



Case Study

EFFECT OF VIRECHANA KARMA IN VICHARCHIKA WITH SPECIAL REFERENCE TO ECZEMA – A CASE REPORT

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ABSTRACT

Panchakarma is a specialized branch of Ayurveda, which deals with both aspects of Ayurvedic treatment which are purification as well as pacification of vitiated *Doshas*. *Virechana* (Purgation) is considered as *Agra Chikitsa* (main treatment) in all types of *Kushtarogas* (skin diseases) and also given *Pradhanyata* in *Pittaja* type of *Kushtas*. *Vicharchika* is a type of *Kshudra kushta* with *Pitta* and *Kapha dosha pradhanyata* and has the symptoms like *Kandu* (itching), *Srava* (discharge), *Pidaka* (eruption) and *Shyavavarna twacha* (blackish discoloration of skin). *Vicharchika* is often correlated with Eczema based on its clinical presentation. *Acharya Kashyapa* mentioned it as *Sadhya vyadhis* (curable disease). The main line of treatment of *Vicharchika* is *Shodhana* (purification) and *Shamana* (pacification). Among the *Shodhana karma*, *Virechana* is chiefly advised along with *Shamanaushadi*. We are presenting a case of *Vicharchika*, who made a remarkable improvement in the condition with these lines of treatment.

KEYWORDS: *Vicharchika*, Eczema, *Virechana*, *Shamanaushadi*, *Kushtarogas*.

INTRODUCTION

The skin is much more than just a protective coat and encounters a high number of antigens at the interface between the body and the surrounding environment.^[1] *Vicharchika* is often correlated with Eczema based on its clinical presentation. Eczema is a chronic inflammatory skin disease, clinically and histologically very similar to contact dermatitis.^[2] Eczema offers a wide clinical spectrum ranging from minor forms presented by a few dry eczematous patches to major forms with erythematous rash.^[3] Cardinal features of Eczema are erythematous skin lesions, flexural lichenifications or papules which go along with an intense pruritus and cutaneous hyper reactivity.^[4]

The word '*Kushta*' is a broad term which covers almost all *Twacha gata vikaras*. *Kushta* is produced by vitiation of seven factors which are 3 *Doshas* (*Vata*, *Pitta*, *Kapha*) and 4 *Dushyas* (*Twak*, *Rakta*, *Mamsa* and *Lasika*).^[5] Because of *Amshamshakalpana* of *Doshas* different skin lesions with varied pain, colour and shape are found in

Kushta. *Kushtas* are divided into two groups *Sapta Mahakushta* and *Ekadasha Kshudrakushta*^[6]. *Vicharchika* is one of the *Kshudrakushta* with *pitta* and *Kapha dosha pradhanyata* and has the symptoms like *Kandu*, *Srava*, *Pidaka* and *Shyavavarna twacha*. *Acharya Kashyapa* mentioned it as *Sadhya vyadhi*. *Virechana* expels out the vitiated *Doshas* from the *Adhobhaga*. *Virechana* is considered as *Agra chikitsa* in all types of *Kushtarogas* and also given *Pradhanyata* in *Pittaja* type of *Kushtas*.

- **Nirukti:** The word *Vicharchika* is derived from root word '*Charcha*' with '*vi*' *Upasarga* which means a form of coetaneous eruptions with itch and scab.
- **Paribhasha:** *Vicharchika* is one of the *Kshudra kushta* with symptoms like *Kandu*, *Pidaka*, *Shyava* and *Bahusrava*.

Nidana (Aetiology)^[7]: There is no mention of *Nidana* for *Vicharchika* in literatures as such, so we considered *Samanya Nidana* of *Kushta*. (Table 1)

Table 1: Showing Samanya kushta nidanas

Aaharaja	Viharaja	Panchakarma
Viruddha ahara like fish + milk, heated honey, consuming curd at night etc	Suppression of urge of vomiting and other natural urges	Improper application of Panchakarma
Uncooked food	Sexual act in indigestion condition	

Intake of food before the previous meal not yet digested	<i>Divaswapna</i> (Day sleep)	<i>Chikitsa.</i>
Excessive intake of <i>Masha, Mulaka, pastry</i> and <i>Tila</i>	Insult to Brahmins and preceptors etc.	
Milk and jaggery		
Freshly harvested grains, curd, fish, salt and sour substances.		

Samprapti (Pathology)^[8]

Nidana sevana like *Viruddha ahara*, suppression of natural urges

↓
Vataadi doshaprakopa

↓
Tiryak gati of *Sira*

↓
Shitila and *Dushita tvak, Rakta, Mamsa* and *Lasika*

↓
Stanamsamshraya in *Twacha*

↓
Mandalotpatti and *Vaivaranyata*

↓
Vicharchika

Samprapti ghatakas

Doshas: *Tridoshas*

Dushya: *Twak, Rakta, Mamsa* and *Lasika*

Ama: *Jataragni mandtajanya*

Agni: *Jatharagni* and *Dhatwagni mandya*

Srotas: *Rasa, Rakta, Mamsa, Udakavaha*

Srotodushti prakara: *Sanga* and *Vimarga gamana*

Adhistana: *Twacha* (forth layer- *Caraka* and fifth layer -*Sushruta*)

Roga marga: *Bahya*

Vyadhi Swabhava: *Chirakari*

Vyakta sthana: *Twacha*

Purva roopa (Premonitory symptoms)^[9]

1. *Atisweda*
2. *Sputa twacha*
3. *Asweda*
4. *Twak shota*
5. *Rooksha twacha*
6. *Dourbalya*
7. *Kandu*

Lakshana: (Clinical features)^[10]

Sa kanduhu pidaka shyava bahusrava vicharchika
C.Chi 7/26

Vicharchika usually presents with *Kandu* (Itching), *Pidika* (Pimples), *Shyava* (Discoloration), *Bahusrava* (Discharge) and *Rukshata* (Dryness).

All Acharyas have mentioned the same *Lakshanas* as told by *Acharya Charaka*.

Eczema

Eczema is a pattern of inflammatory response of the skin which is the resultant of delayed type hypersensitivity mediated by memory T lymphocytes in the skin^[11]. The clinical lesions may be acute (wet and edematous) or chronic (dry, thickened, and scaly), depending on the persistence of the insult. The term eczema is broadly applied to a range of persistent or recurring skin rashes characterized by redness, skin edema, itching and dryness, with possible crusting, flaking, blistering, cracking, oozing or bleeding. Areas of temporary skin discoloration sometimes characterize healed lesions, though scarring is rare. The cause of eczema is unknown but is presumed to be a combination of genetic and environmental factors.^[12]

Chikitsa Sutra (Treatment Principles)**Samanya Chikitsa sutra**^[13]

Vatottareshu sarpihi vamanam sleshmottareshu kushteshu

Pittottareshu mooksho raktasya virechanam cha agram | *C.Chi.7/39*

In *Vataja* predominant *Kushta* – *Sarpi pana*

In *Pittaja* predominant *Kushta* – *Raktamokshana*

In *Kaphaja* predominant *Kushta* – *Vamana*

In all types of *Kushta*, *Virechana* is considered to be *Shreshtha* i.e. *Agra*

In *Kushta*, *Virechana* should be done by *Trivrut, Danti* and *Triphala*.^[14]

Shodhana (Purification)**According to Acharya Sushruta**^[15]

Tatra poorvarupeshu bhayata: samshodhanamasevet su.chi.9/6

During premonitory stage *Shodhana* should be in both upward and downward direction.

Shamana (Pacification)

Shamanaoushadi are advised particularly for the *Vicharchika* by different Acharyas.

According to Acharya Vangasena^[16]

Lepa- *Kalka* of *Snuhi*+*Sarshapa lepa*, paste of *Snuhi*+*Saindava*

Taila- *Brihatsinduradi taila, Arka taila, Trna taila, Visa taila*

Ghrita- *Panchatikta ghrita* and *Nili ghrita* for *Pana*

According to Acharya Chakradatta^[17]

Lepa- Sarshapa kalka lepa, Gruhadhumadi lepa, Edagajadi lepa, Haridra lepa, Patya churna with Gomutra (80ml).

Taila- Visha taila, Maha Sinduradya taila, Doorvaadya taila

According to Bhaishajya Ratnavali^[18]

Lepa- Gruhadhumadi lepa, Edagajadi lepa

Kwatha- Aragvadadi kwatha

Churna- Pancha nimbhadi churna

Rasaushadi- Udaya Bhaskara

Taila- Doorvadya taila, Sinduradya taila, Kustharakshasam taila, Shad bindu taila, Maricadya taila, Vicharchikari taila

Case Report

➤ **Brief History about patient:** A 50 year old male, businessman (red chilly seller) by profession, approached to the outpatient department of Panchakarma, DGM Ayurvedic Hospital, Gadag.

➤ **Chief Complaints:** blackish discoloration and cracks on dorsum of both feet with itching sensation since 12 days (Image 1).

➤ **History of present illness**

Patient was apparently normal 12 days back, when he noticed blackish discoloration and cracks on dorsum of both feet with itching sensation. The lesions appeared on dorsum of both feet

simultaneously in the form of small vesicles which later developed itching and oozing.

On local examination

1. Erythematous lesions on dorsal aspects of both feet (Image 1) with thin serous discharge associated with edema.

2. Foul smell and local rise in temperature was noted.

Chikitsa vrittanta: For this problem patient has taken analgesics but did not find any relief.

Poorvavyadhi vrittanta: No history of any other major illness and neither on any medications. No previous history of any allergy in the patient.

Kula vrittanta: All family members are said to be healthy. No family history of any skin disease.

CVS - S1 S2 heard, No cardiac murmurs.

R.S - Normal vesicular breath sounds heard.

Per abdomen- Soft, non-tender and no Organomegaly.

Based on clinical presentation and examination the case was diagnosed as *Vicharchika* and the following treatment was scheduled.

Materials and methods

On admission patient was treated with *Snehapana*, *Sarvanga Abhyanga*, *Swedana* and *Virechana* as mentioned in Table 2.

Table 2: Showing Schedules of Medication

Procedure	Medicine	Days
<i>Snehapana</i> in <i>Arohanakrama</i>	<i>Panchatikta ghrita</i>	1 st day- 30ml
		2 nd day -50 ml
		3 rd day - 90 ml
<i>Sarvanga Abhyanga</i> and <i>Swedana</i>	<i>Manjistadi taila</i>	Day 4 th , 5 th , 6 th
<i>Virechana</i>	<i>Trivrut leha</i> (50gm)	Day 7 th , 16 <i>Vegas</i> observed
<i>Samsarjana krama</i>		5 days

• The patient underwent these procedures without any complications.

• On 8th day of discharge after *Virechana* treatment, patient was advised to follow *Samsarjana krama* for 5 days (for *Madhyama shuddi*).

Following medicines were advised

• *Nimbadi kashaya* 10ml TID, before food with equal quantity of water

• *Argwadadi kashaya* 10ml TID, before food with equal quantity of water

• Tab. *Aarogyavardhini vati* one TID, after food with water

• Tab. *Kaishora guggulu* one TID, after food with water

• For external application *Mahatiktaka lepa* and *Sidhartaka* soap.

Patient was advised to follow up after 1 month.

Result: Grading of signs and symptoms after *Virechana* in present case. (Table 3)

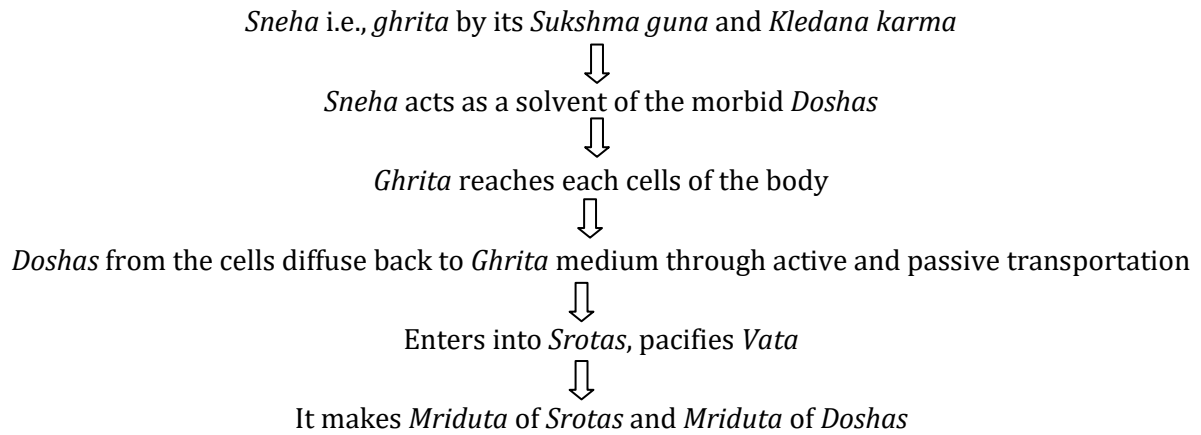
Table 3: Grading

Signs and symptoms	Before Treatment	After Treatment
<i>Kandu</i> (itching)	3	2
<i>Pidika</i> (eruptions)	3	1
<i>Shyava</i> (discoloration)	3	0
<i>Bahusrava</i> (discharge)	3	1
<i>Rukshata</i> (dryness)	3	0

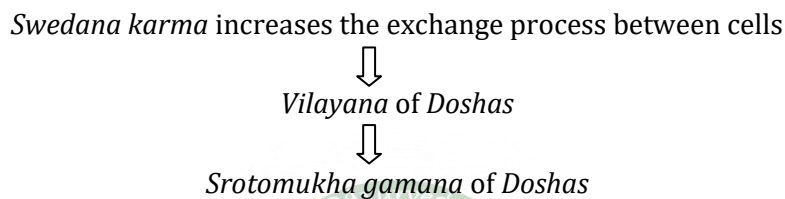
DISCUSSION

Mode of action of Virechana

Snehana



Swedana



By combined effect of *Snehana* and *Swedana*, *Doshas* will come to the *Koshta* by *Anupravana bhava* and after that they will be expelled out by *Guda marga*

Virechana

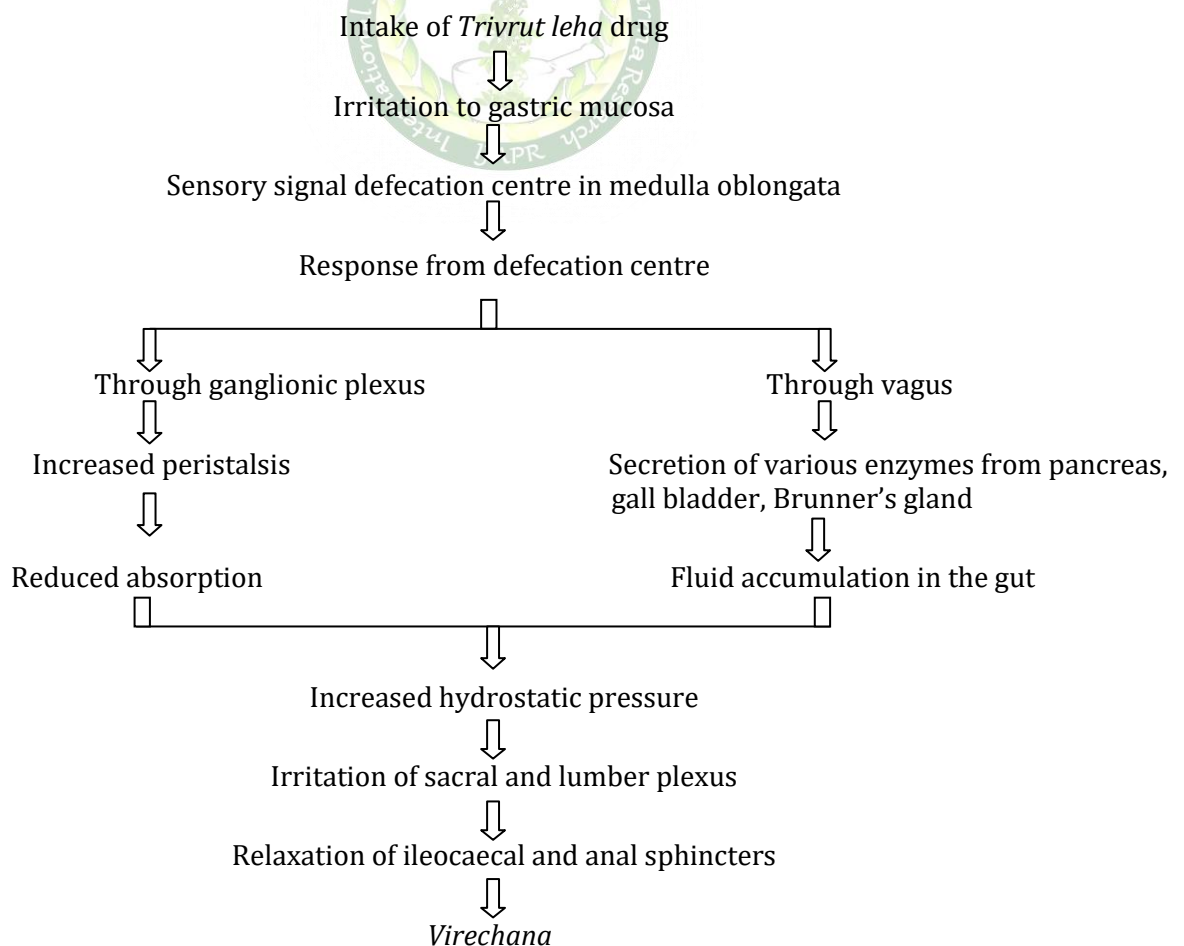




Image 1- Erythematous lesions on dorsal aspects of both feet before treatment

Image 2- Dorsal aspect of both feet during treatment

Image 3 - Dorsal aspect of both feet after treatment

Image 4 - After treatment

Image 5 - Follow up after 1 month

Shamana

Nimbadikashaya

Nimba has *Tikta* and *Kashaya rasa*, *Laghu*, *Ruksha guna*, *Sheeta veerya*, *Pitta kapha hara*, *Kandugna*, *Kusthagna*, *Vruna hara*, *Krimihara* and *Rakta shodaka*.

Aragvadhadi Kashaya

Aragvada having *Madhurarasa*, *Mrudu*, *Snigda guna*, *Sheeta veerya*, *Pitta hara*, *Kandughna*.

Arogyavardhini Vati

The main ingredient in this yoga is *Katuki* which acts as *Bhedana* thus helps in *Agni deepana*

and proper *Rasa dhatu* formation. Also does elimination of *Dusta pitta* and corrects *Rakta*.

Kaishora Guggulu

It is *Rakta shodhaka*, *Krimighna* and *Shotaghna*.

Mahatiktaka Lepa

All ingredients of this *Lepa* are *Tikta rasa pradhana dravyas*, it pacifies the *Pitta* and *Kapha dosha* and it is *Vruna ropana*.

Manjistadi taila

The main ingredient of this Taila is Manjista. Manjista is Pittahara and Rakta Shodhaka.

Patyapatya^[19]

Pathya: Barley, Wheat, Red rice, Green gram, Red gram, Honey, Snake gourd, Ridge gourd, Garlic, Sesame oil, Mustard oil and Urine of horse, camel, buffalo.

Apathya: Black gram, Radish, Curd, Milk, Jaggery, meat of Marshy animals, Alcohol, Controlling natural urges like urination, defecation etc, Day sleep.

- *Vicharchika* in our case presented with complaints of *Srava*, *Kandu*, *Pidaka* and *Shyavavarna twacha*.
- *Virechana karma* expels out vitiated *Doshas* from the body through *Guda marga*, eliminates the *Pitta*, *Kapha dosha*.
- *Trivrut leha* which are used for *Virechana* is best among the all *Virechana dravya*. It has *Gunas* like *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi*. It reaches the *Hridaya* by virtue of its *Veerya* then following the *Dhamani* it spreads into the whole body through large and small *Srotas*.
- *Manjistadi taila* for *Sarvanga abhyanga* pacifies the *Brajaka pitta* of skin.
- *Aragvadadi kashaya*, *Nimbhadi kashaya* were having *Kushthaghna*, *Krimighna*, *Rakta shodhana* and *Tridosha hara*.
- *Arogyavardhini vati* helps in *Agni deepana* and proper *Rasa dhatu* formation and *Katuki* helps for elimination of *Dusta pitta* and corrects *Rakta*. *Kaishoraguggulu* has *Shotahara*, *Krimighna* property; *Mahatiktaka lepa* has *Kandughna*, *Krimighna*. Because of these drugs it pacifies *Vicharchika lakshana* i.e., *Kandu*, *Srava*, *Pidaka* and *Shyavavarna* of *Tvacha*.

CONCLUSION

- *Vicharchika* is a type of *Kshudrakushta*. In any type of *Kushta shodhana* is advised.
- Among all types of *Shodhana karma Virechana karma* is *Agra*.
- *Virechana* is a procedure one can practice comfortably and can expect good response in *Vicharchika* and other types of *Kuhstas* also.
- Along with *Virechana* advocating *Shamanaushadis* and following *Patya* will give faster and long lasting results.
- In the present case *Virechana karma* is advised because patient has *Pravara bala*.
- The patient responded very well to the treatment of *Virechana karma* with

Shamanaushadi and got relieved of his signs and symptoms (Image 2-5).

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