

CASE STUDY

An Ayurved and Jalauka Avacharana Approach in The Management of (Eczema) Vicharchika - A Case Study

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ABSTRACT

Eczema, referred to as Vicharchika in Ayurveda, is a chronic inflammatory skin disease mainly symptoms like redness, itching, blistering, and scaling. Allopathic science treatments typically involve steroids and antihistamines, which provide only short-term relief and can lead to recurrence and side effects. This case study showed a combined method that integrates Ayurved treatment with leech therapy (Jalaukavacharana) for effective management of eczema. A 42-year-old female patient suffering from chronic eczema received Ayurvedic treatments, including internal medicine, external application and leech therapy. The clinical results indicated significant improvement, with reduced and get relieved symptoms and no recurrence over a six-month period, highlighting the effectiveness of this holistic approach.

KEYWORDS: Eczema, Vicharchika, Leech therapy, Ayurveda, Jalaukavacharana, Herbal medicine, Internal medicine

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INTRODUCTION

Eczema, or atopic dermatitis, is defined as a non-contagious a widely prevalent dermatological condition affecting both children and adults [1]. it is characterized by inflammation, itching, erythema, vesiculation, and lichenification. Modern medicine treats eczema with antihistamines, steroids, and immune modulators, providing symptomatic relief but often leading to side effects and relapses [2].

In Ayurveda, eczema is correlated with Vicharchika because of it is very near to this symptomatology, classified under Kshudra Kustha and Raktapradoshaja Vikara. It is believed to be caused by an imbalance in the three Doshas – Vata, Pitta, and Kapha – along with the vitiation of Rasa, Rakta, Mamsa, and Ambu Dhatus. Ayurveda considers Vicharchika a Kapha-Pitta predominant disorder, often exacerbated by improper diet, sedentary lifestyle, and environmental pollution. The presence of Ama (toxins) and vitiated Rakta (blood) makes it chronic and difficult to manage. This necessitates a holistic approach incorporating detoxification, internal medicine, herbal medications, and external therapies [3].

CASE PRESENTATION

Patient data

A 42-year-old female presented to the shalya outpatient department at Parul ayurved hospital with complaints of recurrent erythematous skin lesions over both legs, characterized by redness, skin edema, blistering, cracking, oozing, and bleeding for the past 2 years.

Medical History

- No significant family history of dermatological disorders.
- No history of systemic illnesses like diabetes or hypertension.
- Previous Allopathy treatments provided relief for one year but no long-term benefits.

Parameter	Observation
Nadi (Pulse)	Pitta-Kaphaja
Mala (Bowel)	Constipated
Mutra (Urine)	Normal
Jihva (Tongue)	Coated (Saam)
Sparsha (Touch)	Warm sensation
BP	126/86 mmHg

Table 1: Clinical Examination

TREATMENT

The treatment aimed at blood purification (Raktashodhana), pacifying vitiated Doshas, and restoring skin health. The treatment approach was divided into two main categories:

Medicine	Dosage	Duration
Khadirarishta	15 ml BD (after food)	3 months
Kaishor guggulu	2 tablets TDS	2 months
T. Gandhak rasayan	2 tablets TDS	2 months
T. Rakta pachak vati	2 tablets TDS	2 months
T. Aarogyavardhini vati	250 mg TDS	1 month
Haridrakhanda	3 gm BD (with milk)	3 months
Triphala Churna	4 gm HS (at bedtime)	3 months
Mahamanjisthadi Kwatha	15 ml BD	1 months
Panchatikta Ghrita	10 ml BD (with warm water)	3 months

Table 2: Internal Medication

External Applications

- Marichyadi Taila: Local application twice daily for 3 months.
- Leech Therapy (Jalaukavacharana) [4]

Leech therapy was applied to facilitate detoxification and improve microcirculation at the affected site.

Procedure

- Live medicinal leeches (*Hirudinaria granulosa*) were applied 15 days interval with 2 sittings
- The target site was cleaned thoroughly before application.
- Leeches attached to the lesion and sucked impure blood for approximately 30–60 minutes.
- Post-procedure, the wound was cleaned and dressed with antiseptic herbs. [5]

ASSESSMENT CRITERIA

- Eczema Area and Severity Index (EASI)
- Scoring of Atopic Dermatitis (SCORAD) Index
- Dermatology Life Quality Index (DLQI)

RESULTS

The patient exhibited significant improvement in symptoms, as indicated by the following data:

Parameter	Day 0	15th Day	30th Day	45th Day
EASI Score	5.6	3.8	2.2	0.9
Hemoglobin (%)	12.8	12.8	13.1	13.2
Pruritus	Severe	Moderate	Mild	Absent
Discoloration	Prominent	Reduced	Faint	Absent
Secretion (Srava)	Present	Minimal	Absent	Absent

Table 3: Temporal Assessment of EASI Score, Hemoglobin Levels, and Dermatological Symptoms During Treatment

During the post-treatment follow-up, no recurrence of symptoms was observed, and the patient reported enhanced skin texture and quality of life.



Table 4: Treatments Photo

DISCUSSION

MODE OF ACTION

Vicharchika, a type of Kushta, is primarily a Pitta-Kapha dominant Tridoshaja disorder with involvement of Rakta Dhatu, clinically comparable to psoriasis/eczema due to shared features such as erythema, itching, scaling, inflammation, and chronic recurrence. The present treatment protocol aimed to correct the underlying Raktadushti, Agnimandya, Ama accumulation, and Dosha imbalance, while promoting tissue regeneration and preventing.

Formulations such as Khadirarishta, Mahamanjisthadi Kwatha, Kaishor Guggulu, and Panchatikta Ghrita acted as Raktashodhaka and Kushtaghna agents, directly addressing the vitiation of Rakta and Pitta described in classical texts. Ingredients like Acacia catechu and Rubia cordifolia have demonstrated anti-inflammatory, antioxidant, and immunomodulatory properties, which correlate with reduced cytokine-mediated inflammation seen in psoriasis and eczema [6-8]. Aarogyavardhini Vati and Rakta Pachak Vati supported Yakrit (liver) function and metabolic detoxification, which is essential in chronic inflammatory skin diseases. Hepatoprotective and antioxidant activities of Picrorhiza kurroa and Triphala constituents help reduce systemic toxin load and inflammatory mediators [9, 10]. Gandhak Rasayan acted as a Rasayana, improving skin resistance and regeneration. Purified sulfur is well documented for its antimicrobial, antifungal, keratolytic, and anti-inflammatory effects, supporting its role in chronic dermatoses with secondary infections [11]. Haridrakhanda, rich in curcumin, reduced itching, erythema, and hypersensitivity through its antihistaminic and cytokine-suppressive effects, which are well supported in modern research on allergic and inflammatory skin disorders [12]. Triphala Churna facilitated Ama pachana and bowel regulation, reducing gut-derived inflammatory triggers now increasingly recognized in the gut-skin axis of psoriasis and eczema [13]. Marichyadi Taila provided local antimicrobial, anti-inflammatory, and antipruritic effects. Piperine present in *Piper nigrum* enhances transdermal penetration and reduces microbial colonization, aiding lesion healing and preventing secondary infections [14].

Leech Therapy (Jalaukavacharana)

Detoxification (Raktamokshana): Leeches extract impure blood, removing inflammatory mediators and toxins from the affected site. **Improved Microcirculation:** The secretion of bioactive compounds such as hirudin, calin, and bdellin enhances blood flow, prevents clot formation, and reduces local congestion. **Anti-inflammatory and Analgesic Effects:** Leech saliva contains anti-inflammatory enzymes that decrease swelling, redness, and pain. **Enhanced Skin Regeneration:** By improving oxygenation and nutrient supply to the skin, leech therapy accelerates wound healing and restores normal skin texture [15-17].

The combination of Ayurvedic internal medications, external applications, and Jalaukavacharana effectively pacified vitiated Pitta-Kapha Dosha, detoxified the blood, and promoted skin healing. The treatment resulted in a significant reduction in symptoms, improved skin quality, and prevented recurrence.

CONCLUSION

This case study demonstrates that an integrative approach combining Ayurvedic internal medicine with leech therapy provides an effective, long-term, and safe solution for eczema (Vicharchika). It significantly alleviates symptoms, prevents recurrence, and enhances overall skin health. The addition of Panchatikta Ghrita and Marichyadi Taila strengthens the therapeutic efficacy. Further clinical trials on a larger population are required to validate these findings and establish a standardized protocol.

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