

## CASE REPORT

# Ayurvedic Management of Vicharchika –A Case Report

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### ABSTRACT

Skin diseases are one of the most common health problems in the world which affect almost 900 million people. It constitutes about 2% of the global burden of diseases measured in DALYs. Thousands of years back, the skin diseases were explained by the traditional system of Indian medicine. Ayurveda, the Indian systems of medicine has explained the wide spectrum of skin diseases under the umbrella of kushtaroga. Among the kushtaroga, vicharchika is the most commonly seen variety affecting all type of people. Symptoms of vicharchika is similar to that of eczema. Vicharchika can be managed by ayurvedic treatment through proper medications and wholesome diet and regimen. In addition to internal medications, purificatory therapies were also described. This type of ayurvedic management help to prevent the recurrence of disease. Vicharchika is a type of skin disease caused by the predominance of kaphadosha and it is categorized under the kshudra kushta. In the present case study, a 65 years old male patient came to the OPD with the complaints of itchy dry skin lesion and blackish discoloration associated with burning sensation and occasional oozing over both foot. On examination, the disease was diagnosed as vicharchika. The patient was given with therapies such as amapachana, snehapana, virechana and samana. The condition of the patient was assessed with the signs and symptoms before and after the treatment. The patient got remarkable relief from the disease by the treatment. Hence ayurvedic treatment was found effective in the management of vicharchika.

**Keywords:** Ayurveda, kushtaroga, vicharchika, snehapana, samana

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## INTRODUCTION

Skin diseases are one of the common ailments affecting the quality of life, productivity and mental health of an individual. According to the study of global burden of disease, skin diseases are the fourth non fatal cause of disability worldwide [1]. Ayurveda has described all the skin diseases under the term 'kushta'. The word 'kushta' means that which destroys with certainty. According to Vagbhata, kushta is the disease which causes disfigurement of the body [2]. Kushtaroga is one among the eight dreadful diseases mentioned in ayurveda [3]. Kushta manifest due to the interactions of tridosha with tvak, raktha, lasika and mamsa [4]. If left untreated, kushtaroga will afflict deeper dhathus and causes serious deformities. Mainly 18 diseases are described in kushta roga. Among these, 7 diseases are considered as the mahakushta [5] and the remaining 11 diseases under kshudra kushta. Vicharchika is one among the kshudrakushta caused by the predominance of kapha dosha [6]. Vicharchika is characterized by the features such as kandu (itching), pidaka (eruptions), syava (blackish discoloration) and bahusrava (excessive discharge) [7]. In the present study, a 65 year old patient with skin lesion was diagnosed as vicharchika and the patient was treated with ayurvedic medicines and a significant improvement was noticed in the condition of the patient.

## CASE REPORT

A 65-year-old male patient came to the OPD of Govt. Ayurveda college, Kannur with the complaints of itchy dry skin lesion and blackish discoloration associated with burning sensation and occasional oozing over both foot since 2 months. Nearly one year back, the patient suffered from a similar type of a lesion

over both palms associated with occasional oozing of plain watery fluid and got complete relief by regular ayurvedic medications. The patient did not have any relevant family history of illness.

**Personal history:-**

Diet-Mixed (Regularly consumed non-vegetarian items, pickles, shell fish)

Bowel :Normal

Micturition : Normal

Sleep: Sound

Appetite: Normal

Addiction :Nil

Treatment history: Taken ayurvedic medications for the same complaints on hand .

Lab investigations: Lipid profile,LFT,RFT,Blood routine and Urine routine –WNL

**Clinical findings**

O/E

- No abnormalities detected over head, thorax, abdomen and upper limb
- Lower limb: presence of varicose veins, skin lesions present over both foot

Systemic examination- Integumentary system was affected

Site of lesion: Bilateral foot .The skin lesion is distributed over dorsal, lateral, plantar and medial aspects of foot and toes .

Type of lesion: itchy dry skin lesion with blackish discoloration which is asymmetrical in nature associated with burning sensation and occasional oozing and aggravation of symptoms at night

**Treatment schedule given :-**

**Table 1: treatment schedule given**

Treatment	Medicine/Procedure
Amapachana	Amritotharam kashayam -90 ml bd Shaddharanam gulika 2-0-2 (for 3 days)
Snehapana	Tikthaka ghritha 30 ml-1 <sup>st</sup> day 60ml-2 <sup>nd</sup> day 90ml -3 <sup>rd</sup> day 120ml-4 <sup>th</sup> day 150 ml—5 <sup>th</sup> day
Virechana (Sodhana karma) Peyadi krama	Trivrit lehyam-30 g at early morning
Samana karma	Panchathikthakam kashayam -90ml bd Guluchyadi kashayam –Muhurmuhu Kaisoraguggulu -1bd Manibhadraleham -1tbsp at bedtime
External application	Triphala kashayam –For kshalana Eladi keram –External application

**RESULT OF THE TREATMENT**

**Table 2: Results before and after the treatment**

Signs & Symptoms	Before treatment	After treatment
Itching	+++	-
Dryness	+++	-
Burning sensation	++	-
Blackish discoloration	+++	++
Oozing	+	-



**Fig 1: Before and After treatment**

### DISCUSSION

By analyzing the symptoms of the patient, it was found that the patient was suffering with vicharchika. According to ayurveda, vicharchika is a type of kshudra kushta. Due to the regular consumption of non vegetarian items especially shell fish ,pickles etc produced vitiation of doshas and dhatus .The vitiated doshas enter into tiryaksiras and afflict tvak, lasika, raktha and mamsa and get localized in the skin and produces itching, eruptions , blackish discoloration and discharge. Being a variety of kushta ,vicharchika is a rakthapradoshaja vyadhi with vitiation of tridoshas especially the kapha dosha .

**Table 3: Samprapthighatakas in vicharchika**

Dosha	Thridosha(predominance of kaphadosha)
Dushya	Tvak,raktha,lasika, mamsa
Agni	Jatharagni,dhatvagni (Rasa,rakta,mamsa)
Srotas	Rasa,Raktha,Mamsa
Srotodushti	Sanga
Rogamarga	Bahyarogamarga
Adhishtana	Tvak,raktha,mamsa,lasika
Vyaktha sthana	Tvak
Rogasvabhava	Chirakari
Sadhyasadhyata	Krichrasadhya

Treatment was started with amritotharam kashayam [8] and shaddharanam gulika[9] for amapachana. Derangement of agni is normalized by amapachana therapy .After attaining proper agnibala, snehapana was done. Snehapana is the primary treatment therapy in kushtachikitsa [10].Snehapana help to liquify and loosen the morbid doshas adherent to the vitiated channels and mobilizes the doshas from the site of manifestation to koshta which in turn help in the easy removal of doshas through sodhana karma. In the present study , thikthaka ghritha was used for snehapana. The drugs in tikthaka ghritha [11] is having thikthaka rasa and ushna virya. This medicine mainly acts on kleda,meda,lasika,raktha,pitha and kapha and is rakthasodhaka (blood purifier), kushtaghna(cure skin diseases),kandughna(cures itching) and varnya (improves complexion).After snehapana , sodhana was done. Being a raktha pradoshaja vyadhi,virechana is the main sodhana therapy for kushta roga .Raktha is the associated dhathu of pitha dosha[12]. Hence,the virechana karma definitely help to attain the normalcy of raktha dhathu.By doing virechana karma ,the associated kaphadosha also attain normalcy. Here trivrut leha was used for virechana. Trivrit is a sukhavirechaka drug and it easily remove the morbid doshas accumulated in the koshta. Trivrit leha [13] also deepana, pachana and tvakprasadana. After virechana, the patient was advised to follow the peyadi krama. Peyadi krama helps to regain the digestive power and strength. Samana therapy advised in the present case includes panchathikthakam kashayam [14], guluchyadi kashayam[15], kaisoraguggulu[16] and manibhadraleham[17]. These medicines purifies the vitiation of blood ,reduces itching and help to attain the normal complexion.Triphala kashayam used for kshalana also relieves the itching and oozing .The external application of eladi keram[18] reduces the dryness of the skin and relieve the itching. It also help to attain the normal complexion of the skin .By using these medicines,the patient got remarkable relief from the symptoms.

## CONCLUSION

In the present case, the patient is having itchy, dry skin lesion with blackish discoloration. As per ayurvedic diagnostic principles, the case was diagnosed as vicharchika. The patient is administered with snehapana, sodhana, samana and sthanika chikitsa. Significant improvement in the signs and symptoms of the disease attained by the given therapies and medicines. Hence the ayurvedic treatment was found effective in the management of vicharchika. The treatment was also cost effective and promoted skin health

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