



Ayurvedic management of Vicharchika with special reference to Chronic Eczematic Ulcer - A Case Report


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Kushta Roga is classified into two types: Maha Kushta and Kshudra Kushta. Vicharchika (eczema), a type of Kshudra Kushta, presents with symptoms such as itching (Kandu), discharge (Srava), vesicles (Pidaka), and skin discoloration (Shyava Varna). Vicharchika is often correlated with eczema based on its clinical presentation. Modern dermatology has advanced significantly, but there is no definitive cure for eczema. Instead, symptomatic treatments such as antihistamines and steroids are commonly used, which may lead to severe side effects, including nephrotoxicity, osteoporosis, and skin cancer. Ayurveda addresses the disease at its root by cleansing vitiated Doshas and balancing the Doshas and Dhatus without any side effects. Ayurveda emphasizes Shodhana (purification therapy) and Shamana (palliative therapy) to treat the underlying cause. This case study highlights the successful Ayurvedic management of a chronic eczematic ulcer using internal medications, external applications, and bandaging, leading to significant improvement.

Keywords: Eczema, Shamana, Lepa, Vicharchika

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Introduction

According to Ayurveda, *Vicharchika* is a *Raktapradoshaja Vikara* involving all three *Doshas*, with a predominance of *Kapha* and *Pitta Dosh*. Although classified as *Kshudra Kushtha*, it follows a chronic course with a tendency for exacerbations. *Vicharchika* is often correlated with eczema in modern medicine, which is a form of dermatitis characterized by inflammation of the upper layers of the skin. Eczema encompasses a range of persistent or recurring skin rashes marked by redness, edema, itching, crusting, flaking, blistering, cracking, oozing, or bleeding.

Many patients suffering from *Vicharchika* (eczema) who do not find relief in modern medicine seek Ayurvedic treatment with hopes of a cure. Acute eczema is often triggered by exposure to irritants or allergens, involving inflammatory mediators such as prostaglandins and Helper T cells. Clinical features include redness, swelling, scaling, crusting, and intense itching. Severe eczema can significantly impact a patient's quality of life. Modern therapeutic agents for eczema are limited in number and often have long-term toxic effects.

In Ayurveda, the primary treatment for *Vicharchika* is *Shodhana*, which eliminates vitiated *Doshas*. Alongside *Shodhana*, *Shamana Oushadhi* plays a crucial role in correcting *Dhatus* and restoring them to normalcy.

Case Report

A 69-year-old male presented to the *Kayachikitsa* Department with complaints of itching, oozing wounds, and redness on the lateral side of the leg and medial side of the ankle on the right foot. The condition began after a minor injury caused by an iron nail. The patient had no history of diabetes mellitus (DM), hypertension (HTN), or thyroid disorders. Despite using conventional wound care, the patient experienced frequent relapses. Based on clinical symptoms, the condition was diagnosed as *Vicharchika*, which correlates with a chronic eczematic ulcer.

Treatment Protocol

1. Internal Medications (*Shamana Chikitsa*)

- *Gandhaka Rasayana* - 500 mg twice daily
- *Kaishore Guggulu* - 2 tablets twice daily

- *Panchatikta Ghrita* - 20 ml twice daily

2. External Applications

- Cleansing (*Dhavana*) with *Panchavalka Kashaya*
- Application of *Immuneedge* Ointment
- Sterile bandaging to prevent secondary infection

Images of Procedure done



Step 1: Dhawan with Panchavalka Kashaya



Step 2: Lepana with Immuneedge Ointment



Step 3: Bandhana with sterile Bandage

Observations and Results

The patient's healing progress was monitored using the following clinical parameters:

Parameter	Baseline	Week 2	Week 4	Week 8
Itching (VAS Scale 0-10)	8	6	3	0
Ulcer Size (cm ²)	5.2	4.0	2.0	0.5
Discharge (Score 0-3)	3	2	1	0
Erythema (Score 0-3)	3	2	1	0
Tissue Granulation (Score 0-3)	0	1	2	3
Pain (VAS Scale 0-10)	7	5	2	0
Skin Integrity (Score 0-3)	0	1	2	3



Before Treatment



During Treatment



After Treatment

Discussion

The patient's condition improved significantly with the Ayurvedic treatment protocol. *Gandhaka Rasayana* acted as an anti-inflammatory and detoxifying agent, *Kaishore Guggulu* promoted wound healing, and *Panchatikta Ghrita* reduced inflammation. *Panchavalka Kashaya* prevented infections, while *Immunedge* Ointment facilitated skin regeneration. By addressing the root cause, Ayurveda provided a sustainable solution compared to conventional treatments, which primarily offer symptomatic relief.

Conclusion

This case highlights the effectiveness of Ayurvedic management in treating chronic eczematic ulcers. A structured treatment approach using internal and external therapies resulted in significant healing. The patient exhibited marked improvement in symptoms such as itching, ulceration, and inflammation, demonstrating the potential of Ayurveda in managing chronic dermatological conditions.

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