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Effect of *Shamana chikitsa* in *Vicharchika* (wsr. Chronic Eczema): A case study

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Abstract

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 17 years, Student, living presently in Ahmedabad, with the chief complains of *kandu* (itching) on affected sites. The other associated symptoms were Burning, Fissure and scaling since 6 month. Patient first took allopathy medication but didn't get benefited then she wanted to take *Ayurvedic* medication. After 1month of treatment with *Guduchyadi Kwath*, *Arogyavardhini Vati* (internal medication) and *Triphala Churna*, *Vasa Churna* and *Karanja Tail* (local application) all symptoms improved and skin became normal and no discoloration.

Keywords: Eczema, Dermatitis, Shamana Chikitsa, Vicharchika, Arogyavardhini Vati, Guduchyadi Kwatha

1. 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*.

Acharya Charaka and *Acharya Susruta* gave different definition of *Vicharchika*-*Charaka*.^[1]

सकण्डुःपिडकाश्यावाबहुस्त्रावाविचर्चिका |

Susruta.^[2]

राज्योऽतिकण्डखेवर्तिरुजःसरुक्षा भवन्तिगात्रेषुविचर्चिकायाम् |

कण्डुमतीदाहरुजोपपन्नाविपादिकापादगतेयमेव ||

So, above symptoms suggested that *Charaka* described acute Eczema and *Susruta* described chronic Eczema. Generally, *Vicharchika* is treated with *Jaloka-Avacharana Karma*. But also only *Shamana Chikitsa* also gives benefit.

Case Presentation

A female subject, aged 17 years, Student, living presently in Ahmedabad, visited *Kayachikitsa* OPD of Government Akhandanand Ayurved College, Ahmedabad with the chief complain of *kandu* (itching). The other associated symptoms were Burning, Fissure and scaling since 6 month. 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. Her grandmother had positive history of Eczema. *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*.

O/E- Multiple illdefinedlichenified erythematous plaque with fine scales and some shows

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fissures over it present predominantly over right hand and single well define hypopigmented atrophic plaque present over left elbow.

The treatment was carried for one month. During this period, she was advised for *Laghu Supachya Ahara*. Avoid of *Dadhi*, *Kshira*, *Divaswapna* and other *Nidana* of *Kushtha*.

Treatment Protocol

Table 1

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 Each tab. of 125mg	1 month	<i>Kwatha</i>	Empty stomach
Local Application				
<i>Triphala Churna</i> -5g <i>Vasa Churna</i> -5g Mixed powder ^[5]	As required	1 month	<i>Jala</i>	Mini. 3times per day
<i>Karanja Tail</i> ^[6]	As required	1 month	-	Mini 3 times per day

Result-After 1month of treatment with all this medication

Table 1: Result

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-pravruti</i>



Fig 1: Before treatment and after treatment site-1



Fig 2: Before treatment and after treatment site-2



Fig 3: Before treatment and after treatment site-3

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 is mentioned in *Kushtha Adhikara*. The main contain of it is *Katuki*, and *Katuki* is *Tikta Rasa Pradhana* drug ^[8].

Triphala and *Vasa* both have *Kushthaghn* property ^[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].

3. 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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