



Case Study

ROLE OF ARKA TAIL AND MAHATIKTA GHRIT IN VICHARCHIKA –
A CASE STUDY

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ABSTRACT:

Vicharchika is explained as one among Ekadasha Kshudra kushta. The clinical features of vicharchika as Kandu, Pidaka, Shyavavarnata, Strava, Rookshta, Daha, and Vedna are very much similar to Eczema. This is an inflammatory response produce by various external and internal factors. To manage this inflammatory condition of skin, shaman chikitsa in the form of bahya and abhyantar sneha prayog was planned in order to have safe and effective result in treating vicharchika

The objective of this study was, to evaluate the efficacy of Mahatikta Ghrita as shaman Sneha along with external application of Arkadi tail in the management of Vicharchika. Abhyantar sneha in the form of Shaman sneha act by normalized the aggravated doshas in both vata and kapha pradhan conditions, without expelling them and without disturbing normal doshas, It increases bala and varna of dhatus. Bahya sneha reduce the rookshta of twak which in turn may help in reducing the local inflammation and so the snigdhta and varna of Twacha may be improved hence the present study was intended to assess the efficacy of Arka tail as bahya snehan (external application) and Mahatikta Ghrit abhyantar snehan (internal application).

KEY WORDS: Vicharchika, Eczema, Mahatikta Ghrita, Arka Tail.

INTRODUCTION:

Vicharchika, according to *Ayurveda* is *Rakta Pradoshaja Vikara* having involvement of three *Dosha* with dominance of *Kapha*¹. Though, it is *Kshudra Kushtha*, it runs a chronic course and has a tendency of exacerbations. *Vicharchika* can be co-related with eczema from allopathic stand point which is a form of dermatitis or inflammation of the upper layers of the skin. The term eczema is broadly applied to a range of persistent or

recurring skin rashes characterized by redness (lalima), skin edema (shoth), itching(kandu) and dryness(rukshata), with possible flaking, blistering(pitika), cracking(daran), oozing or bleeding (raktastrav). Areas of temporary skin discoloration (twak vaivarnya) sometimes characterize healed lesions, though scarring is rare. Long-standing eczema is often dry and is characterized by thickened, scaling skin with hyper pigmentation and visible criss-cross

markings (lichenification). In maximum of cases, patients of *Vicharchika* (Eczema), who do not get cure from the Allopathy Medicine, come to *Ayurveda* treatment with a great hope for curing their disease. Naturally by the time, they approach to *Ayurvedic* physician for the help, disease had already attained the chronic state, thus making the job further difficult. Other problem with the skin diseases is of their frequent recurrence for which, also the definite answer has to be worked out.

So it is our foremost duty to find out the definite solution for these.

Case report:

- A case of 23 year old female patient, presented with Kandu, Rukshata, Vedana, Vaivarnya on her abdomen from last 1 yrs, Loss of appetite and Constipation since last 4 - 5 month.
- Occupation :- works as a Nurse
- Religion :- Hindu Buddhist
- Diet :- Mixed, Mainly Non-veg (Fish, meat, chicken) alternate day, Spicy and oily food, Pickles etc.
- Drug history :- She had taken oral Antifungal drugs interruptly since 1 yr.
- Family history :- Not specific
- Past history :- H/o Jaundice (before 10 years)
- Habit :- Tea 3 - 4 times/day
- Ashtavidha Pariksha :-

Nadi - 78 beats/ min.

Mala - constipation (vibaddh)

Mutra - Prakruta

Jivha - saam

Shabda - prakrut.

Sparsha - Ruksha. (Dry)

Druk - prakrut.

Akruti - madhyam

Kshudha (Appetite) - Alpa

Nidra - Khandit.

Bhar (weight) - 40 Kg.

Blood Pressure - 110/70 mm of Hg.

Temperature - 98.40F (Axillary at 9 AM)

Respiratory rate - 20/min.

CVS - S1S2 normal, no added sound

CNS - Conscious and well oriented

R/S - Air entry bilaterally equal and clear

P/A -

Inspection - Krishna vaivarnya over abdomen

Palpation - Soft and mild tenderness in Epigastric region.

Percussion - Tympanic sounds heard

Auscultation - Peristaltic sound heard.

SROTAS PARIKSHAN (AFFECTED SROTAS)

1 .Rasavaha srotas

Twakrukshata (dryness of skin)

Dryness in mouth

2. Rakta and mamsavaha srotas

a. Udarpradeshi shyavarni Twakvaivarnya (blakish discolouration on the abdomen)

b. Udarpradeshi Kandu (Itching over Abdomen)

3. Medovaha srotas

Krusha (very thin)

4. Asthivaha srotas - Dry hair.

5. Annavaha srotas - Loss of appetite

6. Purishvaha srotas - Constipation

7. Swedavah - swedabadh

Criteria for assessment

The results of the study were assessed through the clinical grading, assigned to the parameters involved in the study i.e. Kandu, Pidaka, Srava, Twak Rookshata and Twak Vaivarnya.

Grading given to the parameters of the study

1) Kandu

Grade 0 – No Itching

Grade 1 – Mild or Occasional Itching

Grade 2 – Itching on and off

Grade 3 – Continuous Itching

2) Pidaka

- Grade 0** – No Eruption
Grade 1 – Eruption in < 25% of affected area
Grade 2 – Eruption in 25% to 50% of affected area
Grade 3 – Eruption in 50 to 75% of affected area
Grade 4 – Eruption in >75% of affected area

3) Srava

- Grade 0** – No Discharge.
Grade 1 – Moisture on the skin lesion
Grade 2 – Weeping from the skin lesion after itching
Grade 3 – Weeping from skin lesion followed by crusting.
Grade 4 – Profuse weeping making cloths wet

4) Twak Rookshata

- Grade 0** – No dryness
Grade 1 – mild dryness of the skin
Grade 2 – Moderate dryness of the skin
Grade 3 – Excessive dryness of skin
Grade 4 – Dry thickened skin

5) Vaivarnya

- Grade 0** – Normal color of skin
Grade 1 – Slight discoloration of skin
Grade 2 – Moderate discoloration
Grade 3 – Marked discoloration
Grade 4 – Severe discoloration

DRUG AND POSOLOGY

1. Arka Tail

अर्कपत्ररसे पक्वं हरिद्राकल्कसंयुतम् ॥ १४७
नाशयेत्सार्षपं तेलं पामां कच्छूं विचर्चिकाम् ।

शा.स. मध्यमखण्ड घृततैलकल्पना

2. MAHATIKTA GHRIT

सप्तच्छदं प्रतिविषां शम्पाकं तिक्तरोहिणी पाठाम्।
मुस्तमुशीरं त्रिफलां पटोलपिचुमर्दपर्पटकम्॥२३७॥
धन्वयासमपि चन्दनमुपकुल्ये पद्यकं रजन्यो च ।
षडग्रन्थां सविशालां शतावरीं शारिवे चोभे॥२३८॥
वत्सकबीजं वासां मूर्वाममृतां किराततिक्तश्च।
कल्कान्कुर्यान्मतिमान् यष्ट्याह्वं त्रायमाणाश्च ॥२३९॥
कल्कस्य च तुर्याशो जलमष्टगुणं रसोअमृताफलानाम् ।
द्विगुणो घृतात्प्रदेयस्तत्सर्पिः पाययेत्सिध्दम्॥२४०॥
कुष्टानि रक्तपितं प्रबलान्यर्शासि रक्तवाहिनि।
वीसर्पमम्लपितं वातासृक् पाण्डुरोगश्च॥२४१॥
विस्पोटकान् सपामानुन्मादान् कामलां ज्वरं कण्डूम्।
हृद्रोगगुल्मपिडकामसृग्दरं गण्डमालाच्च ॥२४२॥
हन्यादेतत्सद्यः पीतं काले यथाबलं सर्पिः ।
योगशतैरप्याजितान् महाविकारन् महातिक्तम् ॥२४३॥

Bhaishajya Ratnavali
kusht rogadohikar (237- 243)

Drug	Dose & Time of administration	Route of administration	Anupan
Mahatikta Ghirta	30 ml twice in a day before meal	Oral	Lukewarm water
Arka Tail	Depend upon area of skin affected	Local application	

Duration of Treatment - 15 day

Follow up on 7th day and 15th day

RESULT :

SMPTOM	DAY 0	DAY 7 th	DAY 15 th
Kandu	Grade 4	Grade 2	Grade 0
Pidaka	Grade 2	Grade 1	Grade 0
Srav	Grade 0	Grade 0	Grade 0
Twakrukshata	Grade 3	Grade 2	Grade 0
Vaivarnya	Grade 2	Grade 1	Grade 0

Before Treatment



After Treatment



DISCUSSION :

- In Vicharchika inflammatory response produce by various external and internal factors.
- To manage this inflammatory condition of skin, shaman chikitsa in the form of

External (Bahya) and Internal (Abhyantar) sneha prayog was planned in order to have safe and effective result in treating Vicharchika.

- Mahatikta Ghrita as Shaman Sneha along with external application of Arka tail in the management of Vicharchika. Abhyantar sneha in the form of Shaman sneha act by normalizing the aggravated doshas in both of vata and kapha pradhan condition.
- In Mahatikta Ghrita all drugs are tikta rasatmak , laghu sukshma gunatamaka helpfull in deepan pachan so these dravyas act as aampachan. These are helpfull to overcome sanga from strotasa and Srotomukh vishodhan is done. Many of dravyas of this ghrit are kushtaghna and kandughna so the effect is seen on vicharchika
- Krimi is mentioned as a causative factor of kushta so ,krimighna dravya of this medicine effects on krimi.
- Vishaghna,Kandughna and Jantughna property removes the local infection and thus help in cessation of the further process of vicharchika.
- Also increases bala of dhatus.
- Mode of Action of Arka Tail –Vicharchika is caused due to vitiation of Tridosha and kapha dosha is dominant and dushtas are Twak,Rakta,Mansa and Lasika.It is caused in bahya Rogmarga.
- Most of the drugs are katu and tikta in rasas, laghu ruksha in gunas are kaphashamak.in above case study the main complaints are kandu (itching) and Rukshata and these symptoms are appears due to vitiation of kapha and vata doshas.Due to tikta katu ras there is kaphashamak action occurs due to this kandughna lakshan also disappear.
- Snigdha guna in tail help to decrease rukshata which is vitiated due to vatdosha
- Most of the drugs are deepan, Pachan, Laghu, Ushna and Tikshna so they do aampachan in aamavstha of vran

- Bahya sneha reduces the Dryness (Raookshta) of skin which may help in reducing the local inflammation, so the Texture and color of skin may be improved.

CONCLUSION :

- Hence the present study was proved,the efficacy of Arka tail as bahya snehan (external application) and Mahatikta ghrita as a Shaman sneha (internally)
- It can be concluded that due to Vatahara and kaphahara properties of both SNEHA they will be effective on Vicharchika.

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