

# Ayurvedic Management of Vicharchika W.S.R. to Eczema -A Pilot Study

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**Abstract:-** In Ayurvedic text all skin disease were included under the *kustha roga*. which is classified in two divisions. *Mahakustha* and *kshudra kustha*. *Vicharchika* is described under *kshudra kustha*. The clinical presentation of *vicharchika* similar to *Eczema* in modern dermatology. In present clinical study 15 patient of *vicharchika* were treated with *Meshlochnadi malhar* to evaluate its efficacy. The ingredients of *Meshlochnadi malhar* are -*Chakramarda* (cassia), *Aragvadh* (cassia fistula), *Bakuchi* (*prorolia coryfolia*), *Karanja* (*ponamia pinnata*), *Gandhak*, *Tankan*, *Tila taila*, *Been wax*, *Hard paraffin*. Ayurveda parameters (*Lakshana*) of *Vicharchika* were used as subjective parameters to assess the efficacy of the drug. Analysis was done and result were calculated according to Null hypothesis and alternative hypothesis & Statistically using P test. Result secure desirable the efficacy of *Meshlochnadi malhar* in the management of *Vicharchika*.

**Keywords:-** *Vicharchika*, *Kustha Roga*, *Meshlochnadi Malhar*.

## I. INTRODUCTION

*Ayurveda* believes that all provide treatment for the root *Ayurveda* offers treatment for the root of Eczema by cleansing vitiated Dosh and Balancing the dosa and dhatus. More than 10 millions people in India & 31.6 Millions People in the us are suffering with Eczema. According to *Ayurveda* *Kustha* is a skin disease it is a broad term. which covers almost all skin disorder. *Ayurveda* has described 18 Types of *Kustha Roga*. It is generally divided into Two Types Which is *Mahakustha* & *Kshudra Kustha*.<sup>1,2</sup> This is considered as *MAHAAGAD*<sup>5</sup> According to *Ayurveda* it is *Santarpan Janya Vyadhi*. *Virudhaahar vihar sevan*, *vegavidharan*, *diwaswapan* are the factors responsible for causing *kustharoga*.<sup>6</sup>

Three *doshas* & four *dushyas* like *Twak*, *Rakta*, *Mamsa*, *Ambu*, are involved in the causing of *Kustha Roga*. which is described is *Sapta Dravya*<sup>7</sup> for *Kustha Roga*. *Vicharchika* is one of the sub type is *kshudra kustha* it is considered as ECZEMA in modern view. This is *Kaphaj Vyadhi*<sup>8</sup> & *Raktavah strotash dusti*<sup>14</sup>. *Ayurveda* is considered *Rakta dusti* as one of the primarily cause of skin disease. *Acharya Sushruta* have told that *Kustha Roga* provenience will be on the *Tamra* & *Vedani* layers<sup>11</sup> of skin while *Acharya charak* told that the *kustha Roga* Utpatti in 3<sup>rd</sup> & 4<sup>th</sup> layers of skin<sup>12</sup> Clinical features of *vicharchika* like *kandu* (itching), *srava* (discharge), *pidika* (postules), *shyavata* (discolouration) of skin, *Rajyo* (scratches), *Ruja* (pain), *Rukstha* (dryness) are resemble with features of eczema<sup>9,10</sup> *Vata* is responsible for *shyavta*. *Pitta* responsible for *srava*. *Kapha* responsible for *kandu*.

### ➤ Aims and Objective

- To compare the *vicharchika* with Eczema
- To evaluate the efficacy of *vrishadi ghan vati* in the management of *vicharchika*
- To evaluate the efficacy of *meshlochnadi malhar* in the management of essential *vicharchika*
- To compare the efficacy of *vrishadi ghan vati* & *meshlochnadi malhar* in the management of essential eczema.

## II. MATERIAL AND METHOD

Patients attending the OPD of *Kayachikitsa* department fulfilling the criteria for selection were incorporated into the study irrespective of caste religion etc. patient's detailed history regarding present illness, past illness, family history, and clinical finding pertaining to *Dosha*, *Dushya*, *Agni*, *Strotus* etc. A special preformed were prepared, total 15 patient were registered for this study. All the patients were examined by thyroid profile to assess' hypothyroidism.

➤ *Study Design – Open Clinical Randomized Trial*➤ *Criteria for Selection of Cases:-*• *Inclusion Criteria*

- ✓ Age- 16 to 60 year .
- ✓ Sex- All genders .
- ✓ Patients with sign & symptoms of *vicharchika* like *kandu* ,*pidika*, *vaivarnya*, and *srava*, *rajyo*, *Ruja*, *ruksha*.
- ✓ Patient with symptoms of wet Eczema & Dry Eczema.
- ✓ Understanding and being willing to sign the informed consent form.

• *Exclusion Criteria*

- ✓ Patient having skin lesions other than *vicharchika* (eczema) like psoriasis, urticaria, *dadru*.
- ✓ Pregnancy and lactating mother.
- ✓ Immuno- compromised patient like Aids,(HIV positive), HbsAg positive.
- ✓ Patient having uncontrolled DM/HTN.
- ✓ Patient on medication such as steroids , chemotherapy radiotherapy.
- ✓ Person with sever disorder like liver disorder, Renal, cardiac problems.

• *Parameter of Diagnosis and Assessment of Results- Patient were Selected on the bases of Subjective Parameters.*• *Criteria for Diagnosis/ Subjective Criteria for Assessment-*

The diagnosis of the disease will be mainly based on the signs and symptoms mentioned in texts of modern. Following clinical signs and symptoms will be evaluated and considered.

- ✓ *Kandu* (itching)
- ✓ *Pidika* (postules)
- ✓ *Srava* (discharge)
- ✓ *Vaivarnya* (discolouration)
- ✓ *Rajyo* (scratches)
- ✓ *Ruja* (pain)
- ✓ *Ruksha* (dryness)
- ✓ *Daha* (burning)
- ✓ Thickening of skin

**III. SELECTION OF DRUGS**

In *Ayurveda Vicharchika* is identified as a *Kapha-pradhan Tridosaja Vyadhi*. Considering this, the *Meshlochnadi Malhar* has been chosen for the current study. This formulation includes 1- 1 parts of a combination of *Chakramarda* and *Aragvadh*, 1/2 part of *Bakuchi* oil and *Karanja* oil each, *Ghandhak* and *Tankan* at 1/4 part, *Tila Taila* 2 parts, and the required amount of Beeswax and Hard Paraffin. The majority of the ingredients in *Meshlochnadi Malhar* exhibit *Laghu* and *Ruksha* *gunas*, possess *Katu Tikta Kashaya rasa* , *Ushna Virya* , and *Katu Vipaka* .

*Chakramarda* is known for its *Kapha-Vata shamak* , *Kusthaghna*, *Kapha Nisharka* , *Lekhana* , and *Raktaprashadak* properties. *Aragvadh* acts as a *Kusthaghna* , *Pitta-Kapha sodhana* , and *Sothahara* . *Karanja* and *Bakuchi* oil contribute to *Varna Ropana* and *Kusthaghna* effects. According to *Charak Samhita*, the significance of *Tikta Kashaya Rasa* <sup>13</sup> is well-established in the management of skin disorders.

The formulation aims to synergize these ingredients to create an effective *Meshlochnadi Malhar* with optimal therapeutic properties for treating skin disorders, particularly those associated with imbalances in *Kapha dosha*.

Table 1 Pharmacodynamics of Meshlochnadi Malhar

Drugs	Latin Name	Family	Properties	Doshkarma	Part used	Ratio
CHAKRAMARDA	Cassia tora	Leguminosae	Rasa-katu Guna-laghu ruksha Virya-ushna Vipak-katu	Kapha-vata shamak	Seed	1 part
ARAGVADH	Cassia fistula	Leguminosae	Rasa-madhur Guna-guru,mradu,snigdha Virya-shitta Vipak-madhur	Vata pitta shamak	Mulatwak	1 part
BAKUCHI	Prorolia coryfolia	Lrguminosae	Rasa-katu,tikta Guna-laghu ruksha, Virya-ushna Vipak-katu	Kapha vata shaman	Seedoil	½ part
KARANJ	Pogamia pinnata	Leguminosae	Rasa-tikta,katu,kasaye Guna-laghu,ruksha Virya-ushna Vipak-katu	Kapha vata shamk	Oil	½ part
GHANDHAK	sulphur		Rasa-katu,tikta,kasaye Vipak-madhur Virya-ushna	Kapha vata shamak	Sudh ghandhak	¼ part
TANKAN	Borex			Kapha nisharka	Sudh	¼ part

					<i>tankan</i>	
<i>TILA TAILA</i>			<i>Guna-tikshna Rasa-madhur Vipaka-madhur Virya-ushna</i>	<i>Kapha vata shamak</i>	<i>Tila taila</i>	2 part
Been wax						AS per require
Hard paraffin						As per require

➤ *Treatment/ Therapeutic Regime :-*

- *Meshlochnadi malhar*
- Dose-Local application 3-4 times a day
- Follow up- 15 days

#### IV. RESULT & DISCUSSION

*Meshlochnadi Malhar* demonstrates remarkable efficacy in treating *Vicharchika*, leading to significant improvement. The effective alleviation of symptoms, including *kandu*, *srava*, *pidika*, *rajyo*, etc. contributes to

a comprehensive and successful outcome in the management and discussion of *Vicharchika*."

The statistical analysis of data from a 15 patient trial group treated with *meshlochnadi malhar* revealed a calculated t- value of 16.96, surpassing the tabulated t- value of 2.15 as a result, the null hypothesis is rejected and the alternative hypothesis is accepted at a 5% level of significance indicating highly significant efficacy of the treatment. *Meshlochnadi malhar* demonstrated effectiveness in alleviating symptoms and subjective parameters, with a notable reduction in clinical features such as *kandu*, *pidika*, *sarava*, *rajyo*, *ruja* and skin thickening following the treatment.

Table 2 Skin Thickening Values

N	SD	SE	T (Calculated) Value	T (Table) Value	P Value
15	1.29	0.33	16.96	2.15	0.001

#### V. CONCLUSION

After a through analysis of this study, it was determined that the local applications of *meshlochnadi malhar* has a distinct and beneficial role in treating *vicharchika* offering enhanced and prompt relief to patients. The present study underscore the efficacy of various *Ayurvedic* shaman treatment modalities in addressing *vicharchika* with no reported adverse effects affirming their safety and effectiveness.

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