

COMPREHENSIVE REVIEW ON VICHARCHIKA AND IT'S AYURVEDIC MANAGEMENT

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ABSTRACT:

Vicharchika is a Tridosaj Vyadhi with kapha dosha predominance. Symptoms like strava, ruja, and shyava pidika are the cardinal features of Vicharchika and can be correlated to eczema. The etiological factors are varied in vicharchika, but virudha ahar and vegadharana (controlling of natural urges) are the major causative factors. Exposure to various nidanas make twagadi dhatu dusti to become shithila and then causes Vicharchika. Ayurveda has better approach to the disease. By the use of Medicinal herb combination there is significantly relief in the signs and symptoms of Vicharchika, as compare to the modern medicine. The modern pharmacology offers very large variety of medications to treat the eczema but it is not always possible to remove symptoms entirely. Ayurveda removes the root cause by cleansing vitiated Dosha and balancing the Dosha and Dhatus. The Sneha sidda with mainly by tikta and katu rasa drugs helps in reducing itching, burning, discharges, dryness by improving the quality of rasa and rakta dhatu. Bahya Sneha reduces the rukshata of twak which in turn may help in reducing the local inflammation and so the snigdhta and varna of twacha may be improved.

KEY WORDS: Eczema, Vicharchika, Ayurvedic management.

AIM: To study Nidan Panchak of Vicharchika according to Ayurveda and modern medicine

OBJECTIVES:

1. To study the etiological factors and pathogenesis of Vicharchika
2. To study treatment of Vicharchika in detail.

INTRODUCTION:

In the Ayurveda Vicharchika is considered to be a type of Kushtha, which is a disease of the skin. Virruddha Ahar causes Agnimandya of patients. Agnimandya leads to incomplete digestion and fermentation of the food and it produces Amotpatti leading Tridosh dushti and Kled formation, due to Ashrya- ashrayi sambandh leads to Mansa dusti, Twakdusti, Lasika dusti and Raktadusti and causes Vicharchika. According to classical texts, Vicharchika has cardinal

symptoms i.e. Kandu (Excessive itching), Pidika (Vesicle/Boil/Pustule), Shyavata (Discoloration), Bahu-srava, (Profuse oozing), Lasikasrava, Raji (Marked lining / Lichenification), Ruja (Pain), Rukshata (Excessive dryness). Vicharchika is Kapha pradhana tridoshaja vyadhi and Rasa (Twak), Rakta, Mamsa and Kleda (Ambu) are Dushya of it. The main causative factor for all the Roga is Agnimandhya.

NIDANA: VIRUDDHA AHARA AND VIRUDDHA VIHAR:

The Agni gets vitiated by viruddha ahara. This vitiated Agni does not digest even lightest food, resulting production of Amavisha. Tridosha prakopa by this type of digestion. Fish with milk is example of Samyoga and Vihar viruddha. Samyoga viruddha is more dangerous than others because it needs very short time period for Dosha prakopa after consumption. Due to incompatibility at the level of vihar when taken together causes Raktadusti and due to mahabhisyanandi property it may obstruct the Srotas.

ADHYASHANA: Taking food just after previous meal is called Adhyasana. Because of Adhyasana previous foods are not digested and leads to Amotpatti, which causes several diseases.

VISHAMASHANA: Vishamashana produce vishamagni

ASSESSMENT OF AHARA WHICH ARE NIDANA FOR KUSTHA:

Madhura	Ama, Ajirna
Matsya	Bahudosha kara
Tila	Pitta prakopa and Kustha kara
Guda	Krimikara and Agnimandya kara
Lakuch	Tridosha prakopaka and Vistambhaka
Amla	Rakta dustikara, Mamsa shaithilayakara
Kshara	Kledakara
Dadhi	Mahaabhisyanandi, Kusthakara, Kaphakara
Snigdha	Abhisyanandi
Guru	Ajirnakara
Mulaka	Tridoshkara Abhisyanandi and Vistambhakara

MITHYA VIHARA:

Sudden change from cold to hot and vice versa causes dusti in Swedavaha srotas. Swedavha srotas is also vitiated due to krodh, shoka & bhaya. Sweda is Snigdha and vitiates Kapha and Pitta and causes Kandu, Kotha, and Pidika. It is also Kledakaraka, Srotoavrodhkara, which ultimately produce Kustha. It also causes dusti of Medovaha srotas and creates Ama and produces disease. Improper administration of Panchkrama also may produce Kustha

KRIMIJ HETU:

Sushruta said that all types of Kustha are due to Vata, Pitta, Kapha and Krimi

Activities that produce Kushtha:

Excessive sun exposure, over exercise and due to day sleep and late-night sleep

PURVROOP OF VICHARCHIKA:

There is no classical description regarding the purvarupa of vicharchika but being a variety of Kustha, the purvarooopa of Kustha should be considered as its purvarooopa. This can be summarized as following:

- Atisweda(excessive perspiration)
- Asweda(no perspiration)
- Vaivarnounnati (discoloration & elevation of the patches in the skin)
- Lomaharsha (horripilation)
- Kandu (itching)
- Toda (pricking pain)
- Shrama
- Klama
- Kotha
- Severe pain in vrana, (early producing and delay healing)
- Daha (burning sensation)
- Suptangata (numbness in body parts)

RUPA OF VICHARCHIKA:

Rupa appears during 5th Kriya kala and this is also referred to vyakti stage during the progressive process of manifestation of disease.

KANDU (PRURITIS):

Kandu means itching, rubbing, scratching of body. Kandu is mentioned as Kapha prakopa laxana and mentioned under Pitta vikara.

PIDIKA (PAPULES):

Pidika is small boil, pustule when aggravated Pitta in the body becomes localized in the skin and the blood, it causes red swelling and the person is affected with pidika.

SYAVA (BLACKISH DISCOLOURATION):

In early stage of Vicharchika, skin is red due to dilation of blood vessels with edema, papules and vesicles etc. Twak vaivarnya is change in normal color of body which is cardinal symptoms of Kustha. However, in Vicharchika the color of the skin may be Syava, Rakta and Sweta due to dominance of Vata, Pitta and Kapha respectively.

BAHUSRAVA (OOZING):

When the Pidika gets bursts due to Kandu or due to any local injury, then it results in excessive discharge.

RUKSHATA (DRYNESS):

This is due to dominance of Vata dosha. This symptom has been described by Acharya Sushruta which indicates dry type of eczema.

RUJA (PAIN): Vata is responsible for Ruja. Acharya Sushruta has mentioned Atiruja as Vicharchika symptom.

SAMPRAPTI:

Nidana sevana



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SAMPRAPTIGHATAK OF VICHARCHIKA:

Dosha	Kaphapradhan Tridosha
Dushya	Twak, Rakta, Mamsa, Lasika
Agni	Jathragni & Dhatwagni
Ama	Jathragnijanya & Dhatwagnijanya
Srotas	Rasavaha, Raktavaha, Mamsavaha, Swedavaha
Srotodusti	Sanga & Vimargamana
Sancharasthanana	Sira & Twak
Vyaktasthanana	Twak
Udbhavasthanana	Amasaya
Adhistan	Tamra & Vedini Layer of Skin
Swabhava	Chirkari
Rogamarga	Bahya

CHIKITSA OF VICHARCHIKA:

Chikitsa has been defined as “samprapti vighatanmev chikitsa”. It is well known that science of Ayurveda deals with primary to aims, first to maintain the health and secondary to cure the disease.

NIDAN PARIVARJAN:

First step for management is to avoid the Nidana

SHODHAN CHIKITSA:

The therapy which aims at the radical removal of the causative factors of the disease is called as Samshodhan chikitsa. Acharya Sharangdhar says that Kustha disease occurs due to Dosha bahulyata. These Doshas are Tiryakgami and very difficult to treat by Shamana chikitsa. In Vata pradhan Kustha-Sarpipana, in Slesma pradhan Kustha-Vamana, in Pitta pradhan Kustha-Virechan

should be done. Prachchhana should be done in alpa dhosha kustha and Sira vyadha in mahata dosha kustha.

SNEHAN:

Acharya Vagbhata says that Kustha Rogi should be given Snhepan in the stage of Purvarupa. Dose of snehpan is explained on the basis of capacity of an individual to digest the Sneha in the specific time. Charaka advice Madhyama matra.

SWEDANA:

Swedana is given by Nadi Sweda or Baspa Sweda for very short period before Shodhan. This procedure liquefies the Doshas.

SHODHANA:

Kustha is Tridoshaja vyadhi. Therefore, first prominent Dosha should be treated then Anubandha Dosha should be treated. When Doshas are potent, then Shodhan karma advised. For this purpose, Rakta mokshana is to be done once in 6 months. Virechan is to be given once in a month. Vamana is to be given once in 15 days.

BASTI:

ASTHAPAN BASTI: Should be given in Vata predominance.

ANUVASANA:

When there is excessive of Vayu even after Virechana and Assthapana or the patient is suitable for the administration of Anuvasana, then Anuvasana Basti should be administered. However, both types of Basti are contraindicated in the general indications but depending upon the situations it can be done.

RAKTAMOKSHANA:

Sushruta have described to perform Siravyadha from 5 main superficial veins. Charaka have advised Siravyadha by classical instrument Alabu, Srunga, Jaloka etc.

NASYA:

Nasya is indicated with the drugs like Saindhava, Danti, Maricha, and Pippali etc. which are effective against Krimi, and Kustha and Kapha prakopaja vikara.

DHOOMPANA:

Virechanika dumapana is indicated in Krimi, Kustha and Kilasa.

DHATUGATA KUSTHA:

Sushruta advised Samshodhana in treatment of Rasagata, Raktagata, Mamsagata, and Medogata Kustha.

SHAMANAUSHADHI:

Acc. to Acharya Vagbhata Shamana therapies is very useful in treatment of Kustha. After completing the Shodhana karma Shamana chikitsa is indicated to cure the remaining Doshas. In present lifestyle when people do not have enough time from their busy schedule for Shodhana therapies in such cases Shamana therapies to be advised. Caraka has described the Shamana therapies with Tikta and Kashaya dravyas.

Some of the yogas are administered in the morning like-Guduchi swarasa, kwatha, or siddha ghruta for one month helps to nullify all types of Kustha. Kwatha of Darvi, Khadira and Nimbi is said to be Kusthahara, Tuvaraka Bhallataka, Bakuchi,Chitrakmoola and Shilajatu are indicated for Rasayana prayoga.

LEPANA:

External application should ideally be applied when the patient of Kustha has undergone the Shodhan karma and whose vitiated blood is removed from the lesions. External application of anti Kustha drug will be effective in the disease. Some of Kustha hara lepa are Chitrakadi, Trapvadi, Masyadi Lepa etc.

SPECIFIC TREATMENT FOR VICHARCHIKA:

Aragwadhadi kashaya, Neli ghruta, Nimbadi ghruta, Khadira ghruta, Haridradi taila, Arka taila, Laghu and Maha Marichyadi taila, Visa taila, Shadbindu taila, Rasamanikya, Vicharchikahara lepa, Vidangadi churna, Karanja taila, and Kashmaryadi lepa etc are specific preparations mentioned in Ayurvedic texts. The drug like Kustha,Daruharidra, Kasisa, Kampillak, Musta, Lodhra, Sarjarasa, Vidanga, Manahsila, Haratala, Karaveera Twak are used for Bahya parimarjana especially in Vicharchika.

DISSCUSSION:

In this paper there is review of some medicinal herb sidds ghruta and tail which were not mentioned in the text but modified accordingly for the convenience of the patient. We have used these preparations in two patients also and there is significant reduction in sign and symptoms of eczema. In eczema (Vicharchika) there is symptoms like itching (kandu), pustules (pidika), discharge(srava), discolouration (vaivarnya), excessive dryness(rukshta). So, Guduchi and Nimb kalka sidda goghruta is used for abhyantar snehapan. Ghruta contains amrita (Tinospora cordifolia) and Nimb kalk(Azadirecta indica) as its main components.Guduchi possesses katu, tikta and kashaya rasa, ushna veerya,laghu guna and has the actions of tridosha shamana, raktaprasadana, daha shamana and rasayana.Nimba (Azadirecta indica) has Tikta-Kashaya rasa, Katu Vipaka, Sheeta virya,Laghu Guna . It has Vrana nashak (anti-ulcer), Kaphanashak (Kapha suppressor), Graahi gunas (properties). Its leaves are Shothagna (antiinflammatory), Twakadoshahar(skin purifier) Isomeldenin, Nimbin, nimbinene, nimbandiol, quercetin, beta- sitosterol, desacetylnimbinene are the active ingredients of Neem leaves extract. It is also potent anti-microbial. Ghruta pacifies Vata dosha due to its snigdha guna, Pitta dosha due to its sheeta guna, Kapha dosha due to its property of samskarasya anuvartana i.e. it also performs the actions of samskaraka dravyas like katutiktadi kaphahara dravyas, with which it is processed. It also possesses the properties like Varnaprasadana, Mrudukarana and nirvapana i.e. dahaprashamana. Guduchi and Nimb kalksidda ghruta as Shamana sneha administered in jatabubhukshaavastha i.e. at the time of hunger circulates throughout the body and pacifies the provokated doshas. Studies on Guduchi (Tinospora cordifolia) have shown the stimulating effect on macrophages.The activated macrophages secrete GMCSF (Granulocyte Macrophage- colony stimulating factor), which is a haemopoietic growth factor, which leads to leucocytosis and improved neutrophil function. This Immunomodulatory action of guduchi plays an important role in Eczema. External

application of the formulation made by SIKTH, Haridra and Til tail used. SIKTH is Madhur Rasa Pradhan Dravya and sticky (Snigdha) in nature so helps in reducing the dryness and itching. Haridra mainly acts as a Kandughna so useful for treatment of the symptoms like itching. It is having Katu and Tikta rasa, katu vipaka and ushna virya. It is Kapha and Pitta shamaka. It acts as immunomodulatory. Curcumin present in it, is a potent anti-inflammatory agent. It also improves skin complexion and colour. Til tail reduces Rukshata due to its sindha guna and maintain normal tone of skin. Due to its sukshma guna it has the good penetration property. So, it helps in reducing the sign and symptoms of eczema. It is also having the Twakprasadak and Vranashothahar properties. So there is reducing of scaling and itching. Due to Tikta Rasa there is Shodana (cleaning). Katurasa has the properties of kushta kandu upshamana, kapha krimi visha upshamna, medsaamuphanta.

CONCLUSION:

Vicharchika is Tridoshaja Kapha pradhana vyadhi so humid cold, watery contact may increase symptoms of Vicharchika. Excessive intake of Lavana, Katu and Madhura rasa are most common causative factor for disease like Vicharchika. Viharaja nidana like Diwaswapna, Industrial pollution is also consider as main causative factors for Vicharchika. Most affected site for Vicharchika are lower legs, Axilla and neck like skin folds regions. Relapsing nature of Vicharchika is most common so long term therapy is necessary for eradication of the disease. Vicharchika is disease of Kapha Pradhan Dosha so Kapha prakriti person have more chances to affect by this disease. Rasa, Rakta and Mamsa Srotodusti were found in vicharchika and Kapha and Pitta are main Dosha which affect these Dhatu and Srotas.

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