

The efficacy of *Mahatiktak ghrut* orally and *Arkadi tailam* locally in the management of *Vicharchika* with special reference to eczema– A case study.

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ABSTRACT:-

The human skin is the outer covering of the body. It is the largest vital organ that forming protective barrier against pathogens and injuries from the environment. It is about 2 mm thick and with a total area of the body of about 20 square feet. The skin helps to regulate the body temperature and maintain water and electrolyte balance. Skin disease is the major cause of disability worldwide, 10-20% of general practice includes the patient suffering from skin diseases.

In Ayurveda the *sparshnendriya* has *adhisthanm twaka*. Acharya *sushruta* gives details about layers of skin. The word *kustha* is a term that covers all skin diseases. *Kustha* is further classified in

- 1) *Mahakustha* and 2) *Kshudra kustha*.

Vicharchika diseases are explained under *kshudra kustha*. The clinical presentation of *vicharchika* closely mimics with special variety of skin diseases called Eczema. It is a condition in which patches of skin become inflamed, itchy, cracked, and rough.

Vicharchika is *kaphapradhan vyadhi*. Due to vitiated *dosha* symptoms of *vicharchika* are *Shyava* (Blackish discoloration), *Kandu* (Itching), *Pidaka* (Eruption), *Ruja* (Pain), *Bahustrava* (Discharge), *Rajyo* (marked lining due thickness of lesion), *Rukshta* (dryness). There are many antibiotics, steroids, antihistamines, etc. Drugs are used to manage skin disease but chronic skin conditions typically are not curable. Skin disorder remains refractory to treatment. In Ayurveda, there is various drug formulation mentioned in Samhita like *Mahatiktak ghrut* and *Arkadi tail* which show a significant effect on *vicharchika*.

METHODOLOGY

In this case of vicharchika patient was treated by *Mahatikatk ghrut* orally and *Arkadi tail* locally.

KEYWORDS

Vicharchika, Eczema, *Kushta*, *Mahatiktak ghrut*, *Arkadi tail*.

INTRODUCTION

Vicharchika is *kapha Pradhan vyadhi* and clinical presentation is correlated with the modern term eczema. It is chronic relapsing pruritic inflammation of the skin, it is a major public health problem affecting 1-20% of people worldwide. The main symptom is rash that typically appears on the arm behind the knee but can also appear anywhere.

Eczema is a chronic inflammatory skin disorder in spite of intensive investigation cause of eczema remains unclear. In Ayurveda, the word *kushta* is a broad term, which covers almost all skin diseases.

1) *Mahakushtha* 2) *Kshudrakustha*. *vicharchika* being one among *kshudrakustha*, is also *Ras*, *Rakta*, and *Mansa dhatu pradoshaj vikara*.

- **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 varieties of *Astadasha Kshudrakushta*, in which the skin develops *Shyav varnata*,

Pidaka, associated with *strav* and *kandu*.

Also Many Acharya defined as various dosha responsible for *Vicharchika vyadhi* and *vicharchika* is *kaphapradhan*, *pittapradhan*, *Kaphavatpradhan* Disease. **vicharchika* is described in many of ayurved text.

The *Vicharchika* is the type of *kshurda kustha* often encountered by ayurvedic dermatologists characterized with symptoms namely *kandu* (itching) *strava* (discharge), *pidaka* (vesicles), and *shava varna* (discoloration). In *Vicharchika kapha*, *pitta* as the main dosha, *Ras-rakt* as the main *dhatu*s, and *Jatharagni mandya* as the main source of *Ama* formation. Commonly individuals with eczema have more sensitive skin than the general population first recommendation is to avoid irritants such as soap, detergents, wool, nylon clothing. Individual therapy for the patient should be implemented according to patient age, severity, distribution of lesion.

Avoiding the aggravating factors is also the basic treatment. Standard medical treatment with a pharmacological approach may be necessary if basic treatment fails to control symptoms satisfactorily. The incidents of skin disease are increasing day by day. At least 200 types of skin diseases are detected now. Therefore, the whole world is gradually turning towards Ayurveda for a safe and complete cure of diseases. Especially in the field of skin problems Ayurveda can contribute remarkably. Ayurvedic management in *Vicharchika* (eczema) involves medicaments like some combination of oral intake of *Tikta rasatmak ghrut* and the

local application of *Arkadi tail* were used in this case study.

Method:- A case report

A 42-year female patient came to OPD of *kayachikitsa* department of L. K. Ayurvedic Hospital Yavatmal with

chief c/o

- 1) *Pad Pradeshi Twak vaivaranyata* (changes in skin coloration), since 4 yr.
- 2) *Kandu* (Itching), since 4 yr
- 3) *Pidika* (Eruption), since 4yr
- 4) *Shyava varna* (Blackish discoloration), since 4 yr
- 5) *Ruja* (Pain), since 4 yr
- 6) *Rukshata* (Dryness), since 4 yr

Patient having above complaints since 4 yr

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

History of present illness:- Patient is normal before 4 years ago then the patient has been suffering from the above symptoms. The patient was treated by a local doctor many times but after stopping

medication patient's symptoms were aggravated then the patient came to L. K. Ayurvedic Hospital Yavatmal for ayurvedic treatment and management.

Rugna Parikshan:-

- *Nadi*: 82/min
- *Mal*: Asamyak
- *Mutra*: Samyak
- *Jivha*: Alpa Saam
- *Shabda*: Prakrut
- *Sparsha*: Ushna, Ruksha
- *Druk*: Prakrut
- *Aakruti*: Madhyam
- *Nidra*: Prakrut
- BP: 110/70 mmHg
- Temperature: Afebrile

Material and Methods

Method:-

- A Case Study

- P.G. Dep. Of Kayachikitsa L. K. Ayurvedic hospital Yavatmal affiliated to D.M.M Ayurved college Yavatmal.

List of Prescribed Medicine

Sr. no	Drug	Dose	Duration	Anupan
1	<i>Mahatiktak Ghrut</i>	10ml	Twice a Day	Lukewarm water
2	<i>Akardi Tail</i>	Local application	Twice a Day	Lukewarm water

Table No. 1: Mode of action of formulation used in Chikitsa

Sr.No.	Dravya	Mode of action/Use
1	<i>Mahatiktak ghrut</i>	<i>Kushtaghna, Raktasuddhikar,</i>
2	<i>Arkadi tail</i>	<i>Krumighna, Kushtaghna, kshudra roghar</i>

Table No. 2 A: Content of Mahatiktak ghrita

S r n o	Dravya	Latin name	gun	ras	viryā	vipak a	dosghnata	rogaghata
1	Saptapr na	Alostonia scholaris	Lagh u singd h	Tikta kasha ya	ushna	katu	Vataghna kaphagna	Kushtghna, udardprashm an
2	Ativisha	Aconitum hetrophyl um	Lagh u ruks ha	Tikta katu	Ushn a	katu	Kaphapittas hamak	Jwarghna, vishghna
3	Aragvad h	Cassia fistula	Guru snigd ha	madh ur	shit	mad hur	Vataghna pittaghna	Sothahar, vednasthapan
4	Katuka	Picrorhiza kurro	Lagh u ruks ha	tikta	shit	katu	Kaphagna pitaghna	Kustghna, kashar
5	Patha	Cissampel ous parira	Lagh u tiksh na	Tikta	Ushn a	Katu	Kapha- vataghna	Kustnga jwarghna, vishahar
6	Mustak	Cyperus rotundus	Lagh u ruks ha	Tikta katu	Shit	Katu	Kapha- pittaghna	Krumighna sothahar
7	Haritaki	Terminali s chebula	Lagh u ruks ha	Madh ur tikta kasha y amla katu	ushna	mad hur	Tridosahar	Rasayan, jwarghna, kusth ghna
8	Bibhitak i	Terminali s belrica	Ruks ha lagh u	Kash ay	Ushn a	Mad hur	Kapha pitaghna	Jwarghna
9	Amalaki	Emblica officinalis	Lagh u ruks ha	Madh ur amla tikta kasha	Shit	Mad hur	tridosahar	Rasayan, kustghna

				y katu				
10	Patol	Trichosanthes dioica	Laghu snigdha	Tikta	ushna	Madhur	Tri dosha har	Kustghna jwarghna, swedjanan
11	Nimba	Azadirachta indica	Laghu	Tikta katu	Alpa ushna	Katu	Tridoshahar	Kustaghna, kadughna
12	Chandan	Santalum alaba	Laghu ruks ha	Tikta katu	Shit	Katu	Pitta-kaphaghna	Dahprashman, twakdosahar
13	Pippali	Piper longum	Laghu	Katu	Anushna	Madhur	Kaphavatghna	Kustghna, vishghna
14	Gajapipali	Scindapus officinalis	Ruks ha	Katu	Ushna	Katu	Vatahar kaphahar	Plihavrudhihar, kustaghna, vishamjwarghna
15	Haridra	Cucurma longa	Laghu ruks ha	Tikta kMadhur	Ushna	Katu	Kaphagna pittashamak	Vransodhan, kushtgna
16	Daruharidra	Berberis aristate	Ruks ha	Tikta kashay	Ushna	Katu	Pitta kaphgna	Arsoghna, kadughna
17	Vaccha	Acorus calamus	Laghu tikshna	Tikta katu	Ushna	Katu	Pittakar vatghna	Krumighna, kash, shwas
18	Endrayan	Citrullus colocynthis	Laghu ruks ha	Tikta	Ushna	Katu	Kapha-pittashamak	Vrnasodhan, vishaghna
19	Shatavari	Asparagus recemous	Gurushingha	Madhur tikta	Shit	Madhur	Pittaghna kaphakar	Rasayani, shoohar, raktp radar
20	Anatmul	Hemidesmus indicua	Gurushnigdh	Madhur tikta	Shit	Madhur	tridoshahAar	Kashar, hikkani ghrahan
21	kutaja	Holorrhena antidysenterica	Laghu ruks ha	Katu tikta	Shit	Katu	Vata-pittaghna	Arsoghna, kadughna, stanyasodhan
22	Adulsa	Adhotoda		Tikta	Shit	Katu	Pittaghna	Tamakshwashar

2		vasica	Laghu ruks ha	kashay			vatkar	
2 3	Murva	Marsdenia a teneissima	Ruks ha laghu	Tiktakashay	Ushna	Katu	Tridosahar	Pramehghna,kusthghna,jwarghna
2 4	Guduchi	Tinospora cordifoli	Mru du shingha	Tiktakashay	Ushna	Madhur	Tridosahar	Rasayan,jwarghna
2 5	kiratikta	Swetia chirata	Laghu ruks ha	Tikta	Shit	Katu	Kapha-pittashamak	Kusthghna,vransodhan
2 6	Yastimadhu	Glycyrrhiza glabra	Gurupicchil	Madhur	Shit	Madhur	Vat-pittashamak	Kadughna,varnya
2 7	Trayman	Gentiana kurro	Laghu ruks ha	Tikta	Ushna	Katu	Kaphapitta	Jwarghna,aaroghna
2 8	ushir	Vetiveria zizanioides	Laghu ruks ha	Tikta Madhur	Shit	Katu	Pittashamak	Kusthghna,jwarhar
2 9	Pittapada	Fumaris indica	Laghu	Tikta	Shit	Katu	Kapha-pittahar	shwashar
3 0	Dhamasa	Fongonia cretica	Laghu	Madhur katu tikta kashay	Shit	Madhur	Kaphahar	Jwarhar,kashar,kusthghna
3 1	Padmakha	Prunus cerasoides	Laghu shingha	Kashay tikta	Shit	Katu	Kapha-pittahar	Kushtgnavisharp,dahas haman
3 2	shamlata	Operculina turpenthina	Laghu ruks ha	Tiktakatu	Ushna	Katu	Kapha-pittashamak vat vardhak	Jwarghna,prameh

Table No. 2 B. Content of Arkadi Tail

Sr.no	Dravya	Latin name	Gun	Ras	Virya	Vipak	Doshaghna ta	Rogaghna
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1	<i>Haridra</i>	Cucurbita longa	Laghu ruksha	Tikta Madhur	Ushna	Katu	Kaphaghna pittashamaka	Kusthna, vishghna, vransodhan
2	<i>Arka</i>	Colatropis procera	Laghu ruksha	Katu tikta	Ushna	Katu	vatghna	Sothahar, vrnasodhan
3	<i>sharshap</i>	Brassica juncea	tikshnas	tikta	ushna	katu	Kapha vatashamaka	Kadughna, kustghna, krumi ghna

Table No. 3: shows changes in the affected area before *Chikitsa* and after *Chikitsa*



Before Treatment



After Treatment

Discussion:-

Hetu:-

1) **Aahar:-** Dadhi sevan, Mansa sevan,

Lavan- amla-katu padarth sevan

Madhyapan, Virudha aahar, Vidahi annapan

2) **Vihar:-** Atishram, Aatapsevan, Atikrodh, , Diwaswap

Samprapti Ghatak:-

1) **Dosha:-** vat, pita, kapha (kaphapradhan) vata-saman, vyan kapha-kledaka

2) **Dushya:-** ras, rakt, mansa, lasika

3) **Strotas:-** Rasvaha strotas, raktavaha strotas, mansavah strotas

4) **Rogmarg:-** Bahya marg

5) **Adhisthan:-** ras, rakta, mans, twak

6) **Udbhavsthan:-** twak

7) **Vyaktisthan:-** twak

In the present study, *Shamana Chikitsa* was administered for the management of *Vicharchika*. *Shamana Chikitsa* is an Ayurvedic form of palliative care. It helps to reduce or eliminate the symptoms of a disease by treating its root. It causes the pacification of aggravated *Doshas* without expelling them from the body. Here Ayurvedic medicines are used for the management of *Vicharchika*.

Mahatiktak Ghrut:

It is indicated in all *Kushtha*, oral formulation of which acts as *Kushtaghna*, *Vranaghna*, *Twachyakar*, *Raktashudhikar*, Balancing *Tridhosh*, and *Rasayani*.

Arkadi Tail:

It is *Vata- Kapha Shamak*, Local application of *Arkadi Tail* which acts as *Kushtaghna*, *Vranaghna*, *Twachyakar*, *Shothaghna*, *Raktashudhikar* and *Kandunashak*.

Conclusion:-

Thus from the above discussion, it can be concluded that Ayurveda has a better approach to cure the disease. By the use of the Medicinal herb combination, there is significant relief in the signs and symptoms of eczema (*Vicharchika*). Ayurveda removes the root cause of eczema by cleansing vitiated *Dosha* and balancing the *Dosha* and *Dhatu*. The *Sneha Siddha* with *Tikta* and *Katu Rasatmak* drugs helps in reducing itching, burning, discharge, dryness by improving the quality of *Rasa* and *Rakta Dhatu*. *Bahya Sneha* reduces the *Rukshata* of *Twak* which helps in reducing the local inflammation. Therefore *Snigdhatu* and *Varna* of *Twacha* can be improved.

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