



“Effect of *Panchatikta Ghrita Guggul* orally and *Karaveertailam* locally in the management of *Vicharchika* w. s. r. to Eczema.” A Case Study.

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Abstract :

Ayurveda is the traditional, ancient Indian System of Health science. *Ayurveda* is “the science of life”. *Ayurveda* has 8 branches(*Astang Ayurveda*)that deals with general medicine. Skin is the largest and important organ and outermost covering of the body which acts as a protective barrier. But sometimes irritant substance or microbes can damage the skin and causes many skin diseases. According to *Astanghrudaya*, in *kushta* due to vitiated *dosha* the part of skin becomes affected and changes its normal colour called *kushtha*. Which have been classified mainly into two groups- Viz. *Mahakushtha* and *Kshudrakushtha*. All the clinical features of *vicharchika* can be very

well correlate to clinical features of Eczema, which is distinctive pattern of inflammatory response of the skin i.e dermatitis according to modern science. In this case of *Vicharchika* patient was treated by some *Panchatikta GhritaGuggul* orally and *Karaveertailam* locally.

Keywords:- *Vicharchika*, *kushtha*, *Eczema*, *Panchatikta Ghrita Guggul*, *Karaveertailam*.

Introduction:-

Ayurveda is the traditional, ancient Indian System of Health science. *Ayurveda* is “the science of life”. *Ayurveda* is not only curative but also preventive science of life. *Ayurveda* has 8 branches(*Astang Ayurveda*)that deals with general medicine. *Kayachikitsa* is the first specialised branch

of *Astang Ayurveda* that deals with treatment.

Skin is the largest and important organ and outermost covering of the body which acts as a protective barrier. But sometimes irritant substance or microbes can damage the skin and causes many skin disorders.

In *Ayurveda*, The word *Kushta* is broad term, which covers almost all skin disorders.

“*kushnateetikushtam*”

(*Ma.Ni./Kushta./Tika 1*)

According to *Astanghrudaya*, *inkushta* due to vitiated dosha the part of skin becomes affected and changes its normal colour called *kushtha*.

Which have been classified mainly into two groups-

Viz. (1) *Mahakushtha* and (2) *Kshudrakushtha*

Vicharchika being one among *kshudrakushtha*, is also a *Rasa*, *Rakta*, *Twaka*, *Lasika*, *Mansa dhatu pradoshajvikara*.

Paribhasha: The term *Vicharchika* is derived as one of the variety of *Astadasha Kshudrakushta*, in which the skin develops *Shyavarnata*, *Pidaka*, associated with *srav* and *kandu*.

विचर्चिका-

1. सकण्डुपिडकाश्यावाबहुस्त्रावाविचर्चिका ॥

च.चि.७/२६, यो.र/भा.प्र.५४/२७

2. सकण्डुपिटीकाश्यावालसीकाद्याविचर्चिका ॥

अ.ह.नि१४/१८

3. कफप्रायाविचर्चिका ॥ च.चि.७/३०

4. राज्योअतिकण्ड्वर्तिरुजः

सरुक्षाभवन्तिगात्रेषुविचर्चिकायाम् ॥ सु.नि.

५/१३

5. श्यामलोहितव्रणवेदनास्त्रावपाकवतीविचर्चि

॥..का.सं Pg.No.116

6. पित्तनोदुम्बरप्रोक्तंकफान्मण्डलचर्चिके ॥..शा

सं७/८

According to *charaksamhita*, *vicharchika* is *kaphapradhanvyadhi* and symptoms of *vicharchika* are *kandu* (Itching), *shyava varna* (blackish discoloration), *pidika* (eruption), *bahustrava* (discharge), *ruja* (pain), *rajyo* (marked lining due to thickness of lesion), (dryness), *lohit varna* (redness of lesion).

All the clinical features of *vicharchika* can be very well correlate to clinical features of Eczema, which is distinctive pattern of inflammatory response of the skin i.e dermatitis according to modern science.

The word Eczema is broad term used for many types of skin inflammations, It is the

skin disorder also called as Dermatitis. It is a pattern of inflammatory response of the skin which is the resultant of delayed type of hypersensitivity mediated by memory T lymphocytes in the skin. It clinically manifest by pruritus, erythema, oedema, Papules and Vesicles and oozing in acute stage whereas itching, scaling, dryness and *lichenification* occur in chronic stage.

Usually first symptom of eczema is intense itching, the rash appears later, and is red in nature has a eruptions of different sizes, for this reason, Eczema is also called as “itch that rashes.”

The prevalence of skin disease in the general population has varied from 3% to 21.5% in various studies.

The easily available ingredients of this formulation are found to be *Kushthaghna* and *Kaphaghna* and *Vicharchikais KaphapradhanVyadhi*.

Method – A Case Study:-

Method – A Case Study (Report):-

A 56yrs male pts came to O. P. D. of *Kaychikitsa* dept. of L. K. *Ayurvedic* Hospital , Yavatmal with chief complaints of-

1. *Hasatabhagi* (lower limb)
Twakvaivarnyata (Discoloration of skin) – 2yrs
2. *Kandu* (Itching) – 2yrs
3. *Pidika* (Eruptions) – 2yrs

4. *Ruja* (Pain) – 2yrs

5. *Rukshta* (Dryness) – 2yrs

Patient having above complaints since 2yrs.

Past History:- No/H/O –

DM/HTN/T.B./THYROID

No/H/O – No any major illness

History of Present illness:-

Patient is normal before 2yrs ago than pts has been suffered from above symptoms. Pts. was treated by local doctor many times but after stop medication pts symptoms was aggravated then pts came to L. K. *Ayurvedic* Hospital, Yavatmal for *Ayurvedic* treatment and management.

Rugnaparikshan:-

- *Nadi*:-80/min
- *Mal*:- *Asamyak*
- *Mutra*:- *samyak*
- *Jivha*:- *alpasaam*
- *Shabda*:- *prakrut*
- *Sparsha*:- *prakrut*
- *Druk*:- *prakrut*
- *Aakruti*:- *Madhyam*
- *Nidra*:- *prakrut*
- *BP*:-130/90 mmHg
- *Temp*:- *Afebrile*

Material and methods

Method:-

1) A Case Study

2) Centre: P.G Dept. of *kayachikitsa*
L. K. *Ayurved* hospital Yavatmal
affiliated to D. M. M. *Ayurveda*
College, Yavatmal

Material :-

Table no.1

Showing material of case study

Sr. no	Dravya	Dose	Duration	Anupan
01)	PanchatiktaGhritaGuggul	1Gm BD (500MG)	Twice a Day	Lukewarm water
02)	KaraveerTailam	Local Application	Twice a Day	-

Table no.2

- **Mode of action of formulation used in chikitsa:-**

Sr. no.	Dravya	Mode of action/Use
1	PanchatiktaGhrita Guggul	Vishadoshahar, Vatahar, Kushtahar, Vatraktahar, Sarvavikarhar
2	KaraveerTailam	Kushtaghna and Kanduhar

Drug description for Panchatikta Ghrita Guggul:- References -Bhaishajay Ratanawali,54/233-236

Sr. No	Dravya	Latin Name	Guna	Rasa	Virya	Vipak	Dosha Ghanta	Rogaghanta
1	Nimba twaka	Azodiracta Indica	Laghu Ruksha	Tikta katu Kashay	Sheeta	Katu	Kapha pittahar	Kushthaghana
2	Guduchi	Tinospora Cordifolia	Laghu Ruksha Singdha	Tikta katu Kashay	Ushna	Mad-hur	Tridosha Ghna	kaphaghana Kushthaghana Jwarghana Rasayan
3	Adusa Panchang	AdhatodaVa sica	Laghu	Tikta Kashay	Sheeta	Katu	Kapha pittahar	Tamaksawas
4	Patol patra	Trichosanthes Diocia	Laghu Singdha	Tikta	Ushna	Mad-hur	Tridosha Ghna	Kushthaghana Jwarghana Swedajanan
5	Kantakari mula	Solanum Xanthocarpum	LaghuRuksha	Tikta Katu	Ushna	Katu	Vatakapk a Ghna	Jwar
6	Guggul	Commiphora Mukul	Laghu Ruksha Tikshna Vishad Sughandi Sukshma	Tikta katu Kashay	Ushna	Katu	Vatakapk a Shamak	Amavaat SandhigatvaatArsha Sthwalya
7	Patha	Cissampelos Pariera	Laghu Tikshna	Tikta Katu	Ushna	Katu	Kapha Vataghna	Kustthaghana Vishaghana Jwarghana
8	Vidang	Embelia Ribes	Laghu Ruksha Tikshna	katu	Ushna	Katu	Kapha vataghna	Jantughana Kustthaghana
9	Devdaru	Cedrus	Laghu	Tikta	Ushna	Katu	Kapha	Kustthaghana

		Deodara	Singdha				vataghna	Pramehaghana
10	Gajapippali	Piper Longum	LaghuSingdha Tikshna	katu	An-ushna	Mad-hur	Kaphavat a-shamak	Kusthaghana Vishamjwarhar
11	Sarjikshara	Sodium Carbonate	Laghu Tikshna	katu	Ushna	-	Kaphavat a-shamak	Kusthaghana
12	Yavakshara	Hordenum Vulgare	Laghu	katu	Ushna	-	Kaphavat a-shamak	Kusthaghana
13	Shunthi	Zinziberaceae	Laghu Singdha	katu	Ushna	Mad-hur	Kapha vataghna	Jajikaran Jwarghana
14	Haridra	Curcuma Longa	Laghu Ruksha	Tikta Mad-hur	Ushna	Katu	Kaphapitta-shamak	Kusthaghana Vishaghana Vranashodhan
15	Shoffa	Anethum Sowa	Laghu Ruksha Tikshna	katu	Ushna	Katu	Kapha vataghna	Dipan Pachan
16	Chavya	Piper Cheba	Laghu Ruksha Tikshna	katuTikta	Ushna	Katu	Kapha vataghna	Krumighana Arsha
17	Kushta	Saussurea Lappa	Laghu Ruksha Tikshna	Tikta Katu Mad-hur	Ushna	Katu	Kaphavat a-shamak	Kusthaghana Jwarghana Vrushya
18	Tejovati	Zanthoxylum Armatum	Ruksha	katuTikta	Ushna	Katu	Kapha vatahar	Kusthaghana
19	Marich	Piper Nigrum	Laghu Tikshna	Katu	Ushna	Katu	Kapha vatahar	Kusthaghana Lekhan Krumighana
20	Endrayava	Holarrhena Pubescens	Laghu Ruksha	Tikta Kashay	Sheeta	Katu	Kapha pittaghna	Kusthaghana
21	Jeera	Cuminum Cyminum	Laghu Ruksha	Katu	Ushna	Katu	Kapha vata-shamak	Kusthaghana Jwarghana
22	Chitrak twaka	Plumbago Zeylanica	Laghu Ruksha Tikshna	Katu	Ushna	Katu	Kapha vata-shamak	Kushtha Chamaroga Switra
23	Kutaki	Picrorhiza Kurroo	Laghu Ruksha	Tikta	Sheeta	Katu	Kapha ghna	Kusthaghana Kas, Swasa, Prameha
24	Bhallatak	Semecorpus Anacardium	Laghu Singdha Tikshna	Katu Tikta Kashay	Ushna	Mad-hur	Kapha vata-shamak	Kusthaghana Chedan Jwarghana
25	Vacha	Acorus Calamus	Laghu Tikshna	KatuTikta	Ushna	Katu	Kapha vata-shamak	Krumighana Swas Kas
26	Pippali Mula	Piper Longum	Laghu Singdha Tikshna	katu	An-Ushna sheeta	Mad-hur	Pitta shamak	Kusthaghana Vishaghana
27	Manjishta	Rubia	Guru	Tikta	Ushna	Katu	Tridosha	Kusthaghana

		<i>Cordifolia</i>	<i>Ruksha</i>	<i>Kashay</i> <i>Mad-hur</i>			<i>ghna</i>	<i>Prameha</i> <i>Rasayan</i> <i>Vishaghana</i>
28	<i>Ativisha</i>	<i>Aconitum</i> <i>Heterophyllum</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Katu Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>pitta-</i> <i>shamak</i>	<i>Jwarghana</i> <i>Vishaghana</i>
29	<i>Aamalaki</i>	<i>Emblica</i> <i>Officinalis</i>	<i>Ruksha</i> <i>Guru</i> <i>Sheeta</i>	<i>Pancha</i> <i>Rasa</i> <i>(lavan-</i> <i>Rahit)</i>	<i>Sheeta</i>	<i>Mad-</i> <i>hur</i>	<i>Tridosha</i> <i>har</i> <i>(Pitta)</i>	<i>PramehaKusthag</i> <i>hana</i> <i>Rasayan</i>
30	<i>Bibhitaka</i>	<i>Terminalia</i> <i>Bellirica</i>	<i>Ruksha</i> <i>Laghu</i>	<i>Kashay</i>	<i>Ushna</i>	<i>Mad-</i> <i>hur</i>	<i>Tridosha</i> <i>har</i> <i>(Kapha)</i>	<i>JwarghanaDativ</i> <i>ardhak</i> <i>Chakshushya</i>
31	<i>Haritaki</i>	<i>Terminalia</i> <i>Chebula</i>	<i>Ruksha</i> <i>Laghu</i>	<i>Pancha</i> <i>Rasa</i> <i>(lavan-</i> <i>Rahit)</i>	<i>Ushna</i>	<i>Mad-</i> <i>hur</i>	<i>Tridosha</i> <i>har</i>	<i>MutralKusthagha</i> <i>na</i> <i>Jwarghana</i> <i>Rasayan</i>
32	<i>Ajamoda</i>	<i>Carum</i> <i>Roxburghianum</i>	<i>LaghuRuksha</i> <i>Tikshna</i>	<i>Katu Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>vata-</i> <i>shamak</i>	<i>Swas</i> <i>Kas</i> <i>Hikka</i>

Drug Description For KaraveerTailam:- Reference – Charakchikitsa 7/105-106

Sr. No.	Dravya	Latin Name	Guna	Rasa	Virya	Vipak	Dosha Ghanta	Rogaghanta
1	<i>Shweta Karaveer</i>	<i>Nerium Indicum</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>Katu</i> <i>Tikta</i> <i>Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>vataghna</i>	<i>Kusthaghana</i> <i>Jwarghana</i> <i>Vishaghana</i>
2	<i>Endrayava</i>	<i>Holarrhena Pubescens</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Tikta</i> <i>Kashay</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha</i> <i>Pittaghna</i>	<i>Kusthaghana</i>
3	<i>Vidang</i>	<i>Embelia Ribes</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>vataghna</i>	<i>Jantughana</i> <i>Kusthaghana</i>
4	<i>Kushta</i>	<i>Saussurea Lappa</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>Tikta</i> <i>Katu</i> <i>Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>vata-</i> <i>shamak</i>	<i>Kusthaghana</i> <i>Jwarghana</i> <i>Vrushya</i>
5	<i>Arakamula</i>	<i>Calotropis Procera</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>KatuTikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>vataghna</i>	<i>Kusthaghana</i> <i>Jwarghana</i> <i>Swashar</i>
6	<i>Sarshapa</i>	<i>Brassica Juncea</i>	<i>Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>vataghna</i>	<i>Kusthaghana</i> <i>Mutranjana</i>
7	<i>Shigru</i>	<i>Moringa Oleifera</i>	<i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i> <i>sara</i>	<i>Madhur</i> <i>Tikshna</i> <i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha</i> <i>pittaghna</i>	<i>Kas</i> <i>Aartavjanan</i> <i>Kusthaghana</i> <i>Vishaghana</i>
8	<i>Kutaki</i>	<i>Picrorhiza Kurroo</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphaghna</i>	<i>Kusthaghana</i> <i>Kas, Swasa,</i> <i>Prameha</i>

Table no.3

showing changes in affected area before chikitsa and after chikitsa

• **Before treatment:-**



• **After treatment:-**



• **Discussion:-**

• **Hetu:-**

- **1) Aahar:-** Dadhisevan, Mansa sevan, Lavan- amla-katupadarthsevan, Madhyapan, Virudhaaahar, Vidahiannapan
- **2) Vihar:-** Atishram, Aatapsevan, Atikrodh, Diwaswap

Samprapti :- कुष्ठसम्प्राप्ती

त्रिदोषप्रकोप (कफदोषप्राधान्य)

शरीरातसर्वत्रसंचार

त्वचा, रक्त, मांस, लसिकादुष्टी

क्लेदोत्पत्ती

त्वचादिमध्येकोथ

कुष्ठ

Samprapti Ghatak:-

1. **Dosha:-** Tridosha Mainly Kapha (kledakkapha)
2. **Dushya:-** Rasa, Rakta, Mansa, Twaka, Lasika
3. **Strotas:-** Rasavahastrotas, Raktavaha strotas, Mansavaha strotas
4. **Adhisthan:-** Rasa, Rakta, Mansa, Twaka
5. **Udbhavsthan:-** Twaka
6. **Vyaktisthan:-** Twaka
7. **Rogmarga:-** Abhyantar

Result:-

In Ayurveda there are lots of drug used but in this case Panchatikta Ghrita Guggul orally and Karaveer Tailam locally used and it is safe and show significant effect on reduce clinical sign and symptom of Vicharchika Patient.

Conclusion:-

In this study the drug used orally formulation of Panchatikta Ghrita Guggul as well as locally formulation of Karaveer Tailam which were effective to relieve the symptoms of Vicharchika. Panchatikta Ghrita Guggul used for Vishadoshahar, Kushthahar, Sarvavyadihar and Application of Karaveer tailam would take care of Rukshata (Dryness).

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