



## Ayurvedic Management of *Vicharchika* W.S.R to Eczema

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### ABSTRACT: -

#### Background

All skin diseases were grouped together in the Ayurvedic text as *Kushtarog*. In modern dermatology, *Vicharchika* has a clinical appearance comparable to Eczema. Eczema (also known as atopic dermatitis) is characterized by dry, itchy skin with erythema and scaling that is poorly defined. Instead, symptomatic treatments such as steroids are used, which have serious side effects such as nephrotoxicity, osteoporosis, and skin cancer.

#### Aims and Objective:

To evaluate, elaborate and discuss etiology, Pathology and Management of *Vicharchika*.

**Material and methods-** *Brihatrayee*, *Laghutree*, and other *Ayurveda* literatures, articles related to *Vicharchika* are compiled.

**Results-** The purpose of this paper is to highlight the role of Ayurvedic Management in *Vicharchika* symptoms and recurrence.

**Conclusion-** All *Dosha*, according to Ayurveda, must be in balance for good health. The symptom of eczema is treated with this product.. By cleansing vitiated *Dosha* and balancing the *Dosha and Dhatus*, Ayurveda treats the underlying cause of eczema.

**Keyword-** Eczema, *Vicharchika*, *Kushtaroga*.



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## INTRODUCTION

Skin infections are prevalent in many parts of the world. Skin illnesses impact all segments of the population, regardless of ethnicity, but they are more common in youngsters and low socioeconomic groups, owing to inadequate hygiene practices. According to many studies, skin infections are more common in harsh climatic conditions. Most skin infections transmit through contact <sup>[1]</sup> After coming into contact with an irritant or allergen, acute eczema develops. Inflammatory mediators, such as prostaglandins, and Helper T cells, are involved in its route. It has redness, swelling, scaling, weeping, crusting, and itching as clinical characteristics. Eczema, especially severe types, has a significant impact on one's quality of life.<sup>[2]</sup> Effective therapeutic agents in contemporary medicine are limited in number and may have long-term toxic side effects. Reassurance, reduction of predisposing conditions, and palliative measures are the current treatments for Eczema in modern science. It's also claimed that no single drug can treat eczema, however a handful do provide symptomatic relief.<sup>[3]</sup> For the treatment of eczema, modern dermatology uses systemic and local steroid therapy.<sup>[4]</sup> Maintenance therapies with small doses of systemic and topical glucocorticoids usually produce harmful side effects, despite an initial response.<sup>[5]</sup> Similarly, electrotherapy, ultraviolet therapy, hydrotherapy, X-ray therapy, and other therapies have their own limitations, and these therapies are neither popular nor effective. *Shodhana*, which

eliminates the vitiated *doshas*, is the mainstay of Ayurvedic treatment for *vicharchika*. *Shaman oushad* is, in addition

to *shodhana*, aid in the correction of *dhatu*s and the restoration of normalcy.

## AIMS AND OBJECTIVE

To evaluate, elaborate and discuss etiology, Pathology and Management of *Vicharchika*.

## MATERIAL AND METHOD

Material related to Eczema is collected from Ayurvedic text including *Bahatriye*, *Laghutrye* and text book of modern medicine respectively. The available commentary's of Ayurvedic *sahitas* has also referred to collect relevant matter. The index, non-index medical journals has also referred to collect information of relevant topic.

### Literature Review

- Eczema, also known as dermatitis, is an inflammatory skin condition caused by delayed type hypersensitivity mediated by memory T cells in the skin.<sup>[6]</sup> Depending on how long the insult lasts, the clinical lesions might be acute (wet and edematous) or chronic (dry, thickened, and scaly).<sup>[7]</sup> Eczema is a phrase that refers to a group of skin rashes that are marked by redness, swelling, itching, and dryness, as well as crusting, peeling, blistering, cracking, seeping, or bleeding. Healed lesions are sometimes characterised by areas of transitory skin darkening, while scarring is uncommon.<sup>[8]</sup> Eczema that has been present for a long time is frequently dry, with thickened, scaling skin, hyperpigmentation, and apparent scars. Eczemas are a diverse set of disorders that are linked by irritation and, in the most severe cases, oedema (spongiosis) in the epidermis. The stratum corneum stays intact in early illness, thus the eczema appears as a red, smooth, oedematose plaque. With worsening

disease, the oedema becomes more severe, tense blisters appear on the plaques or they may weep plasma. <sup>[9]</sup>

### Classification <sup>[10]</sup>

Eczema is classified into groups:

- A. **Exogenous eczemas** - are related to clearly define external triggering factors, although inherited tendencies can also play a part, this group include: Irritant contact dermatitis (ICD), Allergic contact dermatitis (ACD), Photo-contact dermatitis, Eczematous polymorphic light eruption, Infective dermatitis, Dermatophytide, Post-traumatic eczema, Exanthematous drug eruption
- B. **Endogenous eczema** – it implies that the condition is not a result of exogenous or external environmental factors, i.e. is mediated by processes originating within the body, include: Atopic dermatitis (AD), Seborrhoeic dermatitis, Asteatotic eczema, Discoid eczema, Exudative discoid and lichenoid dermatitis, Chronic superficial scaly dermatitis, Pityriasis alba, Hand eczema and pompholyx, Gravitational eczema, Juvenile planter dermatitis, Metabolic or eczema associated systemic diseases, Chronic hyperkeratotic palmer eczema

### Histopathology <sup>[11]</sup>

It is according to the stage of eczema

- a. **Acute form:** shows, spongiosis with formation of vesicles, acanthosis, variable infiltration of the epidermis by lymphocyte, with dense superficial lymphocytic dermal infiltration with histiocytes.
- b. **Subacute form:** spongiosis diminished, increasing acanthosis, with formation of a parakeratotic horny layer, moderate dermal lymphocytic infiltrate with histiocytes and decrease epidermal infiltrate.
- c. **Chronic form:** there is arthrokeratotic hyperkeratosis with areas of parakeratosis,

marked acanthosis, elongation and broadening of the rete ridges, mild chronic dermal lymphocytic-histiocytic infiltrate and absence of epidermal infiltrate e.g. lichenification.

### Pathogenesis <sup>[12]</sup>

Eczema has a variety of causes, however it all follows a similar aetiology. The activated keratinocyte is one of the hallmarks. It metabolises quickly, which is associated with increased basal cell proliferation and cytokine release. Interleukin 1 (IL-1) is abundant in the epidermis (IL-1). Most eczemas are characterised by neutrophil infiltration (exocytosis) of the epidermis, which is unsurprising. Interferon activates lymphocytes, which helps to maintain the perivascular lymphocytic infiltration seen in all types of eczemas. The epidermis thickens (acanthosis) and scales as a result of hyperproliferation. Oedema, blistering, weeping, and itching are all symptoms of cytokines.

### Sign and Symptoms

The symptoms of dermatitis vary depending on the type of dermatitis. They might be anything from skin rashes to bumpy rashes to blisters. Although each variety of dermatitis has its own set of symptoms, there are some that are present in all of them, such as skin redness, swelling, itching, and skin lesions with weeping and scarring. Also, with each type of dermatitis, the area of the skin where the symptoms emerge is different, whether it's on the neck, wrist, forearm, thigh, or ankle. The primary symptom of this illness is itchy skin, which can occur in a variety of locations. It can also form on the genital area, such as the vulva or scrotum, in rare cases.<sup>[13]</sup> The symptoms of this type of dermatitis can be severe and fluctuate. Itchy

contact dermatitis is frequently more painful than irritant contact dermatitis. Atopic dermatitis symptoms differ from person to person, but the most common ones are dry, itchy, and red skin. The folds of the arms, the backs of the knees, the wrists, the cheeks, and the hands are among the most commonly affected skin locations. The many varieties of eczema have their own distinguishing characteristics, which will be discussed later; nevertheless, most have certain common characteristics, which are useful to explore now. The lack of a distinct edge is a distinguishing feature that distinguishes eczema from most papulo squamous eruptions.<sup>[14]</sup>

#### **Purva Roop (Prodromal Symptoms)<sup>[15]</sup>**

As enumerated in the Charaka Samhita, the prodromal symptoms include.

- Loss of touch sensation
- Excessive or no perspiration
- Deranged complexion
- Appearance of rashes, itching piercing pain, exertion,

#### **Roop (Symptoms)**

The Sushruta Samhita defines *Vicharchikas* “excessive pain and itching<sup>[16]</sup>, the Charak Samhita describe *Vicharchika* in a slightly different way “It consists of pimples which are itchy, blackish, and with excessive discharge.<sup>[17]</sup>

- *Kandu*-It is a condition of severe itching and is most distressful symptom.
- *Pidika*-In Charak it has been explained that, when the vitiated Pitta gets accumulated in *Twacha* and *Rakta* creates inflammation and redness then it is known as *Pidika*.
- *Srava*- Acharya Charak described *Bahusrava* meaning profuse discharge.
- *Shyava*- this is characteristic feature of the lesions of *Vicharchika*.
- *Raji*- Sushruta has described this symptom.

*Raji* means linings. *Raji* is caused by vitiated *Vata*.

- *Rukshata*- It indicates the dryness in the lesion.
- *Ruja*- *Ruja* means *Vedna* i.e. pain to the patient due to chronic nature of the disease.

#### **Management Through Ayurveda**

The *Chikitsa* will be predicated on the existence of specific symptoms, as it always is when more than one *Dosha* is involved. The symptom that is the most aggravated should be treated first. The Ayurvedic texts provide a number of conservative therapy options for *Kushta* illness, including *Vicharchika*. Bloodletting is regarded the finest cure for skin problems among the *Shodhana karmas* (purifying remedies).

- ***Raktamokshan***

*Rakta mokshana*, according to Acharya Sushruta, is the most efficient remedy for half of all body disorders. A study on the application of *Rakta mokshna*, specifically using *Jalauka* (leeches), revealed a significant improvement in *Vicharchika* symptoms. Bloodletting with leeches has been reported to be quite efficient in alleviating *Eczema* signs and symptoms.<sup>[18]</sup>

- ***Virechan karmas***

*Virechana* (systemic purification through the use of a purgative medication) is preferable for skin conditions involving *Pitta* and *Rakta*. *Virechan* should be performed using *nishoth*, *Danti* root, and *Triphala*, according to Charak. The use of *Virechan karma*, or purgation, as a treatment for *Vicharchika* has also been demonstrated to be quite beneficial.<sup>[19]</sup>

- ***Lepas*** are a type of topical therapy that is frequently used to alleviate complaints on the *Vicharchika*. *Haritaki* and *vidanga* are two common plants used in *Lepa* for *Vicharchika*.

- **Vaman**

It is the first of *Pancha Karma's* five primary remedies. Vamana is said to be an excellent treatment for excess *Pitta and Kapha*. According to Acharya Charak, if *Kustha* has afflicted the upper portion of the body, the patient should undergo the *Vaman* method, which involves the usage of *Madanphal, Mulathi,* and *Parora* leaf mixed with Neem juice.<sup>[20]</sup>

- *Shaman chikitsa*

*Vicharchika* is treated by *Shaman chikitsa* when a full *Shodana chikitsa* (i.e. Panchkarma) is not achievable due to weaker *Ojas*.

## DISCUSSION AND CONCLUSION

In today's *Vicharchika's* opinion, it can be classified as eczema. Both therapies necessitate a long duration of suppressive and symptomatic (topical and systemic) treatment. *Kustha and Kshudra Kustha* are broad concepts in Ayurveda with specific management principles. Various medications for systemic and local use in a variety of forms, including pills, *Lepas, Rasayan* preparations, oil, and *Kwath* (decoction), among others. Special bio purification techniques (Panchkarma) are also outlined. It suggests that Ayurvedic treatment for skin problems, particularly Eczema, will be effective and accepted.

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