**ABSTRACT**

“BEAUTY IS ONLY SKINDEEP”-----This phase highlights the importance given to skin by a common man. Many people are judged based on their looks. They make the patient worried due to its appearance. Eczema is a pattern of inflammatory response of the skin characterized by redness, skin oedema, itching and dryness, with possible crusting, flaking, blistering, cracking, oozing or bleeding. Severe itching or burning or oozing disturbs his routine and its nature susceptible to be chronic. In Ayurveda, the disease is correlated as vicharchika due to resemblance of signs and symptoms. Conventional treatments for eczema include hydrocortisone creams, antihistamines, immune suppressants and immunomodulators. None of these formulations are known to cure eczema. They only address eczema at a symptomatic level and fail to zoom in on the root cause of it. Besides, they carry with them a host of side-effects. Here various effective modalities of treatment was prescribed the patient including kayashodhana like vaman, virechana, raktamokshana and shamanashaadhini which include lepa or malhama are considered as the best line of management for vicharchika and corrects basic pathology of disease and provides a long lasting relief. A case report of 50 years old male, presented with severe itching and reddish black patches in his whole body specially affects in extensor of limbs and neck has been presented in this article. The patient was admitted in hospital for 26 days and 60-70% recovered from eczema.

**Keywords:** vicharchia, panchkarma, vamana, virechana, raktamokshana, shaman.

**INTRODUCTION**

Eczema is a general term for the different types of rashes. The word ‘eczema’ comes from the Greek for ‘boiling’ a reference to the tiny vesicles (bubbles) that are often seen in the early acute stages of the disorder, but less often in its later chronic stages. Eczema or dermatitis is a pattern of inflammatory response of the skin which is the resultant of delayed type hypersensitivity mediated by
memory T lymphocytes in the skin.\(^2\) The clinical lesions may be acute (wet and oedematous) or chronic (dry, thickened, and scaly), depending on the persistence of the insult.\(^3\) Acute atopic eczema presents with severe itch, redness and swelling. Papules and vesicles may be evident, along with scaling and cracking of the skin, which is excessively dry. In patients with chronic eczema, lichenification may be found (dry, leathery thickening of the skin with increased skin markings, secondary to constant rubbing/scratching).\(^4\) In Ayurveda, the various skin disorders are detailed under the topic of Kushta. Vicharchika is specially mentioned under the heading of KshudraKushta (minor skin diseases) in Ayurvedic classics and it is similar to disease eczema or dermatitis in modern medical science. As in general all the Kusthas are Tridoshaja origin. As per Ayurveda classics, Raktadushti is one of the prime causes of all skin diseases. Same is the case with Vicharchika, where it is considered to be a RaktaPradoshaja vikara (diseases caused due to the vitiation of blood) having involvement of three Dosha with specific dominance of Kapha.\(^5\) The Ayurveda classics advocate several line of conservative treatment for Kushta disease specially Vicharchika. Also the disease which doesn’t respond to the various medical treatments are definitely of blood vitiated disorders as per Ayurvedic understanding. According to Acharya Sushruta, if a person regularly undergoes bloodletting, he can develop resistance against all types of skin diseases.\(^6\) Other shodhanakarma including vamana and virechanakarma for removal of imbalance doshas which increased in body. Vamana (Emetics) should be administered to a Kushta-patient once a fortnight and Sramsana (purgatives) once a month. He should be bled twice a year though not profusely and medicated snuffs should be administered to him every fourth day.\(^7\)

**CASE REPORT:**
We describe a case of 50 years old man who is carpenter by occupation. The patient came to us complaining the severe itching and reddish black patches in his whole body specially affects in extensor of limbs and neck.

**HISTORY OF PRESENT ILLNESS:**
Patient was 50 years old male. During childhood and in young age the patient had suffered from indigestion problems. Patient experienced severe itching all over the patches. Due to severe kandu patient start scratching the patches and this leads to bleeding from patches. The patches were reddish black in colour. Patient had developed the sign of Vicharchika at the age of 30 year. Initially padadaranalakshana had seen in his soles and Palm and remained on his body up to 3 years. Later these patches spread all over his body. Initially the patches were small in size and later on it developed in to large patches. Relatives also reported that in the absence of the disease patient showed all signs of normal behaviour both mentally and physically. The psychological symptoms of patient as reported:

1. Anxiety  
2. Angry outburst (Atisantap)  
3. Irrelevant speech

**RUGNA PARIKSHAN**
- Patient's sharirikprakriti was found pittaj.  
- Mansikprakriti was found Tamsik.  
- Patient's satva was found as avar.  
- Patient's abhyawaransahakti was found uttammatra and he used to take guru food ahara.  
- Patient's jaranshakti was observed alpa.  
- Food substances like dugdha, dadhi and amla, Lavana rasa etc. were found as asatmya.

**VIKRUTIPARIKSHAN**
- In the annawahashrotasjihwa was seen saama.  
- Agni was found manda.
Due to *raktabhaKrishnavarna*, *rukshta*, and *kandu* all over the body it is observed that *rasa*, *rakta* and *mamsavahashrotas* are affected.

By analyzing, the patient was diagnosed as VI-CHARCHIKA.

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Simple random single case study.

**GRADINGS FOR ASSESING 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 lesion – 01
- Scanty Eruption in at least half of the skin lesion – 02
- All the lesion full of Eruption – 03

**Rukshatha**: (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 – 03

- Total treatment schedule for 26 days
  1. *Amapachana*
  2. *Snehapana*
  3. *Abhyanga and Swedana*
  4. *VamanaKarma*
  5. *SamsarjanaKrama*
  6. *Snehapana*
  7. *Abhyanga and swedana*
  8. *Virechanakarma*
  9. *Samsarjanakarma*
  10. *Raktmokshana*
  11. *Shamanoushadhi* along with *taila* for *abhyaprayoga*
  12. Yoga

**PROCEDURE:**

1) *Vamana Karma* :

*Poorva Karma*: *Deepanapachana* will be done till *NiramaLakshanas* are seen. *Snehapana* with
Panch Tikta Ghrita in Arohana Krama, depending on Koshta till the appearance of Samyak Snigdha Lakshanas. Abhyanga with Karanja Taila followed by Ushna Jalasnaana for one day.

Pradhana Karma: Yamanaaushadhi will be given after Vishramakala. Madanphalayoga will be given for the purpose of Vamana depending upon the koshta with madhu followed by Yastimadaphant.

Paschat Karma: Samsarjanakrama for 3 days.

2) Virechana Karma

Poorva Karma: Snehapana with Panch Tikta Ghrita Arohana Krama, depending on Koshta till the appearance of Samyak Snigdha Lakshanas. Abhyanga with Karanja Taila followed by Ushna Jalasnaana for 3 days.

Pradhana Karma: Virechanaaushadhi will be given after Vishramakala. Abhyadimodaka will be given for the purpose of Virechana depending upon the koshta with sheetalajala.

Paschat Karma: Samsarjanakrama for 3 days.

3) RAKTAMOKSHANA: Jalaukavacharana.

4) Shamanchikitsa

After removal of dushitakapha by vamana, Pitta by virechana and raktamokshana and Shanshamadravyas should be administered. Vitiation is corrected with the help of tikta and kashayadravyas,

Internally:
1) Mahamanjishtadi Kwatha – 30 ml Twice Daily before meal
2) Arogyawardhinivati 2tab tds
3) Gandhakrasayan 2tab tds with cow milk.
4) Kaishoregugulu 2tab tds
5) Panchnihachurna 2gm
Khadir Sarchurna 2gm
Vijaysarchurna 1gm
Shuddhagandhak 500mg

Mix the above 4 medicine and take with manjisthadi kwatha morning and evening time internally.

Internally:
6) Panchtiktghritagugulu 1tsf b.d.

Anupana: Warm Water

Externally: KARANJA TAILA and GANDHAKAMALAHAMA– Quantity as required

5) Yoga

Pranayama:
- Anulomavilomapranayama, Kapalbhati and Nadi Shodhan should be practiced for 15 minutes.
- Meditation should be practiced for 10 – 20 minutes.
- Yogmudras – varun and prithvimudras at time of meditation.

Table 1: Result on the basis of Observations in the present case

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Signs and symptoms</th>
<th>Score before treatment</th>
<th>Score after treatment</th>
<th>Percentage of relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vaivarnya (discoloration)</td>
<td>02</td>
<td>01</td>
<td>50%</td>
</tr>
<tr>
<td>2.</td>
<td>Raji</td>
<td>01</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td>3.</td>
<td>Shrava</td>
<td>00</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td>4.</td>
<td>Pidakas</td>
<td>01</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td>5.</td>
<td>Kandu</td>
<td>03</td>
<td>01</td>
<td>83%</td>
</tr>
<tr>
<td>6.</td>
<td>Daha</td>
<td>01</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td>7.</td>
<td>Ruja</td>
<td>01</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td>8.</td>
<td>Rukshata</td>
<td>03</td>
<td>01</td>
<td>83%</td>
</tr>
</tbody>
</table>

DISCUSSION

The modern treatments given for eczema have their limitations and side effects. In Ayurvedic system of medicine, Shodhana procedures like vamana, virechana, raktamokshana which eliminates the toxins from body and also increase the

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immunity and provide relief to the patient. During the treatment period 22-02-16 to 18-03-16 after vamanakarmakandu was reduced due to removal of kapha and patches over turned to in mildly pinkish black in colour. After virechana and rakimokshanakarma severe kandu has completely stopped. No new patches were seen in the patient's body and the skin of the patient appears much softer. The problems of dryness of skin and itching were mildly reported. Discoloration of skin was 50% reduced. After 26 days of the treatment patient was almost symptoms free. Internal medications and external application were continued till the total amelioration of the disease.

MODE OF ACTION

Snehpana (oleation) by virtue of its doshokleshana (vitiation of dosha) effects separates toxins accumulated in the patient s body by nidana (causes) like viruddhaahara etc. Vamana and virechana (purgation) might have removed the toxins from the cellular level, improving jatharagni (digestive fire) and Dhatvagni (hormones and enzymes), so that metabolism is normalized.

Sushruta has given great emphasis to Jalaukavacharana (bloodletting by leeches) in the therapy for rakatpradoshajavyadhi (blood originated disease), tridoshaprakopjanya (vitiated all three body humour) and chirkari (chronic) diseases. Leeches when applied to the skin, sucks the blood at superficial level might be more impure than other body channels, jalauka can easily suck impure blood due to superficial distribution of veins.

MODE OF ACTON OF INTERNAL MEDICINES-

1. Panchtiktaghritgugglu contains number of drugs which have properties like kanduhara, kustahara, vishahara.
2. Mahamanjisthadikwatha helps in control itching and burning sensation of skin, improve the complexion of the skin, healing the wounds, dissolve the obstructions in blood flow and purifying the blood and eliminates the toxins.
3. Gandhakmalahama is an ointment used to treat skin diseases such as dermatitis, fungal infections etc. Gandhaka has antibacterial and antifungal activity (krimighana). It is effective both internally and topically as a microbicide agent.
4. Khadira and vijaysar can be used for all type of skin diseases. These both balance kapha and pitta.
5. Panchanimbchurna is indicated in treatment of kushtha. In Ayurveda kushtha includes all skin diseases.
6. Kaisoraguggulu has anti bacterial, anti inflammatory, anti oxidant, anti microbial property which helps in treating wounds. It is a good purifier therefore, corrects Raktadushti (vitiation of blood).
7. Arogyavardhinivati helps to eliminate toxins out of the body; therefore it is recommended skin disorders.
8. Karanjatail has properties like kanduhara, vranaropaka, raktaprasadan, vishahara, vicharchikanashak.

CONCLUSION

It was concluded that Ayurvedic management gives satisfactory result with preservation of health by eliminating toxins, by balancing morbid humours and by correction of jatharagni and dhatvagni which gives a satisfactory life to patient.

REFERENCES