

A Case Report on Ayurvedic Management of Vicharchika (Eczema): A Sustainable Alternative to Corticosteroid Treatment

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ABSTRACT

Background: All diseases of the skin have been classified under the *Kushta* (Skin Disease) categories in *Ayurveda*. *Vicharchika* is one of them. This is a *kaphadosha* predominance *tridoshajvyadhi*. This case demonstrates the successful treatment of *Vicharchika* (Eczema) with comprehensive ayurvedic treatment offering holistic treatment and improve overall well being. It shows symptoms like clear fluid oozing (*strava*), pain (*ruja*), itching (*kandu*) and bump (*utseda*). It can be correlated with the Eczema in contemporary science. In *Ayurveda* *Vicharchika* (Eczema) is a type of *kshudra* (small) *Kushta* (Skin disease).

Case: a case of 28 year old male patient presented with intense itching and dry lesions with bumps on the posterior part of neck, and having pulling sensation while in contact with water for 6 months.

Management: *Arogyavardhinivati* (Ayurvedic formulation), *Manjistha* (*Rubia cordifolia*) and *Haridra* (*Curcuma longa*) *churnalepa*–*Gharshan* (past application and dry powder rubbing) and *Rakt-Prasadan karma* (Paste for improvement of blood tissue quality). *Ras-Rakt-pachak-kwath* (A Decoction for enhancing blood tissue quality), *Sarivaarishta*, *Jalokaavcharan* (Leech therapy) and *Takradhara* (Buttermilk Stream)

Conclusion: *Vicharchika* can be included as Eczema. All types of skin diseases are under the umbrella of *Kushtha* in *Ayurveda*. It requires long term treatment in both forms suppressive and systemic. This case highlights the ayurvedic management of *Vicharchika* (Eczema), providing sustainable relief while enhancing the well being, *Arogyavardhini*, *saarivasava* and other treatments provide effective alternative to corticosteroid cream in treatment of *Vicharchika*,

Keywords: Eczema, Vicharchika, Arogyavardhinivati, kushtha, Ayurveda, case report.

1. INTRODUCTION

Vicharchika is classified as a *Rakta Pradoshaja Vikara* in *Ayurveda*, with a dominating *Kapha Dosha* and three *Doshas* involved. Despite being *Kshudra Kushtha*, it has a chronic history and a tendency to exacerbate. *Vicharchika* and *eczema*, a kind of dermatitis, or inflammation of the outer layers of skin, are related, according to the modern medical system.[1-3] A range of chronic or recurrent skin rashes characterized by redness, swelling, itching, and occasionally crusting, peeling, blistering, cracking, seeping, or bleeding are together referred to as *eczema*. Those with *Vicharchika* (Eczema) who do not respond well to modern medical treatment often turn to *Ayurvedic* medicine in the hopes of getting healed of their condition. Acute *eczema* arises after contact with an allergen or irritant. Its process involves prostaglandins, Helper T cells, and other inflammatory mediators. Its clinical signs include scaling, crusting, redness, swelling, and itching. The quality of life is greatly diminished by severe *eczema* in any form. There are few effective therapeutic medications in allopathy, and there is

a chance of long-term negative side effects. The foundation of Ayurveda treatment for Vicharchika is Shodhana, which eliminates the vitiated Doshas. *Shamanoushadi* assists in the Dhatus' correction and return to normalcy, just like *Shodhana* does.[4-6]

Case report: A 28-year-old male patient presented in the Outpatient Department (OPD) of *Kayachikitsa* with complaints of intense itching, dry itching lesions, red rashes with bump and sever irritation while contact with water on the posterior aspect of the neck for the last 6 months. The condition was associated with oozing from the cracks at the site. During the inspection, he reported that the itching was most severe at night and it leads the lesions to ooz clear fluid. There is no Skin conditions history in the family.

History of presenting complaints:

Patient was apparently normal 6 months before. Suddenly he started feeling sensation of itching in his neck region then he immediately put some coconut oil by thinking of dryness even after 2-days of that he got no relief and the appearance of other symptoms also get started. After 1 week of onset of all the symptoms he visited the nearby skin clinic took all the medication including Hydrocortisone for next 15 days but got no relief so after that he visited our OPD of MGACH&RC. Patient has no history of diabetes mellitus, Hypertension. There is no significant family history contributing to this condition.

Personal history

Patient food habit is vegetarian, sleep is normal during the night and none of addiction is present.

Examination

General Examination: The patient was determined to be healthy-looking, afebrile, and normotensive. Pallor, cyanosis, icterus, and lymphadenopathy were not present. And his Prakruti (Body type) was kapha-vataj (kapha-vataj body constitution), B.P. was 130/80mmhg, Height - 5.3ft, Weight was 71 kg, and Pulse was 76/min,

Systemic examination (Loco motor system examination)

Inspection – dry skin with flaks, clear oozing fluid from broken skin

Palpation- rough and soft swollen skin

Normal vesicular breathing, CVS: S1, S2 Heard, no murmur, no added sounds.

Table 1, Table of Asthavidha Pariksha

Examination	Details
<i>Nadi</i> (Pulse rate)	76/min
<i>Mutra</i> (Urination)	5- 6 times
<i>Mala</i> (Faeces)	once daily, complete evacuation
<i>Shabda</i> (Sound)	<i>Spashta</i> (Clear)
<i>Jiwha</i> (Tongue)	<i>Alipta</i> (Not coated)
<i>Akriti</i> (Body type)	<i>Sthoola</i> (Healthy)
<i>Druk</i>	<i>Avishesha</i> (Normal)
<i>Sparsha</i> (Touch)	<i>AnushnaSheeta</i> (Afebrile)

Table 2, Table of Samprapti Ghatak

Ghatakas	Details
<i>Dosha</i>	<i>kapha-pradhan Tridosha</i>
<i>Dushya</i>	<i>Twaka, Rakta, Mansa, Lasika (Ambu)</i>
<i>Srotas</i>	<i>Rasa Rakta Mans Audakvaha</i>
<i>Srotodushti</i>	<i>Vimaargagaman</i>

<i>Udbhavasthana</i>	<i>Twak</i>
<i>Agni</i>	<i>Mandagni (Jatharagniand Dhtwagni)</i>
<i>Ama</i>	<i>Samavastha</i>
<i>Vyaktisthana</i>	<i>ManyaPradesh</i>
<i>Rogamarga</i>	<i>Bahya-rogmarg</i>
<i>Rogaprakrati</i>	<i>Asukari</i>
<i>Sadhya-Asadhyata</i>	<i>Sadhya</i>

Table 3, Table of Dashvidh Pariksha

Examinations	Details
<i>Prakrati</i> : (Consitution)	<i>Vata Kapha Prakrati</i>
<i>Vikrati</i> (<i>Vikrati</i> Imbalance)	<i>Kapha</i> imbalance
<i>Sara</i> (Tissue Quality)	<i>Madhyama-sara</i>
<i>Samhanan</i> (Body Build)	<i>Madhyam-samhanan</i>
<i>Pramana</i> (Measurement)	Proportionate Measurement
<i>Satmya</i> (Suitability)	Mixed <i>Satmya</i>
<i>Satva</i> (Mental Strength)	<i>Madhyam Satva</i>
<i>Aharshakti</i> (Digestive Power)	Moderate <i>Aharshakti</i>
<i>Vyayam Shakti</i> (Exercise capacity)	<i>Avar Vyayamshakti</i>
<i>Vaya</i> (age)	<i>Youvana</i>

Examination of the patient:**Table 4, Table of Skin Examination**

Examinations	Details
Inspection	Red Inflamed and Thickened skin
Size and Shape	4x7cm especially on posterior aspect of neck
lesions	Small
Moisture	Dryness, No Sweating
Temperature	Normal
Texture	Rough
Mobility	Reduced
Thickness	Very Less
color	White Scales

Investigation:

Routine hematology (Hb, TC, DC, and ESR) and urine investigations were within normal limits. The skin lesion was sent for culture and sensitivity test and report showed no growth.



Figure: 1, Day 0 (Before treatment)



Figure: 2, Day 14th (Ongoing treatment)



Figure: 3, Day 28th (Ongoing Treatment)

Diagnosis:

The patient present with the *Kapha-Pradhana-Tridoshaj Vicharchika* (Eczema) characterized by red, itchy and dry rash on Posterior aspect of neck additionally mild presence of *Ama* suggested by thin white coating on the tongue indicating incomplete digestive and toxin accumulation. And this diagnosis has been done on the basis of Ayurvedic concepts.

Table: 5, Timeline of the treatment.

Date	Event	Description
December 20, 2023	First consultation/first visit	Consultation, examination, history taking, diagnosis, and treatment focusing on Kushtha chikitsa
January 04, 2024	Second visit	Modification of treatment and medicine as per chief complaints, particularly focusing on kandu (Itching) and stress
January 18, 2024	Third visit	Emphasis on blood purification and advising local application to manage itching and marks

2. TREATMENT PLAN

Therapeutic Intervention

In this case pharmacological intervention *Arogyavardhini*, *Manjistha Churna Lepa–Gharshan*, *Ras-Rakt-Pachak-Kwath*, *Sarivaarishta* and preventive care *Takradhara* is used.

All the medicines were given from the first day of treatment except *Takradhara* (*Buttermilk pouring*). It has been started after the first follow up.

Table: 6, Table of Therapeutic intervention

Sr. No.	Medicine	Dose and time of administration	Anupana	Duration
1	<i>Arogyavardhini Vati</i>	250 mg Twice a day after food	Warm water	28 days
2	<i>Manjistha</i> (<i>Rubia cordifolia</i>) and <i>Haridra</i> (<i>Curcuma longa</i>) <i>churnalepa</i> <i>Gharshan</i> and <i>Rakt-Prasadankarma</i> (Paste for improvement of blood tissue quality)	Twice in a day (morning and evening)	With <i>Aloe vera</i> pulp	14 days Started from second follow up
3	<i>Ras-Rakt-pachakkwath</i> (decoction for enhancing blood quality)	30 ml Twice daily empty stomach	With <i>Ghrita</i> (Cow ghee)	28 days
4	<i>Sarivaarishta</i>	After food	water	28 days
5	<i>Jalokaavcharan</i> (Leech therapy)	In morning	Nil	Twice in a month
6	<i>Takradhara</i> (pouring of buttermilk)	In morning	-	On 14 th and 28 th day

3. METHOD OF PREPARATION OF THE DRUG

Method of *kwatha* (Decoction): *Ras-Raktapachak Kwath* preparation: approx 6 gm of raw Herb Powder was taken. And this powder is mixed with approx 100 ml of water. This mixture is boiled and reduced to ≈30 ml. and taken warm prepared.

Leech therapy makes a specially-made incision and uses leeches (*Hirudo Medicinalis*) to extract impure blood from the patient. In this manner, only the blood from the affected area is extracted. First, the diseased area is meticulously cleaned and dried.

Takradhara: Buttermilk made from the cow milk taken to continuous pouring.

Follow-up and Observations

Table: 7, EASI SCORE TABLE

Parameters	Score Before Treatment	Score After Treatment
Redness	2	0
Thickness	2	0
Scratching (Itching)	3	01
Lichenification	3	0
Total Score	10	01

Single-Site Eczema Severity Score

Parameters and Scoring

Redness (Erythema), Thickness (Induration/Edema), Scratching (Itching) and Lichenification

0 = Absent

1 = Mild (just perceptible)

2 = Moderate (obvious)

3 = Severe

Total Score: The total score is the sum of the scores for each parameter, giving a range from 0 to 12. [7]

Table: 8, Follow up of the patient

Parameter	Before treatment	In between the treatment (14 th day)	After 45 th days of treatment
Kandu (Itching sensation)	3	2	0
Pidika (Papule)	2	1	0
Shyavavarna (Blackish brown discoloration)	1	1	0
Bahusrava (Excessive exudation)	2	1	0

- 0 = Absent
- 1 = Mild (just perceptible)
- 2 = Moderate (obvious)
- 3 = Severe

No adverse effect has been shown from the treatment given

TIMELINE: A detailed history and examinations were taken and the treatment protocol was chosen as per the treatment of *Kushtha* specifically as per *Vicharchika*. The patient was advised for *Nidana parivarjana* (~elimination of etiological factors), i.e., Avoid using rubber slippers, coming into contact with Congress grass, using pesticides in the farm, harsh soaps, and shampoos, all of which triggered his *Vicharchika*. The detailed timeline is mentioned in Table 6.

4. RESULT

A follow-up was conducted on the 14th and 28th days. The patient did not experience any more symptoms during this time. On the 45th day, the patient reported no side effects with no reoccurrence of symptoms. Patient had notable relief following treatment. Prior to starting treatment as well as 14th, 28th and 45th day after finishing it, assessments were conducted.



Figure: 4, 45th day (After

5. DISCUSSION

Vicharchika, identified as a Kapha-based disorder by Acharya Charak, involves an aggravation and accumulation of Kapha in the channels responsible for digestion (*Annavaaha Strotas*), thereby obstructing the channels for nutrient transport (*Rasavaha* and *Raktavaha Strotas*) and eventually settling in the channels for muscle tissue (*Mamsavaha Strotas*), resulting in itching, swelling, and discharge. While *Charaka acharya* categorizes all skin disorders as having a mixed etiology (*Sannipataja*), the specific clinical presentation varies depending on the predominant Dosha. Skin diseases with similar causative factors present differently in terms of color, symptoms, pain type, nomenclature, effects, and treatment protocols, which are influenced by the combination, variation, and site of Dosha involvement.[8] The initiation of Dosha accumulation and derangement commences in the plasma tissue (*Rasa Dhatu*), progressing to the blood tissue (*Rakta Dhatu*), thereby affecting and enlarging the plasma, blood, and muscle tissues. The progression of *Vicharchika* involves the interplay of multiple Doshas and tissue involvements, rendering the condition complex. Evidence suggests that disturbances in blood tissue (*RaktaDushti*) play a significant role in skin disorders.[9]

- **Arogyavardhini Vati:** Known for its hepatoprotective and detoxifying properties, Arogyavardhini Vati has been shown to improve liver function and purify the blood, which is essential for treating skin diseases.[10]
- **ManjisthaChurna and Turmeric (*Curcuma longa*):** Both herbs have well-documented anti-inflammatory and antioxidant properties. Manjistha has been traditionally used for blood purification and skin health, while turmeric is renowned for its broad-spectrum anti-inflammatory effects.[11,12]
- **Ras-Rakt-Pachak Kwath:** this contains *rasa pachak* and *raktapachak* yoga, *rasa pachak* contains 3 herbs named *Kutaj* (*Holarrhena antidysenterica*), *Patolpatra* (*Tricosanthesdioica*) and *Kutki* (*Picorrhizakurrooa*). While *Rakta pachaka kwath* (Decoction for blood tissue quality) contains 5 herbs named *Sariva* (*Hemidesmusindicus*) *Patol* (*Tricosanthesdioica*) *Kutki* (*Picorrhizakurrooa*) *Patha* (*Cissampelospareira*) and *Musta* (*Cyperusrotundus*), This decoction enhances blood quality and balances the body's doshas, leading to improved detoxification and reduced skin inflammation.[13]
- **Sarivaarishta:** *Sarivaarishta* is an effective blood purifier with anti-inflammatory properties, making it beneficial in managing chronic skin disorders.[14]
- **Jalokaavcharan (Leech Therapy):** Leech therapy has been shown to reduce inflammation and pain due to the anti-inflammatory and analgesic properties of leech saliva, improving blood flow and promoting healing.[15,16]
- **Takradhara:** This therapy is traditionally used to relieve stress and skin disorders. Studies have indicated its effectiveness in reducing symptoms of anxiety and promoting overall skin health.[17]

The case report highlights the effectiveness of the ayurvedic treatment plan, showcasing the benefits of holistic approach to managing the chronic skin condition like *Vicharchika* (Eczema).

The use of natural and traditional remedies, such as *Arogyavardhini Vati*, *Manjistha Churna Lepa*, and *Jalokaavcharan* (leech therapy), presents an alternative to conventional treatments, potentially reducing side effects associated with long-term corticosteroid use.

The report emphasizes the importance of addressing the patient's overall well-being, including stress reduction through *Takradhara*, which may contribute to improved outcomes.

As a single case report, the findings cannot be generalized to a larger population without further studies involving more patients.

The absence of a control group makes it difficult to definitively attribute improvements solely to the Ayurvedic interventions, as other factors may have contributed to the observed outcomes.

Some of the reported improvements, such as reduced stress and overall well-being, are subjective and may vary between individuals, requiring objective measures to validate these claims

The case report demonstrates that Ayurvedic management, incorporating *ArogyavardhiniVati*, *ManjisthaChurnaLepa*, *Ras-Rakt-PachakKwath*, *Sarivaarishta*, *Jalokaavcharan*, and *Takradhara*, provides a comprehensive approach to managing *Vicharchika*. This holistic method not only alleviates symptoms but also addresses the underlying imbalances in the body. In contrast, modern treatments with corticosteroid creams offer immediate relief but come with potential long-term side effects. Integrating Ayurvedic practices with conventional treatments could provide a balanced approach, maximizing benefits while minimizing risks.

Conclusion: The case report demonstrates that Ayurvedic management, incorporating *ArogyavardhiniVati*, *ManjisthaChurnaLepa*, *Ras-Rakt-PachakKwath*, *Sarivaarishta*, *Jalokaavcharan*, and *Takradhara*, provides a comprehensive approach to managing *Vicharchika*. This holistic method not only alleviates symptoms but also addresses the underlying imbalances in the body. In contrast, modern treatments with corticosteroid creams offer immediate relief but come with potential long-term side effects. Integrating Ayurvedic practices with conventional treatments could provide a balanced approach, maximizing benefits while minimizing risks.

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