



Ayurvedic management in vicharchika (eczema)

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ABSTRACT

In Ayurveda, all the variants of skin diseases are included under the title *kushtharog* which is further classified into two divisions that is *mahakushta* and *kshudrakushta* where in *vicharchika* finds its place in *kshudrakushta*. In modern science *vicharchika* shows similarity with eczema. Eczema is an acute or chronic non-contagious itching inflammatory disease of skin. In long standing condition the part of the skin may become thickened. The area of skin involved can vary from small to entire body. In case of acute presentation it may be vesicular and oozing. It is characterised by dry, itchy skin with areas of poorly demarcated erythema and scales. The cause of the disease is still unclear according to modern science and there is no perfect treatment or medication for the disease. The only treatment provided is symptomatic by giving steroids. Where as Ayurveda offers treatment to the disease from the route by correcting vitiated *doshas* and establishing *samyata* of *dosha* and *dhatu*. This gives ayurvedic approach a fruitful result by following its principal of *shodhan* and *shaman*.

Here I present a case of 35yrs old female patient diagnosed with *vicharchika* and was suffering since many years. Treated her as per ayurvedic principle that is *shodhan* and *shaman chikitsa* and providing good result.

KEYWORDS : Vicharchika, Kushtharog, Shodhan , Shaman

Case:

Name- XYZ

Age- 35yrs

Sex- Female

Occupation- Housewife

C/O-

No H/O- Malaria/ Typhoid/ Dengue/ Jaundice

No k/c/o- HTN/DM/PTB/BA/Epilepsy

No H/O- Any major surgical illness

No H/O- Any drug allergy

O/E- GC- Fair and afebrile

P-76/ min

BP-130/80

S/E- RS-AEBE clear

CVS-S1S2 Normal

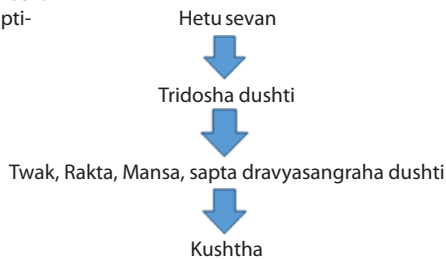
CNS- conscious and oriented

P/A- Soft and non tender

NIDANPANCHAK

Hetu- viruddha annapan, ajeerna adhyashan, pishtanna, atiamla-atilawan sevan

Samprapti-



Poorvarooopa- itching discoloration of b/ILL

Roop-

Treatment given-1wk

Pachan - 1) aampachak kadha 30 ml bd

2) yeranda tail 20 ml ha

3) nimb+ vat+parijatak+Triphala kwath dawanartha

2nd wk treatment:

1) gogrutha pan in increasing Matra upto snehasiddhi Lakshman

Pt was having snehasiddhi lakhshana up to 7 day

After that 2day rest give to pt.

In this 2 day- pt give abhgya and swedadhikya

After 2day verechan yog give

Shudhi - Madham shudhi

Sawsarjana krama for 5day

Shaman- tikta gruth shaman matra

Panchtikta gruth gugul 1tb BD

Shadhadhan choorn 5gm BD

A.K pills 1 TB hard

After Treatment-

Discussion:

Initially when the patient came to us in the hospital she was mentally disturbed as she had taken treatment from various places. Both her lower limbs were not in good condition the chronicity of the disease was visible enough. using ayurvedic principles we tried to bring out best results in patient and make her stable mentally.

Conclusion:

The case highlights the fact that if ayurvedic principles are used for diagnosis and treatment purpose the results obtained from it are appreciative and proves that ayurvedic treatment has an independent approach towards the disease be it explainable in modern science. Patient is satisfied with the treatment.

1 day



After gruthapan



After Shodan and shaman chikitsa



References:

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