



ISSN 2456-3110

Vol 5 · Issue 3

May-June 2020

Journal of **Ayurveda and Integrated Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Clinical evaluation of Ayurvedic drug regime after *Shodhana* in *Vicharchika* - A case study

Vd. Priyanka M. Thakare¹, Vd. M. W. Nalkande², Vd. S. V. Suryavanshi³

¹Post Graduate Scholar, ²Assistant Professor, ³Guide, Professor & HOD, Dept. of Kayachikitsa, Govt. Ayurvedic College, Nanded, Maharashtra, INDIA.

ABSTRACT

Now a days we can see a considerable rise in the incidence of skin problems due to various reasons like poor sanitation, unhygienic lifestyle, unhealthy food habits. Due to recurrence and cosmetic disfigurement all skin diseases needs a potent t/t option which will not give symptomatic relief but cure from roots of disease. In the *Ayurveda* text all skin diseases were included under the *Kusthārōga*, so included under the *Raktapradoshaja Vikara* and treated as *Kustha*. Selected *Panchakarma* procedures for *Kustha* along with *Shamana Chikitsa* have been proved valuable in these manifestation. Here a case of 32 yrs old female patient presented with symptoms of *Vicharchika*, which was treated with combination of *Panchakarma* procedures and *Shamana Aushadhi*. Patients condition assessed before and after treatment.

Key words: *Vicharchika*, *Kustha*, *Eczema*, *Panchakarma*.

INTRODUCTION

Skin disease have a high prevalence through out the world. In developing countries infectious diseases such as tuberculosis, leprosy, whereas in developed countries inflammatory disorders such as Eczema are more common.^[1]

Eczema or dermatitis is a group of inflammatory skin diseases provoked by a wide variety of stimuli i.e. direct injury from toxic chemicals, mechanical trauma and immunological reactions. The term 'Eczema' (Greek for boiling) describes an acutely inflamed weeping skin with vesicals. In the developed world

Eczema accounts for a large proportion of skin disease, both in hospitals and in the community. It is estimated that 10% of people have some form of eczema at any one time and upto 40% of the population will have an episode of Eczema during their lifetime.^[2]

In Ayurveda all types skin diseases have been described under the term *Kustha*. *Vicharchika* is one type of skin disease which can be co-rrrelate with Eczema due to similar symptoms. Non contagious soreness of skin along with itching, pain, dryness, scaling is found in *Vicharchika* so we can co-rrrelate *Vicharchika* with Eczema.^[3]

Vicharchika is a the type of *Kshudra Kustha*.^[4] All types of *Kusthas* included under *Raktapradoshaj Vikaras*.^[5] All types of *Kusthas* are of *Tridoshaja* origin but according to vitiation of *Doshas* symptoms occurs.^[6] Due to *Vata Dosha Rukshata* (dryness), *Ruja* (pain), *Krushvaivarnya* (Blackish discoloration) occurs, due to *Pitta Straava* (discharge), *Darana* (scaling), *Kapha* is resposnsible for *Kandu* (itching) found in *Kustha* so as in *Vicharchika*.^[7] In Ayurvedic classics all principles of management of various skin disease are included under the term *Kustha Chikitsa*.

Address for correspondence:

Vd. Priyanka M. Thakare

Post Graduate Scholar, Dept. of Kayachikitsa, Govt. Ayurvedic College, Nanded, Maharashtra, INDIA.

E-mail: priyankathakare06@gmail.com

Submission Date: 12/05/2020

Accepted Date: 09/06/2020

Access this article online

Quick Response Code



Website: www.jaims.in

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AIM

To evaluate the efficacy of Ayurvedic drug regime after *Shodhana* in *Vicharchika*.

OBJECTIVES

1. To study the common signs and symptoms of *Vicharchika*.
2. To study the relief in common signs and symptoms of *Vicharchika* by an Ayurvedic treatment.

METHODOLOGY

A clinical case study of *Vicharchika* in our Institute.

Primary Data

Patient Name - XYZ

Age/Sex - 32yrs/F

Address - Vasamat

Occupation - Housewife

Present complaints with duration

Ubhaya Padapradeshi

- *Tvakvaivarnya* - one and half yrs
- *Atikandu* - one and half yrs
- *Rukshata* - one and half yrs
- *Ruja* - one and half yrs

Past History

No H/O HTN /DM/Bronchial Asthma

No H/O any major illness/operative

No H/O any Febrile illness

Family History

No any family history

Drug History

No history of any drug

Presents History

A 32 yrs old female patient came to our institute with c/o of *Ubhaya Padapradeshi Tvakvaivarnya, Atikandu,*

Rukshata, Ruja at that lesions from last one and half yrs. Initially she noticed only dryness on foot region and after that there was mild itching from last 6 months there was formation of blackish patches with severe itching, pain, scaling. So she came here for treatment.

Astha Vidha Pariksha

- *Nadi* - 86/min
- *Mala* - *Asamyak Malapravriti*
- *Mutra* - *Samyak*
- *Jivha* - *Saam*
- *Shabda* - *Spashta*
- *Sparsha* - *Samshitoshna*
- *Druk* - *Anatura*
- *Aakruti* - *Madhyam*

Strotas Parikshan

Rasavaha - *Ubhaya Padapradeshi Tvakrukshata*

Raktavaha - *Ubhaya Padapradeshi Tvakvaivarnya, Ruja, Rukshata, Atikandu*

Purishavaha - *Asamyaka Malapravriti*

ASSESSMENT CRITERIA**Subjective Criteria****1) *Kandu* i.e. itching (Gil yosipitch scale)**

a)	No itching	0
b)	Momentary itching	1
c)	Episodic itching	2
d)	continuous itching	3

2) *Ruja* (Pain) (oxford pain scale)

a)	No pain	0
b)	Mild pain of low intensity causing no disturbance in routine work	1
c)	Moderate pain hampers the daily	2

	routine work	
d)	Severe pain causing definite interruption in routine work	3

3) Rukshata (Dryness)

a)	No dryness	0
b)	Dryness with rough skin	1
c)	Dryness with scaling (<i>Khara</i>)	2
d)	Dryness with cracking (<i>Parusha</i>)	3

Objective Criteria

Average size of *Mandala* was considered for measurement and assessment of effect of therapy. Size will be measured in cm² with the help of transparent paper and graph paper.

SN	Size of <i>Mandala</i>	Score
a)	Normal	0
b)	Less than 5 cm ²	1
c)	5 to 10 cm ²	2
d)	10 to 15 cm ²	3
e)	more than 15 cm ²	4

Nidana Panchaka

- Hetu** - Ushanapana (1-2 Glass), Atiambupana (4-5 litres /day), Paryushita Ahara, Avyayama, Mamsahara (daily), Dadhi Sevana, Atikaturasatmaka Ahara, Sheeta Bhojana, Divasvapa.
- Purvaroopa** - Ubhaya Padapradeshi Tvakrukshata
- Rupa** - Ubhaya Padapradeshi Tvakvaivarnya, Atikandu, Ruja, Rukshata.
- Upashaya** - Upashayanugami
- Samprapti** -

Hetusevana → Vatadi Doshaprakopa (Prayah Pitta Kapha) → Tvak, Rakta, Mamsa Dusti → Tvaka Pradeshi Dosha Adhithana → Tvakavaivarnya, Kandu, Rukshata, Ruja.

TREATMENT POTOCOL

1. Nidana Parivarjana

2. Shodhana Purvakarma and Pradhana Karma

SN	Procedure	Medicines	Days	Rationale
1.	<i>Pachana</i>	<i>Guduchi, Musta, Shunthi, Triphala.</i>	5	<i>Rukshana Kashaya</i> for the <i>Aamapachana</i>
2.	<i>Snehapana</i>	<i>Goghrita</i>	D1 - 30ml D2 - 60ml D3 - 90ml D4 - 120ml	-
3.	<i>Sarvanga Snehana</i> and <i>Swedana</i>	<i>By Tila Taila</i> and <i>Petisweda.</i>	2 days	-
4.	<i>Virechana</i>	2 tablets of <i>Abhayadi Modaka + Mrudvika Kwatha</i> 30 ml	1	<i>Virechana</i> for <i>Sarvanga Shodhana</i>
5.	<i>Samsarjana Krama</i>	<i>Peyadi Krama</i>	3	For <i>Agnideepana</i>

3. Sthanika Shodhana Chikitsa

SN	Procedure and Medicines	Days	Rationale
1.	<i>Jalaukavacharan</i> At both foot region	1) After 7 days of <i>Virechana</i> 2) After 15 days of <i>Virechana</i>	For <i>Sthanika Rakta Dusti</i>

2.	<i>Khadira, Nimba, Darvi Kwatha</i>	For 20 days twice/day	For <i>Sthanika Dhavana, Sthanika Varnaprasadana</i>
3.	<i>Eladi Taila</i> for LA	For 20-25 days After <i>Kwatha Dhavana</i> twice/day	For <i>Kandughna Karya</i> and <i>Sthanika Varnaprasadana</i> .

4. Shamana Chikitsa

SN	Medicines	Days	Rationale
1.	<i>Guduchi, Manjistha, Sariva, Vasa Kwatha</i> 20ml Bd	Upto 25-30 days	For <i>Kusthaghna</i> and <i>Raktaprasadaka Karya</i> .
2.	<i>Cap. Mahatiktaka Ghrita</i> 1 Bd	Upto 15 days	For <i>Raktaprasadana</i> .
3.	<i>Aaragwadhadi Kashaya</i> 15ml Bd	Upto 15 days	For <i>Raktaprasadan</i> and also for <i>Pitta-Kaphaghna Karya</i> .

Overall Assessment

S N	Parameters	Before Treatment	After Virechana	After Jalaukavacharana	After Shamana
1.	<i>Kandu</i>	3	1	0	0
2.	<i>Ruja</i>	2	0	0	0
3.	<i>Rukshata</i>	2	1	1	0
4.	<i>Mandala</i> Size	3	3	2	1

RESULTS

The assessment was done with the help of photographs of the lesions and gradation before and after treatment. It was found that *Kandu* was decreased by 3 to 1 after *Virechana*, *Ruja* by 2 to 0, *Rukshata* by 2 to 1, but size of *Mandala* remain as it is. After two settings of *Jalaukavacharana*, *Kandu* was

reduced by 1 to 0, *Rukshata* remain as it is and *Mandala* 3 to 2. After *Shamana Aushadhi Mandala* reduced 2 to 1.

Before Treatment



After Rukshan



After Virechana



After 1st Jalaukavacharan

After 2nd Jalaukavacharan

After Shamana Aushadhi



DISCUSSION

The condition was managed with the line of management of *Kustha*. After examining the signs and symptoms, vitiated *Doshas* were *Pitta* and *Kapha*. Here *Rukshana* was given by *Triphala*, *Guduchi*, *Shunthi* and *Musta*. Here decoction was made of all

these *Dravyas* and was given for *Pachana Karma*. Among these *Triphala* having properties of *Laghu*, *Ruksha*, *Tikshnaguna* (hot potency), which alleviates *Tridosha* and purifies *Rakta*; it has the property to alleviate skin diseases.^[8] *Guduchi* having properties of *Katu Rasa*, *Madhura Vipaka*, *Kusthaghni*.^[9] *Musta* is also *Katurasadmatika*, having properties like *Deepana Pachana*.^[10] *Shunthi* is having properties like *Katurasa*, *Laghu Guna* and *Pachana* function.^[11] After *Pachana*, *Snehapana* with *Goghrita* was given in increased *Matra*. After *Snehapana*, *Sarvanga Snehana* and *Swedana* was done for 2 days was done. Then *Virechana* was given by Tablets *Abhayadi Modaka* with 30ml *Mrudvika Kwatha*. *Virechana* is the *Shodhana Karma* useful in *Raktadusti*.^[12] After *Shodhana* therapy, special diet pattern was given as *Samsarjana Krama*, starting from light diet to normal diet as per *Peyadikarma*. It is for *Agnideepana*.^[13] After that *Jalaukavacharan* was done in 2 settings after 7 days gap. *Jalaukavacharana* was done for *Sthanika Raktashuddhi*.^[14] After that *Khadira*, *Darvi* and *Nimba Kwatha* for *Sthanika Dhavana* was given for *Varnaprasadana* and *Kusthaghna Karya*.^[15] *Eladi Taila* for local application twice a day for *Kandughna Karma*. After *Sarvanga* and *Sthanika Shuddhi* internal medicines were given like *Guduchi*, *Manjistha*, *Sariva* and *Vasa Kwatha*. Capsule *Mahatiktaka Ghrita*^[16] 1bd and *Aragwadhadhi Kashayam*^[17] for 15 days were given. These all drugs does *Raktaprasadana* and *Kusthaghna Karma*.

CONCLUSION

The holistic approach by Ayurvedic *Sarvanga Shodhana* and *Sthanika Shodhana*, *Sthanika Dhavana* and *Shamana Chikitsa* is helpful in t/t of *Vicharchika*. As *Vicharchika* is a type of *Kshudra Kustha* and *Kustha* is included under the *Raktapradoshaja Vikara*, *Vicharchika* is treated as *Raktapradoshaja Vikara*, so *Virechana* was given for *Shodhana* and *Jalaukavacharan* for *Sthanika Shodhana* and *Raktaprasadana* and *Kusthaghna Dravya* for Internal Medicines. Combined effect of *Nidanaparivarjana*, *Sarvanga Shodhana*, *Sthanika Shodhana* are helpful for complete relief. These purification measure help to remove the root of the disease and prevention the

disease for its reoccurrence. This case give us an idea for line of t/t in such cases.

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How to cite this article: Vd. Priyanka M. Thakare, Vd. M. W. Nalkande, Vd. S. V. Suryavanshi. Clinical evaluation of Ayurvedic drug regime after Shodhana in Vicharchika - A case study. J Ayurveda Integr Med Sci 2020;3:187-192.

Source of Support: Nil, **Conflict of Interest:** None declared.

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