

**ROLE OF SHWETAKARVEERADI TAILA IN THE MANAGEMENT OF ECZEMA  
W.S.R. TO VICHARCHIKA**Usha H. Ukey<sup>1</sup>, A. C. Tumram<sup>2</sup><sup>1</sup>PG Scholar, Department of Agadatantra, Government Ayurved College, Nagpur, India<sup>2</sup>Assistant Professor, Department of Agadatantra, Government Ayurved College, Nagpur, IndiaCorresponding Author: [ushaukey49@gmail.com](mailto:ushaukey49@gmail.com)<https://doi.org/10.46607/iamj0610102022>

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**ABSTRACT**

As the largest organ of the human body, the skin is the main barrier that resists outside the world. Skin diseases are known to have a significant impact on quality of life, productivity, and mental health. Our *Acharyas* has described skin diseases under the heading *Kushtha*. *Vicharchika* is one among the *Kshudra Kushtha* which is *Rakta-pradoshaj Vikara* having the involvement of three *Dosha* with the dominance of *Kapha*. *Vicharchika* has a similar clinical presentation as eczema- itching, discharge, pustules, scratches, pain, discolouration of the skin, etc. Modern science has no specific medication or treatment for sure of eczema but symptomatic treatment like steroids is used which may have long-term toxic side effects and recurrence is also common. *Shwet-kaveeradi Taila* is an important formulation described by *Acharya Charaka* in *Kusth-chikitsa*.

**Keywords:** *Kushtha*, *Vicharchika*, Eczema, *Shwet-kaveeradi Taila***INTRODUCTION**

Today's lifestyle has changed; people are using more and more synthetic and chemical substances like eating junk food, and frequently using chemical products like cosmetics, fertilizers, and pesticides which

cause irritation to the skin. Due to changing in habits of peoples like late night sleeping and awaking late, taking excess cold drinks, traveling habits, staying in AC rooms, change in environmental conditions also.

Skin is the major organ of the body; it is covered all over the body. When any substance came in contact with skin it gets absorbed through the skin. Skin is a route of excretion for sweats, drugs, toxins, and ions. So, when these substances are excreted through the skin cause irritation to the skin.

Skin disease is a challenging area of medical science. Skin diseases are not hazards to humans, but they are attention taking because subcutaneous nervous supply is spread all over the body. This is a major health problem affecting a high proportion of the population in India. This can place an emotional and psychological burden on patients that may be far worse than a physical impact. <sup>(1)</sup> The Global Burden of Disease Project has shown that skin and sub-cutaneous diseases were the 4<sup>th</sup> leading cause of nonfatal disease burden world-wide in 2010 and 2013.

In ancient *Ayurveda*, skin disorders are vastly described under *Kushtha Roga*. There are seven *Mahakushtha* and eleven *Kshudrakushtha*. *Vicharchika* is a type of *Kshudrakushtha* often encountered by *Ayurvedic* dermatologists characterized by *Kandu* (Itching), *Strava*, *Pidika*, and *Shyava Varna*. <sup>(3)</sup> It is one of the most commonly encountered skin diseases all over the world. As per symptomatology and pathogenesis, *Vicharchika* has been directly co-related with eczema in modern science. The common cause of eczema is contact with the poison. Eczema is a common condition affecting about 10% to 20% of the world population, according to the American Academy of Dermatology. Females and males are equally affected. Hand eczema is common in the general population. The one-year prevalence of level eczema was 15.8% (Female 28.3% and Male 10.0%). The prevalence of childhood eczema/atopic dermatitis in the US is 10.7% overall and as high as 18.1% in individual states and 21% across other countries. <sup>(4)</sup>

Various medicated oils can be used in the treatment of skin diseases depending upon the condition and severity of the disease. *Shweta Karveeradi Taila* is one such formulation mentioned in the *Charaka Samhita* in the management of *Kushtha*. It contains

*Shwetakarveer*, *Chitraka*, *Vidanga*, *Sarshapa* and *Gomutra*. <sup>(5)</sup> All these drugs are having the property of *Kushtaghna*, *Kandughna*, anti-bacterial, anti-inflammatory, anti-fungal, wound healing, etc. hence, useful in *Vicharchika* as a local application. The present study is an attempt to assess the probable mode of action of *Shweta Karveeradi Taila* on *Vicharchika*.

#### **Aim and Objectives:**

- 1) To study the resemblance between *Vicharchika* and eczema.
- 2) To explore the role of *Shweta Karveeradi Taila* in the management of eczema.

**Materials and Methods:** Contact poisoning is a frequent incidence found in India. Symptoms of contact poisoning are resembling like a *Kushtha*. As per *Charakacharya*, *Vicharchika* is a skin disease in which itching along with eruptions over the skin appears with dark pigmentation, itching with profuse discharge from the lesions. *Vicharchika* (Eczema) being a *Kshudrakushtha* has *Kapha* dominance and even involvement of *Tridosha* can be evident from its signs and symptoms. It is caused due to faulty diet and lifestyle, which leads to impairment of digestion and aggravation of *Kaphadosha*. *Kapha* manifests in the skin and causes the accumulation of toxins. The vitiated three *Doshas*- *Vata*, *Pitta*, *Kapha* along with impaired *Twaka*, *Rakta*, *Mamsa*, and *Ambu* together constitute seven essential entities that play role in the pathogenesis of these skin disorders and the predominant *Dosha* involved in *Vicharchika* is *Kapha*.

The clinical presentation of *Vicharchika* is considered with symptoms like itching, discharge, pustules, scratches, pain, discoloration of the skin, etc. There is almost a similarity of opinions regarding signs and symptoms of *Vicharchika* among all *Acharyas*. But some *Lakshanas* are different like *Acharya Charaka* and *Vagbhatta* have defined *Strava* as a Symptom whereas *Acharya Sushruta*- *Ruksha* as a symptom. The *Lakshanas* described by different *Acharyas* are summarized below- <sup>(5,6,7)</sup>

**Table 01:**

Sr.no.	Lakshanas	Charak Samhita	Sushruta Samhita	Ashtang Hridaya
1	Strava	+	-	+
2	Kandu	+	+	+
3	Shyavata	+	-	+
4	Ruja	-	+	-
5	Pidika	+	-	+
6	Rajyo	-	+	-
7	Raukshya	-	+	-

As per modern science, Eczema is an inflammatory cutaneous disorder caused by endogenous and/or exogenous factors, and characterized clinically by itching, redness, papulovesiculation, oozing and crusting in the acute stage, thickening a lichenification in the chronic stage. The histological hallmark of eczema is spongiosis (intercellular edema of the epidermis) with varying degrees of dermal inflammatory infiltrate. Exogenous eczemas are related to clearly defined external factors (environmental factors) like irritants (soaps, detergents, etc.), allergens (nickel, chromium, plants, etc.), and sunlight although inherited tendencies can also play part in many of these exogenous eczemas. Endogenous eczemas are mediated by pro-

cesses originating within the body and exogenous factors play little or no role. <sup>(8)</sup>

In modern science, there is no satisfactory treatment for skin disease is available. If any skin problem is treated, there are chances of recurrence found. Steroidal ointments have their local as well as systemic toxic effects on the body. These ointments show drug resistance. So, many times to avoid the recurrence of skin disease and going for Ayurvedic management of skin disease, it is necessary to find out new medicines in Ayurveda. The use of Lepa is indicated as an external application in *Kushtha Roga*. *Shweta Karveeradi Taila* is one of the external applications described by Acharya Charaka in *Kushtha Chikitsa*.

**Table 02:** Contents of *Shweta Karveeradi Taila*:

Sr.no	Dravya	Latin name	Family	Doshagnata
1.	Shwet Karveer	Nerium indicum	Apocynacea	Kapha-Vataghna
2.	Chitraka	Plumbago zeylanica	Plumbaginacea	Kapha-Vataghna
3.	Vidanga	Embelia ribes	Myrsinaceae	Kapha-Vataghna
4.	Sarshapa	Brassica juncea	Brassicaceae	Kapha-Vataghna

**Table 03:** Characteristics of ingredients of *Shweta Karveeradi Taila*:

Sr.no.	Dravya	Rasa	Virya	Vipak	Guna	Karma
1.	Shwet Karveer <sup>(9)</sup>	Katu, Tikta, Kashaya	Ushna	Katu	Laghu, Ruksha, Tikshna	Krumighna, Kusthaghna, Vranashodhan, Vranaropana, Kandughna
2.	Chitraka <sup>(10)</sup>	Katu	Ushna	Katu	Laghu, Ruksha, Tikshna	Lekhana, Krumighna, Visphotajanan
3.	Vidanga <sup>(11)</sup>	Katu	Ushna	Katu	Laghu, Ruksha, Tikshna	Krumighna, Kusthaghna, Varnya
4.	Sarshapa <sup>(12)</sup>	Katu	Ushna	Katu	Tikshna	Kandughna, Kusthaghna, Krumighna

### Probable mode of action of *Shweta Karveeradi Taila*:

When the *Taila* is applied over the skin, the minute particles of the substance penetrate into the *Twaka* owing to the gravitational pull and the weight of the drug. The *Upashoshana* property of *Vayu* (*Vyana* and *Samana* especially) would play a major role in the penetration, and absorption of the medicaments applied over the *Twaka*. After being absorbed in the *Twaka*, the drug would act upon the body, pertaining to its *Virya* (Active principle) and in some cases according to its *Prabhava*.<sup>(13)</sup>

Upon topical application, the active principle of the *Taila* reaches the deeper tissues through *Siramukha* and *Swedavahi Strotas* by virtue of its *Sukshma* and *Tikshna* property. Due to its *Ushna*, *Laghu*, and *Ruksha* properties, it removes the obstruction in *Swedavahi Strotas* and allows the local toxins to flow out through the *Sweda*, thus clearing out the micro channels. *Kandu* can be relieved significantly due to the *Kusthaghna* and *Kandughna* properties of drugs of *Shwet-kaveeradi Taila*.

### DISCUSSION

Skin problems can affect persons of all ages from infants to the elderly. Eczema/ *Vicharchika* also known as Atopic Dermatitis is a chronic skin condition that can lead to recurrent infections and poor quality of life if left untreated. In modern science, there is no satisfactory treatment is available. In *Ayurveda*, there are so many medicines described which are successful and safer for chronic derma problems including *Vicharchika*. *Karveer*, *Viadang*, and *Chitraka* present in *Shwetkarveeradi Taila* possess *Kaph-Vatahar*, *Kandughna*, *Kusthaghna*, and *Twaka Doshahar* property. Due to the presence of

these properties, the external application of *Shweta Karveeradi Taila* in eczema helps in reducing the symptoms. It can be used as a safe and effective medicament in the management of *Vicharchika*.

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