



Case Study

ROLE OF VIRECHANA KARMA IN THE MANAGEMENT OF VICHARCHIKA W.S.R. TO ECZEMA - A CASE STUDY

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ABSTRACT

The bulk of skin conditions are seen in Ayurveda as being within the category of *Kushtha*, or "Ayurvedic dermatology." It is listed as among the "*Ashta Mahagada*". Eczema is the most prevalent skin condition with societal repercussions. Up to 20% of children and up to 3% of adults might have eczema, and existing data reveal that it is becoming more common, especially in developing nations. The clinical picture of eczema resembles with *Vicharchika* – a variant of *Kshudra Kushtha* that Ayurvedic dermatologists frequently meet and is marked by the symptoms of *Kandu* (itching), *Srava* (discharge), *Pidaka* (vesicles), and *Shyava varna* (discoloration). **Aim:** to assess how *Samshodhana* and *Samshamana Karma* contribute to the treatment of *Vicharchika* w.s.r. to eczema. **Material & Method:** A 66 years old male patient came to NIA OPD no 25 on 06/04/2022 with complaints of *Atikandu* (severe itching with thick edematous skin) on forearms, forehead and anterior to neck region having cracks with discharge for 5 years. He took contemporary medicines for the problem but did not get significant relief. **Intervention:** We started *Aragvadha Patra lepa* and *Panchtikta Ghrith Pana* followed by *Virechana Karma* by giving *Trivrita Avaleha*. Marked relief was found in sign & symptoms within 7 days and cured within 21 days of treatment. **Conclusion:** Study concluded that the above Ayurvedic treatment can prove to be an effective alternate management in eczema with proper diet and regimen.

INTRODUCTION

Atopic dermatitis, often known as eczema, is a disorder that results in dry, rough, itchy skin. Damage to the skin barrier is caused by eczema (the "glue" of skin). The skin becomes more sensitive, prone to infection, and dry due to this lack of barrier function. Use of skin moisturizers, phototherapy, TIMs (Topical Immuno Modulators), mild soaps, and other items devoid of alcohol, colours, and fragrances are examples of conservative treatment. According to Ayurveda, *Vicharchika* is a *Raktpradoshaja Vikara* with three *Doshas* engaged with *Kapha* as the dominant *Dosha*. As mentioned in *Charak Samhita Samprapti* (pathogenesis) of *Vicharchika* starts with *Agnimandya* which occurs due to *Nidana sewana* which causes

Amautpatti (indigestion) which further does *Tridoshadushti* & *Kleda* (moisture) formation and eventually causing *Mamsadushti*, *Twakdushti*, *Lasika Dushti* and *Rakta Dushti* finally causing *Kushta/Vicharchika*.^[1] Even though it is *Kshudra Kushtha*, it has a propensity for exacerbations and has a chronic history. Most *Vicharchika* (eczema) patients, who do not benefit much from modern medicines, seek for Ayurvedic treatment with high hopes of being cured of their illness. There are numerous factors that contribute to *Vicharchika*, including overindulging in foods that are salty, spicy, sour, fermented, dry, cold, and dry; working late; eating frequent late-night meals; engaging in excessive physical, mental, and sexual activity; and stress. Eczema can also be brought on by excessive consumption of tea, coffee, alcohol, aerated drinks, indigestion, constipation, acid reflux or flatulence.^[2]

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Case Report

A 66 years old male, a farmer by trade, came to the NIA OPD with the main complaints of intense itching, dryness, and blackening & thick eczematous lesions on the skin of forearms, forehead and both feet, discharge, swelling for 5 years. The lesions were seen on both the forearms and neck region at first associated

with itching. Since last few years the patient was exposed for various chemical fertilizers at his work place. There is no known family history of any severe skin condition and no any significant dietetic history and no known allergy in the patient. The patient took the modern medicines like steroids, ointments for local application but did not get any relief.

On examination, patient presented with these figures (Before Treatment)



Skin Examination

- Fissured/cracked erythematous lesions on the dorsum of both the hands, around the neck region and forehead
- Severe itching and dryness were seen all over the body
- Scaly lesions were also seen

Personal history: His appetite and thirst were normal, sleep was disturbed due to severe itching, his bladder

and bowel habits were also regular. The patient had no history of any addiction. There was no past history of any major illness. No history of trauma and surgery was found.

Dosha-Dushya included as follows^[3]

- *Dosha* – Tri Dosha (*Vata* – *Pitta* dominant)
- *Dhatu* – *Rakta* & *Rasa*
- *Agni* – *Mandagni*
- *Adhishtana* – *Twaka*

Table 1: Dashavidha Pareeksha (ten-fold examination of patient)^[4]

| S.N. | Patient’s Examination | Status |
|------|--|---|
| 1. | <i>Prakriti</i> (constitutional status) | <i>Pitta-Vata</i> |
| 2. | <i>Vikriti</i> (morbidly) | <i>Tridosha</i> along with <i>Rakta</i> |
| 3. | <i>Satwa</i> (psyche) | <i>Madhyam</i> |
| 4. | <i>Sara</i> (excellence of tissues) | <i>Raktsara</i> |
| 5. | <i>Samhanana</i> (compactness of organs) | <i>Pravara</i> |
| 6. | <i>Ahara shakti</i> (digestive power) | <i>Pravara</i> |
| 7. | <i>Vyayama shakti</i> (capacity of exercise) | <i>Madhyam</i> |
| 8. | <i>Satmya</i> (suitability) | <i>Pravara</i> |
| 9. | <i>Pramana</i> (body proportion) | <i>Sama</i> |
| 10. | <i>Vaya</i> (age factor) | <i>Jeerna</i> |

Based on clinical presentation and examination the case was diagnosed as *Vicharchika* (eczema)

Intervention Plan

Treatment Schedule

Table no. 2

| Treatment | Drug of Choice | Anupana | Duration |
|---|--|----------------|------------------------|
| <i>Lepa</i> & <i>Abhyanga</i> (for Local application) | ✓ <i>Aragvadha Patra Lepa</i> ✓ <i>Nimba+Karanj Taila Abhyanga</i> | - | ✓ 15 days ✓ 15 days |
| <i>Deepan</i> and <i>Pachana</i> (correction of digestion and metabolism) | <i>Panchkola Churna</i> (2 gm BD) | Lukewarm water | For first 3 days |
| <i>Snehapana</i> | <i>Tikta Ghrita</i> (<i>Guduchi Kand + Nimba Patra + Vasa Patra</i>) - (30,50, 80,100, 120, 150ml) | - | For 6 days |

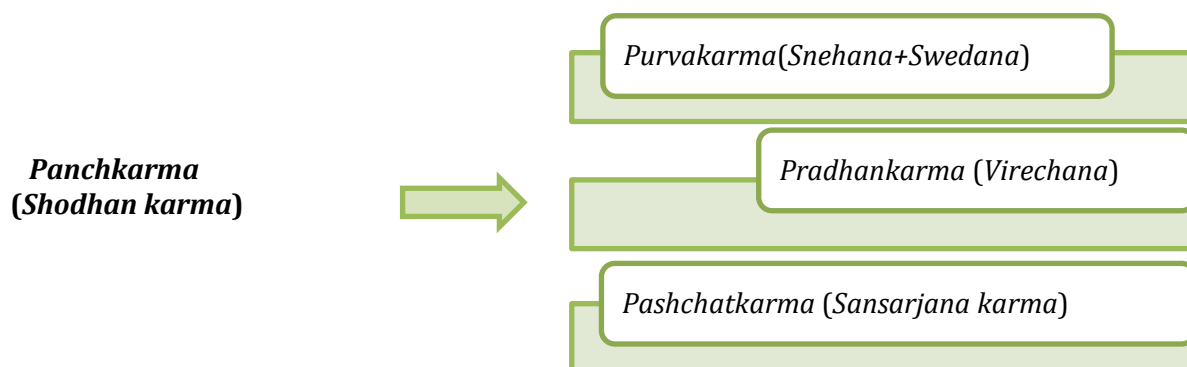
| | | | |
|---|---|--|---|
| | accordingly) | | |
| <i>Snehana</i> ^[5] (Oleation) & <i>Swedana</i> (Fomentation) | ✓ <i>Sarvang Abhyanga</i> with <i>Dashmool Taila</i> ✓ <i>Peti Sweda</i> | - | For 3 days |
| <i>Virechana</i> | <i>Trivrita Avaleha</i> (70 gm) <i>Tarunikusumakara Phanta</i> (20-25ml) | For <i>Avaleha</i> - lukewarm water | ✓ 21 <i>Virechana vega</i> ✓ <i>Madhyam shudhi</i> |
| <i>Peyadi Sansarjana Karma</i> (Dietary prescriptions) | <i>Peya-manda-vilepi-akrita yusha-krita yusha</i> ↓ <i>Laghu Ahara</i> | - | For 5 days |
| <i>Shamana Chikitsa</i> | 1. <i>Haridra Khanda</i> 5gm BD (after meal) 2. <i>Arogyavardhini Vati</i> 250mg BD (before meal) 3. <i>Dushivishari Agad</i> 250 BD (after meal) (These medicines were given after discharge) | 1. Lukewarm water 2. Lukewarm water 3. honey | For 15 days (Follow up) |

Probable Mode of Actions of Used *Aushadhi*

- ***Aragvadha Patra Lepa***^[6]: Sushruta has mentioned *Aaragvadha* as *Vishanashak*, *Kushthanashak*, *Kandughan* and *Vranashodhak* in Sutra Sthan under the heading of *Aragvadhadi gana*.^[7]
- ***Nimba+Karanj Taila***^[8]: *Nimba* and *Karanj* are having *Tikta*, *Kashaya Rasa*, *Kushthhara* and *Varnahara* properties.
- ***Panchkola Churna***^[9]: There are total 5 ingredients of *Panchkola Churna* – *Pippali*, *Pippalimula*, *Chavya*, *Chitraka* and *Shunthi*. All are having *Katu Rasa*, *Ushna Guna* & *Virya* and *Agnivardhaka* property, hence it is used as *Deepan- Pachana Dravya*.
- ***Tikta Ghrita***^[10]: It works on *Pitta Dosha (Pitta-Shamak)*. It is used for detoxification process of *Panchkarma*, usually for skin diseases. It strengthens and detoxes the blood and boosts skin health.
- ***Trivrita Avaleha***^[11] & ***Tarunikusumakara Phanta***^[12]: *Trivrit* is a *Virechana Dravya (Sukh Virechana)* and it is also mentioned in *Kushtha* management for *Virechana*. *Tarunikusumakara Phanta* is also used as a laxative, which has *Sanaya*, *Sweta* and *Krishan Jeeraka*, *Yavakshar*, *Haritaki*, *Shunthi*, *Marich*, *Pippali*, *Tankan Bhasma*, *Ela*, *Saindhav* and *Sauvarchal Lavana*.
- ***Haridra Khanda***^[13]: *Haridra* is a *Kushthagn*, *Kandughan* and *Vishaghn Dravya*, used for various itchy and allergic skin diseases. It also has an anti-inflammatory property.
- ***Arogyavardhini Vati***^[14]: It has *Katuki*, *Triphala*, *Shuddha Parada* & *Gandhak*, *Loha-Abhraka-Tamra Bhasma*, *Nimba* etc. It balances *Pitta Dosha* and improves digestion power, clears waste products from the body.
- ***Dushivishari Agad***^[15]: It is one of the *Vishaghn* (neutralize toxins) formulation which has *Pitta-Kaphaghn*, *Vishghn* and *Raktaprasadaka* (blood purifier) properties.^[16]

Note: Table no. 3

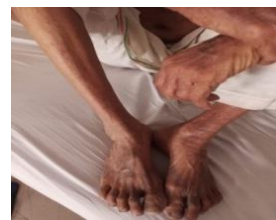
Effects of the *Panchakarma* Therapy and *Lepa*



A]. Before Virechana karma- (During Lepa procedure)



B]. After Virechana karma & Lepa (at the time of discharge)



At the time of discharge, the patient got complete relief in his previous complaints like- itching, dryness, swelling etc. After that some medicines were given him during the follow up period as mentioned in table no. 2

Adverse Effects: During the entire course of treatment no adverse reactions were noted clinically.

DISCUSSION

Since the patient had severe skin manifestations, so in the very beginning *Aragvadha Patra Lepa*, *Nimba* and *Karanj Taila* were used as external medication. *Aragvadha* is a *Kushthanashak*, *Kandughan* and *Vranashodhak dravya* because of which the lesions were cured and dryness and itching were subsided by application of *Nimba* and *Karanj Taila*. Since the condition was chronic, accumulations of *Doshas* were more. To tackle the vitiated *Dosha* in case of *Bahudoshaja* condition, *Shodhana Karma* (purification procedure) is the best line of treatment. Before starting the main treatment, preparatory procedures such as *Deepana*, *Pachana*, *Snehana* and *Swedana* have been given to rectify improper metabolism.^[17] *Aragvadha Patra Lepa* was applied along with local application of *Nimba* and *Karanj taila*, which helped to reduce itching and dryness. Before starting the *Pradhan Karma*, *Panchkola Churna* was administered, which helped to improve *Jatharagni*. After that *Tikta Ghrit* was given as *Snehapana* for 6 days. It works on *Pitta Dosha (Pitta-Shamak)* and used for detoxification process of *Panchkarma*, usually for skin diseases. *Virechana* is the best treatment for vitiated *Pitta Dosha* and here the patient was also having the symptoms of *Pitta Dosha Pradhanya*^[18]. After completion of the procedure of *Virechana (Madhyam Shuddhi)*, *Peyadi Sansarjana Karma*^[19] (Dietary prescriptions) was followed proper. After implementation of all these steps of treatment, patient

got a complete relief in his complaints. Some medicines like *Haridra khanda*, *Arogyavardhini Vati* & *Dushivishari Agad* were given for *Shaman Chikitsa* at the time of discharge. When *Shodhana karma* was done once in the patient, it is necessary to give internal *Snehana*. Because due to *Shodhana*, *Vata* enters in *Koshtha* of that weak patient very soon.^[20] Therefore, *Tikta Ghrita* was also given after the *Sansarjana Karma* so that the *Vata* cannot harm.

CONCLUSION

According to Ayurveda, *Vicharchika* is a *Raktpradoshaja Vikara* with three *Doshas* engaged with *Kapha* as the dominant *Dosha*. It is listed as among the "*Ashta Mahagada*" under the broad umbrella of *Kustha roga*. The clinical picture of Atopic dermatitis or eczema resembles with *Vicharchika*. Present case study showed that *Vicharchika* (Eczema) could be treated with *Virechana karma* along with herbal and herbo-mineral medicines orally as well as topically. This study also revealed that *Pathya-apathya* has vital role in the management of skin disorders especially in *Vicharchika*.

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