

## A CASE DISCUSSION ON VICHARCHIKA (ECZEMA)

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### ABSTRACT:

Eczema is a clinical and histological pattern of inflammation of the skin seen in a variety of dermatoses with widely diverse aetiologies. Clinically, eczematous dermatoses are characterized by variable intensity of itching and soreness, and, in variable degrees, a range of signs including dryness, erythema, excoriation, exudation, fissuring, hyperkeratosis, lichenification, papulation, scaling and vesiculation. Histologically, the clinical signs are reflected by a range of epidermal changes including spongiosis (epidermal oedema) with varying degrees of acanthosis and hyperkeratosis, accompanied by a lymphohistiocytic infiltrate in the dermis. This condition is comparable with *Vicharchika Kushtha* in *Ayurvedic* system of medicine. *Vicharchika* (Eczema) is not a life threatening, it makes worried the patient due to its appearance, severe itching disturbing routine and it's naturally susceptible to be chronic. A case report of 42-year-old male, who presented with complaints of rashes over lower part of both legs and palmer surface of both hands linked with intense itching and told oozing in some lesions. As a result of persistent scratching, lichenification was present in some lesions has been presented here.

**Key Words:** *Aragvadha patra lepa, Arogyavardhini vati, Eczema, Kaishore guggulu.*

### INTRODUCTION:

Eczema is an inflammatory condition of the skin characterised by groups of vesicular lesions with a variable degree of exudates and scaling. In some cases dryness and scaling predominate, with little inflammation. In more acute cases there may be considerable inflammation and vesicle formation, in keeping with the Greek for "to boil out", from which the word eczema is derived. Sometimes the main feature may be blisters that become very large. Eczema commonly itches and the clinical appearance may be modified by scratching, which with time may produce lichenification (thickening of the skin with increased skin markings). Also as a result of scratching the skin surface may be broken and have excoriations, exudates and secondary infection. The characteristic change is oedema between the cells of the epidermis, known as *spongiosis* leading to formation of vesicles. The whole epidermis becomes thickened with an increased keratin layer. A variable degree of vasodilatation in the dermis and an inflammatory infiltrate may be present. The complete causes of eczema are unknown. Heredity does seem to play a role as do allergens and environmental factors.<sup>[1]</sup>

Its similar clinical presentation in *Ayurvedic* dermatology can be traced as *Vicharchika*<sup>[2]</sup> (Eczema) which is described under *Kshudrakushtha*.

### CASE REPORT:

A 42-year-old male patient, Hindu by religion, serviceman, living presently in Ajmer presented at the O.P.D. of National Institute of Ayurveda, Jaipur, on December 14, 2013. He complained of lesions over lower part of both legs and palmer surface of both hands linked with intense itching since 3 years. Patient also told that oozing in some lesions. As a result of persistent scratching lichenification was present in some lesions. For which he took allopathic treatment and got symptomatic relief but relapsing nature of this disease made it much trouble for patient. He was also given the history of constipation since long time.

His general health was good and both physical examination and all blood tests (routine test) were normal.

### Treatment:

All oral and local modern medicines were stopped.

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Considering this condition as *Vicharchika* (Eczema) wherein dominant *Dosha* according to *Sushruta*<sup>[3]</sup> is *Pitta*, whereas *Charaka*<sup>[4]</sup> and *Vagbhata*<sup>[5]</sup> accept the dominance of *Kapha*. He was treated with following medicines.

#### Local Application:

The patients was given *Aragvadha Patra Lepa*<sup>[6]</sup> (leaves of *Cassia fistula* Linn.) for local application once in a day. The detail of method of drug preparation is given below:

*Aragvadha Patra Lepa*: For the preparation of *Aragvadha Patra Lepa*, fresh leaves of *Aragvadha* (*Cassia fistula* Linn.) were taken and cleaned and paste is made with the help of *Takra* of above drug. This formed paste is locally applied over the affected area till drying. After drying it is washed with Luke warm water. This procedure is repeated daily once in a day for 30 days.

#### Internal medication:

a) *Kaishora Guggulu*<sup>[7]</sup>: 250 mg B.D. after meal with warm water.

b) *Arogyavardhini Vati*<sup>[8]</sup>: 250 mg B.D. after meal with plain water.

Total duration of treatment was 4 weeks with the regular follow up in an interval of 15 days.

Along with the above medicines, he was advised to avoid intake of junk food, incompatible diet, sour food items (curd & citrus fruits) and salty food, day-sleep and advised to take simple dietary & lifestyle modifications.

#### RESULTS:

The patient took this treatment for 4 week, with marked relief in symptoms of intense itching and oozing. Lichenification and hyper pigmentation was not improved to some extent. He was advised to continue *Aragvadha Patra Lepa* and *Kaishora Guggulu* for 2 more months. Two month later, he had no complaint of itching and oozing. Lichenification and hyper pigmentation was also disappeared. His long time problem of constipation was also relieved. The results before and after treatment is shown in fig.1, fig.2, fig.3 and fig.4. With a follow up for a period of 1 year, the patient has shown no signs of recurrence.

#### DISCUSSION:

According to most of *Ayurvedic* texts, all types of *Kushtha* have been considered as '*Rakta Pradoshaja Vikara*'. Further *Vicharchika* is stated to be *Tridoshaja* with the dominance of *Pitta-Kapha Doshas*. *Rakta Pradoshaja* is quiet important part when we come to

skin and its related concept. *Rakta* along with the *Tvaka* usually be become the prime *Dushya* in many of the skin diseases. *Tvaka* is the structural component of *Rasa Dhatu* becomes the seat for most of the skin diseases, whereas *Rakta* is the functional part to be affected in case of skin diseases.



Figure 1: Before treatment



Figure 2: Before treatment



Figure 3: After treatment



Figure 4: After treatment

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#### Mode of Action:

##### Local Application:

By pouring water over a burning house, the fire gets extinguished immediately; in the same manner, *Lepa* pacifies the provoked local *Doshas* by local application<sup>[9]</sup> and provides highest drug concentration at the site of action; it can be frequently used and does not interfere with gastric environment. Therefore local application is essential part in the management of *Kushtha*.

*Aragvadha Patra* (*Cassia fistula* Linn.) being *Kushthagha*, *Kandughna* and *Kriminashaka*, *Rakta Shodhaka*<sup>[10]</sup> properties which directly act on *Vicharchika*. It also described as having *Shothahara* property<sup>[11]</sup>. It prevents secondary infection because it acts as antibacterial and it also have an antifungal activity, anti-inflammatory & wound healing activity<sup>[12]</sup>.

#### Internal Medication:

**Kaishora Guggulu:** *Kaishora Guggulu* is good herbal combination which corrects the function of stomach and intestine, which helps improving digestion and removing toxins from the body. The ingredients of *Kaishora Guggulu* are *Guduchi* (*Tinospora cordifolia* Willd.), *Amalaki* (*Emblica officinalis* Gaertn.), *Bibhitaki* (*Terminalia bellirica* Gaertn.), *Haritaki* (*Terminalia chebula* Rets.), *Shuddha Guggulu* (*Commiphora mukul*

Hook.), *Shunthi* (*Zingiber officinale* Roscoe), black pepper (*Piper nigrum* L.), *Pippali* (*Piper longum* L.), *Vidanga* (*Embelia ribes* Burm f.) *Trivruta* (*Operculana turpethum* Linn.) & *Dantimula* (*Baliospermum montanum* Willd.).

It has anti-bacterial, anti-inflammatory, anti-oxidant, anti-microbial property which helps in treating wounds. It is good blood purifier therefore, corrects *Raktadushthi*. As patient complained of constipation since long time. Patient's constipation was relieved by its laxative property and eliminates the body wastes and results a positive effect on *Pitta Dosh*a indirectly on *Rakta Dhatu*. Due to constipation, there is great strain on other vital excretory organs like skin, because of this strain, organ becomes overworked. When overworked, they are not functioning properly and weaken the immune system.

**Arogyavardhini Vati**<sup>[13]</sup>: *Arogyavardhini Vati* is a formulation which improves good health. It promotes digestive fire, clears body channels and has laxative action which helps to eliminate toxins out of the body, therefore it is recommended in chronic constipation and skin disorders. Its ingredients are *Shuddha Parada* (purified mercury), *Shuddha Gandhaka* (purified sulphur) *Loha Bhasma* (*Bhasma* prepared from iron), *Abhraka Bhasma* (purified and processed mica), *Tamra Bhasma* (*Bhasma* prepared from copper) *Haritaki* (*Terminalia chebula* Rets.), *Bibhitaki* (*Terminalia bellirica* Gaertn.), *Amalaki* (*Emblica officinalis* Gaertn.), *Shilajatu* (Asphaltum), *Shuddha Guggulu* (*Commiphora mukul* Hook.), *Eranda* (*Ricinus communis* Linn.), *Kutaki* (*Picrorhiza kurrooa* Royle ex. Benth), juice extract of *Nimba* (*Azadiracta indica* A. Juss.)

As the patient was serviceman and due to busy schedule and limitation of time, he had faulty dietary habits and consumed junk food and fast food like excessive amount of curd, milk products and salty items and eating in indigestion state. He was also taking day-sleep. These causes may be responsible for his eczema. So the patient was monitored for proper diet and lifestyle, along with local application and purificatory measures for removal of toxins by internal medication. The mental stress of living with eczema can have a psychological impact on the sufferer. So, the patient during the treatment was also counselled and advised *Pranayama* and *Yoga* therapy.

#### CONCLUSION:

Thus, we can conclude that Eczema is a condition for which modern medicine has no permanent treatment except for the symptomatic management; the holistic approach of *Ayurvedic* system of medicine provided both subjective and objective relief to the patient. The synergistic actions of *Kaishora Guggulu*, *Arogyavardhini Vati* and along with *Aragvadha Patra Lepa* are likely to

check the etio-pathogenesis of *Vicharchika Kushtha* (Eczema) and arrest its progress.

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