ABSTRACT

All Kushthas are having Tridosha origin; hence Vicharchika can be explained in similar manner. Dermatitis is being used as synonym of eczema by most of the dermatologist. These are the kind of non contagious inflammation of the skin characterized by erythema, Scaling, edema, vesiculation and oozing the disease Vicharchika ressembles eczema/dermatitis. Therefore the eczematous dermatitis can be included in study of Vicharchika. Vicharchika can be correlated with eczema in the sequence. The involvement of Vata results in dry, blackish lesion of eczema, itching in those affected areas is due to Kapha and Pitta responsible for Strava. Thought, the disease Vicharchika is not life threatening, it makes worried the patient due to its appearance, severe itching, disturbing routine and its nature susceptible to be chronic. In classical texts of Ayurveda, Acharyas emphasizes Shodhana and Shamana therapy as the line of treatment at various places. Among the Shodhana Karmas, Virechana is chiefly advocated, purificatory measures in Vicharchika. Virechana is not only a mere bowel cleaning procedure but also has systemic effects. Acharya Charaka has advocated Virechana for the Pitta Dosha and Rakta Dushti (Ch.Chi.7/39). Purpose of study aimed to evaluate efficacy of Virechana and Khadiradi Kwatha on Vicharchika and thus forming key of successful remedy in Vicharchika for focusing its trial on large populations. A case of 22 year old female patient, presented with Kandu, Daha, Rukshata, Strava, Vedana, Vaivarnya, Raji etc lakshanas of Vicharchika on her palms of both hands from last 2 yrs. She was taking oral Antifungal, analgesic drugs daily from 2yrs. Since when she was not affordable for further treatment and not getting relief, visited to me in OPD at M.A.Podar Hospital, Mumbai for further treatment. She was administered with Samyaka procedure of Virechanka. After that she was asked to administer Khadiradikwatha in 40ml quantity twice a day with water after meal for 30 days. The above clinical features of patient were significantly improved by 4 weeks. Routine Laboratory findings were within normal limit. Virechana as a Samshodhana therapy and Khadiradiwatha as Shaman remedy, both in combinations when followed systematically, give relief from symptoms in patients of Vicharchika.

KEYWORDS: Kushtha, Vicharchika, Khadiradi kashaya, Virechana etc.
AIMS
To study the role of Virechna karma along with Khadiradi kwatha in the management of Vicharchika with respect to eczema

OBJECTIVES
- To assess the efficacy of Khadiradi kwatha in the management of Vicharchika w.r.t. Eczema.
- To draw a hypothesis regarding the mode of action of drug used in the present trial on the scientific basis.

CASE SUMMARY
A case of 22 year old female patient, presented with Kandu, Daha, Rukshata, Strava, Vedana, Vaivarnya, Raji etc lakshanas of Vicharchika on her palms of both hands from last 2 yrs.

DESCRIPTION OF PATIENT
- Name: XYZ
- Age: 22 year old
- Sex: Female
- Residence: Santacruz (East), Mumbai.
- Occupation: Works as house wife daily work related with detergents and soap daily in joint family since from last 4 yrs.
- Religion: Hindu
- Diet: Mixed, Mainly Nonveg (Fish and meat) alternate day
- Prakriti: Paittika Vata
- Drug history: She was taken oral Antifungal, analgesic drugs daily from 2 yrs.
- Personal history: Patient had addicted to tobacco and has consuming 1 packet (10gm) per day since last 3 yrs.
- Family history: No abnormality detected.
- Past history: H/O Jaundice before 10 yrs.

METHODOLOGY
- Selection of Patient
The patient with Symptoms having Kandu, Daha, Strava, Rukshata, Pidika, Vaivarnya, Raji and Vedana etc. from last 2 yrs was registered for present study when she was came to me in OPD of MA Podar Hospital, Worli Mumbai on 09/05/2015
- The patient was diagnosed as Vicharchika (Eczema) on the basis of classical signs and symptoms of Vicharchika described in Ayurvedic classics
- Patient was administered with Virechana karma followed by Khadiradi kwatha (Kalpita) 40ml with water two times a day after meal for 30 days.

Virechana
- Virechana is most important appraise for Kushtha. It is a specific modality for the elimination of Pitta Dosha but it is also effective upon Vata, Kapha Dosha as well as Rakta.
- It is less stressful procedure than Vamana and has less possibility of complications. So, Virechana was selected for the Shodhana here.
- In this study for Virechana karma line of treatment was selected from Charaka Samhita,

### Contents of Khadiradi Kwatha

<table>
<thead>
<tr>
<th>SN</th>
<th>Drug</th>
<th>Botanical name</th>
<th>Part used</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Khadir</td>
<td>Acacia Catechu</td>
<td>Bark</td>
<td>1 part</td>
</tr>
<tr>
<td>2</td>
<td>Atrushaka</td>
<td>Adhatoda vasica</td>
<td>Leaves</td>
<td>1 part</td>
</tr>
<tr>
<td>3</td>
<td>Nimba</td>
<td>AzadirachatalIndica</td>
<td>Root</td>
<td>1 part</td>
</tr>
<tr>
<td>4</td>
<td>Kutaja</td>
<td>Hollarhena antidysentrica</td>
<td>Root</td>
<td>1 part</td>
</tr>
<tr>
<td>5</td>
<td>Triphala</td>
<td>Emblica officinalis, Termalialia chebula, T.belerica</td>
<td>Fruit</td>
<td>1 part</td>
</tr>
</tbody>
</table>

Period: 30 days
- Dosage: 40 ml twice a day with water
- Duration: Morning- 40ml and Evening- 40ml (daily)
- Bhaishajya Kal: After meal
- Mode of Administration: Oral

Laboratory diagnosis
- HB%
- TLC
- DLC
- CT, BT
- ESR and
- Routine urine examination was carried out.

OBSERVATIONS
On the basis of results found during study effect were quoted.
1st day

FOLLOW UP STUDY
After the completion of therapeutic procedures, patient was kept under observation for further two months as follow up study.

DISCUSSION
Virechana Karma expels out the Doshas dragging them towards the adhobhaga through the Guda. Amashaya is the specific seat of Pitta and Kapha. Though Virechana is a specific therapy for Pitta Dosha, it may also be used for eliminating Kapha Dosha. Virechana drugs which are having Ushna, Tikshna, Sukshma, Vyavayi and Vikasi property reaches the Hridaya by virtue of its Virya then following the dhamani it spreads the whole body through large and small Srotas. Virechaka drugs by their property and Pritivi, Jala Mahabhuta dominancy helps in eliminating the morbid humour from the Shakha to Kshotha and then out of the body by rectal root. With criteria of Samyaka Virechana, Vaigiki and Maniliki are considered mainly for deciding the Samsarjana Krama. Ayoga and Atiyoga Lakshanas were checked during the procedure to avoid complication and for its early management. In the present study, following medicines were selected for Virechana i.e. Triphala, Trivrita, Danti. These drugs have property for mild to severe laxation. All drugs were having Kushthaghna, Krimighna, Rakta Shodhana and also Tridoshaghna properties. So effect of drug itself was found to be helpful in the reduction of the disease. Khadiradi Kwatha with its contents as a shaman therapy proven its raktaprasadan, twachya, kandughna, kushthaghna, and thus clarified the discoloration of skin. Thus both Virechana along with Khadiradi Kwatha acts synergistically and provided the normal texture to the skin.

CONCLUSION
- Virechana as Shodhana chikitisa and Khadiradi kwatha as Shamana therapy, both in combinations when followed systematically, given relief from symptoms in patients of Vicharchika.
- Disease Vicharchika can be managed successfully with Ayurveda and need to be studied in more number of patients.

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