

Management Of Vicharchika (Eczema) Through Ayurvedic Intervention: A Case Study

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• Abstract

Vicharchika, a type of Kshudra Kushtha, is a chronic skin disorder characterized by kandu (itching), srava (oozing), rukshata (dryness), and pidika (lesions). It shows close resemblance with eczema in modern dermatology. This case study presents a 35-year-old female patient with chronic symptoms of Vicharchika for 6 months, she was treated with ayurvedic shaman and shodhan chikitsa which gives significant improvement (~85%) within 1 months. The case highlights the effectiveness of Ayurvedic management in recurrent skin disorders.

Keywords: Vicharchika, Kshudra Kushtha, Eczema, Ayurveda, Kandu, Kapha-Pitta.

• INTRODUCTION

In Ayurveda, the term Kustha is broadly used to denote a group of stubborn and chronic skin diseases. It is considered one of the Ashtamahagada by the Bruhatrayees due to its chronicity, recurrence, and difficulty in treatment¹. Vicharchika, classified under Kshudra Kustha (minor skin disorders), is described by Charaka and Vagbhata as presenting with intense itching, blackish-brown maculopapular lesions, and discharge^{2,3}.

In contrast, Sushruta explains Vicharchika as characterized by linear lesions associated with severe itching, pain, and dryness⁴. From the modern medical perspective, dermatitis—commonly linked with eczema—is considered a reaction pattern that may exhibit varied clinical and histopathological features, representing the final manifestation of multiple underlying conditions⁵.

Vicharchika can be correlated with eczema, a term that generally describes a group of chronic or recurrent skin disorders marked by redness, swelling, itching, and at times crusting, scaling, blistering, cracking, oozing, or bleeding⁶. Due to its chronic and relapsing nature, Vicharchika presents considerable challenges in management. Therefore, this clinical case diagnosed as Vicharchika is presented along with its treatment approach.

Case study

• Patient Information

This case study presents a 35-year-old female patient came to our outdoor patient department

- Occupation: Household work (frequent exposure to water, detergents)
- Known history: No Diabetes Mellitus / Hypertension
- Allergy history: No known allergies

• Chief Complaints

Table 1 : Showing symptoms & duration of patient :

SR.NO	CHIEF COMPLAINTS		DURATION
1	Vam parshava abdomen) a)	udar pradesha (lateral part of kandu +++	

	b)	vaivarnya ++	
	c) d) e) f)	alpa srava + ruja++ daha ++ rukshata++	From 6 months

- **History of Present Illness**

The patient was apparently normal 6 months ago, after which she gradually developed itching and skin lesions over the affected area (as shown in image). The itching was severe during the initial 3 months.

She took allopathic treatment, which provided temporary relief, but symptoms reappeared within 15 days after stopping medication, indicating a recurrent nature.

The patient visited the Ayurvedic OPD 1 months ago for further management.

- **Personal History**

- Diet: Likely exposure to Viruddha Ahara (stale food, fish + milk, bekari food) and oily/spicy diet (vada pav, non veg), 3-4 times tea in a day
- Lifestyle: Frequent contact with water and detergents as she was house keeper • Sleep: Normal

Examination

- **General examination**

Pulse: 80 bpm

Blood Pressure: 110/70 mmHg

Temperature: 98 F

Respiratory Rate: 18 bpm

Oxygen Saturation (SpO2): 96%

Astavidha pariksha :

- **Prakruti** : pitta-kaphaj prakruti
- **Mutra**: prakrut 5-6 times /day.
- **Mala**: badhata .
- **Jihwa**: prakrut(niram) moist with no coating.
- **Shabda**: prakrut Clear, tone.
- **Sparsa**: prakrut Normal (body temperature, soft and supple skin).
- **Druk**: prakrut Clear white sclera, bright and steady gaze.
- **Akriti** : prakrut Balanced weight for their height; skin has a healthy glow.

- **Local Examination (Based on Image)**

- Site: Lateral part of abdomen
- Lesions: Hyperpigmented patches with mild scaling
- Signs of scratching present
- Before treatment: Active lesions with erythema and excoriation
- After treatment: Marked reduction in lesions, pigmentation remains mild

- **Ayurvedic samprapti**

- **Dosha**: Kapha-Pitta predominant
- **Dushya**: Rasa, Rakta, Mamsa
- **Srotas involved**: Rasavaha, Raktavaha
- **Rogamarga**: Bahya
- **Vyadhi**: Vicharchika

- **Samprapti (Pathogenesis)**

Due to continuous exposure to jala (water) and chemical irritants (detergents), along with possible dietary factors, there is vitiation of Kapha vata and Pitta Dosha. These vitiated Doshas affect Rakta and Mamsa Dhatu, leading to manifestation of kandu, srava, pidika, and rukshata—classic features of Vicharchika.

- **Diet & Lifestyle Advice**
- Avoid: Spicy, oily, fermented foods
- Avoid excessive water/detergent exposure
- Maintain skin hygiene

Treatment Protocol

Internal Medicines (Shamana Chikitsa)

- **Arogyavardhini Vati** – 125 mg BD with Koshna Jala⁷
- **Gandhak Rasayan** – 125 mg BD⁸
- **Mahamajisthadi Kwatha** – 20 ml BD⁹
- **Gandharva Haritaki Churna** – 2 gm HS with Koshna Jala¹⁰

Panchakarma & External Therapy

- Nimba + Khadira + Triphala Kwatha (Dhavana)¹¹
- Sthanik Abhyanga with Nimbadi Taila¹²
- Raktamokshana (Siravedha)¹³ -50ml raktmokshana from vam kurper sandhi (left elbow region) -every week

Results (After 1 Month of Treatment)

The patient was assessed based on major clinical features of Vicharchika. Significant improvement was observed in all symptoms:

- **Kandu (Itching):** Markedly reduced from severe to mild
- **Rukshata (Dryness):** Significantly reduced
- **Discoloration of skin:** Noticeable reduction in hyperpigmentation
- **Srava (Oozing):** Completely absent



Fig.1 : Image of patients

Symptom Grading (Before vs After 1 Month)

Symptom	Before Treatment	After 1 Month
Kandu (Itching)	Severe (+++)	Absent (0)

Srava (Oozing)	Moderate (++)	Absent (0)
Discoloration	Moderate (++)	Mild (+)
Daha (burning sensation)	Moderate (++)	Absent (0)
Ruja (pain)	Moderate (++)	Absent (0)
Rukshata (Dryness)	Moderate (++)	Mild (+)

Overall Assessment

- **Clinical Improvement:** ~85% after 1 month

• DISCUSSION

Vicharchika, described under Kshudra Kushtha, is a chronic dermatological condition predominantly involving Kapha and Pitta Dosha along with vitiation of Rakta and Mamsa Dhatu^{14,15}. In the present case, the patient had a history of prolonged exposure to water and detergents due to household work, which acts as an important Nidana leading to Dosha prakopa¹⁶. The recurrent nature of the disease, along with temporary relief from allopathic medication, suggests incomplete resolution of the underlying pathology. The clinical features such as Kandu, Srava, Rukshata, and Vaivarnya observed in this patient are classical signs of Vicharchika¹, confirming the Ayurvedic diagnosis.

The treatment protocol adopted in this case focused on Samprapti Vighatana through a combination of Shamana Aushadhi, Bahya Chikitsa, and Raktamokshana. Internal medications like Arogyavardhini Vati and Gandhak Rasayan helped in Deepana-Pachana, Rakta Shodhana, and alleviation of Kandu^{17,18}. Mahamanjisthadi Kwatha acted as a potent blood purifier¹⁹, while Gandharva Haritaki ensured proper Anulomana, thereby reducing Ama²⁰. External therapies such as Nimba-Khadira-Triphala Kwatha Dhavana and Nimbadi Taila Abhyanga provided local relief by reducing inflammation and dryness²¹. Raktamokshana played a crucial role by directly eliminating vitiated blood, which is considered a prime factor in Kushtha Roga², thus accelerating the healing process.

Significant clinical improvement was observed in this case, with complete resolution of Kandu, Srava, Rukshata, Ruja, and Daha, and marked reduction in discoloration within one month of treatment. The overall improvement of approximately 80–85% indicates the effectiveness of Ayurvedic management in chronic and recurrent skin conditions. The residual hyperpigmentation suggests ongoing Dhatu-level repair, which is expected to resolve gradually. This case highlights that a holistic Ayurvedic approach, including Nidana Parivarjana, Shodhana, and Shamana Chikitsa, not only provides symptomatic relief but also addresses the root cause, thereby reducing the chances of recurrence.

• Conclusion

This case demonstrates that Ayurvedic management is highly effective in chronic conditions like Vicharchika. With proper Nidana Parivarjana (avoidance of causative factors) and Shamana Chikitsa, significant improvement can be achieved without recurrence.

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