



HEALING ECZEMA WITH AYURVEDA: INSIGHTS FROM A VICHARCHIKA (ECZEMA) CASE REPORT

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ABSTRACT In India, the prevalence of Atopic Dermatitis ranged from 0.98% to 9.2% including paediatric and adult patients in studies. Eczema is the most common form of dermatitis. In Ayurveda eczema has quite resemblance with Vicharchika (eczema). It is characterized by skin manifestation having the symptoms Kandu (Itching), Pidaka (Papule), Shyava Varna (Blackish brown discoloration) and Bahusrava (Excessive exudation). Garavisha (Artificial poison) is identified as a causative factor for a variety of skin diseases, including chronic inflammatory skin diseases such as Vicharchika (Eczema) in previous studies. In this case a 59 year old male patient presented with symptoms of diffuse blackish skin lesions on left hand associated with severe itching, excoriation since 8 months. Here Incompatible food and behaviour observed which triggered after external factor of metal wrist-watch exposure leads to Vicharchika (Eczema). diagnosis was made from signs, symptoms and history Vicharchika (Eczema). here Bahudoshdushti (Excessive Vitiating of Doshas) was not observed, manifestation was localised, hence Shamanchikitsa (Palliative Therapy) was chosen. Swayambhuva Guggul of Ayurved Rasashala and Eladi cream of Arvya Vaidya Sala, kottakkal given for 14 days. Follow up done on 7th and 14th day. Significant improvement was observed after 14 days of treatment in terms of EASI Score with no any side-effects. individualized Ayurvedic management having Vishghna (Anti-toxic property), Kushthaghna (Anti-skin disease), Kandughna (Anti-pruritic), Varnaprasadan (improving skin radiance and clarity), Kandupidakakothanashan (Remedies for itching, hives, and pustular eruptions) properties lead to clinical and visible improvement. Which is supported by clinical findings and EASI score 2.4 to 0 and no adverse effects observed during treatment and follow up. hence Shaman Chikitsa (Palliative Therapy) can be cost effective in patients where Shodhan Chikitsa (detoxification and purification) not feasible and helps in improving the quality of life.

KEYWORDS : Eczema, Eladi Cream, Swayambhuva guggul, Vicharchika

INTRODUCTION:

Dermatitis was estimated to affect 245 million people (3.34%) of world population. About 10-20% of the general practice includes the patients suffering from skin disorders and eczema accounts for a very large population of all the skin diseases^[1]. In India, the prevalence of Atopic Dermatitis ranged from 0.98% to 9.2% including paediatric and adult patients in studies.^[15] Eczema is the most common form of dermatitis. It is a chronic inflammatory skin condition characterized by itching, dryness, and recurrent flare-ups. Primary lesions may include papules, erythematous macules and vesicles which can coalesce to form patches and plaques.^[1]

As per ayurvedic texts, poison can be classified as *Sthavar* (minerals or plant), *Jangam* (animal) as well as artificial poisons. Artificial poisons are further classified into *Garavisha* (artificial poisons) and *Dooshivisha* (Latent/Slow-acting Poison). *Garavisha* (artificial poisons) is type of *Visha* (poisons) as a result of combination of two non-poisonous substances which works like slow acting poison by interfering in the process of digestion. According to *Ayurveda*, consistent intake of *Viruddha Aahar* (incompatible food) leads to formation of *Garavisha* (artificial poisons). Number of patients suffering from *Garavisha* (artificial poisons) in day-to-day life is increasing.^[2] its toxic effect like other varieties of *Visha* (Poison) causes *Vishada* (sadness and dejection) or stressful condition by vitiating *Dhatu* (fundamental body tissues) through formation of *Aamadosh* (toxic byproduct) and *Agnimandya* (impaired metabolism).^[3] Unlike other poison, it does not cause instantaneous death. Toxin can be enter in body as *Gara visha* (artificial poison) by vitiating of food, drinks, tooth brush, anointing oil, comb, massaging powders or paste, bathing water unguents, garlands, dress, bed, armours, ornaments, footwear, nasal drops, eye salves etc.^[3] All types of *Viruddha Aahara* (Incompatible food) do not produce disease because body elements like *Dushya* (vitiating body tissues) and *Dehabala* (immunity) protect the body from the diseases. Dermatological manifestation plays an important role in clear cut diagnosis of the poison.^[3] *Garavisha* (artificial poisons) is identified as a causative factor for a variety of skin diseases, including chronic inflammatory skin diseases such as *Vicharchika* (Eczema) in previous studies.^[2]

Vicharchika (Eczema) is described as a *Kshudra Kushta* (Minor skin disorder) in ayurvedic texts. It is characterized by the symptoms like *Kandu* (Itching sensation), *Pidaka* (Papule) *Shyava Varna* (Blackish brown discoloration) and *Bahusrava* (Excessive exudation).^[4] The treatment modalities as mentioned in modern medicine for Eczema are mainly Antihistamines, Cortisone (steroid) creams & ointments which relieves itching & scaling. Oral corticosteroids (when topical isn't helping). Immunosuppressants- prevent immune system from overreacting and long-term usage of these medications can cause serious side-effects.^[5] There is no specific description available in *Samhitas* regarding the line of management of *Vicharchika* (Eczema) but common *Kushtha* chikitsa (management of skin disorder) is applicable. Hence treatments for *Vicharchika* (Eczema) as described in *Samhita* include *Shodhan* (detoxification and purification) like *Vaman* (Therapeutic emesis), *Virechan* (Therapeutic purgation), *Raktmokshan* (bloodletting therapy), *Shaman* (Palliative Therapy) by variety of oral medicines and local applications. In present days majority of patients are not willing for *Shodhan Chikitsa* (detoxification and purification) as first choice, due to affordability and feasibility.

The treatment should be planned on the basis of *Roga* (disease) and *Rogi Bala* (Strength of disease and patient).^[1] here *bahudoshdushti* (Excessive Vitiating of *Doṣas*) was not observed and manifestation presented locally on skin of wrist part Hence received treatments such as *Bahir Parimarjana Chikitsa* (local application) and *Shaman Chikitsa* (Palliative Therapy) with *Vishaghna* (Anti-toxic property), *Kushthaghna* (Anti-skin disease), *Kandughna* (Anti-pruritic), *Raktashodhak* (blood purifier) properties in place of *Shodhana* (detoxification and Purification therapy) due to *Alpadoshavastha* (immature body tissues), which resulted in significant improvement. The present case underscores the potential efficacy of Ayurvedic interventions, emphasising the importance of personalised treatment strategies in addressing dermatological conditions.

Patient Information:

A 59 years old male patient visited *Vishchikitsa* Outpatient department of our hospital on 25/9/2025 with complaints of diffuse blackish patch on left hand wrist with severe itching and excoriation since 8-9 months.

It has started with itching after use of metal wrist-watch, also he had history of onychomycosis both hand fingers since 4-5 years. Disturbed sleep due to itching and stress. Clinical signs and symptoms like *Kandu* (Itching sensation), *Shyava Varna* (Blackish brown discoloration), *Pidaka* (Skin eruptions) were present. History of incompatible food (like spicy, oily food, south Indian food (fermented food), curd regular consumption) and lifestyle disturbance due to *Ratraujagaran* (disturbed sleep at night) was present for longer duration. He was prescribed corticosteroid and emollients by allopathic practitioner, on discontinuing of treatment recurrence occurred itching increased compared to the previous episode, hence patient willing for ayurvedic management, came to our OPD (Outpatient department).

Associated Complaints: He had disturbed sleep due to itching and stress.

Habits: Oily Food, Spicy Food, Curd in regular meals, frequent south Indian food (fermented) Tea with snack (Tea 4-5 times/day), Disturbed sleep at night.

Past History: onychomycosis since 4-5 years, No H/O Diabetes mellitus /Hypertension, other major medical and surgical history.

Family History: No relevant family history.

Psychological Evaluation: Patient was in stress of isolation in family and community due to his skin disease condition, disturbed sleep, and itching.

Clinical Findings: Vital signs were normal. The sleep of the patient was disturbed due to itching and stress. systemic examination, distribution of blackish skin lesion over ventral aspect of left wrist associated with rough surface, excoriation and itching, no discharge.

Ashtavidha rogi pariksha (Eightfold patient examination): Pulse- 78/min,

BP – 120/70 mm hg

Mutra (Urine) - *Samyak* (appropriate),

Mala (Stool) - *Samyak* (appropriate),

Jihwa (Tongue) - *Saam* (Impure state),

Shabda (Speech) – *Spashta* (clear),

Sparsha (Touch examination) - *Anushna* (Neutral) & *Khara* (Rough)

Drik (Vision) - *Upnetra* (Normal with powered spectacles)

Akrti (General appearance) - *Madhyam* (Moderate build)

Timeline

Table 1: Timeline

Date	Relevant Medical History
February 2025	Acute onset of skin lesion over ventral aspect of lefthand wrist associated with itching started after using metal wrist-watch
March 2025	Sever Itching, Scanty excoriations present, sleep disturbed
March 2025	prescribed corticosteroid and emollients by allopathic practitioner
June 2025	on discontinuing of treatment recurrence occurred
August 2025	itching increased compared to the previous episode with Lichenification
September 2025	Consulted in outpatient department of our hospital

• Diagnostic Assessment:

• Ayurvedic Diagnosis:

Vyadhi (Disease): *Vicharchika* (Eczema)

Vyadhi Marga (routes of disease manifestation) - *Bahyamarga* *Twacha* (External pathway – skin)

Doṣha predominance: *Kapha-Vataja*

Duṣhya (vitiated body tissues): *Rasa* (nutritive fluid), *Rakta* (blood)

Srotodush ti (vitiating of channels): *Rasavaha Srotas Dushti* (Pathological disturbance of the nutritive fluid channels), *Raktavaha Srotas Dushti* (Pathological disturbance of blood-carrying channels)

Chikitsa Sutra (Ayurvedic therapeutics): *Shaman Chikitsa* (Palliative Therapy) with *Swayambhuva Guggul* internally and *Eladi*

cream externally.

Eczema Area and Severity Index (EASI score): 2.4

- **Symptoms** – *Kandu* (Itching), *Vaivarnya* (pigmentation), *Pidaka* (Skin eruptions).
- **Differential diagnosis** – *Ekkushtha* (Single patch skin disease), *Pama* (scabies), *Kitibha* (Psoriasis), *Dadru* (Fungal infection)
- **Diagnosis** - *Vicharchika* (Eczema)

Therapeutic intervention:

Table 2: Intervention

Date	Oral medication	Dose
25/09/2025	1. <i>Swayambhuva Guggul</i> (Ayurveda Rasashala)	2 tablet BD (after food with luke warm water) (500mg each) for 14 days
	2. <i>Eladi Cream</i> (AVS, Kottakkal)	Local application after bath in morning and before bedtime over the affected area for 14 days

OUTCOMES:

Table 3: Outcomes

Parameter	Before treatment	In between the treatment (7th day)	After 14 days of treatment
<i>Kandu</i> (Itching)	Severely Present	reduced	Absent
<i>Pidaka</i> (Papule)	Absent	Absent	Absent
<i>Shyavavarna</i> (Blackish-brown discoloration)	Blackish Discolouration present	reduced	Markly Reduced
<i>Bahusrava</i> (Excessive exudation)	Absent	Absent	Absent
EASI Score	2.4	1.2	0



Day 1



Day 7th



Day 14th

DISCUSSION:

Now a days with current lifestyle, eating habits, different food products interactions, food processing interactions toxins accumulates in the body, which may not show its effects immediate but acts like slow poisoning and reflects its effects on skin and body. And in present era, more emphasis is given to the healthy state of an individual as well as skin, since it has cosmetic value. Generally, skin diseases are chronic in nature and the recurrence is very common. *Garavisha* (artificial poisons) is identified as a causative factor for a variety of skin diseases, including chronic inflammatory skin diseases such as *Vicharchika* (eczema) in previous studies.^[2]

In this case patient had history of consumption of incompatible food for longer period which triggered dermatitis after using metal wrist-watch. on the basis of signs, symptoms & history of patient ayurvedic diagnosis was made *Vicharchika* (eczema). In this patient *bahudoshushti* (Excessive Vitiating of Doshas) was not observed and manifestation presented locally on wrist part. Considering patient's age and it was hard for him to follow *Sansarjan Krama* (post detoxification and purification dietary regimen). *Swayambhuva Guggul* of Ayurveda Rasashala, Reference from *Gadanigraha Path* (Ayurvedic text), *Gutikadhikar*,^[7] and *Eladi Cream* of *Arya Vaidya Sala*, *Kottakkal* which contains all *Eladi Gana Dravya* from *Shodhanadi Dravyasangraha* reference from *Ashtanga Hridaya* (Ayurvedic text),^[8] was given. this combination have *Vishghna* (Antitoxic), *Kushthaghna* (Anti-skin disease), *Kandughna* (Anti-pruritic), *Raktashodhak* (blood purifier) properties.

Probable Mode of Action:

Swayambhuva Guggul, ingredients are mainly *Katu Tikta Rasatmak* (Taste), *Katu Vipaki* (Post-digestive effect) act as *Agnideepan*

(stimulating the digestive fire) and facilitating *Aampachan* (removing toxins formed due to weak fire). It leads to increase in *Jatharagni* (digestive fire) further increases Dhatwagni (tissue-specific metabolic fire), which causes decrease in Dhatushaithilya (loss of tissue integrity). this is the main step in the disruption of disease progression. It is *Kushthaghna* (Anti-skin disease property), *Krimigha* (anthelmintic), *Vishahara* (Anti-toxic) properties.^[7] It has *Raktadushthihara* (blood purifier), *vataadushthihara* (Remedies for vitiated Vata). Anti-inflammatory action via NF- κ B modulation.^[7] *Bakuchi* (*Posranea corylifolia*.Linn) have active component *Bakuchiol* demonstrated antimicrobial, anti-inflammatory, it has tolerable analogue of retinol.^[9] Retinol contributes to cellular differentiation and growth, immune system function, and the maintenance of skin and mucous membranes. *Amalaki* (*Emblica officinalis*. Gaertn) have active component *emblicanin A* and *B* demonstrated Antioxidant, anti-inflammatory, immunomodulatory, skin rejuvenation, enhance collagen synthesis.^[10] collagen forms a dense network of fibers that provides strength, structure, and elasticity, helping to keep the skin firm and resilient. *Mustak* (*Cyperus rotundus*.Linn) have active terpenes, flavonol glycosides possess anti-inflammatory activity repair, including cellular proliferation, and tissue remodelling and collagen deposition.^[14]

Eladi Cream contains mainly *Katu*, *Tikta*, *Kashay Rasatmak* (Taste), *Katu*, *Madhur Vipaki* (Post-digestive effect) *Dravya*. *Eladi Gana* is *Vatakaphahara* (Remedies for Vata-Kapha imbalance) locally it balances *Vatakaphadushti* (vitiated *Vatakapha* Dosas). *Kaphadushti* (vitiated *kapha* Dosa) is causative factor for *Kandu* (itching). *Vatadushti* (vitiated *Vata* Dosa) is causative factor for *Shyava Varn* (Blackish Discolouration) and excoriation. It have *Vishahara* (Anti-toxic) *Varnaprasadan* (improving skin radiance and clarity), *KanduKothaPidaka nashan* (Remedies for itching, hives, and pustular eruptions) properties.^[8] Its Ingredients have anti-inflammatory, antioxidant and purifying properties in it.^[11] ^[12] *Tagara* (*Valeriana jatamansi*. Jones) have phytochemical component *Iridoids*, found in many plant families are cyclopentane-c-pyran monoterpenoids are often present in form of glycosides, these are widely used as medicine for skin disorders.^[13]

The total duration of the treatment was 14 days and the patient showed a gradually visible recovery and reduction of the EASI score from 2.4 to 0. The main outcome of this treatment was the restoration of normal skin and the reduction of itching excoriations, without scarring of the skin. No serious adverse effect noted in the course of treatment. patient regained his confidence to socialise in family and community.

Vicharchika (Eczema) is relapsing disease. In present study the patient was given *Swayambhuva Guggul* orally and *Eladi Cream* externally for local application. which has *Vishaghna* (Anti-toxic property), *Kushthaghna* (Anti-skin disease), *Kandughna* (Anti-pruritic), *Raktashodhak* (blood purifier) properties, *Varnaprasadan* (improving skin radiance and clarity), *Kandupidakakothanashan* (Remedies for itching, hives, and pustular eruptions). They were found to be effective in the management of *Vicharchika* (Eczema). Ayurveda has potential in immune-mediated inflammatory systemic diseases which are difficult to cure. Ayurveda provides safe, holistic care in complicated dermatological conditions with cost-effective medications without the need for hospitalization.

Present observation and approach definitely boost up the new researcher scholar to manage this condition and do further studies.

PATIENT PERSPECTIVE:

Patient was satisfied with the treatment in terms of reduced itching, blackish discolouration, reduced night sleep disturbance, regaining social confidence.

PATIENT CONSENT:

Written permission for the publication of this case study has been obtained from the patient.

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