *Vicharchika* is *kaphapradhanvyadhi* it can be correlate with eczema in modern medicine. Eczema is a condition where in patches of skin become inflamed, itchy, cracked, and rough. some types can also cause blisters. In adults, Eczema appear anywhere, mostly Hand and foot. The affected skin may be blackish, eruptive. Chronic skin conditions typically aren't curable but they can managed using drugs. 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*.

**Keywords:** *Vicharchika*,

### Introduction

- Skin is the largest and important organ of the body .A number of skin conditions last a long time. some may start in childhood and continue into adulthood.
- Skin diseases can affect an Individual at any age. about 10-20 % of the general practice
- includes the Patients suffering From skin disorders.
- Eczema affects about 10% to 20 % in human. Some people continue to have symptoms on and off for life .
- In *Ayurveda*, The word *Kushta* is broad term, which covers almost all skin disorders

“कुष्णातीडतिकुष्ठं” (मा.नि ./कुष्ठ ./टिका1)  
Viz.

(1) Mahakushtha (2) Kshudrakushtha  
Vicharchika being one among  
kshudrakushtha, is also a Rasa, Rakta and  
Mansa dhatupradoshajvikara.

**Vicharchika Nirukti:** The word  
Vicharchika is derived from the root  
word “Charcha” with “Vi” upasarg  
meaning a form cutaneous Eruption with  
itch and scab.

**Paribhasha:** The term Vicharchika is  
derived as one of the variety of  
Astadasha Kshudra Kushta, in which the  
skin develops Shyavarnata, Pidaka,  
associated with srav and kandu.

According to Acharya Vicharchika is  
kaphapradhan vyadhi and symptoms of  
Vicharchika are

- 1) Kandu (Itching),
- 2) Shyavavarna (blackish  
discoloration),
- 3) Pidika (carbuncles),
- 4) Bahustrava (discharge),
- 5) ruja (pain),
- 6) rajyo (marked lining due to  
thickness of lesion ),
- 7) rukshata (dryness).

Also Many Acharya defined as various  
dosha responsible for Vicharchika vyadhi  
and defined Vicharchika is

- kaphapradhan, pittapradhan,  
Kaphavatpradhan Disease.  
Vicharchika is described in many of  
Ayurved text.

• विचर्चिका-

१) सकण्डुपिडकाश्यावाबहुस्त्रावाविचर्चिका ॥

“च.चि.७/२६, यो.र/भा.प्र.५४/२७

2) सकण्डुपिटीकाश्यावालसीकाद्याविचर्चिका ॥ अ .

ह.नि.१४/१८

3) कफप्रायाविचर्चिका ॥ च.चि.७/३०

4) राज्यो अतिकण्ड्वर्तिरुजः

सरक्षा भवन्ति गात्रेषु विचर्चिकायाम् ॥ ..सु.नि.५/१३

5) श्यामलोहितव्रणवेदनास्त्रावपाकवतीविचर्चि

॥..

का.सं Pg.No.116

6) पित्तेनोदुम्बरं प्रोक्तं कफान्मण्डलचर्चिके ॥

शा.सं.७/८

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

Continuous rubbing and scratching can  
lead to skin infections.

Eczema also called atopic dermatitis is  
an inflammatory, non –contagious and  
extremely pruritic, chronically relapsing  
skin disease. Different types and stages  
of eczema affect 31.6 million people in  
the United States, Which is over 10% of  
the population 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

The most patients report stress results in  
aggravation of the disease.

Its clinically manifestation:

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

Beauty aspect is not just limited to  
females or younger generations now but  
it has been expanded to all the age  
groups in male and females both.

No Satisfactory treatment is available in  
contemporary medical practice except  
antihistamines and topical steroids.  
But Ayurveda is the repository of skin  
remedies which are therapeutically safe  
and effectiveness.

Skin problem has its link to a problem  
inside our body only. so, Best &  
everlasting treatment for any problem is  
to diagnose it rightly so that root cause  
can be found out. If the root cause will  
get solved, the skin related issues will  
resolve automatically.

According to JMGIMS (journal of  
mahatma Gandhi institute of medical  
science.), Eczema is the most common  
dermatitis in the last 10 years.

**Method:- A case report**

A 40 yr male pt. came to opd of Kayachikitsa Department of L K Ayurved Hospital yavatmal with **chief c/o**

1. *Pad PradeshiTwakvaivaranyata* (changes in skin colouration) since 05 yr.
2. *Kandu* (Itching) since 05yr
3. *Pidika* (erruption), since 05yr
4. *Shyavvarna* (blackish discolouration) since 05 yr
5. *Strava* (discharge), on and off
6. *Ruja* (pain), since 05 yr
7. *Rajyo* (marked lining due to thickness of lesion), since 05 yr
8. *Rukshata* (dryness), since 05 yr

Pt. having above complaints since 05 yr

**Past history:-**No H/O DM/HTN/ Any major illness.

**History of present illness :**

Pt. is normal before 05 yrs ago then pt. has been suffered from above symptoms. Pt. was treated by local doctor many

**Table no.1****Showing material of case study**

Sr.no	Dravya	Dose	Duration	Anupan
1	<i>AarogyavardhiniVati</i>	250 mg	Twice a Day	Lukewarm water
2	<i>GandhakRasayan</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>Khadiraarishta</i>	15ml	Twice a Day	Lukewarm water
6	<i>Karanj Tail</i>	05 ml for L.A.	Twice a Day	

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

Sr. no	Dravya	Mode of action/Use

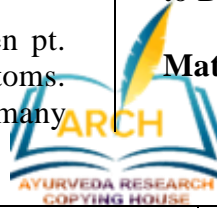
times but after stop medication pt. symptoms was aggravated then pt.came to L.K.Ayurved Hospital yavatmal for ayurvedic treatment and management.

**Rugnaparikshan:-**

- *Nadi:-*80/min
- *Mal:* Asamyak
- *Mutra:* samyak
- *Jivha:* alpasaam
- *Shabda :* prakrut
- *Sparsha :* prakrut
- *Druk :* prakrut
- *Aakruti:-*Madhyam
- *Nidra:-* prakrut
- *BP:-* 110/70 mmHg
- *Temp:-* Afebrile

**Material and methods****Method:-****1) A Case Study**

**2) Centre:** P.G Dep. Of kayachikitsa L.K Ayurved hospital yavatmalaffiliated to D.M.M Ayurved college yavatmal.

**Material :-**

1	AarogyavardhiniVati	Agneedipan, proper rasa Dhatu Formation, Katuki eliminates dushtaPitta, Corrects Rakta.
2	GandhakRasayan	Krumighna, Kushtaghna, kshudra roghar,
3	Guduchighanvati	Rasayan, Balancing Tridoshas, improve immune system and built bodys resistance to infection
4	Panch sakarchurna	Mruduvirechak, vatanulomak
5	Khadiraarishta	Anti-inflammatory Activity, Antiparasitic, Anti oxidant property.
6	Karanj Tail	Astringent, anti-inflammatory properties, Ropan (Healing), antiseptic property.

**Table no.3**

showing changes in affected area before chikitsa and after chikitsa

● **Before treatment:-**



**After treatment:-**



**Discussion:-**

**Hetu:-**

**1)Aahar:-**

- Dadhisevan, Mansa sevan,
- Lavan- amla- katupadarthsevan
- Madhyapan, Virudhaaahar, Vidahiannapan

**2) Vihar:-**

- Atishram, Aatapsevan, Atikrodh,
- PanchkarmaAbhav, Diwaswap

**SampraptiGhatak:-**

- **Dosha:-** vat + kapha
- **Dushya:-** Rasa, Rakta, Mansa
- **Strotas:-** Rasavahastrotas, Raktavahastrotas, Mansavahastrotas
- **Adhisthan:-** Rasa, Rakta, Mansa
- **Udbhavsthan:-** Twaka
- **Vyaktisthan:-** Twaka

In this case study the drug used orally formulation of AarogyavardhiniVati, GandhakRasayan, su.Triphala, GuduchiGhanvati,

*Khadiraarishta* which mostly acts as *Kushtaghna*, *vrnaghna*, *twachyakar*, *Shothaghna*, *Raktashudhikar*, *Balancing trishosha* and *rasayani* and locally used *karanja oil*, *Also tuvarak oil*, *bakuchi oil*, *marich oil*, *neem oil*, *castor oil* which also *Kushtaghna*, *vrnaghna*, *twachyakar*, *Shothaghna*, *Raktashudhikar*.

#### Conclusion:-

From above discussion. It is concluded that Ayurvedic drug formulation of *Gandhakrasayan*, *su.Triphala*, *guduchiGhanvati*, *Khadiraarishta* orally and *Karanj Tail* Locally is very effective to reduce sign and symptoms of *Vicharchika*

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**Conflict of Interest:** Non

**Source of funding:** Nil

**Cite this article:**

*Effect of Ayurvedic Formulation Orally and Karanjtail locally in the management of Vicharchika WSR to Eczema –A case study.*

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**Ayurline: International Journal of Research In Indian Medicine 2021; 5(2):01-05**