A Critical Literary Review on Role of Rakthamokshana and Arka Taila in Vicharchika

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ABSTRACT

Vicharchika is a type of Kshudra Kushtha often encountered by Ayurvedic Dermatologists characterized with symptoms, namely, kandu, srava, pidika, and shyava varna. Based on clinical manifestations, vicharchika is frequently linked to eczema. Modern dermatology compares the clinical appearance of Vicharchika to eczema. The most typical kind of dermatitis is eczema. It is believed that the pathogenesis is influenced by both genetic and environmental factors. Despite being present in adults, eczema is more frequently encountered in youngsters. Dry, itchy skin that has poorly defined regions of erythema and scale is a hallmark of eczema, also known as atopic dermatitis. Eczema can be vesicular and ooze when it is acute, but it can also become hyperpigmented and lichenified (thickened) when it is chronic. Scratches or excoriations are commonly observed. Eczema is a symptom that Ayurveda treats, as it holds that all doshas must be in balance for health to exist. However, it does not address the basis of the problem. Recurrence is thus highly common. By balancing the Dosha and Dhatus and purging vitiated Dosha, Ayurveda treats the underlying cause of eczema.

1. INTRODUCTION

According to Ayurveda, Vicharchika is a Rakta Pradoshaja Vikara with three Dosha involvement and a dominant Kapha Dosha. Even though it is Kshudra Kushtha, it has a propensity for exacerbations and has a chronic history. From the perspective of the contemporary medical system, Vicharchika and eczema, a kind of dermatitis, or inflammation of the top layers of skin, might be associated. Eczema is a general word used to describe a variety of chronic or recurrent skin rashes marked by redness, swelling, itching, and may be crust, peeling, blistering, cracking, seeping, or bleeding.¹ Patients with Vicharchika (Eczema), who seldom benefit from Western medicine’s treatments, frequently seek therapy from Ayurveda in the hope of healing their illness. Following exposure to an allergen or irritant, acute eczema develops. Inflammatory mediators including prostaglandins and Helper T cells are involved in its route. From a therapy perspective, P. N. Behl’s book “The Practice of Dermatology” includes certain palliative and conservative measures.² It is also said that no one medication can treat eczema and that most medications are merely effective in relieving its symptoms. As a result, systemic and local applications of corticosteroids are used in contemporary dermatology to manage eczema. Eczema is referred to as the “itch that rashes” due to the dry skin that causes a rash when scratched or rubbed. Skin hydration is the most crucial component of treating eczema, followed by topical steroids for flare-ups.³ Steroid usage is not always a safe practice because it might result in major side effects as peptic ulcer, neuropsychiatric responses, diabetes, decreased libido, Cushing’s syndrome, etc. Regarding the therapy of Vicharchika, which entails both Shodhana and Shamana Chikitsa, there is a detailed explanation accessible in Ayurveda. Rakthamokshana and Arka Tailam in the current research proposed the management of Vicharchika for external usage.⁴

2. MATERIALS AND METHODS

The literary review was conducted with the help of many Ayurvedic literature of vedic period, ancient Ayurvedic Compendia (Samhitas), medieval period treatises, and in modern Ayurvedic classical texts to collect the description of rakthamokshana and vicharchika

2.1. Epidemiology

Atopic dermatitis affects about 2–10% of adults and 15–30% of children during the course of their lifetimes. About 60% of...
instances start to manifest within the 1st year of life. In contrast to metropolitan settings, atopic dermatitis is more prevalent in rural ones.[5] This incident highlights the connection between environmental and lifestyle variables and AD processes. Atopic dermatitis is a member of the “Atopic March” trio. This has to do with the correlation between atopic dermatitis, asthma, and allergic rhinitis sufferers. Patients with severe atopic dermatitis have a 50% chance of developing asthma, and a 75% chance of developing allergic rhinitis.[6]

2.2. Etymology of the Word Vicharchika

The word Vicharchika is derived from sanskrit origin “charch adhyane” using the prefix “Vee” to it. The word adhyane has two syllables “Adhi” which means, above and “ayane” means to spread out.

2.3. Classical Definition of Vicharchika Acc. to Charaka Samhita

It is a skin condition marked by eruptions on the skin that are darkly pigmented, itchy, and release a lot of fluid.[7]

2.4. Nidana (Vicharchika’s Etiopathology)

The causes of vicharchika are diverse according to various writers since, according to Sushruta, Pitta is the dominating dosha, but Charaka and Vagbhatta acknowledge the supremacy of cough. However, according to Charaka (Ch. Chi. 7:7–8), no one dosha ever causes kushtha. There are 18 different forms of kushthas that are formed as a result of sapta drvyas sangraha (vata, pitta, kapha, twak, rakta, mamsa, and ambu). Therefore, it is acceptable to consider the etiological causes of kushthas as the causes of vicharchika.[8]

2.5. The nidanas of vicharchika may be classified into three groups

1. Ahara
2. Vihara
3. Achara

2.6. Ahara Hetu[9]

2.6.1. Viruddha ahara

1. Intake of chilchim fish with milk
2. Intake of mulaka and lasuna with ksheera
3. Use of mulaka with guda
4. Excessive use of alcohol with milk
5. Consumption of food mostly consisting of yavaka and uddalaka as well as ksheera, dadhi, takra, kola, kalatha, masha, atasi, kusumbha, and sneha.
6. Intake of graham, audaka, and anupa mamsa on a regular basis together with ksheera.
7. Use of fish, citrus, and milk together.

2.7. Mithya ahara[10]

1. Excessive use of navanna, dadhi, matsya, amla, and lavana.
2. Excessive use of tila, ksheera, and guda
3. Excessive oleation
4. Continuous and excessive use of madhu, phanita
5. Intake of food during indigestion
6. Asatyaya ahara
7. Adhyashana
8. Intake of polluted water.


1. To do physical exercise and to take sunbath after heavy meals.
2. To perform sexual intercourse during indigestion.
3. To do exercise or to perform sexual intercourse after Snehashapana and Vamana.
4. Sudden changes from cold to heat or heat to cold without judiciously following the rules of gradual changes.
5. Entering into cold water immediately after one is affected with fear, exhaustion, and sunlight.

2.9. Vega-Vidharana

1. Suppression of the urge of emesis
2. Withholding of the natural urges, that is, Mutra and purisha vega etc.

2.10. Panchakarm Apcharana

1. Panchkarmani kriyamani nishida sevanam
2. Improper administration of snehashapana therapy.

2.11. Achara Hetu[12]

1. Acts insulting bramhanas, respectable persons, teachers, and other
2. Indulgence in sinful activities
3. Use of money or material acquired by unfair means.

3. SAMPRAPTI ACCORDING TO DIFFERENT ACHARYAS

Samprapti ghatkas are shown in Table 1. The differential diagnosis for atopic dermatitis includes that may eczematous dermatitis’s including: [8]

- Contact dermatitis
- Cutaneous fungal infections
- Seborrheic dermatitis
- Drug eruptions
- Scabies
- Psoriasis
- Ectodermal dysplasia
- Hyper IgE syndrome
- Netherton’s syndrome
- Wiskott-Aldrich syndrome.

3.1. Treatment

3.1.1. Role of Arka Taila and Rakthmoshan in Vicharchika[7]

Arka has Katu-Tikta Rasa, Laghu-Ruksha-Tikshna Guna, and Ushna Veerya, it acts as Bhedaha, Deepana, Krimighna, Sophahara, Vatahara, Vranahara, Vishaghna, Kushtaghana, and Kandughna.[8]

Haridra has Katu-Tikta Rasa, Laghu-Ruksha Guna, and Ushna Veerya, it acts as Kushthaghna, Kandughna, Rakta-prasada, Rakta-vardhaka, Vishaghna, Anulomana, Shothahara, and Varna.[9]

Sarshapa Tail has Katu-Tikta Rasa, Tikshna, Snigdha Guna, and Ushna Veerya, it acts as Lekhana, Varnya, Krimighna, Jantughna, and Kushthaghna.

Kalka: Katutaila: Dravadrayya preparation ratio is 1:8/1:4 (Haridra: Katutaila: Arkapatra swarasam). From reliable drug suppliers, high-quality raw drugs were procured and thoroughly cleansed. 500 ml of Arka taila, 500 ml of Kotu taila, and 21 Arka patra swaras (Calotropis gigantea) are required for preparation. Haridra (Curcuma longa Linn.), 62.5 g, was used to make Kalka. Taken into a wide-mouth jar, Katu tailo, Kalka, and Swarasam were added,
properly combined, and held over a low flame while being constantly stirred. When it got to Mrda Paka, it was saved from the flames. Heating is reintroduced the next day. Vessel is taken out of the fire after being checked for Khora paka. Taila is properly stretched; Taila was packaged in airtight pharmaceutical-grade bottles with a 50 ml capacity.

3.2. Probable Mode of Action of Tail

3.2.1. Pilosebaceous uptake

The active components of the chemicals in Tail are released into the base when it is applied to the skin’s surface in the opposite direction from the direction of the hairs on it through a suitable base. This mixture then passes through the Romkoopa and is further absorbed by the Swedavahi Srotas and Siramukhi. The pilosebaceous uptake, or absorption, of tail varies according to the place, the state of the skin, and — more importantly — the base through which it is given. This should be kept in mind.

3.3. Mode of Action of Arka taila

Arka taila is made up of Katuta taila, Haridra, and Arka patra. Two times each day, the affected portion is treated externally with Taila that has been made using Snehna Kalpana Vidhi. According to Acharya Charaka, certain medicines function through their Prabhava, some through their Veerya or Vipaka, some through their Gun, and there through their Rasa.

Since Dooshivisha and Kushta are essentially Tridoshaja and all of the Doshas can be observed in Vicharchika, Dooshivishajanyan Vicharchika may be thought of as a Tridoshaja JAP vyadhi that is predominately Kapha pitta. Due to its Ushna laghuteekshna sara guna, Katu tikta rasa, Ushna vireya, and Katu vipaka, Arka is Kaphavatasamana in Arka taila. Haridra is kaphapitta samana as a result of its Katu tiktarasa, Rooksha ushna guna, Ushna vireya, and Katu vipaka. The qualities of Katu rasa, Laghu teekshna sara guna, Ushna vireya, and Katu vipaka make Katu taila Tridosha samana. Therefore, it is possible to classify the combination as primarily Kaphapittahara.

3.4. Action at the Level of Dosha

Kandu, Pidaka, Srvana, and Shyavarta are the four primary lakshanas of Vicharchika. Here, Pitta and Kapha dushti cause Srvana, Raktha and Pitta dushti cause Pidakopatii, Vata and Pitta dushti cause Shyavatha, and Pitta and Kapha dushti cause Kandu. Tikta rasa, a Kaphapitta samana, is present in Arka. Since tikta rasa contains the Laghu rooksha guna, it might calm the Kapha pitta and lessen Srvana. Kandu is relieved as a result of the Kaphahara quality of Katu rasa of Katu taila. Ushna vireya, a substance in all three of the medications, reduces Kapha, Vata, and Katu vipaka reduces Kapha. Being an Upavisha medication, Arka also functions according to its Prabhava.

3.5. Action at the Level of Dhatus

The Samprapti of Kushta involves Raktha and Mansa Dhatus. We may observe the supremacy of Raktha dushti by looking at the Lakshanas of Vicharchika. Due to Asrayasrayi bhandha, Raktha dushti ultimately results in Pitta dushti. Tikta rasa may operate as Raktha sodhaka and Raktha pratrasadana in turn rectifying the Rakta and Pitta dushti since it is advised for Kushta. Raktamokshan performs a similar function as a blood purifier.

3.5. Action at the Level of Agni

In general, Agnimandya at the Jadaragni and Dhatu agni levels is the cause of all sickness. There are a number of elements, such as Ajirna and Midhahara that derange Jadaragni in the Nidana of Dooshivishajanyan Vicharchika. In turn, this Jadaragnimandya results in Agnimandya at the Dhatu level. The Arka taila is used outside in this instance; therefore, it can only affect Bhrajakagni. All three of the medications in Arka taila have Ushna vireya, and Arka also has Deepana properties, which work together to rectify Agnimandya at the Bhrajaka pitta level, which in turn lessens discoloration and promotes the growth of healthy skin. Susruta claims that Ushna guna of Arka is the owner of Pachana land. In addition, according to Charaka acharya, Tki Rasa Pradhana Dravya possesses Deepana Pachana characteristic.

3.6. Kandughna Property

Kandu is caused by a heightened Kapha dosha. According to Acharya Charaka, Arka has Kandushara land because of its Tikta rasa. In addition, all three medications include Kapha samaka, which lessens itching.

3.7. Kushtahara Property

According to Susruta Acharya, Arka and Katuta taila have Laghu guna, which has Lekhana and Ropana karma. In addition, Tikta and Katu rasa have Kleopashoshana properties, which support healing. All three medications possess the Vranahara feature, which encourages the growth of healthy cells. The ability of Arka to heal wounds has previously been demonstrated through research. Sara guna from Arka and Katuta taila aids in moisture retention and maintains healthy skin. The substances’ anti-inflammatory and antitoxic properties help hasten the healing of lesions.

3.8. Ropana Property

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3.9. Mode of Action of Rakthamokshan in Vicharchika

Vicharchika has been taken into consideration because of congestion in the blood circulation’s pathways. To heal the condition and improve blood circulation, Jalauka continuously suctions out polluted, stagnant blood, allowing unrestricted passage to circulating blood. Each exterior bodily component, including the heart (Marma), can get Jaluaka treatments, as can elderly and disabled patients. With Jaluaka’s assistance, even deeply embedded unclean blood may be removed without difficulty.

3.10. Details of the Jalaukavacharan Procedure

On the 7, 14, and 28th days of the therapy, Jalauka was administered to the afflicted region. The area in question was cleaned. When applied, jalauka were permitted to draw blood from the area until they went on their own. The dressing was finished after using turmeric powder. Jalauka sucked blood, which was measured and collected. Each time it did so, around 5 ml of blood was sucked up. Sushruta recommended Jalaukavacharan better for the superficial blood. When applied to the skin, jalauka draws blood from the surface of the body. Due to the superficial vein distribution, it may be more impure
than other bodily channels since it may originate from capillaries or extracellular tissues.

Jalaukavcharan has an anti-irritant action on the lesion, which leads to new cellular division, the removal of dead cell layer, and a decrease in local swelling and lichenification. Leeches therefore have the most impact in Vicharchika by eliminating the vile, obscene Doshas. However, Jalauka also releases several enzymes into the wound, including Hirudin, Calkin, Hirustasin, Bdellins, and Eglin. These enzymes work as anticoagulants, improve blood circulation, and revitalize the cells at the local location.

3.11. Pathya and Apathya In The Vicharchika

3.11.1. Pathya
1. Laghu anna
2. Tikta shaka
3. Purana dhanya
4. Jangala mansa
5. Gritiya
6. Mudaga
7. Triphala
8. Bhallata
9. Nimba
10. Patola

3.11.2. Apathya
1. Guru anna
2. Duggda
3. Dadhi
4. Antra rasa guda
5. Tila
6. Anupa mansa
7. Maysya
8. Mansa and vasa
9. Taila

4. CONCLUSION
It can be classified as eczema under the modern interpretation of Vicharchika. Both methods need a lengthy course of therapy in the form of suppressive and symptomatic (topical and systemic) medications. Kshudra Kustha and Kustha are wide concepts with clear management principles in Ayurveda. Every component of therapy is described in vicharchika, such as Pathya and Apathya (food). Different medications for systemic and local purposes in numerous forms of medicine preparation, such as tablets, Lepas, Rasayan preparation, oil, and qwath (decoction), as well as unique methods for bio-purification (Panchkarma), are also mentioned. It indicates that ayurvedic management would be a successful and well-tolerated form of treatment for skin conditions, including eczema. The entire treatment management principles in Ayurveda. Every component of therapy medications. The form of suppressive and symptomatic (topical and systemic) Vicharchika. It can be classified as eczema under the modern interpretation of Vicharchika (decoction), as well as unique methods for bio-purification, which lead to new cellular division, the removal of dead cell layer, and a decrease in local swelling and lichenification. Leeches therefore have the most impact in Vicharchika by eliminating the vile, obscene Doshas. However, Jalauka also releases several enzymes into the wound, including Hirudin, Calkin, Hirustasin, Bdellins, and Eglin. These enzymes work as anticoagulants, improve blood circulation, and revitalize the cells at the local location.

7. FUNDING
Nil.

8. ETHICAL APPROVALS
This study not required ethical clearance as it is review study.

9. CONFLICTS OF INTEREST
Nil.

10. DATA AVAILABILITY
This is an original manuscript and all data are available for only review purposes from principal investigators.

11. PUBLISHERS NOTE
This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

REFERENCES

How to cite this article:
DOI link: 10.47223/IRJAY.2023.6813
Nidana Sevana
Vitiates Vata
Vitiated Vata along with vitiated Kapha and Pitta enters into Siras
Pitta and Kapha are deposited over skin by vitiated Vata
The areas of the skin in which the morbid Doshas are deposited became marked with Mandala (skin Patches)

Table 1: Samprapti ghata

<table>
<thead>
<tr>
<th>Dosha</th>
<th>Tridosha</th>
</tr>
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<tbody>
<tr>
<td>Dushya</td>
<td>Twak, Rakta, Mamsa, and Ambu</td>
</tr>
<tr>
<td>Agni</td>
<td>Jatharagni and Dhatvagnimandya</td>
</tr>
<tr>
<td>Srotas</td>
<td>Rasavaha, Raktavaha, Mamsavaha, and Ambuvaha</td>
</tr>
<tr>
<td>Sroto Dushti Lakshana</td>
<td>Sanga and Vimargagamana</td>
</tr>
<tr>
<td>Marga</td>
<td>Bahya Rogamarga</td>
</tr>
<tr>
<td>Udabhavasthana</td>
<td>Amashaya</td>
</tr>
<tr>
<td>Sancharastahana</td>
<td>Triyaka-gami Sira</td>
</tr>
<tr>
<td>Gati</td>
<td>Triyak</td>
</tr>
<tr>
<td>Adhishthana</td>
<td>Twak and uttrottara Rakadi Dhatu</td>
</tr>
<tr>
<td>Vyadhi swabhava</td>
<td>Chirkari (Dirgharogam)</td>
</tr>
</tbody>
</table>

SAMPRAPTI ACCORDING TO DIFFERENT ACHARYAS

According to Ch. S., Ma. Ni., Bha. P. (2/4)\[13\]

Nidana Sevana
Vitiates Tridoshas
Vitiated Twak, Rakta, Mamsa and lasika
Combination of all these seven dravyas leads to Kushtha as they will be lodged in between Twak and Mamsa
According to site and nature of the lesion, different names are given to Kushtha