An effect of *manjistha khadir choorna* orally and *dermocare* oil locally in the management of *vicharchika* w. s. r. to eczema – a case study.

Subhash B. Jamdhade¹, Monica W. Chavan², S. K. Jaiswal³, Pradnya S. Jamdhade⁴

1. Associate Professor
2. PG scholar
3. HOD/Professor
4. Assistant Professor

P.G. Dept of Kayachikitsa, D.M.M Ayurved College, Yavatmal, M. S. (India)

*Corresponding author: monica.chavan94@gmail.com*

**Abstract:**
In *Ayurveda*, majority of skin diseases have been mentioned under the umbrella of *Kushtha* and in other words, it can be listed as “Ayurvedic dermatology.” *Ayurveda* is science of life. *Ayurveda* is not only curative but also preventative science of life. In ayurveda the word *Kushta* is broad term which cover almost all skin disorder. *Vicharchika* is a type of *kshudrakushta* often encountered by *Ayurvedic* dermatologists characterized with symptoms namely *Kandu* (Itching) *Srava* (discharge) *Pidika* (vesicles) and *Shayava varna* (Discoloration) *Rajyo* (marked lining due to thickness of lesions) *Vicharchika* is often correlated to eczema based on the clinical presentations. No satisfactory treatment is available in contemporary medical practice expect antihistamines and topical steroids. Main line of treatment for *vicharchika* in *Ayurved* is *shodhsna* and *shaman oushadhi*. 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 present case study is successful ayurvedic management of case of *vicharchika* (eczema). Here is case report of a 45 years male having with complaint of *padbhagi twak vaivaranyata kandu pidika ruja rajyo rukshta strava*. He was treated with ayurvedic drugs. A remarkable improvement in condition was observed.

**Keywords:** *kushta*, *eczema*, *shaman shoudhan oushadhi*, *vicharchika*

**Introduction**
*Ayurveda* is a life science. *Ayurveda* is not only curative but also preventative science of life. In *Ayurveda*, all skin disorders describes under the heading of *Kushta*. Skin is the one of the sense organ in the body, 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.

“kushnatee iti kushtham”
(Ma.Ni./Kushta./Tika 1)

Viz. 1. Mahakushtha, 2. Kshudrakushtha,

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

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

**Paribhasha:** The term *Vicharchika* is derived as one of the variety of Astadasha Kshudrakushta, in which the skin develops Shyavvarnata, Pidaka, associated with srav and kandu. According to Acharya vicharchika is kaphapradhan vyadhi and 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). Also Many Acharya defined as various dosha responsible for Vicharchika vyadhi and defined *vicharchika* is kaphapradhan, pittapradhan, Kaphavatprdhan Disease. Vicharchika is described in many of Ayurved text.

विचर्चिका-

1)कफप्रायाविचर्चिका॥च.चिं.७/३०
3)राज्योअतिकण्डुवतिरुजः
सर्क्षाभवनितिगातेपुच्छविचर्चिकायाम्॥मु. नि.६/१३
4)सकण्डुपिटीकाश्यावालसीकाद्याविचर्चिका॥ अ.हू.नि १४/१८
5)श्यामलोहितव्रणवेदनात्रास्तान्तिविचर्चिका॥ का.सं. Pg.No.116
6)पितेमदुम्बरप्रोक्तकान्तलचर्चिके
॥ श.सं७/८

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. 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, eythema, oedema, Papules and Vesicles and oozing in acute stage whereas itching, scaling, dryness and lichenification occur in chronic stage. Appearance carries a lot of weight in modern world. Patients are very much concern about grooming and the way they present themselves before other. 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. 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 45 yr male pt. came to opd of kayachikitsa department of L K Ayurved Hospital yavatmal with chief c/o
1) Padbhagi Twak vaivaranyata (changes in skin coloration) since 3 yr.
2) kandu (Itching) since 3 yr
3) pidika (eruption), since 3 yr
4) Shyav varna (blackish discoloration) since 3yr
5) Strava (discharge), on and off
6) Ruja (pain), since 3 yr
7) Rajyo (marked lining due to thickness of lesion), since 3 yr
8) Rukshata (dryness), since 3 yr

Pt. having above complaints since 3 yr

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

**History of present illness:** - pt. is normal before 3 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:-**
- Nadi:- 68/min
- Mal: Asamyak
- Mutra: samyak
- Jivha: alpa saam
- Shabda : prakrut
- Sparsha : prakrut
- Druk : prakrut
- Aakruti:-Madhyam
- Nidra:- prakrut
- BP:- 140/80 mmHg
- Temp:- Afebrile

**Material and methods**

**Method:**

**A Case Study**

**Centre:** P.G. Dep. Of Kayachikitsa
L. K. Ayurved hospital yavatmal affiliated to D.M.M Ayurved college yavatmal.

**MATERIALS AND METHODS**

**MATERIAL:**
The following tables showing material of case study

<table>
<thead>
<tr>
<th>Sr no</th>
<th>Dravya</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Manjistha khadir choorna</td>
<td>3 gm</td>
<td>Twice a day</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>2</td>
<td>Dermacare oil</td>
<td>Local application</td>
<td>Twice a day</td>
<td></td>
</tr>
</tbody>
</table>
### TABLE NO. 2

**1. MANJISHTA KHADIR CHOORNA:**

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Sankrit name</th>
<th>Botanical name</th>
<th>Ras</th>
<th>Virya</th>
<th>Vipak</th>
<th>Karmukta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Manjistha</td>
<td><em>Rubia cordifolia</em></td>
<td>Kashay</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha Pittashamak</td>
</tr>
<tr>
<td>2</td>
<td>Khadir</td>
<td><em>Acasia catechu</em></td>
<td>Tikta</td>
<td>Shita</td>
<td>Katu</td>
<td>Kaphapitta Shamak</td>
</tr>
</tbody>
</table>

### TABLE NO 3 2 DERMO CARE OIL

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Sanskrit name</th>
<th>Latin name</th>
<th>ras</th>
<th>virya</th>
<th>vipak</th>
<th>karmukta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kalamari</td>
<td><em>Pipernigam</em></td>
<td>katu</td>
<td>ushna</td>
<td>katu</td>
<td>lekhan</td>
</tr>
<tr>
<td>2</td>
<td>Ark</td>
<td><em>Calotropis gigantea</em></td>
<td>katu</td>
<td>ushna</td>
<td>katu</td>
<td>kaphavatsha mak</td>
</tr>
<tr>
<td>3</td>
<td>Devdar</td>
<td><em>cedrusdeodara</em></td>
<td>Tikta</td>
<td>ushna</td>
<td>katu</td>
<td>kushtanng</td>
</tr>
<tr>
<td>4</td>
<td>Haridra</td>
<td><em>Curcuma longa</em></td>
<td>Tikta</td>
<td>ushna</td>
<td>katu</td>
<td>Kaphavat shamak</td>
</tr>
<tr>
<td>5</td>
<td>Daruhari dra</td>
<td><em>Berberis aristata</em></td>
<td>Tikta</td>
<td>ushna</td>
<td>katu</td>
<td>kaphapittha r</td>
</tr>
<tr>
<td>6</td>
<td>Kath</td>
<td><em>Sassurea lappa</em></td>
<td>Tik takas hay</td>
<td>shita</td>
<td>katu</td>
<td>Kapha Pittashamak</td>
</tr>
<tr>
<td>7</td>
<td>Rraktachand an</td>
<td><em>pterocecaus</em></td>
<td>Tikta</td>
<td>shita</td>
<td>katu</td>
<td>kaphapittash amak</td>
</tr>
<tr>
<td>8</td>
<td>Indravarun</td>
<td><em>Citrullus colocynthis</em></td>
<td>Tikta</td>
<td>ushna</td>
<td>katu</td>
<td>kaphapittagha na</td>
</tr>
<tr>
<td>9</td>
<td>Kaner</td>
<td><em>Nerium indicum</em></td>
<td>katu</td>
<td>ushna</td>
<td>katu</td>
<td>kaphavatsha mak</td>
</tr>
<tr>
<td>10</td>
<td>Chitrakmool</td>
<td><em>Plumbago zeylanica</em></td>
<td>katu</td>
<td>ushna</td>
<td>katu</td>
<td>vatkaphasha mak</td>
</tr>
<tr>
<td>11</td>
<td>Vavdinga</td>
<td><em>Embelica ribes</em></td>
<td>katu</td>
<td>ushna</td>
<td>katu</td>
<td>vatakaphasha mak</td>
</tr>
<tr>
<td>12</td>
<td>Chakramarda</td>
<td><em>Cassia tora</em></td>
<td>katu</td>
<td>shita</td>
<td>katu</td>
<td>kaphavatagh ana</td>
</tr>
<tr>
<td>13</td>
<td>Shirishch hal</td>
<td><em>Albizia lebbeck</em></td>
<td>Kashay</td>
<td>ushna</td>
<td>katu</td>
<td>tridoshshamak</td>
</tr>
<tr>
<td>14</td>
<td>Kutaj</td>
<td><em>Holarrhena antidysenterica</em></td>
<td>Tik taks hay</td>
<td>shita</td>
<td>katu</td>
<td>kaphapittash amak</td>
</tr>
<tr>
<td>15</td>
<td>Neemchh</td>
<td><em>Azadirachta</em></td>
<td>Tikta</td>
<td>shita</td>
<td>katu</td>
<td>kaphapittash</td>
</tr>
<tr>
<td>No</td>
<td>Name</td>
<td>Plant Name</td>
<td>Type</td>
<td>Part</td>
<td>Use in Pitta</td>
<td>Use in Kapha</td>
</tr>
<tr>
<td>----</td>
<td>------------</td>
<td>-----------------------------</td>
<td>------</td>
<td>------</td>
<td>--------------</td>
<td>--------------</td>
</tr>
<tr>
<td>1</td>
<td>Galo</td>
<td>Tinospora cordifolia</td>
<td>tikta</td>
<td>ushna</td>
<td>katu</td>
<td>kaphapittash amak</td>
</tr>
<tr>
<td>1</td>
<td>Amaltas</td>
<td>Cassia fistula</td>
<td>amla</td>
<td>ushna</td>
<td>amla</td>
<td>kaphavatsha mak</td>
</tr>
<tr>
<td>1</td>
<td>Karanbeej</td>
<td>Pongamia glabra</td>
<td>tikta</td>
<td>ushna</td>
<td>katu</td>
<td>kaphavatshak</td>
</tr>
<tr>
<td>1</td>
<td>Nagarmotha</td>
<td>Cyprus rotundus</td>
<td>katu</td>
<td>tikta</td>
<td>shitat</td>
<td>kaphavatshan</td>
</tr>
<tr>
<td>2</td>
<td>Kherchha</td>
<td>Acacia catechu</td>
<td>tikta</td>
<td>katham</td>
<td>kaphavatagha</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Vaj</td>
<td>Acorus calamus</td>
<td>katu</td>
<td>shita</td>
<td>kaphavatagha</td>
<td></td>
</tr>
</tbody>
</table>

Showing changes in affected area before chikitsa and after chikitsa Treatment

Before treatment:

During treatment 1.

Discussino:

Hetu:-
1) Aahar:- Dadhi sevan, Mansa sevan, Lavan-amla-katu padarth sevan Madhyapan, Virudha aahar, Vidahi annapan
Vihar:-Atishram, Aatapsevan, Atikrodh, Panchkarma Abhav, Diwaswap

Samprapti Ghatak:-
1) Dosha:- vat + kapha
2) Dushya:- Rasa, Rakta, Mansa
3) Strotas:- Rasavaha strotas Raktavaha strotas Mansavah strotas
4) Adhisthan:- Rasa, Rakta, Mansa
5) Udbhavsthana:- Twaka
6) Vyaktisthan:- Twaka

After treatment:

During treatment 2.
CONCLUSION

In this study the drug used orally formulation of majistha choorna most helpful in all types of skin disorders an imbalanced pitta dosha vitiates the blood and impairs its normal functioning. This causes skin problems like redness manjistha helps to purify the blood and treats all type of skin disorders. This is due to its pitta balancing and rakta shodhak (blood purifier properties).

Khadiardi choorna which mostly acts as Kushtaghna, vranaghna, twachyakar, Shothaghna, Raktashudhikar, Balancing trishosha and rasayani. Locally used dermocare oil which also Kushtaghna, vranaghna, twachyakar, Shothaghna, Raktashudhikar. Application of dermocare oil would take care of rukshta (dryness) as it contains til tailam which is snehpaakdrya. Haridra daruharida reduces acts as shodhagana i.e reduces swelling. Chakramarda acts as vishaghana decreases kandu (itching). Raktachandan acts as dahaprashmak i.e reduces (burning sensation) Chitrakmula acts as lekhnna i.e. it removes pitika (eruptions) nagarmotha and nimba acts as kledaghna decrease kandu (itching).

Dermocare oil fights free radicals that damage cell membrane. Hydrating properties in the oil will relive from itching. Anti-inflammatory and antibacterial infection to relive inflammation. From above case study. It is concluded that Ayurvedic drug formulation of manjishtakhadir choorna orally and dermocare oil locally is very effective to reduce sign and symptoms of vicharchika patient.

REFERENCES:
1. Yadavji trikamji chaukhamba 1941 charak samhita pub by sanskrit series office, varanasi.
2. Kunjalal kaviraj 1911 sushruta samhita of shushruta vol. 2 pub by author calcutta P Nos 22-29,35,42
4. Dravyaguna vigyan vol 1, 2, 3 Priyavat Sharma Pub. by choukhamba sanskrit prakashan.

Conflict of Interest: Non
DOI: https://doi.org/10.52482/ayurline.v5i3.533
Source of funding: Nil

Cite this article:
An effect of manjistha khadir choorna orally and dermocare oil locally in the management of vicharchika w. s. r. to eczema –a case study.
Subhash B Jamdhade, Monica W. Chavan, S. K. Jaiswal, Pradnya S. Jamdhade
Ayurline: International Journal of Research In Indian Medicine 2021; 5(3):01-06