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RESEARCH ARTICLE

STUDY OF VICHARCHIKA IN CORELATION WITH ECZEMA

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ABSTRACT

All Kushthas are having Tridoshaja origin; hence Vicharchika can be explained in similar manner. Dermatitis is being used as synonym of eczema by most of the dermatologist. These are the kind of non contagious inflammation of the skin characterized by erythema, Scaling, edema, vesiculation and oozing the disease Vicharchika to a greater extent resembles eczema/dermatitis. Therefore the eczematous dermatitis can be included in study of Vicharchika. Vicharchika can be correlated with eczema in the sequence. The involvement of Vata results in dry, blackish lesion of eczema, itching in those affected areas is due to Kapha and Pitta responsible for Strava. Though, the disease Vicharchika is not life threatening, it makes worried the patient due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. In classical texts of Ayurveda, Acharyas emphasizes Shodhana and Shamana therapy as the line of treatment at various places. Among the Shodhana Karmas, Virechana is chiefly advocated, purificatory measures in Vicharchika. Virechana is not only a mere bowel cleaning procedure but also has systemic effects. Acharya Charaka has advocated Virechana for the Pitta Dosha and Rakta Dushti (Ch.Chi.7/39). Purpose of study aimed to evaluate efficacy of Virechana and Khadiradi Kwatha on Vicharchika and thus forming key of successful remedy in Vicharchika for focusing its trial on large populations. Dermatitis, commonly known as eczema, is a common chronic, relapsing skin disease characterized by pruritus, disrupted epidermal barrier function, and immunoglobulin E-mediated sensitization to food and environmental allergens. Atopic dermatitis is a complex disease that arises from interactions between genes and the environment. Eczema can be co-related with Vicharchika. Vicharchika can be treated with Shodhana Chikitsa and Shamana Chikitsa. Here, a female subject, aged 18 years, Student, living presently in Chandigarh, with the chief complains of *kandu* (itching) on affected sites.

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INTRODUCTION

Eczema (Dermatitis) refers to a group of inflammatory conditions. It affects the outer layer of the skin, the epidermis. Dermatitis affects about one in every five people at some time in their lives. It results from a variety of different causes and has various patterns. The terms dermatitis and eczema are often used interchangeably. Dermatitis can be acute or chronic or both. Acute eczema (or dermatitis) refers to a rapidly evolving red rash which may be blistered and swollen. Chronic eczema refers to a longstanding irritable area. It is often darker than the surrounding skin, thickened (lichenified) and much scratched and in-between state is known as sub-acute eczema. Eczema can be co-related with Vicharchika in Ayurveda. 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.

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.

- 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.

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Treatment Protocol

Medicine	Dose	Period	Anupana (vehicle)	Aushadha Kala
Internal Medication				
<i>Guduchyadi Kwatha</i> (3)	40ml BD	1 month	<i>Jala</i> (if need)	Empty stomach
<i>Arogyavardhini Vati</i> (4)	4 tab BD	1 month	<i>Kwatha</i>	Empty stomach
Local Application				
<i>Triphala Churna</i> -5g	As required	1 month	<i>Jala</i>	Mini 3 times per day
<i>Karanja Tail</i> (6)	As required	1 month	-	Mini 3 times per day

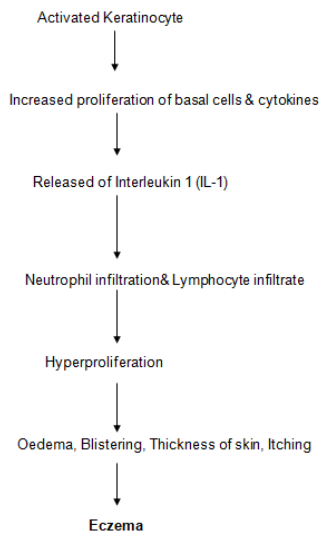
Aim & Objectives

- To find out the references on Vicharchika in Ayurved Samhitas.
- Study of etiopathogenesis of Vicharchika.
- Study of Raktavaha strotos dushti in Kushtha

Case Presentation

A female subject, aged 18 years, Student, living presently in Chandigarh, visited *Panchkarma* OPD. Gaur Hospital, Narwana with the chief complain of *kandu* (itching). The other associated symptoms were Burning,. Patient first took allopathy medication but didn't get benefited then she wanted to take *Ayurvedic* medication. All complains started gradually. When she came, there were three sites involved. No any systemic illness found. No other any major past history. *Kshudha- Samyaka, Agni-Samyaka, Trushna-Samyaka, Mutra Pravrutti-4-5time/daySamyaka, Mala Pravrutti-1time/day Savibandha* (Unsatisfactory Motion), *Nidra- 8hours Samyaka* No h/o *Divaswapna*.

PATHOLOGY- Eczema



RESULT

After 1 month of treatment with all this medication.

Table 1

Symptoms	Before treatment	After treatment
<i>Kandu</i>	++++	Nil
Burning	++++	Nil
Scaling	+++	Nil
Fissure	++++	Nil
Lichenification	+	Nil
<i>Twak-Vaivarnya</i>	+++	Nil
<i>Vibandha</i>	+	<i>Samyaka Mala-pravrutti</i>

DISCUSSION

In *Guduchiyadi Kwatha* contains are *Guduchi, Dhanyaka, Nimba, Rakta-Chandana* and *Padmaka*. All drugs has *Tikta Rasa* and use of *Tikta Rasa Pradhana* drugs, is mentioned in *Chikitsa Sutra* of *Kushtha* (7). *Arogyavardhani Vati* mentioned in *KushthaAdhikara*. The main contain of it is *Katuki*, and *Katuki* is *Tikta Rasa Pradhana* drug (8). *Triphala* and *Vasa* both have *Kushthagnaproperty* (9). *Karanja* is *Vata-Kaphahara* and *Ushana Virya*, and also has *Bhedana Karma* and *Shothahara Parama*. This all Gunas (property) of it work on *Samprapti Vighatana* of *Vicharchika* (10).

Conclusion

Thus present case study concludes that the holistic approach of *Ayurvedic* system of medicine gives relief to the patient of *Vicharchika* (chronic eczema). There were no adverse effects found during the *Ayurvedic* medication.

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