

Ayurvedic Management of Vicharchika (Eczema) - A Case Study

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Abstract:

Introduction: The skin, being the body's largest organ, forms the foremost protective barrier against numerous external pathogens. Its constant exposure to the environment makes it particularly vulnerable to various infections. In *Ayurveda*, most dermatological ailments are grouped under *Kushta*, among which *Vicharchika* is classified as a *Kshudra Kushta*. It presents with signs such as *kandu* (itching), *pidaka* (papules), *shyava* (dark discoloration), and *bahusrava* (profuse discharge). *Ayurvedic* scholars commonly correlate *Vicharchika* with eczema, a non-contagious inflammatory skin condition marked by itching, thickening, and pigmentation changes. Many individuals experience emotional, social, and economic difficulties due to the visible appearance of the disease. Modern therapeutic options offer limited relief beyond antihistamines and topical steroids, which can carry significant systemic risks. **Methodology:** A 52-year-old male reported severe itching, burning, and reddish-black discoloration over the anterior region of both shoulders for two months. Based on symptoms, he was diagnosed with *Vicharchika* (Eczema). Treatment consisted of *Shamana Aushadhas* (internal medication) and *Kushtahara Kriyas*. **Result:** Marked improvement was noted within 14 days. **Discussion:** This case indicates that *Ayurvedic* intervention can provide rapid and effective results in *Vicharchika* management.

Keywords: *Vicharchika*, Eczema, *Kshudra kushta*, *Shamana Aushadhas*, *Kushtahara Kriyas*.

Introduction:

Incidence to skin infection due to poor hygiene is very high in tropical countries like India. Eczema affects approximately 15–20% of the population worldwide. About 60% of cases emerge during the first year of life, most by age five, and the remainder before thirty¹. Eczema can be either acute or chronic in onset. Acute lesions exhibit spongiosis and vesicle formation, while chronic cases show epidermal thickening². Genetic and environmental factors also influence on its manifestation. Although common in childhood, adults may also be affected. Individuals typically have dry, itchy skin prone to secondary infections. Because scratching leads to skin changes, it is often termed “the itch that rashes³.” Kushta is one among the mahagada includes major skin disorders which are difficult to treat. Kushta is classified as maha kushta and kshudra kushta. Vicharchika is one among Kshudra Kushta with symptoms such as itching, papules, discoloration, and excessive discharge⁴. Different classical texts categorize four types of *Vicharchika*:

- *Sravi Vicharchika (Charaka)*⁵,
- *Sushka Vicharchika (Sushruta)*⁶,
- *Jeerna Vicharchika (Bhela)*⁷,
- *Aganthuja Vicharchika (Kashyapa)*⁸.

Although classical texts do not outline a specific treatment protocol for *Vicharchika*, therapy is chosen based on dominant *doshas*. *Acharya Charaka* views all skin conditions as *Rakta Pradoshaja*⁹, identifying *Vicharchika* as a *tridoshaja* disorder with *kapha* dominance¹⁰, while *Acharya Sushruta* attributes it mainly to *pitta* aggravation¹¹.

Aim

To assess the outcome of *Ayurvedic* therapeutic methods in a patient diagnosed with *Vicharchika* (Eczema).

Objectives

1. To evaluate clinical presentation using *Ayurvedic* and modern parameters.
2. To assess the therapeutic response to *Shamana Aushadhas* and *Kushtahara Kriyas*.

3. To note changes in itching, burning, discoloration, and associated symptoms within 14 days.
4. To emphasize Ayurveda's effectiveness as a fast, safe therapeutic choice for *Vicharchika*.

Case Report:

A 52-year-old male presented with itching, scaling, reddish-black discoloration over both anterior deltoid regions, along with burning and occasional discharge for two months. Initially treated with topical allopathic formulations, he did not observe improvement. The itching later extended towards the left side of the neck, prompting him to seek *Ayurvedic* care.

Past History: Allergic bronchitis for 3 years

Family History: Mother with allergic bronchitis for 2 years

Personal History:

Diet – Mixed

Bowel – Regular

Appetite – Good

Micturition – 4–5 times/day

Sleep – Good

Habit – Consumes 4–5 eggs/day

Integumentary Examination

- **Site:** Bilateral anterior deltoid
- **Distribution:** Symmetrical
- **Surface:** Rough
- **Discharge:** Occasional
- **Itching:** Present
- **Color:** Reddish-black discoloration

Table1. Gradation of Clinical Features of *Vicharchika*¹²

Clinical features	Gradation	Score
<i>Kandu</i> (Itching)	No itching	0

	Itching present rarely	1
	Itching disturbing patient attention	2
	Severe itching disturbing patients sleep	3
<i>Srava</i> (Discharge)	No <i>srava</i>	0
	Occasional	1
	<i>Srava</i> after itching	2
	Mild <i>srava</i> after itching	3
	Profuse <i>srava</i> making clothes wet	4
<i>Pidaka</i> (Papule)	Absent	0
	1-2 <i>pidakas</i> in one affected part	1
	3-4 <i>pidakas</i> in one affected part	2
	More than 4 <i>pidakas</i> in one affected part	3
<i>Shyavata/Vaivarniya</i> (Discoloration)	Normal skin color	0
	Brownish red discolouration	1
	Blackish red discolouration	2
	Blackish discolouration	3
<i>Rukshata</i> (Dryness)	No dryness	0
	Dryness with rough skin	1
	Dryness with scaling	2
	Dryness with cracking	3
<i>Daha</i> (Burning sensation)	Absence of burning sensation in affected part	0
	Rarely burning sensation in affected part	1
	Continuous burning sensation in affected part	2
	Disturbing patients sleep	3

Diagnosis:

- *Sushka Vicharchika* (Dry *Vicharchika*)
- *Shyava Varna* (Blackish discoloration)
- *Kandu* (Itching)
- *Daha* (Burning sensation)

Methodology

Symptoms were scored using the grading system in Table 1. Interventions were started as mentioned in Table 3. Photographs were taken before and after treatment. The same scale was used to assess improvement after 14 days (Table 2).

Table 2. Changes in symptoms before and after treatment

Sl.no	Clinical features	Grade before treatment(0 th day)	Grade after treatment(14 th day)
1.	<i>Kandu</i> (Itching)	2	0
2.	<i>Srava</i> (Discharge)	1	0
3.	<i>Shyavata/Vaivarniya</i> (Discoloration)	2	0
4.	<i>Rukshata</i> (Dryness)	2	0
5.	<i>Daha</i> (Burning sensation)	2	0

Table 3. Therapeutic Intervention:

Sl.no	Medications	Route of Administration	Dosage & <i>Anupana</i>
1.	<i>Nimbadi kashaya + Sonithamrutha kashayam</i>	Oral	15ml -0- 15ml with 45 ml water (Before Food)
2.	<i>Haridra Khanda</i>	Oral	1tsp -0- 1tsp with <i>Maricha churna</i> (After Food)
3.	<i>Nimba churna + Dadhi</i>	External Application	Used as <i>Lepam</i>
4.	<i>Pinda tailam + Tiktaka ghrta</i>	External Application	Used as <i>Abhyanga</i>

Fig 1, 2: Showing Signs and Symptoms Before Treatment:



Fig.1

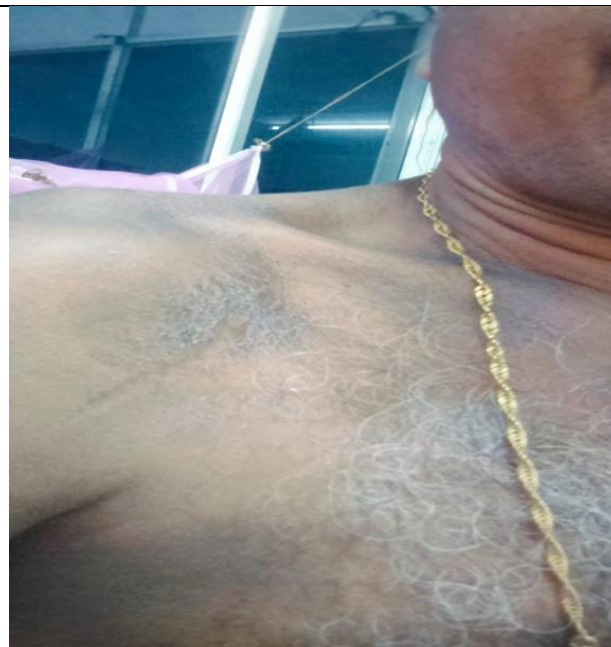


Fig.2

Fig. 3, 4: Showing Absence of Signs and Symptoms After Treatment:



Fig.3



Fig. 4

Results:

Substantial relief was achieved following internal medicines and topical applications. Symptoms of itching, discoloration, dryness, and burning were completely resolved within 14 days.

Discussion:

Formulations like *Nimbadi kashaya*¹³, *Sonitamrutam kashaya*¹⁴ enhance complexion along with its *pittahara* action¹⁵. *Haridra khanda* with *maricha churna*¹⁶ provides anti-allergic, anti-inflammatory, *kandughna*, *kushtaghna*, and detoxifying actions. *Haridra* (Turmeric) balances all *doshas*¹⁷, while *maricha* (black pepper) improves digestion and helps in clearing *kapha*¹⁸.

Nimbadi Churna with *Dadhi* is a powder blend indicated specifically for *Vicharchika*, *Dadru*, *Kitibha*, *Pama*, and related skin disorders¹⁹. *Dadhi* (Curd) acts as a nourishing, *vata*-pacifying medium²⁰. *Pinda taila* includes *Manjishta*, *Sariva*, *Sarja Rasa*, and *beeswax*²¹. It supports wound healing, complexion improvement, and skin regeneration. *Tiktaka Ghrita* comprising bitter herbs like *patola*, *neem*, *katuki*, and *daruharidra*, it works as a detoxifier, skin purifier, and *pitta-kapha* pacifier. It is especially effective in discoloration and itching²².

Conclusion:

Skin disorders profoundly influence a person's emotional and social functioning. *Ayurveda* offers holistic, safe, and effective management options. This case study demonstrates that *Vicharchika* can be significantly controlled within a short period using appropriate internal medications and external therapies. With accurate diagnosis and adherence to *Ayurvedic* principles, substantial improvement can be achieved in *Twak Vikaras*.

Acknowledgment:

Nil.

Funding source:

No financial support was received.

Conflict of interest:

The author declares no conflict of interest.

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