



AYURVEDA AND MODERN CONSIDERATIONS RELATED TO THE VICHARCHIKA (ECZEMA): A REVIEW STUDY

Ayurveda

Dr Preeti majhi*	Post Graduate Scholar, Department of Rachna Sharir, Govt. Dhanwantari Ayurvedic College & Hospital, Ujjain, Madhya Pradesh. 456001 *Corresponding Author
Dr Yogesh Wane	Associate Professor & HOD, Department of Rachna Sharir, Govt. Dhanwantri Ayurvedic College, Ujjain Madhya Pradesh. 456001
Dr Prakash Joshi	Assistant professor, Department of Rachna Sharir, Govt. Dhanwantri Ayurvedic College, Ujjain (M.P) Madhya Pradesh. 456001

ABSTRACT

Vicharchika is *Rakta Pradoshaja Vikara* which manifested through skin related symptoms and can be correlated with eczema as per modern science on the basis of sign and symptoms. The vitiation of *Dosha* mainly *Kapha* initiates pathogenesis of *Vicharchika* as like other *Kshudra Kushtha*. The disease possess tendency of exacerbations along with symptoms of dermatitis and skin inflammation. Redness, itching, skin edema, dryness, blistering, cracking, crusting, bleeding and flaking are common clinical symptoms of disease. The disease not only affects physical health of person but also imparts psychological disturbances and may become reason of social isolation. Herbs, Ayurveda classical formulations, *Panchkarma* therapy and consideration of concepts of *Pathya-Apathya*, etc. are some approaches of Ayurveda recommended for the management of such diseases. Considering the high prevalence of *Vicharchika* in current scenario present article explored some critical aspect of *Vicharchika*.

KEYWORDS

Ayurveda, Vicharchika, Eczema and Kshudra Kushtha

INTRODUCTION

Ayurveda the classical system of Indian health science described diseases of various organs and skin is one of them. The traditional literatures of Ayurveda considered *Mahakushta* and *Kshudrakushta* as subdivision of *Kushtarog*. There are many skin ailments which come under heading of *Kshudrakushta* and *Vicharchika* (eczema) is one of them. As per modern science eczema involves dry itchy skin along with demarcated erythema and scale. The acute condition related to vesicular phase while hyper-pigmentation may occur in chronic phase. The modern science mentioned various types of eczema on the basis of their causes and manifestations, which are as follows:

- Eczematous polymorphic light eruption
- Post-traumatic eczema
- Endogenous eczema
- Asteatotic eczema
- Discoid eczema
- Chronic hyperkeratotic palmer eczema

Modern science mentioned various topical formulations along with internal medicine like steroids for the management of eczema while Ayurveda believe that detoxification procedure which removes vitiated *Dosha* and toxins along with therapy which balances *Dosha* and *Dhatu*s helps to pacify pathogenesis of *Vicharchika*.

Causes as per Ayurveda

- *Viruddha Ahara*
- *Mithya Vihara*
- *Vegadharana*
- Avoidance of concept of *Svasthanavritta*
- *Krimi* infections
- Exposure to harmful climatic conditions
- Drug side effects or hormonal imbalances
- Presence of other diseases which affects detoxification and circulatory process of body

Symptoms of diseases as per Ayurveda

- *Kandu & Pidika*
- *Srava & Shyava*
- *Raji & Rukshata*
- *Ruja & Vedna*

Predominance of Dosha in Vicharchika:

- The predominance of *Vata Dosha* can lead dryness of the skin, pain and itching.
- The predominance of *Pitta Dosha* in disease condition can lead burning sensation and fever.
- The predominance of *Kapha Dosha* is main feature of disease which involves all major symptoms of disease such as; redness, dryness, blistering, itching and cracking.

Samprati

Following *Samprati Ghatak* mainly involves in disease pathogenesis:

- *Dosha: Vata & Kapha*
- *Srotas: Rasavaha & Raktavaha*
- *Udhhavasthana: Twak & Mansa*
- *Dushya: Rakta, Mansa & Lasika*

The pathogenesis of disease mainly occurs due to the vitiation of *Tridosha* as mentioned in **Figure 1**.



Figure 1: Pathogenesis of Vicharchika.

MANAGEMENT OF VICHARCHIK

• *ASHodhana karmas:*

Rakta Mokshna for *Kapha* and *Virechana* for *Pitta* predominant conditions. *Safed nishoth* and *Danti root* along with *Triphala* can be used for *Virechan karma*. *Shodhana karmas* not only detoxify body but also maintain normal circulatory process thus provides nutritional supply to whole body. *Vamana* can also be employed when excess of *Pitta* and *Kapha* leads symptoms of eczema. *Madanphal* and *Mulathi* can be used for this purpose.

• *Rasayana therapy*

Rasayana such as *Guduchi*, *Amla* and *Shatavari* can be recommended for such types of conditions to cure disease symptoms. *Guduchi* provides antimicrobial effects thus helps to reduces pathogenesis of diseases caused by *Krimi* infections, *Amla* improves metabolic activities thus facilitate digestions and detoxification of wastes while *Shatavari* improves quality of *Rasa Dhatu* and enhances nutritional supply to the tissue.

• *Herbs*

- *Tumeric & Nimba* heals skin lesion since they possess antimicrobial effects.
- *Lepa* of *Haritaki* and *Vidanga* provides relief from symptomatic manifestation of disease

- **Manjishta** cure eczema since it offers *Pitta* pacifying effects suppress itching and purify blood.
- **Mulethi** possess cooling and anti-inflammatory actions; provide soothing relief and cures symptoms of eczema such as; itching and burning sensation.
- **Aloe** gives moisturizing and nourishing effects, relief itching and burning sensation. Also nourishes skin tissue thus can be used in eczema.
- **Chandana** causes cooling sensation thus helps to pacify symptoms of disease.
- **Khadira** due to its astringent properties imparts local benefits in skin ailments such as; eczema.
- **Vasaka** possess *Tikta & Kasaya Rasa* and *Sita Virya* thus helps in eczema, it acts as *Kaphapittahara & Raktasangrahika* drugs cure symptoms of disease.

Classical Ayurveda formulation for treatment of vicharchika

- **Rasamanikaya**
- *Gandhak Rasayana*
- *Kaishore Guggulu*
- *Triphala*
- *Mahamarichyadi Taila* for topical purpose

Yoga poses for Eczema:

- *Shirshasana*
- *Bhujangasana*
- *Uttanasana*
- *Pawanmuktasana*

Pathya & Apathya

- *Viruddha Ahara*, *Mithya Vihara* and *Vegadharana* are to be avoided.
- Consideration of concept of *Svasthavritta* imparts good physical health.
- Rice, fruits and vegetables, preparations of cooked *Yava* recommended.
- Patient should avoid use of meat, curd, oil and sour foods.
- Alcohol consumption and smoking are to be avoided.
- It is suggested to follow disciplinary conduction of daily and dietary routine.

CONCLUSION

Vicharchika is considered as *Rakta Pradoshaja Vikara* which can be correlated with eczema as per sign and symptoms. The vitiation of *Kapha Dosha* mainly initiates pathogenesis of *Vicharchika* which includes symptoms like; redness, skin edema, itching, blistering, crusting, bleeding and dryness. *Viruddha Ahara*, *Mithya Vihara*, *Vegadharana*, avoidance of concept of *Svasthavritta* and *Krimi* infections are some common causes of *Vicharchika*. *Kapha Dosha* and *Rasavaha Srotas* are mainly involved in disease pathogenesis. Natural herbs, Ayurveda classical formulations, *Panchkarma* therapy and good conduction of concept of *Pathya-Apathya*, etc. are some approaches of Ayurveda recommended for the management of *Vicharchika*.

REFERENCES

1. Taylor B, Wadsworth J, Wadsworth M, Peckham C. Changes in the reported prevalence of childhood eczema since the 1939-45 war. *Lancet* 1984; 2(8414):1255-1257.
2. Cooper KD. Atopic dermatitis: recent trends in pathogenesis and therapy. *J invest Dermatol* 1994; 102(1):128-137.
3. Leung DY, Bieber T. Atopic dermatitis. *Lancet* 2003; 361(9352):151-160.
4. Kasper: Harrison's Principles of Internal Medicine, McGraw Hill Medical Publishing Division, New Delhi, 16th edition 2004, p.289.
5. Dr. Y. G. Joshi, (1st Ed.). *Charak samhita*, Maharshi Charak, Marathi Commentary Elaborated by Charaka & Drudhabala, Chikitsa Stan: chapter 7. Verse no. 4. Pune: Vaidyamitra Prakashan, 2011, Page No.189.
6. Dr. Anant Ram Sharma edited with 'Susrutavimarsini' Hindi commentary. (1st Ed.). *Susruta Samhita*, Maharshi Susruta. Nidanstan: Chapter 5. Verse no.3. Varanasi: Chukhambha Prakashan, 2010; page no.493.
7. Agnivesha, *Charaka Samhita*, revised by Charaka & Dridhabala with Ayurveda deepika commentary of Chakrapanidatta, edited by Vd. Yadavaji Trikamji Acharya, Chaukhambha Prakashan, Varanasi, reprint 2007; Chikitsa Sthana 7/10, 30, . Pg.450 & 451.
8. *Charaksamhita chikitsasthan hindi commentary* by Pandit kashinath shastri Chaukhambha publication varansi reprint 2011:7/26 page 252.
9. Bhavaprakasa, Chaukhambha publication Varansi, 5th Ed. 1993. pag 154.
10. Vagbhata, *Ashtang Hridaya* with Sarvangasundari commentary of Arunadatta & Ayurveda Rasayana of Hemadri, edited by Pt. Hari Sadashiva Shashtri, Chaukhambha Surbharati Prakashan, Varanasi, reprint 2007; Nidana Sthana 12/1, Pg.513.