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EFFICACY OF SHODHANA FOLLOWED BY SHAMANA CHIKITSA IN VICHARCHIKA WITH SPECIAL REFERENCE TO ECZEMA: A CASE STUDY

Ayurveda

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ABSTRACT

Introduction – All skin conditions are described under "Kushthavyadhi" in Ayurveda. It is further divided into two types: Mahakushtha and Kshudrakushtha. Vicharchika (Eczema) is a subtype of "Kshudra Kushtha." (1) Considering this condition as Vicharchika (Eczema) wherein, dominant Dosha according to Sushrutacharya (2) is Pitta, whereas Charakacharya (3) and Vagbhatacharya (4) accept the dominance of Kapha. Vicharchika is mainly characterized by Vaivarnya and Kandu. (5)

"Eczema" is an inflammatory condition of the skin modified by groups of vesicular lesions, with a variable degree of exudates and scaling. In some cases, dryness and scaling may predominate, with less inflammation. Sometimes the main feature may be blisters, that become very large. It commonly itches and the clinical appearance may be modified by scratching, which with time may produce thickening of the skin with increased skin markings. (6)

Prevalence - The prevalence rate in adults is around 2-10% with a male to female ratio of 1:1.4(7)

KEYWORDS

Vicharchika, Eczema, Shodhana, Virechana, Jallukavacharan, Shamana.

Need And Scope Of Study –

The increasing prevalence of the Eczema following ever changing lifestyle was a major motivation for selection of the topic for the study. The modern science has greatly advanced, particularly in dermatology but there is no specific medication for sure cure of Eczema but symptomatic treatments like steroids are used. Whereas Ayurveda treats from the root of Eczema by cleansing vitiated Dosha and balancing the Dosha and Dhatus without any side effects.

CASE REPORT –

A 50 year old female patient approached the OPD with the chief complaints of: Blackish Discoloration, Itching and Cracking over Anterior as well as Lateral sides of (Bilateral) Feet, also on Dorsal aspects of Hands and Constipation (On and off). All the complaints were since 6 months. The patient had undergone Allopathic management, but didn't get relief, so came in M.A. Podar Hospital's OPD for Ayurvedic mangement. There was no significant past history of any surgery or addiction other than above. The Vital signs and Appetite were normal.I have taken it as a Vicharchika case by diagnosis as per Ayurvedic Classical Texts and admitted her in female medical ward.

Hetu :

Ahara – Viruddha ahara, Excessive use of Lavan, Drava, Snigdha and Guru food articles, etc.

Vihara – Vegadharan, Exposure to chemicals of soap, etc.

Samprapti Ghatak –

Dosha – Tridosha
Dushya – Rakta, Twak, Lasika, Mansa
Strotas – Rasa, Rakta
Adhishthana – Twacha
Sanchara – Tiryak sira
Rogamarga – Bahya
Swabhava – Chirkari

MATERIALAND METHODS –

Shodhana Chikitsa – (Virechana after one month to Jallukavacharan)

Virechana :

Poorva Karma:

Poorva karma of Virechana is Deepana, Pachana and Snehana. Deepana and Pachana were done by administration of Aampachak Vati 250mg TDS for 3 days. Snehapana (Internal Oleation) was done by administration of Mahatiktak Ghrita as follows -

Day 1) Mahatiktak Ghrita 40ml
Day 2) Mahatiktak Ghrita 60ml
Day 3) Mahatiktak Ghrita 80ml
Day 4) Mahatiktak Ghrita 100ml
Day 5) Mahatiktak Ghrita 120ml

During all these days, Patient was advised to take Lukewarm water (Ushnodaka), Only laghu and drava ahara was advised during period. The symptoms of Samyak Snigdha (Proper internal Oleation) were observed on 5th day. On 6th and 7th day, she was subjected to Sarvanga Abhyanga followed by Swedana (Fomentation).

2) Pradhana Karma: On the 8th day before administration of Virechana Dravya Abhyanga and Sarwanga Swedana was carried out in the morning. the Patient was given 150 ml decoction of triphala with Abhayadi modak 500 mg at 10:30 AM. Pulse, Respiration, Blood Pressure and Temperature were recorded at regular intervals during Pradhana karma. Number of motions after administration of Virechana Dravya were counted till symptoms of proper purgative like stopping of purgation on its own, passing of stool with mucous in last one or two motions, feeling of lightness in the body appeared. 12 Vegas (Number of motions) were observed.

3) Pashchata Karma: After completion of Virechana karma, patient was kept on Sansarjana Krama for "**Madhyam Shuddhi".** Patient was advised to take rest during that shuddhi period and have koshna thin rice gruel with specific diet (Laghu Ahar) for 5 days**.**

Jallukavacharan – After one month of Virechana. (1 sitting)

1)Poorva Karma (Pre-operative procedures)

Requirements: Nirvisha Jalaukas (non-poisonous leeches), Haridra (Curcuma longa Linn.) powder, sterilized gloves, gauze roller, sterilized cotton, scissors. Patient checked for blood pressure and pulse rate before and after the procedure.

Preparation of Leeches: The leeches are kept in bowl filled with Haridra water for 10 min to activate them and then they are transferred to a clean water filled bowl.

Preparation Of Patient: The subjects were asked to sit on the table comfortably and later the area around the lesion was cleaned with dry gauze.

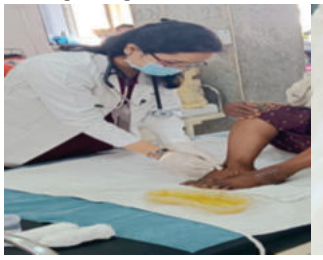
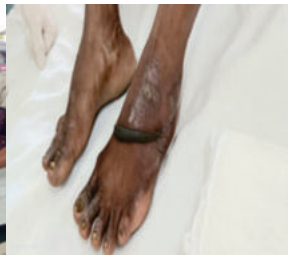
2) Pradhana Karma (Operative procedure):

The non-poisonous leech is placed at the site and allowed to suck the blood. After getting properly fixed to the site, wet gauze was placed over its body. Even if the subject complained of pain in some cases, a pinch of Haridra powder was sprinkled at the site of bite and the leech was taken out.

3)Paschata Karma (Post-operative procedures):

A piece of gauze was placed over the site of bite to avoid further bleeding, later it was banded tightly, and vital details were recorded.

The step-wise procedures in Jallukavacharana were done.

Dr. Sakshi Pasalkar performing Jallukavacharan Under guidance of Dr.Geeta Parulkar.

Shamana Chikitsa – (After Shodhana Chikitsa)

Medicine	Dosage	Anupana	Duration
Kaishor Guggulu	250mg Thrice a day	Khadirarishta (30 ml in 100 ml Koshna jala)	All for 2 Months
Arogyavardhini Vati	250mg Thrice a day		
Gandharva Haritaki Churna	3 gms at bed time	Koshna jala	
Tila Taila (Koshna)	For Local application twice daily (After Bath and at Night)	-	

CRITERIA OF ASSESSMENT WITH PARAMETERS GRADATIONS –

Vaivarnya (Discoloration)

Grade	Parameter Description
0	Absence of Discoloration
1	Brownish red Discoloration
2	Blackish red Discoloration
3	Blackish Discoloration

Rukshata (Dryness)

Grade	Parameter Description
0	Absence of Dryness
1	Dryness with Rough skin
2	Dryness with Scaling
3	Dryness with Cracking

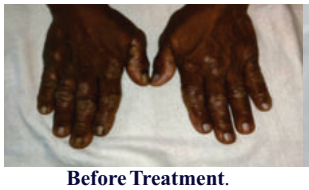
Kandu (Itching)

Grade	Parameter Description
0	Absence of Itching
1	Itching occasionally
2	Itching can bearable with medications only.
3	Itching disturbing patient's routine activities and can't bearable with medications also.

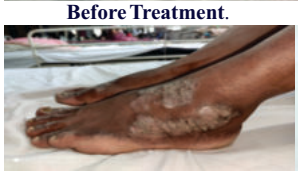
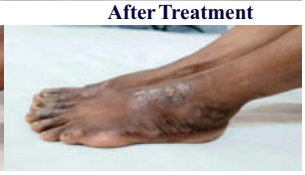
Shotha (Inflammation / Swelling)

Grade	Parameter Description
0	Absence of Inflammation
1	Inflammation occasionally
2	Inflammation with tenderness, Can bearable with medications only.
3	Inflammation with tenderness, Can't bearable by medications also.

OBSERVATION AND RESULTS




Before Treatment. **After Treatment**

Before Treatment **After Treatment**

OBSERVATIONS –

Lakshanas	Before Treatment	After Treatment
Vaivarnya	3	1
Rukshata	2	0
Kandu	3	0
Shotha	3	0

Parameters For Relief In Percentage –
Mild – 1 to 25 %
Moderate – 26 to 50 %
Remarkable – 51 to 100 %

DISCUSSION – (With Probable Mode Of Action)
Shodhana Chikitsa (Virechana, Jallukavacharan) -
"Kushtha" is a Tridoshaja vyadhi and involves all the Seven Dhatus as Dushyas. **It is a Raktapradoshaj Vyadhi.** As the Pitta and Rakta have Ashraya-Ashrayi Bhava, management modalities concerned with Pitta and Rakta dhatus resemble each other. Therefore, I have planned Virechana (Purgation) therapy followed by Jallukavacharan (Leech therapy) for the success.

Shamana Chikitsa -
Kaishor Guggulu - It corrects Raktadushti (Purifies the blood). Its laxative property eliminates the body wastes and results expected effect on Pitta Dosha ultimately Rakta Dhatu.

Arogyavardhini Vati – Arogyavardhini Vati promotes Mandagni (Low Digestive Fire), clears Strotasas (Body Channels) and has laxative action, which helps to eliminate toxins out of the body, that's why it is recommended in Chronic Constipation and Skin Disorders.

Khadirarishta –Khadira has Kushtaghna, Kandughna, Krumighna, Raktashodhana, and Vranaropaka properties.

Tila taila –Tila taila is having Snigdha, Sukshma, Ushna and Vatashaman qualities.

Gandharva Hartaki Churna – This Churna is Malashuddhikar.

CONCLUSION-
So, one can conclude that, "**Vicharchika"** is a condition for which modern medicine has no permanent solution except symptomatic management most probably. The holistic approach of Ayurvedic system of medicine can provide both i.e. Subjective and Objective relief to the patient by Ayurvedic way. Here, the total effect of relief was remarkable (80 %).

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