

## A Review Article on Vicharchika and Its Management Principal

Dr. Rani Rajoriya<sup>1</sup>, Dr. Prakash Joshi<sup>2</sup>, Dr. Yogesh Wane<sup>3</sup>, Dr. Surekha Parte<sup>4</sup>  
MD Scholar, dept. of Rachana Sharir<sup>1,4</sup>, Assistant professor Dep. of rachana sharir<sup>2</sup>, HOD, Associate professor  
Dept. of Rachana Sharir<sup>3</sup>  
Govt. Auto. Dhanwantari Ayurvedic Medical College, Ujjain M.P.

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### ABSTRACT

Vicharchika is a type of kshudrakushta often encountered by Ayurvedic dermatologists, is often correlated to eczema based on the clinical presentation. Vicharchika is characterized by skin manifestation having the symptoms Kandu (Itching), Pidika (Papule), Shyava Varna (Blackish brown discoloration) and Bahusrava (Excessive exudation). In the Ayurvedic text all skin diseases were included under the Kushtarog. Which is classified in two divisions i.e. Mahakushta and Kshudrakushta. Vicharchika is described under Kshudrakushta. The clinical presentation of Vicharchika is similar to Eczema in modern dermatology. The clinical presentation of Vicharchika is similar to Eczema in modern dermatology. Eczema (also called atopic dermatitis) is characterized by dry itchy skin with areas of poorly demarcated erythema and scale. In the acute phase eczema may be vesicular and oozing, in the chronic phase it may become hyperpigmented and lichenified (thickened). Excoriations (scratch marks) are frequently seen. Weeping eczema is a term used to describe eczema that oozes clear- to straw-colored fluid. Occasionally weeping eczema is associated with presence of small blisters filled with clear fluid. Weeping eczema is a term used to describe eczema that oozes clear- to straw-colored fluid. Occasionally weeping eczema is associated with presence of small blisters filled with clear fluid. Weeping eczema is the result of active inflammation in the skin. Prominent inflammation results in dilation of skin blood vessels.

**Key words** – Kushtha, Vicharchika, Kshudrakushta, Twakvikar etc.

### I. INTRODUCTION

Ayurveda is a science of life with a holistic approach to health and personalized medicine. It is known to be a complete medical system that comprises physical, psychological, philosophical, ethical, and spiritual health.

Ayurveda is a Shashwatone which has no end medical science which is prepared for good will of human being. Though the thousands of years Ayurveda has continued to exist its laws of nature which externally true. One of such disease is Kushtha, it is one of the “Mahagada” defined by Ayurveda which is caused due to vitiation of 7 body elements i.e. three Doshas, four Dushyasviz. Skin (Twak), Rakta, Mansa and Ambu (lasika). Out of 18 types of Kushtha explained in Ayurveda 7 are Mahakushta and 11 are Kshudrakushta. Vicharchika is a type of Kshudrakushta which is found widely. Vicharchika is seen frequently in practice. Skin is the largest organ of body and supposed to be mirror image of body. It reflects physical, mental and physiological state of an individual. Skin not only covers and protects the body but also performs some function of excretion and metabolism. Vicharchika is skin lesions of varying size with inflammation, severe itching sensation, with bleeding in some cases, and this condition is as distressing as it causes disfigurement by affecting cosmetic look of an individual. Its pathway involves inflammatory mediators, for example, prostaglandins, Helper T cells. Its clinical features are redness, swelling, scaling, weeping, and crusting, and itching. Weeping eczema is a term used to describe eczema that oozes clear- to straw-colored fluid. Weeping eczema is a complication of eczema (dermatitis) that is characterized by fluid-filled blisters on the skin. The condition is caused by prominent inflammation and can make your eczema symptoms worse.

### Classical Definition OF Vicharchika

- Acc to Charaka Samhita-

सकण्डूःपिडिकाश्यावः बहुस्त्रावः विचर्चिका (Ch. Chi. 7:26)

It is a skin ailment wherein eruptions over the skin appear with dark pigmentation, itching and with a profuse discharge.

- Acc to SushrutaSamhita-

राज्योदतिकण्डवर्तिरुज स्रक्ता भवन्तिगात्रेषु  
विचर्चिकायाम् ॥ (Su. Ni. 5:13)

It is a condition in which the skin has linear rough lesions with intense itching and pain but when the same itching, burning and pain are experienced in the feet alone, it is termed as “vipadika”.

- Acc to acharyaVagbhatta-

सकण्डूपिटिकाश्यावा लसिकाञ्ज्या विचर्चिका॥ (A.H. NI.  
14/18)

The blackish eruptions with intense itching and watery discharge i.e. Lasikadhyais referred to as vicharchika.

Blackish red deep rooted lesions i.e. Mamseropachita accompanied with oozing is called vicharchika.

- Kashyapa in kushthdhyayanarrates vicharchika as blackish brown pustuler eruptions with intense itching and pain.

## II. MATERIALS AND METHODS

A. This being a literary research the materials were used –

1. Brihattarayee and their commentaries.
2. Other texts of Ayurveda.
3. Research journals and magazines from internet sources.

B. Methodology adopted for this work is collection, exploration and interpretation of subject matter from different resources.

## III. AIMS AND OBJECTIVE –

To study the TwakSharir.

To collect, compile, and analyze the ancient literature specially Vrihattra of TwakSharir and weeping Eczema

To study the correlation between Vicharchika and weeping Eczema.

## IV. REVIEW OF LITERATURE -

According to AcharyaSushruta there are seven layers of Twak and each layer is described as Adhithana of lesions occurred by various skin diseases. The fourth layer is Tamra which is described as Adhithana of various types of Kilasa/Shvitra and Kushtha.

## Ayurvedic Review of Vicharchika

All dermatological disorders are coming under the term Kushtha as per Ayurvedic text, kushthais divided into two categories viz. Mahakushtha and Kshrudrakushtha. Vicharchika is categorized under Kshudrakushtha.

## MODERN REVIEW –

The skin is often known as the largest organ in the human body. Skin plays many roles including protecting against pathogens, creating sensation through nerve endings that detect temperature, pressure, vibration, touch, and injury, controlling water loss by preventing water from escaping by evaporation. The skin is divided into two main regions, the epidermis, and the dermis, each providing a distinct role in the overall function of the skin. The dermis is attached to an underlying hypodermis, also called subcutaneous connective tissue, which stores adipose tissue and is recognized as the superficial fascia of gross anatomy.

## V. NIDANA (ETIOPATHOLOGY) OF VICHARCHIKA

The etiological factors of vicharchika vary with different authors, because the dominant dosha acc to sushrutais Pitta, where as charka and vagbhatta accept the dominance of cough. But acc to charka (Ch. Chi. 7:7-8), the kushtha is never caused by anyone of the single dosha. Because of saptadrvyassangraha(vata, pitta, kaphaandtwak, rakta, mamsaand ambu), eighteen types of kushthas are produced. Hence, the etiological factors of kushthas are to be accepted as the etiological factors of vicharchika.

So the nidanasof vicharchika may be classified into 3 groups:

**A. AharajNidana** – These are the main causes of Kustha among which VirudhaandMithyaaahara are main dietary factors.

a) Mithyaaahara – The aaharawhich is opposite to Ashtaaaharvidhivisheshaayatana is defined as mithyaaahara.

b) Viruddhaaahara – There are 18 types of viruddhaaahara described by acharyaCharaka like desh, kaal, agni, matra, satmya, dosh, sanskar, karma etc.

**B. ViharajNidana** – Few main viharajnidana are

1. Mithyavihara– It means improper activities like excessive vyayama, sudden change from cold to hot and vice versa.

2. Panchakarmapcharn – Improper activities during Panchakarma therapy may leads to skin diseases, like improper intake of snehapana also causes skin diseases.

3. Vega dharana – AcharyaCharaka stated 13 types of natural urges in Sutrasthana. The on the suppression vegas may leads skin diseases.

**C.AcharajNidana** – Acharajnidana is one of the important causative factor for Kustha which includes insult to teachers or other respectable persons. Acharya Charka clearly mentioned that Kustha is PaapKarmajvyadhi.

## VI. PURVARUPA OF VICHARCHIKA-

There is no illustration regarding the premonitory sign and symptoms of vicharchika in the text, but as it is classified as one of the kshudrakushtharoga, so one can take the premonitory syndrome of thekushthavyadhi to that of vicharchika.

1. Sparshagyatvam
2. Atisvedo
3. Asvedo
4. Vaivarnya
5. Kothanam
6. Lomharsh
7. Kandu
8. Tod
9. Vrananamadhikshool
10. VranShighrautapati
11. Vranchirasthiti

12. Daha
13. Suptata
14. Clamha

## VII. RUPA:

According to acharyacharaka and acharyavagbhata-

1. Sakandu
2. Pidika
3. Syavta
4. Bahusrava

According to acharyashushrut-

1. Rajyo
2. Atikandu
3. Ruja
4. Rukshata

## VIII. SAMPRAPTI OF VICHARCHIKA-

In classics there is no separate description regarding the sampraptiof vicharchika. But being a variety of kushtha the common samprapti of kushtha should be considered.

According to acharyacharaka and acharyavagbhatnidanasevan get vitiation of kaphaPradhantridosha (include vataand pita dosha) prakopand they simultaneously twak , rakt, mansaand lasikagetsshithila (lose their consistency).

According to acharyashushrut pitaPradhantridosha gets vitiated  
Kushtha nidanasevan



KaphaPradhantridoshgets vitiated(according to acharyacharakaandvagabhat).



Pita Pradhantridosha gets vitiated(according to acharyashushrut)



They get shithilatwak ,rakta, mansa, lasika(lose their consistency )



Kushtharog( vicharchika)

## SAMPRAPTI GHATKAS

Doshas :Tridosha

Dushya :Twak, Rakta, Mansa, Lasika(ambu)

Srotas : Rasa, Rakta, mansa&Udakavaha

Agni :Jatharagni&Dhatwagnimandya

Srotodusti : Sang &vimargagamana

Sanchara :Tiryagasira

Adhishtana :Twaka

Rogamarga :Bahya

Swabhava :chirkari

## IX. PATHYA AND APATHYA IN THE VICHARCHIKA

### Pathya

Laghuanna, tiktashaka, purandhanya, gangalmans, ghrit, mudaga, bhallatak, nimba, patola.

### Apathya

Guru anna, dugdha, dahi, tila, amlaras, anupmaansa, matsa, mansa, vasa etc.

## X. UPADRAVA (COMPLICATIONS)

Puyasvrava, jwara, daha, erythema, dorbalya, arochaka, Trishna.

In madhavnidan -Infestation by parasites, gaping lesions with profuse discharge, erythematous eyes and loss of voice.severe cases of vicharchika, nidranasha due to severe itching is seen.

## XI. SADHYA AND ASADHYA OF KUSHTHA –

- Sadhya – VataPradhan /Pita Pradhan /KaphaPradhan /Vata-KaphaPradhan.
- KrichhaSadhy - Kapha -Pita Pradhan /Vata-Pita Pradhan
- Asadhy -Bahahin/Trishnayukta /Nastaagniyukta /Krimiyuktuskushtha.

## XII. CHIKITSA OF VICHARCHIKA-

The principle line of treatment of Vicharchika has been classified into two groups

### A. Shodhanachikitsa

#### B. Shamanachikitsa

#### A. Shodhanachikitsa

According acharyacharak :

VataPradhan – Sarpipan /Ghritapan.

Pita Pradhan – Raktamokshan /Virechan karma.

KaphaPradhan – Vaman .

In specially kushthachikitsa some procedure and duration are described according acharyas

1. Nasya - every 3 days
2. Vaman - every 15 days
3. Virechan - every 1 month
4. Raktamokshan - every 6month

## B. Shamanachikitsa-

Shaman therapy is also important part of treatment. After completing the Sodhana karma, shaman chikitsa is indicated to subside the remaining ,Doshas balancing the three doshas (Vata, Pitta, and Kapha), and restoring equilibrium within the body. Rasayanatherapy is also important after shodhanachikitsa as it nourishes saptadhatu and it should be prescribed in chronic diseases. Specific herbal formulations are used to pacify the aggravated doshas and relieve symptoms like itching, burning, and exudation. like neem ,triphal ,amla etc. Tikta and Kashaya Pradhansarpipan indicated in kushtha ,ptoladikwatha , mustadichurna , triphalachurna , gandhakprayog ,sidharthaksana , kushthadilep also indicate.

## NidanaParimarjana

Nidanaparimarjana means to avoid etiological factors. This stops the further progression of the disease, by restricting vitiation of doshas.

## XIII. CONCLUSION-

According ayurvedavicharchika under described kushtha ,specially kshudrakushtha . According acharyacharak vicharchikakapha dominant tridosha Pradhan vyadhi and acharyashushrut according pita Pradhan tridosha vyadhi . In vicharchika have symptoms kandu, pidika ,bahusrava in this condition specially indicate shodhan and shaman chikitsa . In Ayurved kushtha and KshudraKushtha are broad concept with pointed principle of management. All aspect of treatment also describe in vicharchikaeg. Pathya and Apathya (diet). Various drugs for systemic and local purpose in many form of drugs preparation egtablets, Lepas, Rasayan preparation, oil, qwath (decotion) etc. Vicharchika proper cured by ayurvedic treatment .

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