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**ABSTRACT**

In Ayurveda, all the variants of skin diseases are included under the title kushtarog which is further classified into two divisions that is mahakushtha and kshudrakushtha where in vicharchika finds its place in kshudrakushtha. 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 dosh and dhatus. 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

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**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- 
alawan sevan  
Samprapti-  

**Hetu sevan**  

**Tridosh dushti**  

**Tvak, Rakta, Mansa, sapta dravyasangraha dushti**  

**Kushtha**  

**Poorvaroopa-** itching discoloration of b/l LL  
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 lakshmana 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  

**After gruthapan**
After Shodan and shaman chikitsa

References:
3) Sartha Vagbhat, Vd.Garde.