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A Case Study Of *Vicharchika* W.S.R.To Atopic Dermatitis

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ABSTRACT: -

Ayurveda is a traditional medical system where all fundamentals about health and normal wellbeing are described. Health is wealth of a human being. Any disturbance in normal lifestyle causes health issues. Skin is a mirror of our body. Any misbalance in internal physiology will be reflected in the skin. All skin disorders occur due to misbalance of any *Dosha*, *Dhatu* (body tissue) or *Mala* (waste). *Vicharchika* is one of them (one type of *Kushtha Roga* (skin diseases) and it can be correlated in modern science with atopic dermatitis.

Aim and objective- in this study *Ayurvedic* treatment of *Vicharchika* is described.

Material- *Ayurvedic Samhita* and their commentaries and modern science books published research papers, articles, medical journals and internet are used for the study. **Method-** Type of study- clinical case study.

Results and conclusion- The treatment of *Vicharchika* through *Ayurveda* approach is incredible and result seems good. Conclusion will be made.

Keywords:- *Dosha*, *Dhatu*, *Mala*, *Vicharchika*, *Kushtha Roga*, atopic dermatitis



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INTRODUCTION-

Ayurveda brings a balance of body, mind and spirit. *Ayurveda* believes that all *Doshas* in balance is essential for well-being. If there is any imbalance in the normal function of *Dosha* can cause disease like skin diseases, Respiratory or GIT disorder. In the *Ayurvedic* text all skin diseases were included under the *Kushtha Roga* (skin diseases), which is classified into two divisions *Maha Kushtha* (major skin diseases) and *Kshudra kushtha* (minor skin diseases).¹ *Vicharchika* is described under *Kshudra kushtha* (minor skin diseases)² and is included under *Kapha Pradoshaja Vikaras*³. According to *Acharya Charak*, *Vicharchika* a type of *Kushtha* (skin diseases) is characterized by blackish brown eruptions associated with itching sensations and excessive exudations.⁴ *Vicharchika* can be correlated with eczema which is characterized by persistent or recurring skin rashes, running a chronic course, and has a tendency of exacerbations. Atopic dermatitis is a type of eczema characterized by dry itchy skin with areas of poorly demarcated erythema and scale. In the acute phase eczema may be vesicular and oozing, in the chronic phase it may become hyperpigmented and lichenified (thickened). Excoriations (scratch marks) are frequently seen. Things that can worsen the skin reaction include sweat, stress, obesity, soaps, detergents, dust and pollen. Reduce your exposure to your triggers. Modern treatment of atopic dermatitis are uses of topical steroidal creams, ointments, solutions and lotions which are harmful for the body. Antihistaminic, anti-inflammatory and antibiotic are also used and they are also harmful and chances of recurrence are also there.

Ayurveda offers treatment for the root of *Vicharchika* by cleansing vitiated *Dosha* and balancing the *Dosha* and *Dhatus*. Modern medicine offers treatment only for the symptom of atopic dermatitis. Modern pharmacology treats whole body and it has various side effects. However, it does not provide treatment for the root. Therefore, recurrence is very common. The main line of treatment described for *Vicharchika* in *Ayurveda* is

more effective and fruitful as shown in this study. The *Ayurvedic* treatment of *Vicharchika* given in this case study is very effective.

AIMS & OBJECTIVE-

To study the effects of *Ayurvedic* treatment in *Vicharchika*.

MATERIAL AND METHOD

Source of medicine, literature and the strategy of treatment mention.

This study was carried out in *Charma Roga Nivaran* unit in Govt. Dhanwantari Ayurvedic College, Ujjain (M.P.).

Clinical history - A 30-year-old male patient, O.P.D. reg. no 4130 visited Charma Roga nivaran unit O.P.D Roga govt. Dhanwantari Ayurvedic medical hospital, Ujjain on 22 may 2019.

Complaints- Itching, dryness, discolouration of skin, anorexia and insomnia over there since 6 months.

Not any past, family and psychological history seen. In personal history, anorexia and disturbed sleep are observed. General examination is normal and only skin appears sign and symptoms like itching, dryness and discolouration of skin, which causes so much stress to the patient.

Clinical history with case number, ethical number and demography : separately mention

TREATMENT-

1. Tab Soraneem- 2*bd after meal

2. *Gandhak Rasayan* -3gm

Giloy Satva -3gm

Rasa Manikya -125mg

Combination of drugs given bd with Luke warm water mention quantity of combination along with no. of times and planned *Anupaan* (vehicle).

3. *Haridrakhanda* - 1gm*Bd with Luke warm water number and *Anupaan* (vehicle).

4. *Panchsakar Churna*- 3gm*HS with Luke warm water

5. *Khadirarishta*- 20 mL*Bd with Luke warm water after meal

6. Topical coconut oil with *Tankan Bhasma* (Borax)

The patient was advised to take medicine protocol for 6 months and gradually withdrawal of allopathy medicine one by one. He has also advised to avoid *Virudha Ahar Vihar*, (incompatible diet), *Divasvapna* (Sleeping during daytime), *Ratrijagran* (awakening during night), stress etc.

DISCUSSION-

As per the schedule, patient has taken medication and asked to follow diet by avoiding *Virudha Ahar Vihar*, (incompatible diet), *Divasvapna* (Sleeping during daytime), *Ratrijagran* (awakening during night), stress etc. After the follow up, there are remarkable changes in patches.

Tab Soraneem-

It contains *Gandhak Rasayan*, *Navakashaya Guggul*, *Khadirashtakam*, *Manjistha* extract, *anantmool* extract. It promotes detoxification and rejuvenation of skin, supports healthy skin pigmentation. It exerts astringent and antifungal properties. Acts as a blood detoxifier and works as an immunomodulator and anti-inflammatory agent. It purifies blood and is an anti-oxidant.

Gandhak Rasayan

Gandhak Rasayana mainly acts on skin, blood and it is *Rasayana* (Rejuvenator) in action. *Gandhak* (Sulphur) is *Ushna Veeryatmaka* (Hot potency), *Katu Rasa* and *Vipaki* (pungent taste) so acts as best *Kaphghna* and *Kledaghna* (removal of toxins). During making of *Gandhak Rasayana* different twelve *Drawya Bhavanas* (Levigation) are given to *Shudha Gandhak*. (purified sulphur). These drugs help to destroy the *Samprapti* (Pathogenesis) of *Vichrchika* due to its *Ushnavirya* (hot potency) and *Katu kashay rasa* (Pungent, astringent essence).⁵

Giloy Satva (Extract of *Tinospora Cordifolia*)

Giloy (*Tinospora Cordifolia*) comes under *Rasayan Varg* (Rejuvenator group) with high potency of *Tridosh Shaman*, *Kushthaghn* and *vednasthapan* (analgesic). The anti-inflammatory and potent

analgesic properties of the *Giloy Satva Satva* (extract of *Tinospora Cordifolia*), has high significance in treating various skin diseases.⁶ Especially the active components of *Giloy Satva* (extract of *Tinospora Cordifolia*), when taken regularly, it scavenges free radicals from the body and its antipruritic nature alleviates itching sensation caused due to allergic conditions like psoriasis, acne, sunburn, eczema, etc

Rasa Manikya (An arsenical formulation of Ayurveda)

Rasa Manikya is used in *Vicharchika* according to *Bhaishjyarnatnavali*. It has *Hartal shodit* (Purified Orpiment) by *Kushmand Swaras* (Juice of *Benincasa hispida*), *kanji* (Ayurveda Organic Herbal Porridge) and *dadhi* (curd). By its use the person becomes free from any *Kushta Roga* (skin diseases). Very less amount of it is used for treatment.⁷

Haridrakhand-

Haridrakhand is a widely used drug for skin allergies. It has the natural worthy properties of *haldi* (Turmeric) combined with other herbal extracts. *Haridra* (or turmeric) has anti-inflammatory quality which makes it pacify any allergic reactions on the skin. Toxins introduced into the system either through diet or by environment is cleansed by *Haridrakhand*.

Panchsakar Churna

Panchsakar Churna contains Senna leaf, *Harad* fruit (*Terminalia chebula*), *Zingiber officinale*, *Saunf* (fennel seeds) and *Saindhava Lavana* (Rock Salt). *Saunf* (fennel seeds) is added to the formulation to soften the stool and treat cases of constipation. Senna leaf and *Harad* fruit (*Terminalia chebula*) are added to treat digestive struggles and improve appetite. *Zingiber officinale* is added to improve bile flow in the body and to improve one appetite. *Panchsakar Churna* is a laxative product that relieves gas alongside constipation.

Khadirarishta

Khadirarishta is an effective blood purifier and antibacterial Ayurvedic medicine. It is made from herbal extracts and has no side effects which heals

from the inside and gives glowing skin. It is known to treat skin diseases.⁸This remedy is used since aeons as an excellent blood purifier, antibacterial and digestive agent and is very beneficial in curing pimples and acne from the skin. *Khadirarishta* is a best antipruritic, which is widely used for all skin disease, blood disorder, intestinal worms, splenomegaly, urticaria, gout, herpes, wounds, tumours, etc. Toxins block the micro-channels in the body, which results in poor nutrition to the skin tissues thus causing various skin diseases. The main indication of *Khadirarishta* is removing these toxins thereby preventing plethora of skin disease. It soothes the skin and reduces itching in almost all types of skin diseases. As always involves more than one *Dosha*, the *Chikitsa* will be based on the presence of particular symptoms.

The most aggravated symptom should be treated first. The *Ayurveda* classics advocate several lines of conservative treatment for *Kushtha* (skin disease) specially *Vicharchika*. In this case study, some peculiar treatment is very beneficial for *Vicharchika* as described above. So, the believe that *Ayurveda* will cure the disease, it proves itself by *Rogprashman Karma* (alleviates diseases) mentioned here.

CONCLUSION

Drugs used here are described in *Ayurveda* for Skin disorders, we used it in *Vicharchika*. In order to act directly or indirectly on *Vicharchika* as per *Ayurveda* and to cure the disease and inhibit the recurrence. Therefore, they can potentially be used on *Vicharchika* given in this case study.

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