



Vicharchika w.s.r. to Dyshidrosis Eczema - A Case Report

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Skin is the largest organ in the body, which take lots of stress, internal as well as external which leads to skin diseases. Kusta (skin disease) is disease pertaining to skin which disturbs patient's mental and social health. Here is a case study of patient aged 23years with Lakshanas (symptoms) like Kandu (itching), Srava (Exudation), Pidika (Papule), Shyava Varna (pinkish brown discoloration) in her upper and lower limb joints. On the basis of signs and symptoms Ayurvedic diagnosis was made as Vicharchika (eczema), which has quite resemblance with eczema in modern perspective. Here we made an attempt in treating disease through Ayurvedic management.

Keywords: Vicharchika, Eczema, Virechana, Shamana, Rasayana

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Introduction

Kusta is a disease pertaining to skin and its appendages which also gives systemic symptoms. Apart from this due to cosmetic disfiguration there are disturbances in mental and social health of patient. *Vicharchika* is type of *Kshudra Kusta*, where *Acharya Charaka*[1] has explained the symptoms like *Kandu*, *Srava*, *Pidika* and *Shyava Varna*. According to *Sushruta*[2] cracks/eruptions over the palms and sole of the skin, along with *Kandu*, *Ruja* and *Rukshata*. *Acharya Vagbhata*[3] has explained itching, blackish colored eruptions spreading all over the body and pus discharge, same is been explained by *Madhava Nidana*. [4]

Vicharchika in modern terms is compared to Eczema.[5] the term eczema refers to inflammation of the skin which manifests as erythema, vesiculation and oozing in the acute stage, scaling and crusting in subacute stage, thickening of skin in chronic stage.

Here it is compared to Dyshidrosis eczema[6] lesions present as sudden eruption of bilaterally symmetrical tense vesicles, on the palms, soles, sides of fingers and toes accompanied by pruritus. Basically *Chikitsa* (treatment) has two classifications *Shodhana* (purification therapy) and *Shamana* (oral medication) which has been incorporated here for treating the patient.

Case Study

A patient aged 23 years presented *Lakshanas*

Chief complaints: *Kandu*, *Ruja*, *Srava* in both elbows, ankle joints, left thumb, index finger and left toe since 6 months.

Associated complaints: disturbed sleep due to itching.

History of present illness: Patient was healthy before one year and started with symptoms of *Kandu*, *Ruja*, *Srava* in both elbows and ankle joints. They have consulted dermatologist and took treatment and the symptoms was reduced for 4 months and again small blisters with fluid filling was started to appear on left thumb and left toe with sever *Kandu* and further exacerbations of previous lesions and symptoms appeared since 6 months. So, patient visited KPSVS Ayurvedic Medical College and hospital for future treatment.

Personal history:

Appetite - *Manda*
Bowel - regular (one time day)
Micturition - 5-6/day
Sleep - Disturbed
Food - Vegetarian
Habit - tea 4 times/day, milk and curd daily intake.
Work - Teacher

Family history: nothing specific

General examination:

Built - Moderate
Pulse - 76 /min
B.P - 100/70 mmHg
RR - 20/min
Weight - 43kg
Pallor, Icterus, cyanosis - Absent

Systemic examination:

Central nervous system - Conscious, well oriented to time, place and person
Cardio vascular system - S1 and S2 heard clearly, no murmur
Respiratory system - Symmetrical chest, Normal vesicular breath sounds heard, no added sounds.
Gastro intestinal system - Soft, no tenderness and No Organomegaly

Skin examination:

On Examination, the skin lesions distributed over bilateral ankle joint, elbow joint and toe. Left thumb and index finger, type of lesions was blisters, tapioca like and scaly circular lesion. The color was pinkish associated with discharge.

Nidana Panchaka

Nidana:

Aharaja - *Kaphakara Ahara Atisevana*, curd, dosa, idli like *Udada Atisevana*, *Nava Shalli*.
Viharaja - exposure to chalk dust
Manasika - *Chinta*, *Bhaya*
Purvarupa - excessive *Sweda*, *Kandu*
Rupa - *Kanduyuktha Pidaka*, *Shayava Varna* with *Lasika Utpanna*.

Samprapti:

Mithya Ahara and *Vihara*
↓
Vatadi Dosha Prakopa

↓
Tiryaka Gamana of *Dosha* into *Sira*
 ↓
Sthana Samshraya In *Twak, Lasika, Raktha* and *Mamsa*
 ↓
Vicharchika

Chikitsa

Table 1: Representing the treatment protocol

Shodhana	Shamana	Follow-up
Snehapana with Mahatiktaka Ghrita 30ml, 60ml, 90ml	Tab. Arogyavardini Vati 1 af bd	Mahatiktaka Ghrita 1 tsp bd
Abhyanga with Nalpamaradi Taila and Bhaspa Sweda	Syp. Patolakaturhinyadi Kashaya 15ml bf bd	Tab. Chandraprabhavati 1 bd
Virechana with Trivrut Leha 60gm (20 Vegas)	Tab. Dooshivishari 1 af bd	Madhusnuhi Rasayana 1 tsp bd
	Tab. Manasamitra Vati 1 od	
	Neemoderm cream for E/A	

Results

After *Shodhana Chikitsa* large exudation filled lesion's dried up, small blisters where present and mild oozing was also present. Boundaries of lesions were shrunken.

Table 2: Representing results before and after treatment

Symptoms	Gradation	Before treatment	After Shodhana	After follow-up
Kandu	3	Severe	Reduced - 1	Reduced - 0
Srava	3	Severe	Reduced - 2	Reduced - 0
Pidika	3	Severe	Reduced - 2	Reduced - 0
Ruja	2	Moderate	Reduced - 0	Reduced - 0

Where 3 = severe, 2 = moderate, 1 = mild, 0 = absent of symptoms





Image 1 (A, B, C, D): Showing before treatment

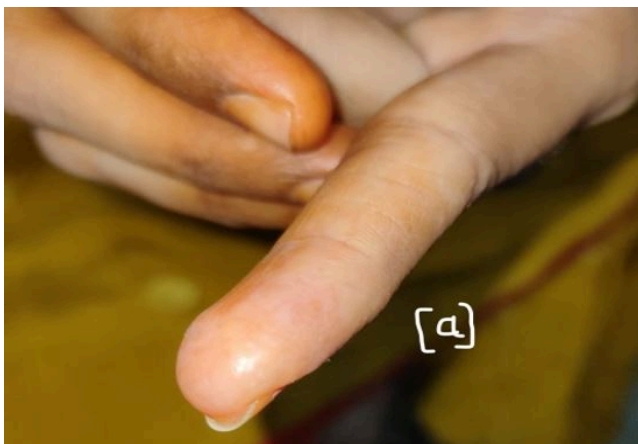


Image 2 (A, B, C, D): Showing the results after treatment

Discussion

Skin is the largest organ in the body, which takes lots of stress which leads to disease. *Vicharchika* is a *Tridoshaja Vyadhi* with *Kapha Dosha* predominance, in which *Doshas* are compressing between very thin layers of skin causing symptoms like *Srava*, *Ruja* and *Shyava Pidika*.

Dyshidrosis eczema is the comparison taken here and its features are lesions present as sudden eruption of bilaterally symmetrical tense vesicles, on the palms, soles, sides of fingers and toes accompanied by pruritus. Based on signs and symptoms diagnosis was made as *Vicharchika*. The patient was given *Shodhana Chikitsa* i.e., *Virechana Karma* was done to remove the *Utklista Doshas*, to clear the *Srotoavrodha*, followed by *Shamana Aushadis* to treat the other symptoms and *Rasayana* to bring up healthy development of cells and prevent the reoccurrence of disease.

Mahatiktaka Ghrita[7] is indicated in *Kusta*, *Visarpa*, *Arsha*, *Pama*, *Pidaka*, *Vispotta*, *Vatarakta*, *Raktapitta*, *Panduroga*, *Amlapitta*. *Nalpamaradi Taila*[8] is indicated in *Tvagroga*, *Visarpa*, *Kusta*, *Pama*, *Kandu*, *Pidika*. *Trivruta Leha*[9] is indicated in *Virechaka Arogyavardini Vati*[10] is indicated in *Kusta Roga*, *Jwaropanasha*, *Pachaka*, *Deepana*, *Pathyakaraka*, *Hrudya*, *Medohara*, *Malashuddhikara*, *Atyanta Kshudha Vardhaka*. *Patolakaturhinyadi Kashaya*[11] is indicated in *Kaphaja Roga*, *Pittaja Roga*, *Kusta Roga*, *Jwara*, *Vishaja Vikara*, *Aruchi* and *Kamala*. *Dooshivishari Gutika*[12] acts as *Dushivisha Hara* and *Amavisha Hara*, *Dosha Harana*. *Manasamitra Vati*[13] is indicated in *Manodosha*, *Unmada*, *Apasmara*, *Mandhabuddhitva*, *Vakdosha*, *Bhuta Badha*, *Sarpa Visha*. *Neemoderma*[14] has *Krimihara* and *Kandugna Dravyas* in it so indicated in *eczema*, *psoriasis*, *fungal infection*. *Chandraprabhavati*[15] is indicated in *Prameha*, *Mutrakruchra*, *Mutraghata*, *Ashmari*, *Vibanda*, *Anaha*, *Shoola*, *Katishoola*, *Swasa*, *Kasa*, *Vicharchika*, *Pandu*, *Kamala*, *Mandagni*.

Madhusnuhi Rasayana[16] is indicated in *Deepana*, *Pachana*, *Ruchya*, *Vatapittaja*, *Rukshyaja*, *Kapha Kashya*, *Prameha*, *Gulma*, *Soola*, *Dhatu Vardhaka*, *Bala Pradha*. The above mentioned *Aushadhis* has direct indications in *Kusta Rogas*, *Kaphaja Pittaja Vikaras*, hence was taken as consideration in this case study, which reduced the symptoms and treated the *Roga*.

Conclusion

Vicharchika is one of the *Kusta Roga*. This case study proves that *Shodhana* is more effective in *Kusta Roga* and drugs used here possess qualities, which are helpful in relieving the symptoms of *Vicharchika*.

Patient perspective: Patient was found relief with symptoms & expres. gratitude for treating disease.

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