

Research article: Management of Eczema by Ayurvedic Regimen**Swati Kadam^{1*}, M. J. Qadri², Dr. Neha Sat paul³**

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ABSTRACT –

The skin is largest organ of the body and provides an intermediate barrier between the internal tissues and environment. It has great cosmetic importance. The diseases of skin greatly affect the mental and physical state of human being. In Ayurveda every skin disorder is included under the heading of *kushta*. Ayurveda also implements broad line of management of skin diseases like medicinal and parasurgical methods¹. The Eczema is the nearest clinical entity of modern science which can be correlated with *Vicharchika*. *Vicharchika* is a type *kshudra kushta*. The clinical features of eczema may include itching (*Kandu*), discolouration (*Vaivarnyata*), scaling (*rukshata*), pain (*ruja*) and pustules (*pidaka*). The existing treatment of modern science consists of reassurance, elimination of predisposing factor and palliative measures. The modern pharmacology offers very large variety of medications to treat the eczema but it is not always possible to remove symptoms entirely. Ayurveda has unique concept of management for the *Kushtha*

like *Snehan* (oleation), *Shaman* (conservative) along with *Raktamokshana* (bloodletting) is said to be effective in treatment of eczema (*vicharchika*). But at OPD level all these panchakarma facilities are not available. In such conditions, single herb or combination of medicinal herbs are very effective. In this paper, there is review of medicinal herbs *siddha ghruta* and ointment made by some herbal drugs. The *siddha ghruta* is used for internal administration and ointment for external application. In *Ashtanga hridaya* first preference is given to *snehan* while treating the all types of *kushta*. The use of combination of these *bahya* and *aabhyantar snehan* will be useful in treatment of eczema. We have used this combination in two patients and it significantly diminishes symptoms like itching, burning and dryness. There is need of further study on this combination.

KEYWORDS:

Eczema, *Vicharchika*, *Ayurvedic* management.

INTRODUCTION:

Skin is the outermost covering of the body which acts as a protective barrier. But most of time, it is exposed to many factors, which can damage it and may cause the many disorder. About 10-20% of the general practice includes the patient suffering from skin disorders and eczema accounts for a very large proportion of the skin diseases². Eczema is skin condition caused due to inflammation of skin³. This is characterized by itching, lichenification, dryness, pain, discoloration. It is most irritative disease and the patient always experience the physical, emotional and socio-economic embarrassment in the society. Eczema is chronic skin disease and in Ayurveda it is mentioned under the heading of *Kshudra kushta*. The clinical feature of *Vicharchika* like *kandu*, *pidika*, *Shavavarnata*, *Srava*, *Rukshta*, *Daha*, *Raji* and *Vedana* are very similar to the features of eczema. Acharya Charaka describe the diagnosis and treatment of *Vicharchika* under the heading of *kshudra kushta*^[5]. Acharya Sushruta described under the heading of *Maha kushta*^[6]. Sushruta explained how dermatological disorder enter and invade the tissue which in turn invades the next forming tissues (i.e. *dhatugatva* and *utterottar dhatu pravesh* of *kushta*). *Vicharchika* being one among the *kshudra kushta*, is also a *Rasa*, *Rakta*, *Mansa dhatu pradoshaj vikara*.⁸ All the clinical features of *Vicharchika* can be very well correlated to clinical features of Eczema, which is a distinctive pattern of inflammatory response of the skin, induced by a wide range of external and internal factors acting singly or in combination⁹. The condition can impact

considerably on the quality of life of the affected individuals. Ayurveda believes that All *Dosha* in balance is essential for well-being and offers broad line of treatment for the symptom of eczema. Ayurveda offers treatment for the root of eczema by cleansing vitiated *Dosha* and balancing the *Dosha* and *Dhatus*. So to manage this condition, snehan therapy, *bahya* as well as *asabhyantara sneha* was planned. *Abhyantara sneha* in the form of *shamana sneha* acts by normalizing the aggravated doshas, both of pitta and vata kapha pradhana conditions, without expelling them and without disturbing the normal doshas¹⁰. It increases *bala* and *Varna* of *dhatu*¹². *Bahya sneha* reduces the *rookshata* of *twak* and help in reducing the local inflammation, so the *Varna* of *twacha* may be improved.

Disease Review:

Eczema:

Eczema or dermatitis is a pattern of inflammatory response of the skin which is due to result of delayed type hypersensitivity, mediated by memory T lymphocytes in the skin¹³. The clinical lesions may be acute (wet and edematous) or chronic (dry, thickened, and scaly). The term eczema is broadly applied to a range of persistent or recurring skin rashes which is characterized by redness, skin edema, itching and dryness, with possible chances of crusting, flaking, blistering, cracking, oozing or bleeding. Areas of temporary skin discoloration sometimes characterize healed lesions, though scarring is rare. Long-standing or chronic eczema is often dry and is characterized by thickened, scaling skin with hyper pigmentation and

visible criss. In early disease the stratum corneum remains intact, so the eczema appears as a red, smooth, oedematous plaque. With worsening disease the edema becomes more severe, tense blisters appear on the plaques or they may weep plasma¹⁴.

VICHARCHIKA REVIEW:

In the Ayurveda Eczema is considered to be a type of *Kushtha*, which is a disease of the skin. *Virruddha Ahar* causes *Agnimandya* of patients. *Agnimandya* leads to incomplete digestion and fermentation of the food and this will lead to produce *Amotpatti* leading *Tridoshdushti* and *Kled* formation, due to *Ashrya- ashrayisambandh* leads to *Mansa dusti*, *Twakdusti*, *Lasikadusti* and *Raktadusti* and causes *Vicharchika*. According to classical texts, *Vicharchika* has cardinal symptoms i.e. *Kandu* (Excessive itching), *Pidika* (Vesicle/Boil/Pustule), *Shyavata* (Discoloration), *Bahu-srava*, (Profuse oozing), *Lasikasrava*, *Raji*(Marked lining/ Lichenification), *Ruja* (Pain), *Rukshata* (Excessive dryness). *Vicharchika* is *Kapha pradhana tridoshaja vyadhi*¹⁶ and *Rasa (Twak), Rakta, Mamsa and Kleda (Ambu)*¹⁷ are *Dushya* of it. The main causative factor for all the *Roga* is *Agnimandhya*.

Classification:

The Charaka Samhita and Sushruta Samhita classify skin diseases into two categories. The *Mahakushtha* (Major) and *Kshudrakushta* (Minor).

Samprapti: Acharya's have described the *Samprapti* for *Kushtha* in general, is

taken as follow *Vicharchika* also. According to Charak samhita due to various *hetu sevana*, *Tridosha* gets vitiated simultaneously & produce *Shaithilya* in the *Twak, Mamsa, Rakta* and *Ambu*. Than *Tridosha* gets seated in *Shithilya dhatu* and vitiating them with *Lakshanotpatti* of *Kustha Roga*. The pathogenesis involved in the manifestation of *Kusth Roga* in general and *Vicharchika* in particular is vitiation of *Tridosha* predominantly of *Kapha Dosh*.

Line of treatment:

As *always* involves more than one *Dosha*, the *Chikitsa* will be based on the presence of particular symptoms. The most aggravated symptom should be treated first. The *Ayurveda* classics advocate several line of conservative treatment for *Kushta* disease specially *Vicharchika*. *Ayurveda* has unique concept of management for the *Kushtha* like *Snehan* (oleation), *Shodhana*, *Shaman* (conservative) along with *Raktamokshana* (bloodletting) is said to be effective in treatment of eczema (*vicharchika*).

Shaman chikitsa:

When a full *Shodana chikitsa* (i.e. *Panchkarma*) is not possible due to some reason then *Vicharchika* treated by *Shaman chikitsa*. In the *Ayurvedic* text described many formulated *Yog*. single herb or combination of medicinal herbs are very effective. *Snehasidda* with single herb or combination of medicinal drugs, which are mainly passes *Tikta-Katu rasa* seems to be very effective,

reduces the sign and symptoms to the great extent.

Aabhyantar snehan - *Abhyantara sneha* in the form of shamana sneha acts by normalizing the aggravated *doshas*, both of *pitta* and *vata kaphapradhana* conditions, without expelling them and without disturbing the normal *doshas*¹⁰. It increases *bala* and *Varna* of *dahtus*¹² For the Internal administration *Guduchi* and *Nimb kalk sidda Grita* (dose -30ml) which is given empty stomach in the morning gives better

Properties of drugs

Sr. no.	Dravya	Rasa	Vipak	Veerya	Guna
1	<i>Guduchi</i>	<i>Katu-Tikta-Kashaya</i>	<i>Katu</i>	<i>Ushna</i>	<i>Guru, Singdha</i>
2.	<i>Nimb</i>	<i>Tikta – Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu</i>
3.	<i>Haridra</i>	<i>Tikta – Katu.</i>	<i>Katu</i>	<i>Ushna</i>	<i>Ruksha , Laghu</i>
4.	<i>Gruta</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Laghu, Snigdha</i>
5.	<i>Til tail</i>	<i>Madhura-Kashaya-Tikta</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Guru, Snigdha</i>
6.	<i>Siktha</i>	<i>Madhura</i>	-	-	-
7.	<i>Saindhav</i>	<i>Lavana-Madhura</i>	<i>Madura</i>	<i>Sheeta</i>	<i>Laghu, sukshma.</i>

result in diminishing the sign and symptoms of eczema.

Bahya snehan - *Bahya sneha* reduces the *rukshata* of *twak* which in turn may help in reducing the local inflammation and so the *snigdha* and *varna oftwacha* may be improved. For the external application ointment made by using the *Til tail*, *Sikth* and *Haridra* and very less quantity *saindhavis* used. Which reduces the itching and dryness of the affected area effectively.

DISSCUSSION: In this paper there is review of some medicinal herb *sidds ghrita* and *tail* which were not mentioned in the text but modified accordingly for the convenience of the patient. We have used these preparation in two patient also and there is significant reduction in sign and symptoms of eczema. In eczema

(*Vicharchika*) there is symptoms like itching (*kandu*), pustules (*pidika*), discharge(*srava*), discolouration (*vaivarnya*), excessive dryness(*rukshta*). So, *Guduchi* and *Nimb kalkasidda goghruta* is used for *aabhyantar snehan*. *Ghruta* contains *amrita (Tinospora cordifolia)* and *Nimb kalk(Azadirachta indica)* as its main components. *Guduchi*

possesses katu, tikta and kashaya rasa, ushna veerya, laghu guna and has the actions of tridosha shamana, raktaprasadana, daha shamana and rasayana. Nimba (*Azadirachta indica*) has *Tikta-Kashaya rasa, Katu Vipaka, Sheeta virya, Laghu Guna* [17]. It has *Vrana nashak* (anti-ulcer), *Kaphanashak* (Kapha suppressor), *Graahi gunas* (properties). Its leaves are *Shothagna* (anti-inflammatory), *Twakadoshahar* (skin purifier) [18]. Isomeldenin, Nimbin, nimbinene, nimbandiol, quercetin, beta-sitosterol, desacetylnimbinene are the active ingredients of *Neem* leaves extract. It is also potent anti-microbial. Ghrita pacifies *Vata dosha* due to its *snigdha guna, Pitta dosha* due to its *sheeta guna, Kapha dosha* due to its property of *samskarasya anuvartana* i.e. it also performs the actions of *samskaraka dravyas* like *katutiktadi kaphahara dravyas*, with which it is processed. It also possess the properties like *Varnaprasadana, Mrudukarana* and *nirvapana* i.e. *dahaprashamana*. *Guduchi* and *Nimb kalksidda ghrita* as *Shamana sneha* administered in *jatabubhuksha avastha* i.e. at the time of hunger circulates throughout the body and pacifies the provoked doshas. Studies on *Guduchi* (*Tinospora cordifolia*) have shown the stimulating effect on macrophages. The activated macrophages secrete GM-CSF (Granulocyte Macrophage-colony stimulating factor), which is a haemopoietic growth factor, which leads to leucocytosis and improved neutrophil function. This Immunomodulatory action of *guduchi* plays an important role in Eczema. External application of the

formulation made by *Sikth, Haridra* and *Til tail* used. *Sikth* is *Madhur Rasa Pradhan Dravya* and sticky (*Snigdha*) in nature so helps in reducing the dryness and itching. *Haridra* mainly acts as a *Kandughna*¹⁹ so useful for treatment of the symptoms like itching. It is having *Katu* and *Tikta rasa, katu vipaka* and *ushna virya*. It is Kapha and Pitta *shamaka*²⁰. It act as immunomodulatory. Curcumin present in it, is a potent anti-inflammatory agent. It also improves skin complexion and colour. *Til tail* reduces *Rukshata* due to its *sindha guna* and maintain normal tone of skin. Due to its *sukshma guna* it has the good penetration property. So it helps in reducing the sign and symptoms of eczema. It is also having the *Twakprasadak* and *Vranashothahar* properties. So there is reducing of scaling and itching.²¹ Due to *Tikta Rasa* there is *Shodana* (cleaning)²². *Katurasa* has the properties of *kushta kandu upshamana, kapha krimi visha upshamna, medsaamuphanta*.

CONCLUSION-

So from above discussion it can be concluded that Ayurveda has better approach to the disease. By the use of Medicinal herb combination there is significantly relief in the signs and symptoms of the eczema (Vicharchika), as compare to the modern medicine. The modern pharmacology offers very large variety of medications to treat the eczema but it is not always possible to remove symptoms entirely. Ayurveda removes the root cause of eczema by cleansing vitiated *Dosha* and balancing the *Dosha* and *Dhatus*. The *sneha sidda*

with mainly by *tikta* and *katu rasa* 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 in turn may help in reducing the local inflammation and so the *snigdhatu* and *varna* of *twacha* may be improved.

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