

**THE CONCEPTUAL STUDY OF THE VICHARCHIKA AND ITS CHIKITSA WITH VISHA ARAGWADHAADI AGADA LEPA****Manjula P Saraganachari**

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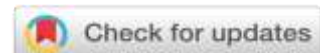
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**ABSTRACT**

Introduction- Ayurveda is the holistic approach towards the untoward effect on the human kingdom. Skin is a protection barrier against external environmental pollution. *Rakta dushti* is one of the basic reasons for skin disorders. *Kushta (ED-4)* is the common name given to all skin disorders. *Vicharchika* is one among *Khsudra Kushta* with more episodic recurrence which can be correlated with Eczema. Clinical features of *Vicharchika* are *Kandu* (itching), *Pidika* (vesicle), *Srava* (discharge), *Shyava* (discoloration), *Rukshata*, and *Daha*. *Bahir parimarjana chikitsa* is the easiest mode of medicine administration. *Visha Aragwadadi Agada lepa* mentioned in *Astanga Sangraha*. **Material & Methods-** Concepts of *Vicharchika* (ED4.3.9) and *Visha Aragwadadi Agada Lepa* had collected from Ayurvedic Samhitas and authentic journals and websites. **Discussion-** The discussion of *Vicharchika* and *Visha Aragwadhaadi Agada Lepa* mentioned as per Ayurvedic therapeutics had been done. **Conclusion-** *Vicharchika* and *Visha Aragwadadi lepa* had *chikitsa gamay bhava*.

Keywords: *Vicharchika*, *Visha Aragwadadi agada Lepa*, *Astanga Sangraha*.

INTRODUCTION

Skin is the largest organ that covers the entire body and protects from the invasion of micro-organisms.

Skin diseases are not life-threatening, they make the patients worried due to their ugly appearance. *Kushta*

includes all the skin diseases that the human being is to suffer. *Ahara* (food) and *Vihara* (regimens) are the basic things for survival, disease manifesting factors, and curing the disease.^[1] In the present era, Skin is exposed to a huge amount of contaminated food, land-water resources, chemicals, pesticides, preservatives, and micro plastic. *Kushta* (skin disorders) affects all age groups and *Aoupasargika*.^[2] *Vicharchika* is one among *Khsudra Kushta* that can be correlated with eczema in modern science. *Ama*, *Rakta dushti*, dust particles, allergens, *Virudha ahara*, etc are causative factors for *Vicharchika*. *Vicharchika* is the *Rakta Pradoshaja Vikara*.⁽¹⁾ With the clinical presentation of eruption over the skin appears with dark pigmentation, itching, discharge, and inflamed or lichenified skin lesions. In *Vicharchika* the condition with vitiation of *alpa dosha* (less bodily humors) or *Stanika dosha* (local infection) is a possibility. *Stanika Rakta dushti* can be treated by *Lepa* (external application formulation). *Visha* (aconite) *Aragwadhaadi* (*cassia fistula*) *Agada* (antidote) *Lepa* is the external application explained in *Astanga Sangrah* selected for analysis which is proven *rakta* (blood) and *Kapha vata dosahar*. Hence the possibility of good effectiveness.

Methodology:

Collection of concepts of disease *Vicharchika* and *Visha Aragwadhaadi Agada Lepa* from *Samhitas*, textbooks, and pub med journals.

Literary Review:

Disease Review: Vedic period: in Rig-Veda skin disorders are mentioned with the feature of *Vaivarnya* and *Romashtana*.

Samhita Period: *Charaka Samhita Acharya Charaka* categorizes the *Kushta* as 7 Maha and 11 *Kshudra Kushta*. *Kushta* as *Rakta Pradoshaja Vikara* explained in detail and *Vicharchika* as *Kshudra Kushta*.^[4]

Sushruta Samhita: *Acharya Sushruta* explained *Paapakarma*, *Krimi*, and *Aupasargika*'s unique causative factors for *Kushta*.^[2]

Astanga Sangraha and Astanga Hridaya: *Vicharchika* as *Kapha pradhanya Kushta* with discharge in the form *Lasika*.^[5] Authors like

Yogaratanakara, *Madhavkara*, and *Vangasena* too referred to the same features though, it is *Kshudra Kushta*, and it runs a chronic course and has a tendency of exacerbation.^[6] The commentator *Srikanthdatta* mentions *Vicharchika* as *Tridosha Pradhana* in which *Kapha* produces *Kandu*, *Bahusrava* due to *pitta*, and *Shyavata* due to *Vata*.

The etymology of Vicharchika:^[7, 8] The *Charch* word refers to *Adhyane* and has two syllables 'Adhi' which means 'above', and 'Ayane' means 'to spread out'. *Vichar* denotes the eruptions over the skin with *Pruritis*.

Paribhasha:(definition) *Vicharchika* as a disorder which has dark pigmentation of the skin along with profuse discharge with itching^[1,4]

The term eczema is broadly applied to a range of persistent or recurring skin rashes characterized by redness, skin edema, and itching, with possible crusting, flaking, blistering, cracking, oozing, or bleeding.^[7,8]

Nidana (Causative factors)^[1, 2, 3, 4, 5] *Samanya nidanas* for *Kushta Vyadhi* (skin diseases) explained in *Samhita's* are considered has a *Nidanas* for *Vicharchika* also:

Aharaja: Consuming new grains, curds, fermented foods, fish, and excessive salty and sour food items. Black grams, radish, food prepared from flour paste, sesame, milk, and Jaggery products. *Ati Klinna Pishta*, *Sushka ahara*. *Virudha Ahara* (antagonistic food) like excess Alcohol & milk, green Vegetables with milk, etc. *Adhyashana* (eating before the digestion of previous food), *Asatmya* (incompatible with climate, body condition), *Dushi Visha* like *Dushita Jala* (polluted water), *Dushita Ahara* (excess of preservatives and food adulterants, fast foods, contaminated with pesticides, microbes, unhygienic, stale eating uncooked or raw foods, etc) vitiates *rasa* and *rakta* manifesting *Kushta*.

Viharaja-like suppression of natural urges especially vomiting, the quick change in temp, exposure to excess heat, and sudden biological changes in fluid volume and muscle mass. *Panchakarma Viparita* (not following proper treatment principles) late night work schedules, excessive intake of tea, coffee, alcoholic beverages, aerated drinks, indigestion, constipation,

acidity or flatulence, sexual intercourse immediately after taking food, sleeping during the daytime, insulting peers like elders/*guru* and doing sinful acts.

Samprapti (Pathogenesis): [1, 2, 3, 4, 5, 6]

Vicharchika is caused due to faulty diet and lifestyle, which leads to impairment of digestion and aggravation of *kaphadosha*.^[5]

The vitiated *tridoshas vata, pitta, and kapha* along with impaired *twak, rakta, mamsa, and ambu* together constitute seven essential entities that play role in the pathogenesis of this skin disorder and *Kapha* is the predominant *dosha* involved in *Vicharchik*.^[7]

Laxanas / signs and symptoms of Vicharchika: [1, 2, 3, 4, 5, 6]

Acharya Charaka describes *Vicharchika Rakta Pradoshaja Vikara* being involved in *tridosha* with the dominance of *Kapha*, with the *Lakshanas Kandū* (itching), *Shyavapidaka* (Erythema, Discoloration, and Eruptions) *Vaivarnya* and *Bahusrava* (weeping). Sushruta explained *Rajyo* (lichenification) *Atikandu, Ruja* (pain), and *Rukshata* (dryness) involving the domination of *Pitta*.

Vedana Vishesha: *Kandu, Vedana, Ati Ruja, Daha Varna Of pidaka: Shyava, Lohita, Shweta, Shyama, Nature of Skin & Pidaka:* *Ruksha, Khara, Daalyate Tvak, Raji*

The character of Discharge: *Bahusrava, Lasikadhya, Praklinnata*

Special Feature: *Paakavati, Bahuvrana, Mamsena Upachita, Visphota Sannibha*

Patches of skin were inflamed, itchy, and red. *Kapha dosha* is responsible for symptoms like whitish discoloration, cold in touch, pruritis, non-progressive/slow progression of the disease, elevated, heaviness, and oiliness presented along with maggot's formation and stickiness-like symptoms which are similar to the symptoms of the patient.

Sadhya Asadhyata (Prognosis): [1, 2, 3, 4, 5]

Sadhya: *Vata Kapha*-predominated *Kushta* and Single *dosha*-predominated *Kushta* are not so difficult to treat.

Kastasadhya: *Kapha Pitta* and *Vata Pitta* dominated *Kushta* is *Krichchra Sadhya* i.e., Curable, but with efforts.

Asadhya: If all the symptoms are simultaneously observed, in the weak (immune-compromised) patient, suffering from morbid thirst, burning sensation, loss of digestive power, and presence of maggots then the intelligent person should avoid treatment (as it is incurable).

Chikitsa (Principles of Management):

In *Vataja Kushta*, firstly administer *Ghritapana* (medicated ghee), whereas in *Kaphaja Kushta Vamana* (emesis) procedure should be done and in *Pittaja Kushta Virechana* (purgation) along with *Raktamokshana* (bloodletting) should be the first line of treatment.

Local treatments: [1, 2, 3, 4, 5]

Bahir Parimarjana Shamana is the Purification of the skin by the external application of the medicament. The mode includes *Lepa, Parisheka, Avachurnana*, etc. If the patches are elevated, then *Swedana* with a lukewarm poultice of meat of aquatic animals should be followed by scrubbing with sharp edge surgical instrument for bloodletting. For bloodletting *Shringa* (horn), and *Alabu* (gourd) may be used. Especially in *Alpa Kushtha, Prachana, Virechana*, and/ or use of *Jaluka* should be done.

Lepa prayoga:

Lepa explained in *Kushta* becomes effective if applied after *Raktamokshana* and other *Shodhana* (purification) procedures.

Acharya Sushruta has mentioned *Lepa* (paste) (local application) as the treatment of *Kushta*, as it is a type of *Shodhana* (purification). *Lepa* pacifies provoked local *Dosha* by local application. Acharya Charaka has described *Lepa* as “*Sadyah Siddhi Karaka* (providing instant effect).” Application of ingredients of *Lepa* enters into *Romakupa* (hair follicle) and further gets absorbed through *Swedavahi Srotasa* (channels of sweat) and *Siramukha* (opening the skin pores) leading to desired effects.

Agada Chikitsa:

If *Kushta* is hard like a stone with numbness, it is stable (not spreading), excess of roughness, loss of sensation, rigid, and chronic in such cases *Agada pana* (Antidotes) should be given internally prior to

the application of a poison in the form of *Lepa* followed by application of Antidote. [4]

Visha Aragwadhaadi Agada Lepa [9]

Visha Aragwadhaadi Agada Lepa is the external application taking conceptual study. It includes Visha means Vatsnabha (purified aconite), *Aragwada Mula* (cassia fistula root), *Aragwada Twak* (bark), *Aragwada Patra* (leaves) *churnas* (fine powders) are prepared given for external application to the patient.

Visha Aragwada Churna is advice to apply by mixing with freshly prepared *Takra* (butter milk).

Pathya: The patient should consume easily digestible and wholesome food, green leafy vegetables bitter in taste, food, and ghee prepared by fortifying with *Bhallataka*, *Triphala*, and *Nimba*, one-year-old cereals, the meat of animals inhabiting from the arid area, preparations of *Mudga* and *Patola*.

Apathya Ahara-heavy to digest, sour food, milk, curd, the meat of animals residing in a marshy area, fish, jaggery, and sesame. *Mamsa* (non-veg), *Sura* (alcohol) Avoid *Stree* (sexual intercourse), *dushita vayu*, *Bhoomi*, and sinful acts. [1, 2, 4, 5]

Drug Review of Visha Aragwadhaadi Agada Lepa

Table showing no -1 showing details of Drugs in Visha Aragwadhaadi Agada Lepa [2, 10, 11, 12, 13]

Features	<i>Vatsanbha</i>	<i>Aragwada</i>	<i>Takra</i> [19]
Botanical Name:	Aconitum ferox	Cassia fistula	Its milk preparation
Family name	Ranunculaceae	Fabaceae	
Varga / Category		Kusthahara Phalini dravya	Takra
Synonyms	<i>Amrita, Garala, Mahoushadha, Marana, Ugra, Vatsanabhi</i>	<i>Aamha, Arevata, Arogyasimbhi, Chaturangula, Rajavriksha, Deerghaphala, Jwarantaka, Kusthasudana. Vyadhighata</i>	<i>Gola, Mathita, Chachika</i>
Vernacular names Kan	<i>Vatsanabha, Vatsanabhi,</i>	<i>Aragvadha, Kakke, Kakke-Gida</i>	<i>Majjege</i>
Tel	<i>Vatsanaabhi</i>		<i>Majjega</i>
Eng	Aconite, Monk's hood.	Purging cassia, Indian laburnum,	Butter milk
Part used	Tuber/ Root	Leaves, fruits, bark, and root	
Time of collection	Should be collected in winter or spring in the ripening of fruits condition	Leaves: <i>Sharad</i> and <i>Vasant Rutu</i> (Sep15-Nov-15 & March 15 to May15) Root: <i>Greeshma Rutu</i> (May15 to July 15) Fruits: <i>Vasant and Shishira</i> (Jan15-march 15 & March 15 – May 15) Bark: <i>Greeshma Rutu</i> (May15 to July 15)	Freshly prepared

Rasa Guna Virya Vipaka	Madhura, Avyakta rasa Ruksha, Tikshna, Laghu, Vikasi, Vyavayi, Ushna, Sukshma, Ashukari and Avipaki. Ushna Madhura	Guru, Mridu, Snigdha	Amla, kashya, Madura, laghu, Ushna Madhura
Doshagnata	Tridoshhara, mainly Vata kapha shamaka		Vatahar
Karmas External-	Vedanasthapana, Shothhara.	Kushtaghna, Vruna shodhana	Dries klinata &srava.
Internal	Deepana, pachana, shoola prasmana, Yakrit uttejaka, Hridya uttejaka, Mootrajanana, Shukrasthambhaka, Artavajanana, Kushtha- ghana, Swedajanana, Jwaraghna, Kaphaghna. In lower dose acts as Balya & Rasayana	Kushta, Jwara, Haridrameha, Aamvata, Kamala, Pittoudara, Urustambha.	Triptikara, Grahani Gara Visha, nadi roga, Kushta, Kṛmi , Aruchi
Dose:	Root Powder (after purification) 15.5-32mg	Fruit pulp: 5 to 10gm (Purgation dose 10-20gm) Root bark decoction: 50 to 100ml Flowers: 5 to 10gm	
Effect on Skin	When applied locally acts as a peripheral stimulant to sensory nerves, producing first a tingling sensation and then depression and numbness. It is also used externally in various forms of neuralgia, tetanus, acute and chronic rheumatism, gout, erysipelas, and in affections of the heart, characterized by increased action.	1. <i>Dadru, Kitibha</i> young leaves of <i>Aragwadha</i> pounded with kanji is applied externally in <i>dadru, Kitibha Sidhma.</i>) 2. <i>Vrana Prakashalana</i> (wound healing) washing the wounds with <i>Aragwadha</i> leaves decoction is beneficial in healing	Proper absorption of the medicine
Substitutes and Adulterants:	Aconitum Balfourii, A.palmatum, A.deinorrhizum, Alaciniatum used as substitutes. Adulterants –A.falconeri, Delphinium nudatum, A.deinorrhizum etc	Pods of Cassia grandis	
Yogas	Agnitundi vati, Kasturyaadi gutika, Sanjivani vati. Tribhuvankirti rasa, maha Vatgajankush rasa, mritunjaya rasa etc.	Araghvadharishta, Kushtarakshas taila, Aragvadhadi Kwath, Araghvadhadi taila, Maharasnadi kashya.	Takraarista

Characteristic features of *Vatsanabha* / *Grahya laxanas*:^[10]

It states that the leaves of the *Vatsanabha* plant exactly resemble the leaves of the herb Sinduvaar and the size of *Vatsanabha* roots is just like the size of the

umbilicus of the goat. Due to its poisonous nature, no plants survive near this herb.

Laxanas of good quality of *Vatsanabha* tuber: It should be about 5-7finger width long, 1-2 finger width thick, should be thicker at its distal end, and pale in colour. This should additionally be smooth from the outside, heavy, and fresh.

Rasa Vagbhata had explained *Ashta Vega* (eight stages) of the poisoning of *Vatsnabha*.

1st vega produces *twak vikara* so to prevent its *Sodhana* should be done before its medicinal usage.

Visha laxanas by external application:

Externally, when applied to mucous membranes or the skin for any length of time, aconite first stimulates and then depresses the ends of the sensory nerves, producing respectively tingling numbness, and local anesthesia.¹² so avoid poisonous effect its *Sodhana* (purification) has to be performed.

Vatsnabha Shodhana:^[9]

Grahya variety of *Vatsnabha* is taken and made into small pieces. Freshly collected *Gomutra* is taken in a mud pot and pieces of *Vatsnabha* are kept in *Gomutra*. The mud pot is kept under the sharp sunrise for 3days. On the 4th day pieces of *Vatsnabha* should be washed with plenty of hot water. The outer covering of the *Vatsnabha* is removed completely by scarping with a knife or spatula. Later it must be dried under sunlight.

Note: Every day fresh *Gomutra* should be added to the mud pot after removing the old one. Purified *Vatsnabha* after complete drying made into fine powder for *Agada* preparation.

Y chose this method of *Shodhana*: *Gomutra* commonly used in skin disease; hence I took *Shodhan* of *Vasanabha* by *Gomutra Sthapana* (keep the medicine dipped in mud pan) to enhance medicine effect.

Observation during the *Shodhana* of *Vatsnabha*:

Next day *Gomutra* color becomes dark yellow with foul smelling & more froth over the supernatant part of the *sarva*. On the second day, *Gomutra*'s color slightly becomes bright yellow. On the third day foul smell, froth, and darkness of *Gomutra* reduced which may indicate the reduction in the toxicity of the drug. 4th day after washing with warm water peculiar smell of the drug and *Gomutra* reduces and the cut pieces of the drug's central core are very clear and white in colour. As *Vatsnabha* is of two types based on their color availability in the market. *Krishna* and *Shwetha Vatsnabha*. *Shwetha Vatsnabha* is available from raw medicinal plants dealer. Genuine samples were collected and analyzed with Pharmacognostic analysis

by *Acharya's* references. The cut section of *Vatsnabha* showed peculiar vascular bundles. They are smooth to cut and make easily into small pieces as per *Rasa Taranginikar* like the size of *Channak*.

After drying powdered in pulverize and equal quantity of *Vatsnabha churna*, *Aragwada mula churna*, *Aragwada twak churna*, and *Aragwada patra churnas* are properly mixed and sieved. Prepared *Visha Aragwada churnas* mixed with *Takra* and made into paste advised the patient for twice application.

DISCUSSION

Vatsnabha is even a toxic drug after its classical *Shodhana* it can be used as a very potent medicine. Most of the toxic drugs are more potent medicine for skin diseases, auto immune disorders, and *Vata Vyadhi* (neurological disorders). Active toxic constituents' level of many plant drugs is reduced by proper purification methods. Drugs used for purification are very specifically experimented and their analytical studies showed the evidence-based scientific validation of the procedure. After *Shodhana* essential constituents are enriched with therapeutic values. Breaking *Vatsnabha* tuber into small pieces increases the permeability of medicinal plants in any liquid where it is dipped. Cow urine is acidic in nature, which may help in reducing the effect of toxic alkaloids to a therapeutic minimum. There is the possibility that these toxic ingredients may be dissolved and ooze out in the solution for which a *Gomutra* is advised to be changed every morning. Because of its *Kanduhara* (anti-itching) and *Krimihara* (anti-helminthes) property, the toxic alkaloids and chemical component reduces their toxic effect and enhance the therapeutic effect of the medicine. *Gomutra* has very strong antimicrobial and germicidal activities. Fungicidal effect against various species of *C.tropicalis*, *Aspergillus*, etc. *Vatsnabha - Pachana* of *Stanika Doshas*, reduction of *Twak Sotha* and *Kandu* by its *Ushna*, *Teekhna*, and *Yogavahi Guna*. The early effectiveness of medicine and bioavailability of medicines is enhanced by the usage of *Visha dravyas*.^[10]

Aragwada:

Charaka quoted that the best *Kushtaghna* for *Bahir Parimarjana* has Aragwada. Its leaves had wound healing properties, anti-inflammatory, anti-fungal, and anti-bacterial activity. The drug is widely used by tribal people to treat various ailments including ring worm and other fungal skin infections. Phytochemicals like saponin, triterpenoids, steroids, glycosides, anthraquinone, flavonoids, proteins and phenolic compounds showed antibacterial and antimicrobial.^[10, 13] Itching is the prime complaint when the patient visits the doctor for most skin diseases. Reducing pruritis prevents the aggravation of the disease condition. By utilizing these properties, the formulation *Visha Aragwadhaadi Agada lepa* becomes more effective. *Aragwada Patra*, *Twak*, and *Mula* have *Kriminashaka* (antimicrobial), *Kushtaghna* (treat skin diseases), *Kandughna* (reduces itching), *Rakta Shodhaka* (blood purifier) Anti- Bacterial, Anti Inflammatory, Properties due to which is acts on *Vicharchika* by virtue of its antibacterial and anti-fungal activities, anti-itching activity. Wound healing and anti-inflammatory activity.^[12] *Visha Aragwada Patra*, *Twak*, and *Mula Churnas* with *Takra* may penetrate deeper tissues with its *Teekshnsa Ushna*, *Yogavahi Vyavayi*, and *Vikasi Guna*. Hence the Formulation may provide good effective results in *Vicharchika*.

CONCLUSION

1. *Vicharchika* is a common skin disorder with episodic reoccurrence. Through Classical analysis and proper knowledge of the *doshika* concept of *Vicharchika* can be treated.
2. *Visha dravyas* may show early therapeutic effect in the formulations based on *Vyavyi*, *Vikasi*, *Teekshna gunas*.
3. *Visha Aragwadhaadi Agada Lepa* will provide a very effect remedy for skin diseases specially *Vicharchika* by its early penetration, absorption, antifungal and anti-inflammatory property.

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