

Case Study

Role of Arka tail and panchtikta ghrith 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 Vedana are very much similar with the features of 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 Panchtikta 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 normalizing the aggravated doshas, both of vata and kapha pradhan condition, 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 Panchtikta Ghrit abhyantar snehan (internal application).

KEY WORDS: Vicharchika, Eczema, Panchtikta Ghrita, Arka tail

INTRODUCTION:

Vicharchika, according to *Ayurveda* is *Rakta Pradoshaja Vikara* having involvement of Three *Dosha*

with dominance of *Kapha*. 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.

Case report:

A case of 65 year old male 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 :-

Religion :- Muslim

Diet: Mixed, Mainly Non-veg :- (Fish, meat, chicken) alternate day, Spicy and oily food, Pickles etc.

Drug history: He had taken oral Antifungal drugs intermittently since 1 yr.

Family history : - Not specific

Past history :- H/O Jaundice (before 10 years)

Ashtavidha Pariksha:

- **Nadi** - 78 beats/ min.
- **Mala** - constipation (vibaddh)
- **Mutra** - Prakruta
- **Jivha** - saam
- **Shabda** - prakrut.
- **Sparsha** - Ruksha. (Dry)
- **Druk** - Pingat varni.
- **Akruti** - madhyam
- **Kshudha** (Appetite) - Alpa
- **Nidra** - Khandit.
- **Bhar (weight)** - 80 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** - Soft and mild tenderness in Epigastric region.

Srotas Parikshan (Affected Srotas)**1. Rasavaha srotas**

- a. Twakrukshata (dryness of skin)
- b. Dryness in mouth

2. Rakta and mamsavaha srotas

- a. Udarpradeshi shyavvarni twakvaivarnya (blakish discoloration on the abdomen)
- b. Udarpradeshi Kandu (Itching over Abdomen)

3. Medovaha srotas- Sthoulya**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 lession
- 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 tel**

अर्कपत्ररसे पक्कं हरिद्राकल्कसंयुतम् ॥ १४७
नाशयेत्सार्पपं तेलं पामां क्रद्धं विचर्चिकाम् । शा. स.

2. PANCHTIKTA GHRIT

निम्ब पटोलं व्याघ्रीञ्च गुडूचीं वासकं तथा ॥ ११४॥

कुर्याद्दशपलानं भागान् एकैकस्य सुकुटितान्।

जलद्रोणे विपक्तव्यं यावत्पादावशेषितम् ॥ ११५॥

घृतप्रस्थं पचेत्तेन त्रिफलागर्भसंयुतम् ।

पञ्चतिक्तमिदं ख्यातं सर्पिः कुष्ठविनाशनम् ॥ ११६॥

वातजान् रोगांश्चत्वारिंशच्च पैत्तिकान् ।

विंशति श्लैष्मिकांश्चैव पानादेवापकर्षति ॥ ११७॥

दुष्टव्रणकुमीनर्शः पञ्चकासांश्च नाशयेत् ॥

Bhaishajya Ratnavali kusht rogadhikar (११४- ११७)

Table No. 1: Showing dose, administration and anupan of drugs used in treatment

| Drug | Dose & time of administration | Route of administration | Anupan |
|-------------------|-----------------------------------|-------------------------|----------------|
| Panchtikta Ghrita | 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

Table No. 2: Showing Symptoms and their grades

| Symptom | Day 0 | Day 7 | 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 |

Figure No. 1: Showing before Treatment



Figure No. 2: Showing 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.

Panchtikta 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.

It increases bala of dhatus.

Bahya sneha reduce the Dryness (Rookshata) of skin which is may help in reducing the local inflammation, so the Texture and color of skin may be improved.

CONCLUSION:

Hence the present study was intended to assess the efficacy of Arka tail as bahya snehan (external application) and Panchtikta ghrita as a Shaman sneha (internally)

And it shows very good result on Vicharchika.

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