STUDY OF VICHARCHIKA IN CORRELATION WITH ECZEMA W.S.R RAKTAVAHA STROTODUSHTI

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ABSTRACT
In Ayurveda, skin diseases are caused due to imbalance in all the three doshas, the prime dosha involved is pitta. In “Aashrayaashrayi Bhav” it is described that ‘Pitta’ lives in ‘Aashrayas’ of ‘Raktadhatu’ and if ‘Raktavridhhi’ occurs, then ‘Pitta’ also increases (and vice versa). That means they both are dependent on each other, but in ‘Pitta Prakriti’ individual skin infections occur frequently. Skin forms a protective coating of the body and thus acts as a mechanical barrier against entry of bacteria etc. which cannot enter through the intact skin. In ayurveda, skin diseases are described under Kushtha. Kushtha is most the common skin disease affecting about 10–20 % of the world population and Kushtha is the cause of Raktavaha strotodushti. Vicharchika is one of the sub types of Kshudra kushtha and it is commonly seen skin disease. Vicharchika is described in ancient Ayurved Samhitas. Vicharchika is kapha pradhan vyadhi (Ch.chi 7/30). According to Charak samhita, symptoms of Vicharchika are kandu, shyavavarna, pidika, bahusrava. In contemporary science, Vicharchika has a co relation with Eczema. It is the inflammation of skin that is Dermatitis. The present study is focused on Raktavaha srotodushti in vicharchika.

Keyword: Vicharchika, Eczema, Raktavaha Strotodushti, Kushtha

INTRODUCTION
Ayurveda is a complete science of health that not only deals with treatment but also with the prevention of disease. God has created beautiful universe and human are one of its most beautiful creation. Everyone desires to look attractive. Beauty and glamour are parts of life and beauty is first recognized by skin health along with general health. Also skin is a protective barrier of the body from the external environment. Skin is the largest sense organ in the body. Nowadays for minor and major skin problems people are aware. In Ayurveda all skin diseases are consid-
er in one of the broad heading of Kushtha. Kushtha is most common skin disease over the population, and Kushtha is mentioned under the “Raktavaha Strotodushti” Lakshanas. There are two main types of Kushtha i.e. Mahakushtha (7 types) and Kshudrakushtha (11 types).

Vicharchika is one of the sub types of Kshudrakushtha. The clinical features of vicharchika like Kandu (itching), srava (Discharge), Pidaka (pustules), Shyavata (discoloration of skin), Rajyo (scratches), Ruja (Pain), Rukshata (Dryness) are resemble with the features of Eczema. It is commonly seen skin disease. All Kushtha are having Tridoshaja origin so, Vicharchika can be said in same way i.e. Kapha is responsible for Kandu, Pitta is responsible for Srava and Vata is responsible for Shyavata. Despite of its Tridosha origin various Acharyas mentioned different dominancy in Vicharchika i.e. Kapha, Pitta, Vata-Pitta Pradhan. The prime dosha involved is pitta. In “Aashrayaashrayi Bhav” it is described that ‘Pitta’ lives in ‘Aashrayas’ of ‘Raktadhatu’ and if ‘Raktavridhhi’ occurs, then ‘Pitta’ also increases (and vice versa). That means they both are dependent on each other, but in ‘Pitta Prakriti’ individual skin infections occur frequently. Vicharchika is Kaphajayadhi and Raktdushti is also observed. The texts of Ayurveda consider Raka Dushti as one of the prime cause of skin disease. Vicharchika explained by Aacharya Charak, is characterized by Pidika, Kandu (itching), Srava (discharge). According to Charakacharya Vicharchika is Kaphapradhan vyadhi. While Aacharya Sushrut has mentioned the features as Rukshatha (dryness of the skin) with Kandu (intense itching) and Raji (marked lining). Yogaratnakar has mentioned the symptoms as Shyavavarniya Pidika with Kandu. It can be co-related with Eczema, which is defined as a non-contagious inflammation of the skin characterized by itching, erythema with oedema, oozing and scaling. Eczema is allergic skin condition. It is the inflammation of skin that is dermatitis. Eczema is also called as Atopic dermatitis. In the acute phase eczema may be vesicular and oozing, in the chronic phase it may become hyper pigmented and lichenified (thickened).

Vicharchika is described in Ayurved texts i.e. in Sushrut Nidan Sthana 5/13, Ashtang Hriday 14/18, Kashyapa Samhita Page no. 116, Haarit Samhita 3rd Sthana 36/12, Sharangadhar Samhita 7/87, Bhava Prakash 54/27, Charak Chikitsa Sthana 7/26.

PREVALANCE OF ‘ECZEMA’:-
The incidents of skin disease are increasing day by day. At least 200 types of skin diseases are detected till now.

- Eczema is common condition, affecting about 10 % to 20% of the world Population, According to American Academy of Dermatology. Female and male are equally affected. (www.jacionline.org.)
- 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 various countries.

AIM & OBJECTIVES:-
- To find out the references on Vicharchika in Ayurved Samhitas.
- Study of etiopathogenesis of Vicharchika.
- Study of Raktavaha stroto dushti in Kushtha.
MATERIAL & METHODS
- This Study is based on review of Ayurvedic Samhitas, Modern science & Ayurvedic journals regarding finding out the etiopathogenesis of Vicharchika.

AYURVEDIC VIEW:–
In Ayurveda Eczema is considered to be a type of Kushtha. Seven material affected morbidly are the causative sources of Kushtha, such as 3 doshas- Vata, Pitta, Kapha- vitiated by etiological factor & 4 dushyas, sharirdhatu- twacha, mamsa, rakta, lasika- affected with affliction by doshas. These 7 material in this way are causative factors of 7 type of Kushtha arising from their force they afflict the whole body. According to Ayurveda, symptoms of Vicharchika are intense itching, pain, dryness & blackish skin color because of skin disorder. Vicharchika is the sub type of Kshudra Kushtha.
- According to Acharya Charak, the Kushtha which has black color boils with itching & discharge is called as vicharchikakushtha¹.
- Acharya Sushruta has mentioned this disease with the symptoms like cracks at the hands & feet, severe itching, pain, dryness².
- Ashtang Hridaya also mentioned itching blackish boils with oozing in Vicharchika⁶.
- Kasyapa has described Vicharchika in Kushtha chikitsaadhyaya. Vicharchika accompanied by black color wound with acute pain, discharge & piercing suppuration⁷.
- Bhava Prakash given the same description of Vicharchika as mentioned above⁸.

Table 1: Classification of Kshudra Kushtha according to Brihatrayi

<table>
<thead>
<tr>
<th>Charak</th>
<th>Sushruta</th>
<th>Vagbhata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ekkushtha</td>
<td>Ekkushtha</td>
<td>Ekkushtha</td>
</tr>
<tr>
<td>Charmakushtha</td>
<td>Mahakushtha</td>
<td>Charmakushtha</td>
</tr>
<tr>
<td>Kitibha</td>
<td>Kitibha</td>
<td>Kitibha</td>
</tr>
<tr>
<td>Vipadika</td>
<td>Sidhma</td>
<td>Vipadika</td>
</tr>
<tr>
<td>Alasaka</td>
<td>Visarpa</td>
<td>Alasaka</td>
</tr>
<tr>
<td>Dadrumandal</td>
<td>Parisarpa</td>
<td>sidhma</td>
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<tr>
<td>Charmadal</td>
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<td>Charmadal</td>
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<tr>
<td>Paama</td>
<td>Paama</td>
<td>Paama</td>
</tr>
<tr>
<td>Visphota</td>
<td>Stihoola</td>
<td>Visphota</td>
</tr>
<tr>
<td>Shataaru</td>
<td>Rakasa</td>
<td>Shataaru</td>
</tr>
<tr>
<td>Vicharchika</td>
<td>Vicharchika</td>
<td>Vicharchika</td>
</tr>
</tbody>
</table>

RAKTAVAHA STROTAS:
Moolasthana:- According to Acharya Charak Yakrut and Pleeha are Moolasthan of Raktavahastrotas.
Dushti hetu of raktavahastrotas:- Vidaahi, Annapaan, Snigdh, Ushma, Ati drava Sevan, excessive Contact with Agni & Vayu
Dushti Lakshana of raktavahastrotas:-
Kushtha, visarpa, pidaka, raktapitta, Gudadpka, medhrapaka, mukhapaka pleeha vridhhi, gulma vridhhi, Nilika, kamala, vyanga, pliplava, tilakaalaka, Dadru, charmdala, shwitra, paama, kodha ...Cha. Su. 29/11, 12)
Rakta Dushti occurs due to any cause, which leads to several diseases. And Kushtha is one of them.
**HETU OF VICHARCHIKA:**

**AAHAR-** The person eating ushna and sheetadravya alternatively for long period of time, Chilachima type kind of fish with milk, diet consisting mostly of cereals like hayanaka, chinak, uddalak, kodrava combined with milk, curd, buttermilk, kore, Viruddhaahar, snigdha & dravaaharsevan etc.

**VIHAR-** After eating the above things in excessive quantity a heavy indulgence in sexual activity, physical exercise, intense heat, swimming in the cold water, suddenly after affliction with fear, exersion, chhardivegavarodh, improper method of administering Panchakarna, the three doshas are vitiated simultaneously & there after causes shaithilya in four dusyas. Agnimandya is the root cause of all diseases.

**POORVA ROOPA:**

As enumerated in Charak samhita the poorvaroopa include:
- Asweda or Ati-sweda pravrutti.
- Twaka vaivarnya
- Sparshaagytwa (loss of touch sensation).
- Appearance of pidaka, Kandu, Todavat vedana,
- Daurbalya(fatigue), Vranotpatti and Vranapida

**ROOPA:**
Sushrutokta lakshanas are given as Tivra Ruja and Kandu whereas Charak samhita described it as the pidka with itchy, blackish with excessive discharge.

**SAMRAPTI:**
As Vicharchika is mentioned as sub types of Kushtha so, the Samprapti as Kushtha are also applicable to vicharchika.

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**CONTEMPORARY VIEW: - ECZEMA**

The word Eczema is derived from the Greek word ‘eczein’ meaning ‘to boil over’ or ‘to effervesce’. The term, dermatitis and eczema are often used as synonyms but, the term eczema is preferably used for exudative dermatitis.

Eczema is kind of inflammatory reaction of skin mediated by memory T lymphocytes in the skin. The lesions may be wet and edematous (acute) or dry, scaly and thickened (chronic). Eczema is characterized by skin rash with redness, skin edema, dryness and itching sometimes with crusts, oozing and blisters.
**Causes:** The cause of Eczema is unknown but it may be combination of genetic & environmental factor.

**GENETIC:**
OVOL act ACTL9 and IL4KIF3A are the three new genetics variants associated with eczema. Eczema occurs about three times more commonly in patients suffering from celiac disease and about two times more frequently in relatives of those with celiac disease.

**ENVIRONMENTAL:**

**Table 2: Types Of Eczema:**

<table>
<thead>
<tr>
<th>EXOGENOUS ECZEMA</th>
<th>ENDOGENOUS ECZEMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is related to clearly define external triggering factor. In many cases both internal &amp; external factors contribute to the pathogenesis of eczema.</td>
<td>In this type of eczema the course of the problem arises from the patient’s inherent constitutional factors rather than the environment.</td>
</tr>
<tr>
<td>1- Irritant</td>
<td>1- Atopic dermatitis</td>
</tr>
<tr>
<td>2- Allergic</td>
<td>2- Seborrheic dermatitis</td>
</tr>
<tr>
<td>3- Photo dermatitis</td>
<td>3- Nummular eczema (Discoid)</td>
</tr>
<tr>
<td>4- Contact dermatitis</td>
<td>4- Dyshidrotic eczema (Pompholyx)</td>
</tr>
<tr>
<td>5- Photo toxic</td>
<td>5- Asteatotic eczema (winter eczema)</td>
</tr>
<tr>
<td>6- Photo allergic</td>
<td>6- Stasis dermatitis (Gravitational / varicose eczema)</td>
</tr>
<tr>
<td>7- Infectious eczematoid dermatitis</td>
<td>7- Juvenile plantar dermatitis</td>
</tr>
<tr>
<td></td>
<td>8- Lichen simplex chronicus</td>
</tr>
</tbody>
</table>

**Table 2:** Eczema can be subdivided into three stages:

<table>
<thead>
<tr>
<th>Acute eczema</th>
<th>Sub-acute eczema</th>
<th>Chronic eczema</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is represent wet dermatitis, Symptoms are pruritus, erythema, edema, papules, redness, swelling, vesicles, oozing, crusting and even blister formation.</td>
<td>Which is characterized by diffuse erythema, scaling &amp; edema? In this stage, edema, vesiculation and oozing components come down. The lesion starts scaling.</td>
<td>It is represented by severe itching, hyperkeratosis and lichenification.</td>
</tr>
</tbody>
</table>

**PATHOLOGY- Eczema**

Activated Keratinocyte

\[\text{Increased proliferation of basal cells & cytokines}\]
Released of Interleukin 1 (IL-1)

Neutrophil infiltration & Lymphocyte infiltrate

Hyperproliferation

Oedema, Blistering, Thickness of skin, Itching

Eczema

Table 3- PATHYA - APATHYA:-

<table>
<thead>
<tr>
<th>PATHYA</th>
<th>APATHYA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puranshali, godhuma, munga, masura, jamgalmamsa, padaval, laghudipanaahar.</td>
<td>Aanupmamsa, tila, sura, dadhi, amlarasatmakadravyasevan, products of sugarcane(ikshu), divaswapa, virudhhaaahar, excessive indulgence in sexual activity etc.</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Ayurvedic & modern pathogenesis of Vicharchika is discussed in detail. Among all types of Kushthas mentioned in Ayurvedic texts Vicharchika is commonly seen skin disorder over the population. In contemporary view of Vicharchika it can be included as eczema. As per modern science, accessible treatment for eczema consists of reassurance, elimination of predisposing causes and palliative measures. Vicharchika is the allergic skin disease. Kushtha vyadhi is mentioned under the raktavaha strotodushti lakshanas. Vicharchika is Sadhya vyadhi

**CONCLUSION**

Vicharchika is a condition where patient presents with the severe painful itching, skin eruptions, dryness of skin which can be correlated with Eczema. Likewise other diseases Vicharchika also takes its origin from Agnimandya. So, the efforts should be made to concur Agnimandya. It is Kaphpradhan Vyadhi, but prime cause of vicharchika is Rakta Dushti, due to any cause. Therefore one should avoid the food & regimen that causes Rakta Dushti.

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