

“Review article of Vicharchika (Eczema)”

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Abstract: The present paper is based on Ayurvedic disease “Vicharchika kushtha.” Here we can compare it modern skin disease “Eczema”. Eczema is defined as a specific type of allergic cutaneous manifestation of antigen antibody reaction characterized by superficial inflammatory oedema of epidermis associated with vesicle formation and itching. These features of Eczema correlates with the features of Vicarcika. Therefore some scholars have correlated these two with each other. There are many references for Ayurvedic management of Vicharchika kushtha that we have to apply in modern time. Finally main intention for presenting this paper is to share basic details of Vicharchika Kushtha for proper Treatment.

Key words – Kushtha, Vicharchika, Kshudrakushtha, Kandu, Twak vikar etc.

Introduction:- In Ayurveda, there is description of many diseases and their management as well as lifestyle for healthy living. So there are many Skin diseases described in Ayurvedic literature, Vicharchika is one of the Skin disease which has severe Itching condition. Here “Vichar” means to move in different directions, spread, and expand to differ Where as Vicharchika means coating, cover, a form of cutaneous eruption, itching, scab. So, it can be concluded that, it is cutaneous eruption, itching, scab which spread in different directions.

Thus, Vicharchika is derived from “Charcha Adhyane” by adding prefix ‘Vee; to it. The word Adhyane has two syllables viz. Adhi and Ayne. Adhi means above and Ayne means spread out. Thus which means Kshudrapidika spreads with Kandu elevated on the surface of the skin is termed as Vicharchika. We can compare it with modern science as a Eczema. Generally, Kushtha is tridoshaja in nature, but specific symptoms complex indicates their doshic pre-dominance. Vicharchika is one of challenge in modern era on account of its incurability and recurrences.

Materials & Method:-

All Ayurvedic and Modern literature related to Vicharchika.

Details are as follows –

Ayurvedic view

Etymology: Vicharchika word is derived from “Charcha” dhatu, Vee- prefix and ‘Navul’- suffix. It means that a type of Svalpa (Minor type) Kushtha. (Vachaspatyam part 6 Pg. 4896).

Nirukti :

Vicharchika means that a disease, which coats/covers/injuries the skin in distinguished manner and which also causes cracking of skin in hands and feet is called Vicharchika. (Shabdakalpadrum).

Definition:

By Charaka & Vagbhata: - skin lesion with itching, boil (eruption), darkness and profuse oozing. Vagbhata further mentioned Lasikadhya.

NIDANA: -**Aharaja & Viharaj nidan (Same like Kushtha)**

Intake of incompatible diet vitiates Agni: Viruddhahara mostly vitiates the agni. This vitiated Jatharagni does not digest even the lightest of food substance, resulting in indigestion. This indigested turns sour and acts like a poison, which is called Ama visha. (Ch. Chi. 15/42-44).

Intake of Incompatible Diet vitiates Srotasa : Incompatible diet vitiates all responsible factor of diseases and which leads to disease formation such as Kushtha.

RUPA:

Subjective Symptoms like Vedana, Kandu and Daha etc.

Color of Pidika (Lesion) like Shyava and Shweta etc.

Srava (Nature of discharge) like Bahusravi and Lasikadhya etc.

SAMPRAPTI

In Ayurveda, There is reference of Samprapti for Kushtha, but neither texts nor commentaries mentioned specific Samprapti of Vicharchika. So Samprapti of Kushtha can be accepted as a Samprapti of Vicharchika.

PATHYA IN VICARCIKA - Tikta Saka, Laghu Anna, Triphala, Jangala Mamsa, Ghruta and Patola etc.

APATHYA OF VICARCIKA – Dadhi, Amla Rasa, Guru Anna, Kulatha, Anupa Mamsa, Iksu Vikara etc.

Regular Nidana Sevana and Apathyakara Hetu Sevana in the diseased state makes the Vyadhi complicated, and Sadhya to Asadhya.

SADHYA - ASADHYATA

Vicarcika is mentioned as a Sadhya Kustha But it becomes Krchrasadhya when dominated by vitiation of Vata Pitta, Pitta Kapha and involvement of deep seated Dusyas. It also becomes Asadhya when accompanied with upadravas of Kustha. (Ca. Ci. 7/38, A. H. Ni. 14/31, Su. Ni. 5/28).

CHIKITSA - SUTRA

However treatment of Vicarcika is told similar to that of Kustha. And also first line of treatment is Nidan parivarjan. (Su. Ci. 20/18)

In all Samhita, the line of treatment of Kustha is given as Sodhana therapy followed by Samana therapy. In Sodhana right from Vamana to Raktamoksana is advised. In Samana therapy various drugs are used in various Kalpanas right from Pancavidha Kasaya Kalpanas upto Asavaristas.

Treatment of Vicharchika (Eczema)

Shodhana chikitsa	Internal medicine	External medicine
Snehana	Mahatiktakam ghritam	Triphala ch. With salt for washing
Swedana	Kalyanaka ghritam	Eladi keram
Vamana	Rajanyadi choorna	Paranthiadi
Virechan	Navayasa louha	Rasothamadi lepam
	Madhusnuhi rasayanam	Nimbadi tailam
	Ks. Aragwadhadi	
	Kaishore guggulu	
	Haridrakhandam	
	Doosheevishari golika	
	Manibhadra leham	

Modern aspect of Vicharchika – Eczema

According to Modern aspect -We Can Compare Vicharchika With Eczema.

Etymology and definition: Eczema is a Greek word derived from two words viz.

'Ec' and 'Zeo'. Here EC means out and Zeo means to boil so i.e. to boil out

VICHARCHIKA VIS-À-VIS ECZEMA -

Vicharchika can be correlated with eczema in the sequence:

Shyava	: Erythema with discoloration
Bahusrava	: Profuse discharge
Raji	: Thickening or lichenification of skin.
Sakandu	: Excessive itching
Pidika	: Boil/Papules/Pustules/Vesicles
Arti	: Pain
Saruksha	: Dry lesion.

ETIOLOGY OF ECZEMA

Hyper sensitivity is the main cause of Eczema. General predisposing causes of Eczema are as follows -

1. Allergy - Like Asthma etc, Genetic predisposition are responsible for the preponderance of eczema in certain families and their absence in others.
2. Age - It is common in Infancy, puberty, menopause.
3. Climate - Extreme of climate like heat, or severe cold trigger the onset of eczema.
4. Immunity - Common in low immune persons.
5. Other factors - Xeroderma, ichthyosis, and varicose veins causing congestion Dry winter cracked skin also predispose to eczema development.

Mode of reaction: characterized histologically by -

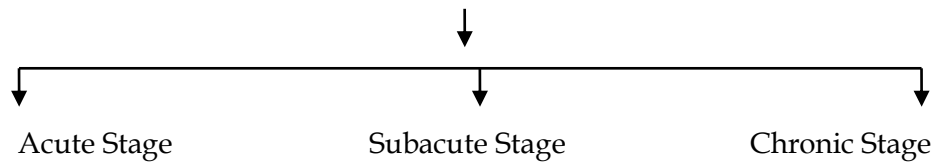
1. Vesicle formation
2. Oedema of the epidermis
3. Secondary infection

CLASSIFICATION OF ECZEMA :

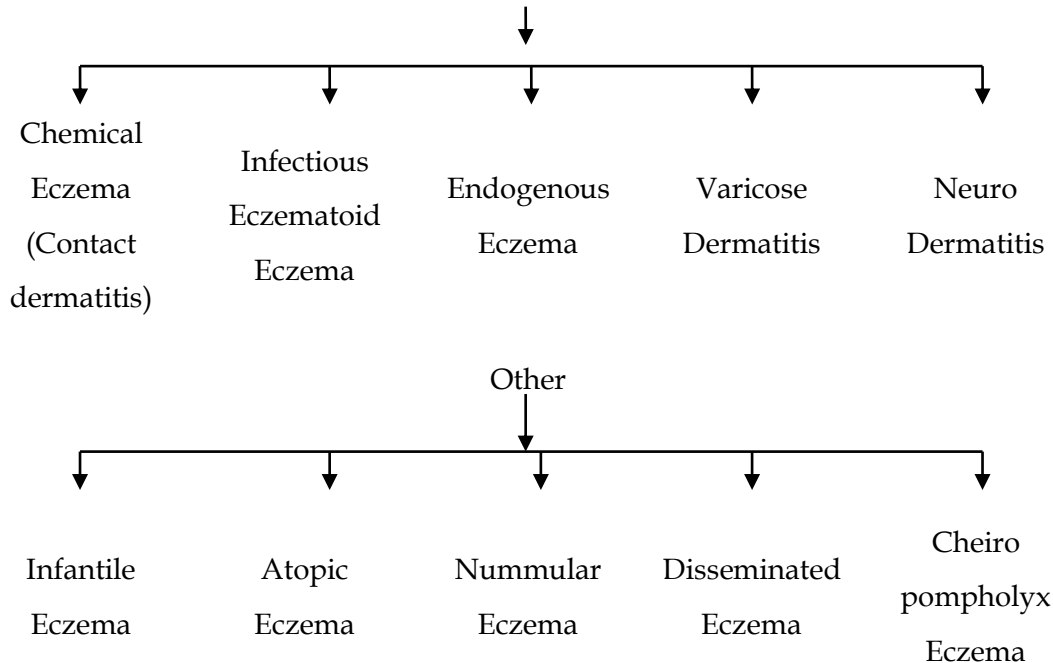
Eczema is classified into many subtypes according to different catagories.

1. Morpho-clinical
2. Etiological

(I) **Morpho-clinical classification of Eczema**



(II) **Etiological Classification of Eczema**



SYMPTOMATOLOGY OF ECZEMA

(A) **CONTACT DERMATITIS :**

Eczema which develops within a few hours after contact with offending agent is known as chemical eczema. **Features :**

- ❖ The lesion develops briskly after contact with agent.
- ❖ The lesion spreads far beyond the original point.
- ❖ The lesion has an illdefined margins.
- ❖ Usually occurs on the exposed parts particularly the face and hands.

(B) **INFECTIOUS ECZEMATOID DERMATITIS :**

Also known as infective eczema. According to their distribution it is further divided into three subtypes.

1. Post traumatic infective eczema
2. Follicular infective eczema

3. Flexural infective eczema

Clinical Features of infective Eczema : Slow development, no vesiculation and Patches. Commoner in the monsoon and summer than is winter.

(C) ENDOGENOUS ECZEMA :

When there is no evidence of external irritants or allergens. This pathogenesis goes nearer to the pathogenesis of Vicarcika. It is further divided into five common patterns.

- (a) Infantile Eczema - Occurs in an age between 3 months to 2 years. The exact cause is not yet established. spreading slowly to the forehead, chin, scalp, arms, trunk, and legs.
- (b) Atopic Eczema - Also called as Besnier's prurigo or Asthma eczema syndrome. Selective flexural distribution i.e. the eyelids, the sides of the neck etc. Integument is dry and rough with Itching.
- (c) Nummular Eczema
- (d) Disseminated Eczema
- (e) Cheiopompholyx

PROGNOSIS

Eczema is a curable condition. Acute eczema heal readily in about 1 to 4 weeks with treatment, chronic eczema take a little longer time to disappear.

TREATMENT - General line of treatment consists of the following steps.

1. Counseling :

Patient and his relatives must be assured and educated about the disease.

2. Elimination of causative factors and changes in environmental factors.
3. Palliative treatment for a complete cure.

Conclusion:

- There are many common skin diseases in present time.
- Vicharchika (Eczema) is one of the common skin disease.
- So We can cure Vicharchika (Eczema) successfully by Ayurveda.

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