ABSTRACT: Seborrheic Dermatitis is a common skin disease manifests as itchy rash with flaky scales and light patches on darker skin and redness on light skin. The exact cause is still unknown. It is also known as Seborrheic Eczema. In Ayurveda, Seborrheic Dermatitis shares the resemblance with vicharchika, for which Vaman Karma is the choice of treatment.

Background: A male patient of 32 years, presents with complaint of scaly patches, red skin, stubborn dandruff, scaling on face and around the nose, along with eyebrows, eyelids, behind the ears with itching and burning sensation.

Intervention and outcome: For the present case Vaman Karma with Madanphala Yoga and Shaman Chikitsa with Mahatikta Ghrit and Aarogyavardhini Vati was given.

Results: After complete treatment and 6 months of follow up there was controlling of dermatitis and an improved quality of life.

Keywords: Seborrheic Dermatitis, vicharchika, vaman karma.
INTRODUCTION

According to modern view, Seborrheic dermatitis affects the outer layer of skin called epidermis. Dermatitis though can be acute or chronic or both. Contact dermatitis is a form of eczema that develops after coming in contact with an irritant, allergen or toxic substance. It can develop anywhere on the body but mostly developed on exposed body parts like hands, face, feet, arms, legs and neck. Possible allergens can be poisonous ivy, cosmetics, wool, chlorine, soap or latex. Symptoms include flaky, dry or scaly patches of skin, swelling and redness of skin, hives, itching or burning sensation and tightness of skin1.

According to Acharya Charaka2, it is a skin disease in which eruptions over the skin present along with itching, dark pigmentation and profuse discharges. According to Acharya Sushruta, in this condition skin has rough and linear lesions with intense itching, pain, dryness and burning sensation3. According to Acharya Vagbhatta, blackish eruptions over the skin along with itching and watery discharge, is known as Vicharchika4. As per the above-mentioned symptoms Acharya Charak and Acharya Vagbhatta describes wet type of eczema which is usually seen in acute cases and Acharya Sushruta describes the dry types of eczema which is seen in chronic cases. According to Acharya Charaka and Vagbhatta Kapha Dosha is dominant in Vicharchika5. According to Acharya Sushruta the dominant Dosha is Pitta6. Acharya Charaka7, said that Kushtha can never be caused without the Sapta Dushyas (7 elements) being involved in making pathogenesis. The 3 Doshas- Vata, Pitta & Kapha are vitiated first then vitiated doshas.
effects the dushyas, due to dosha dushyas samurchana causes kushta vyadi. Hetu of vicharchika, Aharaj Hetu: Intake of Virudha Ahara, excessive Guru and Snigdha Ahara, Adhyashana8, Nav Anna, curd, fish, salt and sour food items, black gram, radish, rice floor, madhu, Vidahi Anna, excessive use of milk and oily greasy items9. Viharaj Hetu: Vegadharana of chardi, mala and mutra. To do physical exercise and take sunbath after heavy meals, to take meals after avoiding the sequence of sheet, ushna or laghana, to perform intercourse during indigestion or after Snehapanā or Vamana, to have regular day sleep, sudden change from cold to heat or vice versa, entering into cold water after exhaustion or sunlight exposure, improper Snehapanā, not following Pathya during Panchkarma10, mansik hetu: stress, depression, envy. Acharaj Hetu: Sinful activities, insulting respectable people11.

**Samprapti Ghataka**

**Dosha:** Vata, Pitta, Kapha  
**Dushya:** Twaka, Rakta, Mamsa, Ambu (Lasika)  
**Agni:** Jathargni and Dhatwagni Mandya  
**Strotodushti:** Sanga and Vimargamana  
**Sanchara:** Through Tiryaka Sira Udbhava  
**Sthana:** Amashaya  

**Adhishthana:** Twaka  
**Rogmarga:** Bahya  
**Sadhyasadhyta:** Kricchasadhya  
**Svabhava:** Chirkari

**Treatment**

Ayurveda emphasizes on three-fold management viz. Nidana Parivarjana (Avoiding causative factors)12, Sanshamana (Pacification)13 and Sanshodhana (Bio-purification), for almost all the disease including skin disease. Sanshodhana is required in condition of Bahudoshavastha14 and Tiryagagat doshas15. Sanshodhana removes excessive morbid doshas and break the Samprapti (pathogenesis) of disease. Diseases Cured with sanshodhana chikitsa have apunnrabhava (reoccurrence) effect of disease, and cleansing the channels which helps in better absorption and action of Shamana Aushadha and correcting the sluggishness of mana, budhi, and indriya thus the person lives longer and healthy life, also enhances repair and regeneration of tissues as it increases digestion and immunity16. According to Acharya Charaka, Kustha Vyadhi is Tridoshaj so, Chikitsa of kustha according to dosha balabla17, i.e. Snehapanā for Vata Dosha,
Vamana for Kapha Dosha and Virechana and Raktamokshana for Pitta Dosha. Acharya Sushruta advised Nasya Karma on every third day, Vamana Karma on every 15th day, Virechana Karma every month and Raktamokshana in every 6 months for the management of Kushtha. Repeated Sanshodhana is required in skin diseases.

According to Acharya Charaka after Kaphapittarakta hara chikitsa, Shamanchikitsa should be given with Tikta and Kshaya dravyas and the main function of Shamana chitiksa is to turn skin healthy and Raktavaha strotasa shudhi. Nidana Parivarjana is must for prevention of recurrence and to control the disease’s progression.

Case presentation

Patient’s name: ABC

Age: 32y/M

Address: Delhi.

Chief complaints: White scaly skin with redness, itching, burning, tightness and dryness on face, shoulder, hand and scalp, since 4 years.

H/o present illness: According to patient he was asymptomatic 4 years ago then he gradually developed scaly patches, red skin and stubborn dandruff followed with Scaling on face around the nose, eyebrows, and eyelids and behind the ears with Itching and burning sensation. He also had habit of intake of spicy and junk food like Chinese food. It aggravates in rainy and winter season. Then he took allopathic treatment for 2 year for where he was given steroids but he did not get permanent relief, and due to which he goes under mental stress. After that he came to Panchkarma O.P.D. of Ch. Brahm Prakash Ayurved Charak Sathan Khera Dabar Delhi for the further treatment.

H/o past illness: No significant history

Family history

Father: K/C/O HTN,
Mother: Healthy

Personal history

Nadi: Pitta Kaphaj
Mala: tanu, pichhili
Mutra: Samyaka
Nidra: disturbed
Sparsha: ushna
Drika: Samyaka
Jivha: Saam
Akriti: Krish
Agni: Mandya
Koshtha: Mirdu
Allergy: None
Addiction: None
Prakriti: Vata Kaphaj

Diagnosis: Vicharchika

Gradings For Assessing Subjective And Objective Parameters

Vaivarnya: (Discolouration)
- Normal skin colour – 00
- Reddish discolouration – 01
- Reddish black discolouration- 02
- Black discolouration - 03

Raji: (lines/thickening of skin)
- No Thickening of the skin - 00
- Mild thickening of the skin but no crisis cross marking -01
- Thickening with cross markings - 02
- Severe Lichenification - 03

Srava: (Discharge)
- No discharge – 00
- Watery discharge - 01
- Pus discharge - 02
- Pus mixed discharge- 03

Kandu: (Itching)
- No Itching – 00
- Mild Itching no disturbing normal activity – 01
- Occasional Itching disturbing normal activity–02
- Itching present continuously and even disturbing sleep – 03

Pidakas: (Eruptions)
- No Eruption in lesion – 00
- Scanty Eruption in few lesions -01
- Scanty Eruption in at least half of the skin lesion – 02
- All the lesion full of Eruption – 03

Rukshata: (Dryness)
- No Rookshata - 00
- Rookshata present without cracks – 01
- Rookshata present with superficial cracks – 02
- Rookshata present with deep cracks – 03

Daha: (Burning sensation)
Absence of Daha – 00

Daha present but not frequently – 01

Daha present frequently – 02

Daha present continuously

Ruja (pain)

Absent - 00

Mild - 01

Treatment: Shodhana (Vamana Karma), Shamana Chikitsa, Nidana Parivarjana and Pathya Sevana. Patient was given Vamana in February 2020 followed by Shamana Chikitsa for 6 months.

Table 1- Purvakarma

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medication</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deepana pachana aushadhi (appetizer)</td>
<td>Mahashakh vati</td>
<td>250 mg twice a day</td>
<td>3 days</td>
</tr>
<tr>
<td>Snehapana (drinking medicated ghee)</td>
<td>Panchtikta ghrit gugglu</td>
<td>Day1-30 ml Day 2-50ml Day3-70ml Day4-90ml Day5-110 ml Day6-130 ml Day 7-150ml</td>
<td>7 days</td>
</tr>
<tr>
<td>Sarvanga abhyanga (whole body oil massage)</td>
<td>Brihat Marichadi taila</td>
<td>30 min</td>
<td>3 days</td>
</tr>
<tr>
<td>Sarvanga vashpa swedana (sudation therapy)</td>
<td></td>
<td>5 min</td>
<td>3 days</td>
</tr>
</tbody>
</table>
Table-2 Pradhanakarma (main procedure)

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medication</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaman karma</td>
<td>Madanphala yoga</td>
<td>2 litre milk</td>
<td>45 min</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 gm madanphala pippli churna</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 litre madhuyasti phant</td>
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<td></td>
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<td>2 litre lavanodak</td>
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<td></td>
<td></td>
<td>2 litre plan water</td>
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</table>

Table 3 - Pashchat karma

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medication</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sansarjana karma</td>
<td>Peyadi karma acc to</td>
<td>pravar sudhudi</td>
<td>7 days</td>
</tr>
</tbody>
</table>

**Apathya advised to the patient** – milk and milk items, maida, besan, peanuts, almonds, refined sugar, sweet items, urad pulse, kidney beans, potato, green leafy vegetables, guava, mango, tea, coffee, carbonated drinks, buffalo milk and milk items, red chili, sour items.

**Pathya advised to the patient** – wheat, barley, raisins, moong pulse, soyabean, masoor pulse, methi, mooli, petha, carrot, bottle gourd, bitter gourd, beans, beetroot, apple, pomegranate, papaya, peach, lukewarm water, vegetable stock, clarified butter, loung, shonth, elaichi, rock salt.
Follow up & Result

After the treatment, patient’s symptoms got reduced gradually were pain, itching, burning, irritation, stiffness, redness and dryness. Scales were considerably reduced with minimal scaling left for which patient was asked to apply only Mahatikta ghrit. His digestion got proper. No relapse was found even after 6 months of treatment. (Can be seen in figures 1-4)

Figure 1- Before Treatment scaly skin on face  
Figure 2- Before Treatment scaly skin on hand

Figure 3 - After vaman karma  
Figure 4 - After 6 months of vaman
RESULTS

The features of cellulites improved by 5 days and eczematous changes improved by 1 month leaving some amount of hyper pigmentation on over face, nose, scalp.

With a follow up for a period of 6 month, the patient didn’t show any signs of recurrence. Meanwhile, he was prescribed oral medication viz Arogyavardhini vati two tablet thrice in a day daily for six month and mahatikta ghrita 10 ml twice daily, i.e.,in morning at 7 a.m. and in evening 7 p.m. at least 1 hour before food with hot water in sips for 6 month.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>B.T.</th>
<th>A.T.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaivarnya</td>
<td>02</td>
<td>01</td>
</tr>
<tr>
<td>Raji</td>
<td>02</td>
<td>00</td>
</tr>
<tr>
<td>Srava</td>
<td>02</td>
<td>00</td>
</tr>
<tr>
<td>Kandu</td>
<td>03</td>
<td>01</td>
</tr>
<tr>
<td>Pidakas</td>
<td>01</td>
<td>01</td>
</tr>
<tr>
<td>Rukshata</td>
<td>02</td>
<td>00</td>
</tr>
<tr>
<td>Daha</td>
<td>02</td>
<td>01</td>
</tr>
<tr>
<td>Ruja</td>
<td>01</td>
<td>00</td>
</tr>
</tbody>
</table>

DISCUSSION

Probable mode of action of shodhana

Vicharchika is caused due to seven elements (sapta dhatu). These elements were vitiated due to intake of virudha aahar and vihar, mental stress and contact with some irritant.

This disease occurs in Bahya Rogmarga-Twak\(^{22}\). Twacha and Rasa Dhatu are synonymous to each other. So, Rasa Dushti leads to Twak dushti. Kapha dosha prakopa leads to Rasa Dushti. Also, kustha is raktaprdoshaj vyadhi\(^ {23}\). Pitta Prakopa leads to Rakta dushti and vice versa. Hence,
vitiation of kapha and pitta doshas causes Rasavaha and Raktavaha Strotodushti. Doshas sanchaya in Amashaya and pakwashaya so that is the Udabhava Sihana of this disease. So Koshtha Shodhana is advised first in this disease and later on Shamana Chikitsa is advised.

Mode of action of Vamana Karma:

Before pradhana Karma, poorvakarma done to digest Ama, due to snehana and swedana bring dosha sakha to koshtha. According to ayurvedic text Madanaphala, Vamana Yoga acts as the emetic and help to eliminate Kapha Dosha which is predominant dosha in Vicharchika. The Vamana drugs have Krimighna, Kushthaghna, Kandughna, Varnya and Raktashodhaka properties. Vamana Karma helps to expel out toxious materials present in the Koshtha and in rasadi dhatu. Then purified Koshtha leads formation of Prakruta Rasadi Dhadu. Vamana eliminate Sanga in the Rasavaha, Mamsavaha, Raktavaha, Swedavaha and Udakavaha Srotasa thus all paths get cleared, which offer nourishment to the body. Vamana Karma act on skin and bahyaroga marg so the khavaigunya present in skin gets removed. Vamana Karma decreases recurrence of skin disease due to improves Indriya Bala of Twacha.

Probable mode of action of Shamana aushadha

After Shodhana, usually Vata Prakopa occurs that causes stiffness, scaling and dryness. This is cured by Snehapana and local application of oil as Sneha has Guna which are opposite to Vata Dosha. Hence, after Shodhana, intake of Mahatiktaka Ghrita is advised.

Mahatiktaka ghrita has been prescribed in classics to effectively combat skin diseases as due to Tikta Dravya it pacifies Pitta and purifies Rakta and Snigdha Guna of Ghrita does Snehana of internal tissues and skin. Thus, it pacifies Vata and Pitta Dosha without increasing Kapha Dosha. It acts as an effective detox remedy and also helps in removing stress by nourishing all the tissues. It provides a soothing effect to the skin by relieving dryness, burning, irritation and pain. Due to Sanskara Anuvartana property, Ghrita possesses qualities of all the Dravyas added to it without losing its properties thus making it more effective.

Aarogyavardhini vati – Main ingredient is kutaki (22 parts) with eranda, guggulu,
shilajatu. Kutki properties ras-tikta, guna-laghu, raksha, veerya-shita, vipaka-katu, and kapha pitta dosha samak. It acts as Deepana, Pachana and Vata Anulomaka. It also enhances metabolism and corrects hormonal imbalance too. The abundance of triphla in this formulation is very effective in removing Ama or free radicals from the body. It is the choice of drug for pittaja vikara, medodosha, kustha. It also has anti-pruritic activity helping in skin disorders. Thus, it cleanses remaining Doshas from Rasavaha and Raktavaha Strotasa.

CONCLUSION

The present case study, depending on the Nidana and Lakshana, was diagnosed as Vicharchika. This case study is a documented evidence for the successful management of Vicharchika by Shodhana Chikitsa followed by Shamana Chikista, Nidan Parivarjana and Pathya sevana. There were no adverse effects found during the course of the treatment.

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Conflict of interest :- Nil
REFERENCE


