

**AN OUTCOME OF SHODHANA AND SHAMANA CHIKITSA IN VICHARCHIKA-
A CASE STUDY**Neha¹, Gayathri M Prakash², Chander Shekhar Sharma³, Sanjeev Sood⁴

¹PG Scholar Panchakarma, ²Assistant Professor Panchakarma, ³Prof. & Head Kayachikitsa, ⁴Prof. & Head Panchakarma, Dayanand Ayurvedic College, Jalandhar, Punjab, India

Corresponding Author: nehachd111.ns@gmail.com<https://doi.org/10.46607/iamj5610072022>

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**ABSTRACT**

Vicharchika is a type of *Kshudra Kushta* (Skin disorder) that originated from *Tridosha*. In the present era, skin diseases are very common due to a sedentary lifestyle, and poor eating habits and eczema is one of them. In *Ayurveda*, all types of skin disorders are considered under *Kushta Roga*. In modern science, *Vicharchika* has the same clinical features as Eczema which is a type of dermatitis where inflammation of the dermis occurs. Eczema is known as atopic dermatitis and is characterized by pruritus, burning, oozing, papules, vesicles, dryness, scaling, discoloration, and lichenification of the skin. Although *Vicharchika* (Eczema) is not life-threatening but has detrimental effects on the psychological health of the suffering individual thereby disturbing the quality of life. The best available symptomatic treatment like steroids causes side effects and chances of reoccurrence are very common. *Ayurveda* advocates *Shodhana Karma* i.e *Virechana Karma* as the best purificatory method along with *Shaman Chikitsa* for *Vicharchika*. Here is a case of a 20-year-old female patient who presented with vesicles over both wrists with watery discharge, itching, lesion, and red patches over the plantar surface of both feet with pain for the last 4 months. The patient visited M.C DAV Hospital Jalandhar, Punjab for *Ayurvedic* treatment. The *Virechana Karma* was planned after a complete examination of the patient and after that *Shamana* therapy was given for one month. The patient showed remarkable improvement; hence *Shodhana- Shamana Chikitsa* proved its efficacy in the treatment of *Vicharchika* which will contribute to providing relief to the suffering population.

Keywords: *Vicharchika*, Eczema, *Panchakarma*, *Virechana*, *Shodhana*, *Shamana*.

INTRODUCTION

The largest sense organ of the body is the skin. It protects the body with various antigens, chemicals, and a barrier separating the potentially harmful environment from the body's interior¹. Nowadays skin diseases are very common and occur all over the world. They affect all ages from children to the elderly and lead to discomfort, disfigurement, and disability. The incidence rate is 2-3 percent of all medical problems seen in practice². *Kushta* are a group of skin diseases and it is a *Rakta Pradoshaj Vikar*³ in which *Virechana* procedure as *Shodhana* is advocated⁴. In modern science, various advanced techniques and upgraded technologies for treatment are used, but still many diseases occur in progressive nature and *Vicharchika* is one in which vitiated *Doshas* causes *Kandu*, *Pidika*, *Shyava*, and *Bahusrava*⁵ and resembles Eczema were pruritus, burning, oozing, dryness, eruption, discoloration, and lichenification or hyperpigmentation^{6,7}. The main treatment in *Ayurveda* for *Vicharchika* is *Shodhana* i.e *Virechana* which is the best procedure for *Pitta Dosh*⁸. After *Shodhana*, *Shamana Aushadhis* act satisfactorily and help to normalize the vitiated *Dosha* and *Dhatus*.

MATERIALS AND METHODS

Case Summary

A female patient aged 20 years came to the OPD of our institute with complaints of vesicles over both wrists with watery discharge, itching, lesions, and red patches over the plantar surface of both feet with pain since 4 months.

Patients Description

- Name- ABC
- OPD No. -2111147924
- IPD No. -2100341
- Age-20 years
- Sex- Female
- Occupation- Student
- Residence- Kabir Nagar, Jalandhar. Punjab
- C/o- vesicles over both wrists with watery discharge, itching, lesions, and red patches over

the plantar surface of bilateral feet with pain since 4 months.

- History- No such history was found.
- Personal history –No addiction to soft drinks, tea, coffee
- Family History- No such abnormality detected.
- Medication history- She was taken anti-allergic drugs
- Previous Allergies- not significant

On examination

- The patient was calm, conscious, and oriented.
- Respiratory System- B/L air entry equal. No abnormality detected
- CVS- S1, S2 normal
- P/A-soft,non-tender,non-distended,no organomegaly
- Blood pressure- 110/80mm of Hg
- Temperature- Afebrile
- Respiratory rate- 16/min
- *Nadi*- *Kaphapitta*, 74/min
- *Mala*- 1time/day
- *Mutra*- 3-4 times/day
- *Jihva*- *Sama*
- *Sparsha*- *Anushna*
- *Prakriti*- *Kaphapradhana Pittanubandha*
- *Agni*- *Madhyama*
- *Koshta*- *Madhyam*
- *Mansik Prakriti*- *Rajas*
- *Nidra*- disturbed due to itching

Laboratory investigations –

Hematological test

- Hb% -10.7gm%
- TLC-7/cumm
- DLC- Gran%- 48.2, Lymph%- 37.2, mid%-14.6

Glucose Random-95mg/dl

Renal Function Test

- Blood Urea- 28mg/dl
- Serum Creatinine- 0.85mg/dl
- Uric acid- 5mg/dl

Subjective parameters**Table 1:** Subjective Parameters

Sr.No	Parameter	Scoring Criteria	Score
1.	<i>Kandu</i> (Itching)	No itching Mild itching not disturbing sleep Moderate itching disturbs sleep Severe itching disturbing sleep.	0 1 2 3
2.	<i>Daha</i> (Burning)	No burning sensation A mild type of burning sensation. Occasionally burning sensation disturbs normal activity Burning present continuously & even disturbing sleep	0 1 2 3
3.	<i>Strava</i> (oozing)	No discharge Mild discharge after itching. Moderate oozing without itching. Excessive oozing making clothes wet	0 1 2 3
4.	<i>Rukshata</i> (Dryness)	No dryness Dry rough skin Dryness with scaling Dryness with cracking	0 1 2 3
5.	<i>Pidikotpatti</i> (Eruption)	No eruption in the lesion Mild eruptions in a few lesions Moderate eruptions in at least half of the lesion Severe lesions full of eruption	0 1 2 3
6.	<i>Vaivarnyata</i> (Discolouration)	Nearly normal skin color Brownish red discoloration Blackish red discoloration blackish discoloration	0 1 2 3
7.	<i>Rajii</i> (Thickening of skin)	No thickening of the skin Thickening of skin but no crisscross marking Thickening with criss cross marking Severe lichenification	0 1 2 3

Treatment Given

The importance of *Shodhana* therapy i.e *Virechana Karma* was explained to the patient properly and consent was taken. This modality plays an important role in the elimination of *Pitta dosha* as well as for *Kapha*, *Vata*, and *Rakta*.

Pathya-Apathaya was strictly instructed to the patient (specify *Nidana Parivarjana*) and also instructed post-procedure activities (*Ashta Pariharya Vishaya*) that should be avoided i.e load speech, chariot traveling, excess walking, sedentary lifestyle, food intake during digestion, day sleep and wrong intake of food, etc ***Shodhana (Virechana Karma)***

Firstly, patient preparation was done that included *Deepana Pachana*, *Snehapana*, *Sarvanga Abhyanga*, and *Sarvanga Swedana*, then administration of *Virechana* drug.

Deepana Pachana was done with *Panchakola Churna* 3gms three times a day along with lukewarm water for three days, till *Nirama Lakshana* appears.

Snehapana was done with *Panchatikta Ghrita* in increasing doses every day in the early morning depending upon the *Agni* and *Koshta* for a period of five days (30ml, 60ml, 90ml, 120ml, and 150ml) until *Samyak Snigdha Lakshana* appears. During *Snehapana* patient was advised to take hot water for drinking the whole day and to avoid day sleep, exposure to direct the wind, sunlight, excessive work, and emotional exacerbation, stress, etc

Sarvanga Abhyanga and Sarvanga Swedana- After *Samyaka Snigdha Lakshana* occurs a gap of 3 days was given and during these days *Sarvanga Abhyanga* with *Murchita Tila Taila* followed by *Sarvanga Svedana*

with *Dashmoola Kwath* was carried out, then *Virechana Yoga* given for administration.

Diet during **Vishram Kala** (gap of 3 days)- diet includes *Jangala Mamsa Rasa, Yusha* with *Snigdha, Laghu, Ushna quality*, and *Kapha Avridhikara Aahar*. Acharya *Sushruta* mentioned that on the previous day of *Virechana Laghu Aahra, Phalamla* and *Ushnodaka* should be administered.

Virechana Yoga- *Triphala kwath* 100ml along with 3gms *Trivrit* and 3gms *Danti Churan* was given.

Total 15 Vega after administration of *Virechana Yoga* and the patient felt a lightness in the whole body.

Paschat karma- *Samsarjana Karma* was advised for 5 days which depends on the *Shudhi* in which *Peya, Vilepa, and Yusha* preparations were given.

Shamana Chikitsa (Ayurvedic formulations)

Table 2: Ayurvedic formulations

First Visit			Second Visit		
Medicines	Dose, Time and Anupana	Duration	Medicines	Dose and Time	Duration
<i>Arogyavardhani vati</i>	1 Tab twice a day with water.	15 days	<i>Eladi lepa</i>	Local application twice a day mixed with water	15 days
<i>Mahatiktaka Ghrita</i>	5 gm twice a day with warm water.	15 days	Fresh <i>Neem</i> leaves dipped in water	Wash lesions two times a day with <i>Neem</i> water.	15 days
<i>Khadirarishta</i>	15ml three times a day with an equal amount of water.	15 days			
<i>Jatayadi Ghrita</i>	Local application mixed with water.	15 days			

Result

Subjective parameters

Table 3: Subjective parameters

Sr. No	Parameter	Before treatment	After treatment
1.	<i>Kandu</i> (Itching)	2	0
2.	<i>Daha</i> (Burning)	0	0
3.	<i>Strava</i> (oozing)	1	0
4.	<i>Rukshata</i> (Dryness)	3	0
5.	<i>Pidikotpatti</i> (Eruption)	2	1
6.	<i>Vaivarnyata</i> (Discolouration)	3	1
7.	<i>Rajii</i> (Thickening of skin)	0	0



DISCUSSION

In Ayurvedic text, all the *Kushta Rogas* are *Tridoshaj* but mainly *Kapha Dosha Pradhan*. On the basis of symptoms, the present case study was taken. As *Vicharchika* have *Pitta Dosha Pradhanya* and *Kapha Dosha Anubandha*. So a specific procedure was selected i.e *Virechana Karma*, that moves vitiated *Dosha* towards *Adhobhaga* and expels from *Guda* and also acts on vitiated *Kapha Dosha*.

In the present study, the *Virechana* procedure was done and drugs *Trivrit Churan*, *Danti Churan*, and *Triphala Kwath* were selected⁹. The properties of *Trivrit Churan* are *Madhura*, *Kashaya*, *Tikta Rasa*, *Katu Vipaka*, and *Ushna Virya* which help to pacify *Pitta Dosha*. It acts as *Kushtaghan*, *Krimighan* and *Rakta Shodhana*. *Danti Churan* acts as *Shodhak*, *Kaphahara*, *Vidahara* and its properties are *Katu Rasa*, *Tikshan Guna*, *Laghu Virya*, *Ushna Vipaka*. *Triphala* consists of three drugs *Amalaki*, *Haritaki* and *Vibhitaki*, these drugs act as *Dipana*, *Anulomana*, *Rasayana*, *Tridoshahara*, *Bhedaka* and has *Kasaya*, *Katu Madhura*, *Ruksha*, *Usna*, *Amla* etc properties. Thus, *Virechana karma* pacifies *Pitta* and *Kapha Dosha* and reduces itching, dryness, eruption, and slight discoloration. After *Shodhan* therapy orally *Shamana Aushadhi* was given works as follows.

Arogyavardhani Vati which contains *Shudha Parad*, *Gandhaka* and *Shilajit*, *Lauha* and *Tamra Bhasam*, *Triphala Churan*, *Kutaki*, *Chitrak Moola* with the *Bhavana* of *Nimba Patra Swaras*, and its mentioned in *Kushta Rogadhikara*. In *Kushta Vikar* advised *Dravyas* having *Tikta Rasa*¹⁰. So, it has *Kaphahar*, *Kledhar*, *Lekhana*, *Bhedana*, and *Yakrituttajak* properties and also normalizes *Bhootagni* and *Dhatvagni*. According to *Rasaratan Samuchaya*, it acts on various disorders like skin problems, Eczema, Psoriasis, etc.

Mahatiktaka Ghrita is a medicated *Ghee* recommended internally for *Shamana* purposes, it contains *Saptaparna*, *Ativisha*, *Patha*, *Musta*, *Triphala*, *Chandana*, and *Haridra*, *Giloye*, etc. This *Ghrita* is fortified with *Tikta Kashaya Rasa*, *Sukshma Strotogamitva* action, and can reach, nourishes *Shukra Dhatu*. It also calms *Vata* and *Piita Dosha* and has *Vatanuloman*, *Snightvata*, *Kandughan*, and *Kushtaghan* properties¹¹.

Khadirarishta contains *Khadira*, *Devdaru*, *Bakuchi*, *Daruharidra*, and *Triphala*, which are enriched with *Tikta*, *Kashaya Rasa*, *Laghu*, *Shita*, *Ruksha Katu Dravays*. It has *Kapha Pitta Shamaka*, *Tridoshara*, *Kushtaghana*, *Shothahara*, *Krimihara*, anti-bacterial, antioxidant, and antimicrobial properties¹².

Jatayadi Ghrita Lepa composed of *Jatipatra, Haridra, Nimbi Patra, Patola*. These are enriched with *Tikta, Kashaya, Shita, Katu, Tikshana Dravyas*. It has anti-bacterial, anti-ulcer, anti-fungal, and anti-inflammatory properties¹³.

Eladi Lepa contains *Ela, Kutha, Vidanga, Chitrak, Bala, Danti, Rasanjana* and enriched with *Kasaya, Katu, Tikta, Amla, Madhura, Laghu, Ruksa, Usna, Madhura Dravyas*. It has *Kusthaghan, Dipana, Pitta-Kapha Hara, Shodhaka* and *Chedana* properties¹⁴.

CONCLUSION

Skin is the outer covering of the body and reflects the health of an individual. *Ayurvedic* science offers a great chance for *Vicharchika* patients to get rid of this disease i.e through *Aahar-Vihara, Nidana Parivarjana, Shodhana, and Aushadhi*. So, the first step is to avoid causative factors that trigger *Vicharchika* (Eczema). Next is *Shodhana Chikitsa* i.e *Virechana Karma* followed by *Shaman Aushadhis* when they are followed systematically or in combinations gives marked relief to the patient symptomatically, hence through *Ayurvedic* treatment skin diseases can be managed successfully, but still, there is a need for more evidence-based studies. However, education about avoiding factors that cause skin diseases appears a valid option for tackling or managing skin problems.

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