

A Review on the Management of Vicharchika (Eczema) Using Vamana Karma

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Abstract: *In Ayurveda almost all samhitas uniformly classified kustha as mahakustha & kshudra kustha. Vicharchika comes under kshudra kustha although it is briefly mentioned, the symptoms closely resemble that of Eczema. To break the vicious cycle of Psychological and physical harm we have to take action on both mind and skin as both are linked. According to Ayurveda the management of vicharchika is done by Shodhana chikitsa i.e. Vamana karma. Which is considered as best line of management. In Kustha Chikitsa adhyaya, Chakradatta has mentioned use of Edgajadi lepa for treatment of Vicharchika. Hence Vamana, in management of Vicharchika will be discussed in this article.*

Keywords: Vamana, Vicharchika, Eczema, Kustharoga

1. Introduction

Skin Diseases are among the most common health problem globally which is associated with a Considerable burden. Eczema is also one of the skin diseases which is associated with a significant morbidity in the form of physical and mental discomfort which impairs the quality of life. In our classical textbooks, Skin disorders are described under Kustha roga. Amongst them, Vicharchika is one of the common occurring conditions. Vicharchika presents with the skin lesion along with Kandu (itching), Shyavapidiaka (eruptions), Bahusrava (oozing). [1] The clinical features of Vicharchika resemble eczema, manifests in the form of pruritis, burning, oozing, papules, vesicles, dryness, scaling, discoloration and lichenification of skin. [2] This is not a life - threatening ailment but it affects psychological health causing mental trauma, social anxiety, disturbs the person's routine. Also leads to social isolation and disturbs the quality of life. Modern science has been developed since last decades but there is no satisfactory treatment for eczema. Commonly used drugs are Antihistamines and Steroids which should be used life long and present with serious side effects. Hence, it is the need of hour to find out most effective treatment for Vicharchika. In Ayurveda, Shodhan therapy is considered to be best therapeutic procedure in Kustha roga. Amid Shodhan therapy Vamana Karma (Purgation) described in ancient texts is mainly indicated which has multiple systemic benefits. Acharya Charak has indicated Vamana Karma (Purgation) for kapha Dushti. Hence the best possible treatment in Vicharchika (Eczema) is Shodhan (Purification) followed by Shamana therapy (Pacification). The manifestation of any diseases is described in five steps in Ayurveda, these are Nidana, Purvarupa, Rupa, Upashaya and samprapti. It helps in proper diagnosis of diseases. [3]

Aim

To Review the concept of Vaman Karma in management of Vicharchika (Eczema)

Objective

- 1) To study the details of Vamana Karma and its mode of action
- 2) To study the role of vamana karma in vicharchika (Eczema).

2. Materials and Method

As this is a review article, available Ayurvedic texts, research papers, available case studies and all the Brihatrayi and available commentaries have been reviewed. Also, all the available materials on internet have been reviewed for this article. Modern texts and various websites to collect information on the relevant topics were referred.

NIDANA

Nidan (Etiological factors) responsible for Vicharchika is not described specifically, only Nidana for kustha is described. As it is one of a type of Kshudra Kustha, so nidana for Kustha can be considered as Nidan of Vicharchika.

The Nidana can be divided into following

- 1) Aharaj Nidana (Diet related causes)
- 2) Viharaj Nidana (Life style related causes)
- 3) Acharaj Nidana (Behavioral misconduct)

A. Aharaj Nidana (Diet related causes) World Journal of Pharmaceutical Research (a). Virudha Aahara 1. Intake of chilchim fish with milk 2. Intake of mulaka and lasuna with ksheera 3. Use of mulaka with guda 4. Excessive use of madya with milk 5. Intake of food mostly containing yavaka, uddalaka along with ksheera, dadhi, and takra, kola, kulatha, masha, atasi, kusumbha and sneha. 6. Continuous intake of gramya, audaka and anupa mamsa with ksheera. 7. Use of fish, citrus and milk together. (b). Mithya Aahara 1. Excessive use of navanna, dadhi, matsya, amla and lavana. 2. excessive use of tila, ksheera and guda 3. Excessive oleation 4. Continuous and excessive use of madhu, phanita 5. Intake of food during indigestion 6. Asatmya ahara 7. Adhyashana 8. Intake of polluted water

B. Viharaj Nidana (Life style related causes) (a) Mithya vihara 1. To do physical exercise and to take sunbath after heavy meals. 2. To perform sexual intercourse during indigestion 3. To do exercise or to perform sexual intercourse after snehapana and vamana. 4. Sudden changes from cold to heat or heat to cold without b) Vega - Vidharana 1. Suppression of the urge of emesis 2. Withholding of the natural urges i. e. Mutra and purisha vega etc. (c) Panchakarm

Apcharana 1. Panchkarmani kriyamani nishida sevanam 2. Improper administration of snehapana therapy.

C. Acharaj Nidana (Behavioral misconduct) 1. Acts insulting bramhanas, teachers and other respectable persons. 2. Indulgence in sinful activities 3. Use of money or material acquired by unfair means. 4. judiciously following the rules of gradual changes. 5. Entering into cold water immediately after one is affected with fear, exhaustion and sunlight.

POORVAROOPA

These are the characteristics that appear before the actual disease manifestation and are expressed as milder or incomplete form. There is no illustration regarding Poorvaroopa of vicharchika in the text, but as it is classified as one of the kushtha roga, so one can take the poorvaroopa of the kushtha vyadhi to that of vicharchika. Parushyam. Atiswedanam. Vaivarnyam. Kandu. Nistoda. Suptata. Paridaha. Lomaharsha. Kharatvam. Usmayanam. Gauravam. Shvayathu.

ROOPA

Rupa are the cardinal symptoms of the disease. Acharya Sushrut defines Vicharchika (Eczema) as Pitta dominant with excessive pain, severe itching and dryness. Acharya Charaka mentioned Kapha predominance with itching, discoloration of skin and excessive oozing. The Symptoms of Vicharchika (Eczema) are listed below 1. Kandu 2. Shyavta 3. Pidika 4. Bahusrava 5. Rajyo 6. Ruja 7. Rukshata.

SAMPRAPTI

Samprapati (pathogenesis) is the gradual changes of disease, from the causative factors to the clinical manifestation of the disease. Specific Samprapati for Kustha is not explained therefore, Kushtha Samprapati can be considered as Samprapati of Vicharchika. According to Acharya Charak and Vagbhata, Kapha Pradhan Tridosha get vitiated and according to Acharya Sushrut Pitta Pradhan Tridosha get vitiated, then Dushti of Twaka, Rakta, Mamsa and Lasika get affected hence in this all seven Dravyas (substances) i. e three Doshas and four Dhatu (body tissues) (Twaka, Rakta, Mamsa and Lasika) get vitiated which results into a condition called Vicharchika. Nidana Sevana Kapha pradhana tridosha get vitiated according to (Charaka, Vagabhata) and Pitta pradhana tridosha according to (Sushruta) Simultaneously twaka, rakta, mamsa and ambu get Shithila (lose their consistency) All seven dravyas (three dosha and four dhatu) get vitiated combined, its favourable condition of Vicharchika.

Shodhana Chikitsa

World Journal of Pharmaceutical Research According to Charaka in Kustha chikitsa (vicharchika) shodhana is given prior importance. Charak has mentioned chikitsa according to Doshaja dominance. In Vataja Kustha Ghrutpana, vamana in kaphaja vikara and virechana after raktamokshana in Pitaja kustha. [12] Acharya Charak opines that in bahudosha avastha shodhana therapy should be administered for several times. Acharya sushruta stated that the Chikitsa should be planned in the starting stage i. e in poorvarupa, for Ubhya bhaga vaman & Virechan should be planned after the Snehpaa according to dosha dominance. Acharya Charak has mentioned Vamaka yoga for kustha roga which comprises of

Kutaj, Madanphala, Yashtimadhu, patola along with nimba patra swarasa (Kutajadi Yoga). [13] He also mentioned Virechana, basti, Nasya and Raktamokshan in kustha roga but as Vicharchika is Kaphaja predominant according to Acharya Charaka and pittaja predominant according to Acharya sushruta that's why Vamana is stated as best treatment for the kapha Pradhan roga.

VAMANA KARMA

Laghu Sheeta Katu 20 ml Vamana Karma is one of the Panchakarma modality i. e. induction of emesis. It helps to remove the morbid doshas accumulated in upper part of the body through mouth. It is subjected to remove the vitiated Kapha and Pitta dosha primarily. The drugs used for vamana are Madanphal churna, Vacha churna, Saindhav, Madhu and Yashtimadhu phanta which are Ushna, Tikshna, Vyavayi, and Vikasi in characteristics which increase absorption rate and aid in reaching Hriday (heart). It travels to Dhamani from Hriday and reaches all Sthula and Sukshma strotas. [14] there. It works at the cellular level, eliminating all toxins from the body. In Vamak dravyas, the Agni and Vayu mahabhutas are more prevalent. As a result, it possesses the Urdhwabhagahar prabhav, which causes the Doshas to be expelled from the mouth in an upward direction. This procedure can be used in Vicharchika to get the maximum result.

3. Procedure

Vamana Karma will be carried out in three steps a. Poorvakarma, b. Pradhanakarma c. Pashchatarkama
POORVA KARMA

1. Deepana Pachana: Prior to Snehapana, if one tries to remove the morbid doshas in presence of Ama it will affect the body. [15] Hence, before snehapaan Deepana pachana of Ama dosha is required to get the samyaka shodhana results. Drug: Panchakola choorna Doze: 5 gm 2. Snehana & Swedana Snehana helps in liquefaction of involved doshas by increasing Drava guna. Snehapana is administered till smayaka sneha siddhi lakshana are produced. Genrally sneha is admintered for 3 to 7 days. Later Swedana (Fomentation) and abhayanga is done before performing Vamana Karma to liquefy Dosha and toxins. Snehapana: Panchatikta Ghruta. Diet World Journal of Pharmaceutical Research Diet during this period plays vital role as the concerned diet helps the aggravated doshas move towards koshtha. [16] Diet during snehapana should be having Drava, ushna, Anabhishyandi, Na atisnighdha and asankirna Guna. Diet before the day of vamana should be comprised of milk, krishara made of black grama, tila, jiggery along with curd and items which aggravates kapha dosha.

PRADHANA KARMA

After the person has undergone abhyanga, swedana, in early morning he should be administered with vamaka yoga. After administration of vamaka yoga, the patient is watched carefully for a muhurat (48 min) or till he gets the vamana vega. It is accessed by symptoms like Sweda pradhurbhava (appearance of sweating), Romharsha (horripilation), Kushi adhman (heaviness in abdomen), Praseka and hrillasa (nausea, salivation). [17] Later vegas are counted and patient is looked for all the samyak vaman lakshana. Vamaka Yoga: Kutajadi Yoga (Kutaja, madanphala, madhuka, patola, nimba).

PASCHATA KARMA

After Completion of vamana, following measures are done. - Dhumpana is administered after a muhurata. which is used to remove the remaining kapha accumulated in srotas. Later patient is asked to take rest. - Sansarjana Krama is a specific diet which is to be followed after vamana karma till the patient starts taking his normal diet. As after doshas elimination body becomes weak, agni gets hampered. To maintain the equilibrium of Agni, doshas and dhatu peyadi sansarjana karma is followed. **DISCUSSION** As all types of Kushtha are Tridoshaja. Acc. to Acharya Charaka Vicharchika is Kapha predominant, attributed by with the symptoms of Kandū, Pidika, Shyava Varna and Bahusrava. Which indicates initial or acute stage of Eczema. As per Acharya Sushruta Vicharchika is pitta predominant with the symptoms like Raji, Atikandū, Arati, Rukshata that indicates chronic or later stage. This explanation suggests different stage of Vicharchika. Acharya Vagbhata mention specific type of discharge like Lasikadhya.