



## Case Study

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### ROLE OF VIRECHANA KARMA AND SHAMAN DRUGS IN THE MANAGEMENT OF VICHARCHIKA: A CASE STUDY

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#### ABSTRACT

All skin disease under the sunshade of the Kustha, in other word it can be listed as “Ayurvedic dermatology” in Ayurveda. It is not a vis-à-vis correlation but one can cover up all dermatological manifestations under 18 subtypes of Kustha. All Kustha are Tridoshaja, hence Vicharchika can be explained in similar manner. Vicharchika have greater correlation with eczema/dermatitis in modern science. Eczema is a condition where patches of skin become inflamed, itchy, red, cracked and rough. A case of 67 year old male patient, presented with Kandu, Daha, Srava, Vedana, Vaivarnya, Vrana etc lakshanas of Vicharchika on his Vama Hasta (Left hand) with reoccurrence, since last 2 years, patient was tired of a lot of medicines, visited to Gurukul Campus, U.A.U, Haridwar for further treatment. Patient was treated with Virechana Karma and certain Shamana drugs. A remarkable improvement in the condition was observed in 1 month.

**Keywords:** Kustha, Kandu, Vicharchika, Virechana Karma, Eczema.

#### INTRODUCTION

Vicharchika (Eczema) is a type of Kshudra kustha characterized with symptoms like Kandu (itching- Kapha Dosha responsible), Srava (discharge- Kapha Dosha), Daha (Burning sensation - Pitta Dosha), Pidaka (vesicles- Pitta Dosha), Vrana (Ulceration mention by Acharya Kashyapa) and Paka (due to the infection of Vrana, purulent discharge may trickle because of Pitta Dosha mentioned in Kashyapa Samhita). All Kustha are Tridoshaja, hence Vicharchika can be explained in similar manner. It is one of the non-contagious inflammations of the skin. Vicharchika have greater correlation with eczema/dermatitis in modern science. The Vata involvement results in dry, blackish lesion of eczema, Pitta is responsible for Srava whereas itching in the affected area is due to Kapha. Its nature is susceptible to be chronic. In Ayurveda, Acharyas emphasizes Shodhana and Shamana therapy as the line of treatment at various places in the management of Kustha. Among the Shodhana Karma, Virechana Karma is best for purificatory measures in Vicharchika. Virechana Karma is not only a mere bowel cleaning procedure but also has systemic effects. Acharya Charaka has explained Virechana Karma for the Pitta Dosha and Rakta Dushti<sup>1</sup>. A case of 67 year old male patient, presented with Vrana, Kandu, Daha, Srava, Vedana, Vaivarnya, Raji etc Lakshanas of Vicharchika on his Vama Hasta (Left hand), since last 2 years, visited to Gurukul Campus, U.A.U, Haridwar for further treatment. A remarkable improvement in the condition was observed in 1 month.

#### The case study is as follow

A 67 years male patient came to OPD of Panchakarma with chief complaint of-

1. Round red colour big patche with skin peel off on left hand
2. Intense Itching

3. Burning sensation
4. Discharge (Srava) from patch

Patient had above complaints since 2 years.

#### Presenting Concern

A 67 years male patient was apparently asymptomatic before 2 years. He got very small sharp injury on his hand gradually developed intense itching sensation, burning sensation, round red in colour, some discharge was present on hand region. Later it involves more area and near the fingers. Due to itching skin was peeled off over the lesion.

The Ayurvedic diagnosis is considered as Vicharchika which is a Kapha and Rakta predominant Kshudra Kustha. Here an effort was made to treat a sixty seven years old male patient, well diagnosed case of Vicharchika (eczema), by Ayurvedic regimen. As the principle of treatment of all types of Kustha is Sanshodhana along with Sanshamana drugs. In this study initially Virechana Karma was performed. After Virechana, Sanshamana drugs were given for 15 days.

#### History

Constipation, loss of appetite  
No H/o HTN, DM, Asthma, nor any other  
No addiction

#### MATERIAL AND METHODS

##### Personal history

**Name** - xxxxxxxx  
**Age** - 67 years /male

OPD/COPD No. - 3679/27256

Date - 23/11/2019

Address - Jwalapur, Haridwar

Occupation - Shopkeeper

Religion - Hindu

Marital status – Married

Table 1: Ashtavidha Pariksha

S. No.	Ashtavidha Pariksha	
1	Nadi	73/min. Regular
2	Mala	Vibandha
3	Mutra	Samanya
4	Jivha	Ishathasaam/ Niram
5	Shabda	Samanya
6	Sparsha	Ruksha
7	Drika	Samanya/Pandu –ve
8	Akriti	Madhyama

Table 2: Dashvidha Pariksha

S. No.	Dashvidha Pariksha	
1	Prakriti	Pitta–Kaphaja
2	Vikriti	Kapha Rakta
3	Sara	Mamsa sara
4	Samhanana	Madhyama
5	Pramana	Madhyama
6	Satva	Pravara
7	Satmya	Madhyama
8	Ahara shakti	Avara
9	Vyayama shakti	Madhyama
10	Vaya	Vruddhavastha

- As the patient were having severe Kandu, Daha, occasionally Srava or Rukshata, Vrana, Vaivarnya, Raji and Vedana etc. from last 2 years. He was registered for present study in OPD of Gurukul Campus, Uttarakhand Ayurveda University and Haridwar, India in Panchakarma Department on 23/11/2019. Depending upon signs and symptoms the patient was diagnosed as Vicharchika (Eczema). Virechana Karma was given to the patient and followed by Shamanaudhis for 15 Days.
- Simple single case study

Table 3: Nidana Panchaka

Nidana	Viparita Ahara Vihara, Vega Vidharana, Mala Vibandha
Purvarupa	Kandu, Daha, Vedana
Rupa	Vrana, Kandu, Daha, Srava, Vedana, Vaivarnya, Raji
Upashaya	Application of ointments (lipuu)
Samprapti	Due to Nidana Sevana there was some Kha-viguna and after injury the Prakupita dosha are came and vitiates Tridosha, Twak, Rakta and Lasika and create Vicharchika Kustha (Symptoms like Kandu, Daha, Srava, Vedana, Vaivarnya, Raji)

Table 4: Samprapti Ghataka

Nidana	Viparita Ahara Vihara, Vega Vidharana, Mala Vibandha
Dosha	Tridosha (Kapha Rakta Pradhana)
Dushya	Twak, Rakta, Lasika (Ambu), Sweda
Srotas	Rasa, Rakta
Adhishthana	Twacha
Rogamarga	Abhyantara

### Vyadhi Vinishchaya (Diagnosis)

Vicharchika Kustha

### Treatment

- Nidana Parivarjana
- Shodhana Karma

- Deepan-Pachana
- Virechana Karma
- Shaman Chikitsa (Two follow – up)

Table 5: The drugs used for Deepan–Pachana for 3 days

S. No.	Dravya	Dose	Duration	Anupana
1.	Chitrakadi Vati	2 tab	BD	Luke warm water
2.	Agnitundi Vati	2 tab	TDS	Luke warm water

**Table 6: Snehapana for Virechana Karma**

S. No. and Days	Procedure	Medicine	Date	Dose	Observation and Complication
1.	Snehapana	Panchatikta ghrita	26/11/19	50 ml	Felt good
2.			27/11/19	100 ml	Itching Reduce
3.			28/11/19	150 ml	Itching completely absent
4.			29/11/19	200 ml	Bowel clear Vomiting+ (1 episode) Acidity +
5.			30/11/19	250 ml	Redness reduced and Snigdha Varchas observed
6.	Sarvanga Abhyanga (45 minute) and Swedana (20 minutes)	Abhyanga (Tilataila) and Swedana (Dashmoola Kwatha)	1,2,3 <sup>rd</sup> of Dec, 2019		Itching- Reduced Burning Sensation- Reduced Redness- Reduced Sleep- Sound
7.					
8.					

**Table 7: Virechana karma and Samsarjana Karma**

S. No.	Procedure	Medicine	Vega
1.	Virechana karma	Trivrit Avaleha 50 gm + Kutaki choorna 20 gm + 150 ml Erand taila + 1 tab. of Itchabhedhi Ras given at 12:00 noon.	25
2.	Samsarjana karma advised for 7 days		

**Shamana chikitsa**

**Table 8: Drugs used for 1<sup>st</sup> follow –up**

S. No.	Medicines	Duration
1.	Panchnimbhadi choorna 4 gm + Rasamanikya Ras 65 mg TDS + Sh. Gairika 500 mg Gandhaka Rasayana 500 mg add in 2 <sup>nd</sup> follow-up - Empty stomach Anupana- lukewarm water	15 days
2.	Giloyghan Vati 2 TDS	15 days
3.	Dadru daman oil + L/A Lippu ointment (natural moisturizer)	15 days
4.	Shirishadi Kashayam 20 ml + Mahamanjishthadi Kashayam 20 ml BD	15 days



**Figure 1, 2: Before the treatment and during snehapana**

Figure 3, 4: After Virechana Karma and after 1<sup>st</sup> follow-up

## RESULTS

Significant relief has been observed in symptoms like Kandu, Daha, Srava Vedana, Vaivarnya and Raji. During the study, a significant improvement has also been observed in appetite and bowel habits.

Table 9: Grading

Signs and symptoms	Before Treatment	After Treatment
Kandu (itching)	3	0
Pidika (eruptions)	3	1
Shyava (discoloration)	3	1
Bahu srava (discharge)	3	1
Rukshata (dryness)	3	0
Ruja (pain)	2	0

## DISCUSSION

Virechana Karma expels out the Dosha 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 also acts on Kapha Dosha. Virechana drugs with the Ushna, Tikshna, Sukshma, Vyavayi and Vikasi properties 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 properties bring the morbid humour from the Shakha to Koshtha. Dominant Prithvi and Jala Mahabhuta take these Dosha towards. Prabhava of the medicine is responsible for expulsion of these Dosha out of the body by rectal root. In the present study, Trivita Avaleha was selected for Virechana Karma has property for Sukha Virechak<sup>2</sup>. Trivita has Madhura Kashaya, Tikta Rasa, Katu Vipaka and Ushna Virya<sup>3</sup>. With Madhura, Kashaya, Tikta Rasa, Trivita helps to pacify or expelled out Pitta Dosha. Trivrit was having Kusthaghna, Krimighna, Rakta Shodhana and also Tridoshaghna properties<sup>4</sup>.

So effect of drug itself was found to be helpful in the reduction of the disease. Gandhaka Rasayana - it is a herbomineral formulation. It is having ingredients like - Shudh Gandhaka, with Bhavana of different Kwath, Swarasa etc. example - Guduchi Swarasa, Godugdha and Aadraka Swarasa etc. it is indicated in Kustha Vyadhi<sup>5</sup>. It is having anti-fungal Activity<sup>6</sup>; It is used in the treatment of skin diseases itching on the lesion. It is a very good blood purifier. It is also useful in bleeding disorder. It effects on Tridosha i.e. Vata Pitta and Kapha. It acts as anti-bacterial, antiviral, anti-pruritic and anti-inflammatory agent. Kutaki Choorna is Ayurvedic herb. It is having Ruksha Laghu Guna, Tikta Rasa, Katu Vipaka and Sheet Virya. It balances Kapha and Pitta Dosha. In condition of Pitta inflicting the Rasa and Rakta Dhatu -Kutaki

by the virtue of its Tikta Rasa and Sheet Virya it pacifies Pitta; it does Prasadana of those Dhatu too. A very lower dosage of Kutaki Choorna augments the digestive fire (Jatharagni), Cleanness the blocked Srotas. It is also having anti-bacterial property<sup>7</sup>.

Panchnimbadi Choorna - Nimba has Tikta and Kashaya Rasa, Laghu, Ruksha Guna, Sheet Virya, Pitta Kaphahara, Kandughna, Kusthaghna, Vranahara, Krimihara and Rakta Shodhaka. The ingredients of Maha Manjishtadi Kwatha are Manjistha, Haritaki, Vibhitaki, Amalaki, Katuki, Vacha, Devadaru, Haridra and Nimba Twak which have the properties like Agni dipaka, Rakta Shodhaka, Samsrana, Pitta Kaphahara, Kusthaghna, Kashaya, Tikta, Katu Rasa, Laghu Ruksha Guna, Ushna Virya, Pittakapha Shamaka, Kusthaghna etc. Rasamanikya is beneficial to manage the various chronic skin problems like leprosy, have property to heal wound rapidly and relieves the pus filled boils, disease with excessive dryness of skin, lessen the rashes, helps to get rid from eczema and helps to reduce the inflammation of eczema means it mainly pacify the Pitta dosha. Shudh Gairika - it shows beneficial effects in skin diseases, piles, bleeding disorders, ulcers, boils, urticaria, vomiting, hiccups etc. Lippu Ointment (natural moisturizer) effectively controls Trans Epidermal Water Loss (TEWL), moisturizes the skin, due to long retention time more effective for dry skin. It is a proven solution to dry skin (Vata Doshahara) and associated problem, improves moistening of the skin.

## CONCLUSION

In the present study Virechana as Shodhana Chikitsa and Shamana therapy, both in combinations when followed systematically, given relief from symptoms in patients of Vicharchika. Vicharchika can be managed successfully with

Ayurveda and need to be studied in more number of patients. Shodhana and Shaman Chikitsa have showed highly significant result. Panchakarma helps in to stop the reoccurrence of the disease.

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