Role of Raktmokshana (Siravedh) & Shaman Chikitsa in Vicharchika - A Case Study
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Abstract:
In *ayurvedic* texts, all skin diseases are classified under *Mahakushtha* and *Kshudrakushtha*. *Vicharchika* is a type of *Kshudrakushtha*. It can be correlated with eczema according to modern science. Eczema is characterized by dry itchy skin with areas of poorly demarcated scales. In acute phase, eczema may be vesicular and oozing. In chronic phase, it may become hyperpigmented and lichenified. Modern dermatology employs systemic and local administration of steroids for the management of eczema. Despite an initial response, maintenance therapies with small doses of systemic and topical glucocorticoids usually produce hazardous ill effects. So attempt has been made to treat eczema by *Ayurvedic* medicine. *Ayurveda* focuses on underlying etiopathogenesis and treats the root cause of the disease. The present study has been done to evaluate the efficacy of Shodhana i.e. *Raktamokshan (siravedha)* and Shaman Chikitsa in *Vicharchika*. 

**Keywords:** Mahakushtha Kshudrakushtha. Vicharchika

Introduction:
Most of the skin diseases develop from abnormal functioning of the agni, defective dietary habits like Smoking, alcohol, psychological stress and causing lifestyle related skin diseases. *Vicharchika* is one of the disease mentioned in ancient science among kushtha.[1] Kushtha has been classified in mainly two groups, *Mahakushtha* and *Kshudrakushtha*. [2,3] *Vicharchika* being one among Khudra kushtha. All *Kushthas* having tridosha origin.[4] Hence it Can be explained in similar manner i.e. *Kapha* is responsible for *Kandu*, Pitta is for strava and shyava indicate the presence of vata.

The existing treatment in modern science for eczema consist of reassurance, elimination of predisposing cause and palliative. It is also said that there is no specific medication for eczema.[5] Though few drugs give symptomatic relief only. Modern dermatology employs systemic and local administration of steroid for the management of eczema.[6] Despite of Initial response, maintenance therapies...
with small doses of systemic and topical glucocorticoids usually produce hazardous effect [7].
Ayurveda focuses on underlying etiopathogenesis and treats the root cause of disease.
The main focus of treatment in Ayurveda for Vicharchika is Shodhan (Raktamokshan) [8].
The present work has been undertaken to check the efficacy of Shodhan (Raktamokshan) and Shaman Chikitsa in Vicharchika [9].

Case report:-
A 56 yrs old male patient came in OPD with complaints of Kandu (itching), Shyava varna (blackish discolouration), Rukshata (dryness), Strava (discharge), Lohita varna (redness) and Ruja at the dorsum of both hands. Initially it was started in the form of small vesicles associated with itching, later on developed pidaka, strava and reddish lesions. After some days, itching was gradually increased with dryness. Patient received some oral steroids, antifungal and anti inflammatory drugs from local dermatologist but he didn’t get relief. So he came in Kayachikitsa OPD.

General Examination:-
General condition of patient was fair, Vitals were normal. Local and systemic examination revealed no abnormality. Bowels - Abnormal.
Micturition - Normal,
Appetite - good.
BP- 110/80 mmHg
PR- 76/min
Routine blood investigations were done and was normal Skin examination.

Ashtavidha Pariksha:
- Nadi – 72/min, Madhyam, Pittavataj
- Mala – Malavastambha
- Mutra – Samyak
- Jivha – saam
- Shabda – Prakrit
- Sparsha – Snidha
- Druk – Prakrit
Aakriti – Madhyam
Kshudha – Kshudhamandya
Nidra – Samyak

Material and methods:-
Table 1: Showing Treatment schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>06-08-20</td>
<td>1. Siravedha has been done</td>
</tr>
<tr>
<td></td>
<td>2. Hingwashtak churna 2gms + Ajamodadi churna 2gms BD before meal with lukewarm water.</td>
</tr>
<tr>
<td></td>
<td>3. Panchasakar churna 2gms with lukewarm water at bedtime.</td>
</tr>
<tr>
<td></td>
<td>4. Arogyavardhini vati 1BD</td>
</tr>
<tr>
<td></td>
<td>5. Raktapachak Kadha 20ml BD</td>
</tr>
<tr>
<td></td>
<td>6. Cutis oil for LA</td>
</tr>
<tr>
<td>21-08-20</td>
<td>1. Siravedha 2nd sitting</td>
</tr>
<tr>
<td></td>
<td>2. Cap. Panchatikta Ghrit Guggul 500mg 1 BD</td>
</tr>
<tr>
<td></td>
<td>3. Suksha Triphala 1 BD</td>
</tr>
<tr>
<td></td>
<td>4. Cap. Epderm 1 BD</td>
</tr>
</tbody>
</table>
5. **Mahamanjishthadi Kadha 15ml Bd**
6. **Aragvadha kapila vati 1** with lukewarm water at bed time.

| 05-09-20 | 1. **Rasayan vati 1 BD**
|          | 2. **Chopchinyadi Churna 2gms BD** |

**Table 2: Gradation of symptoms/subjective parameters of Vicharchika**[^10].

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Parameters</th>
<th>Grade 0</th>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Kandu (itching)</strong></td>
<td>Absent</td>
<td>Tolerable</td>
<td>Tolerable but doesn’t disturb sleep</td>
<td>disturb sleep</td>
</tr>
<tr>
<td>2</td>
<td><strong>Shyava varna (blackish discolouration)</strong></td>
<td>Normal</td>
<td>Slightly black</td>
<td>Dark patches</td>
<td>Dark spot with variation</td>
</tr>
<tr>
<td>3</td>
<td><strong>Pidika</strong></td>
<td>Absent</td>
<td>One or two</td>
<td>More than two</td>
<td>All over the body</td>
</tr>
<tr>
<td>4</td>
<td><strong>Rukshata(dryness)</strong></td>
<td>Absent</td>
<td>Dryness with rough skin</td>
<td>Dryness with scaling</td>
<td>Dryness with Cracks</td>
</tr>
<tr>
<td>5</td>
<td><strong>Strava (discharge)</strong></td>
<td>No Discharge</td>
<td>Occasional discharge with itching</td>
<td>Occasional oozing without itching</td>
<td>Excessive oozing making cloth wet</td>
</tr>
<tr>
<td>6</td>
<td><strong>Lohita varna (redness)</strong></td>
<td>Normal skin</td>
<td>Slightly red</td>
<td>Reddish patches</td>
<td>Dark Red patches</td>
</tr>
<tr>
<td>7</td>
<td><strong>Ruja</strong></td>
<td>No pain</td>
<td>Mild pain</td>
<td>Moderate pain</td>
<td>Severe pain</td>
</tr>
</tbody>
</table>

**Table 3: Showing results before treatment and after treatment**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Parameters</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Kandu (itching)</strong></td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td><strong>Shyava varna (blackish discolouration)</strong></td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td><strong>Pidika</strong></td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td><strong>Rukshata(dryness)</strong></td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>5</td>
<td><strong>Strava (discharge)</strong></td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>6</td>
<td><strong>Lohita varna (redness)</strong></td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>7</td>
<td><strong>Ruja</strong></td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>
Discussion:-

Vicharchika is a type of Kshudrakushtha and is generally caused due to the vitiation of vata, kapha and rakta having Ruksha, Strava, shyava varna, Strava. In this case, the patient was treated for the period of 30 days. Treatment was planned in 2 phases.

1. Raktamokshan (Siravedha)
2. Shaman Chikitsa

Prescribed medications with their action are shown below:

1. Arogayavardhini Vati-[11]
   Aamdoshanashak, Hepatoprotective, Vata and Kaphanashak, Kushthaghna. It has as anti-inflammatory. It has Bhedan and Malashuddhikar property because of Kutaki.

2. Raktapachak Kadha-
   It contains Patol, Sariva,Musta, Patha, Kutaki. It corrects the Rakta Dhatvagni. It is Raktashodhak and Kushthaghna.

3. Panchatikta Ghrit Guggul-[12]
   It is kushthagna. It helps in pacification of tridosha.It has anti inflammatory, anti pruritic and carminative properties.

4. Mahamanjishthadi Kwath-[13]
   Varnya, Kaphapittashamak, Shothahar, Kushthaghna, Vranaropak, Raktashodhak, Dahashaman

5. Sukshma Triphala-
   It contains Kajjali and Triphala. It is Kaphashamak. It has Rechan property.

6. Cutis oil-
   It is vata kaphashamak. It has raktashodhak and Kandunashak properties. It reduces dryness, itching and scaling.

7. Raktmokshan (Siravedha)-[14]
   Vicharchika is included under Stravedha Arha vyadhi. In each and every disease, Shodhan is mentioned which includes Siravedha. In Vicharchika, there is vitiation of Rasa, Rakta and Mans Dhatu and Siravedha is indicated in all these vitiated Dushyas.In Vicharchika, there is excess dushti of all doshas which can be eliminated easily by Siravedha. Siravedha produces Indriya prasadan and Dhatu Sthirata, hence Rakta Dhatu Dushti and Rasa Dushti in Vicharchika is reduced and Twakindriya is nourished. In present case, 2 sittings of Siravedha at the interval of 15 days has been done, along with it, Shaman Chikitsa is given to the patient. The action of the prescribed medication were discussed above.

Conclusion:

In the contemporary view of Vicharchika, it can be included in Eczema. Long period of treatment in the form of suppressive and symptomatic (topical and systemic) are necessary in both therapies. In Ayurveda, Kushtha and kshudrakushtha are broad concept with pointed principle of management. All aspect of treatment also describe in Vicharchika eg. Pathya and Apathya. Various drugs for systemic and local purpose in many form of drugs preparation eg. Vati, lepas, Rasayan preparations, oil, Kwath. In present case study, patient has been treated with Shodhan and Shamana Chikitsa and got 95% result. So it can be concluded that Ayurvedic management will be an effective and acceptable in treatment of Vicharchika.
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