



Patolkaturohinyadi Kashaya in the Management of Vicharchika; A Review

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ABSTRACT

Vicharchika is a type of *kustha* (*kshudrakustha*) which is characterized by *pidika* (vesicle), *srava* (discharge) and *kandu* (itching). The prevalence rate of *vicharchika* ranged from 2.4% - 6% all over India. *Vicharchika* is commonly correlated with eczema in modern science. According to Ayurveda all types of skin disease are classified under the *kustharog*. Atopic dermatitis word is also refer for Eczema. Eczema is defined by itching, oozing and hyperpigmentation in advanced phase. *Vicharchika* is type of chronic skin disorder which is included under *raktapradoshaja vikaras*(disorder due to vitiation of blood). Ayurveda manage the disease by cleansing vitiated *Dosha* and balancing the *dosha* and *dhatu*s.

Key Words: *Vicharchika*, *Ayurvedic Management*, *Eczema*

INTRODUCTION

Skin reflects internal pathology as well as external pathology also and helps in diagnosis of various type of skin disorders. Skin disease affects all ages from children to the elders & cause harm in a number of ways, such as discomfort, disfigurement etc. In skin diseases patients suffers both physically and mentally. *Vicharchika* (Eczema) is a type of *kshudrakustha* often determined by Ayurvedic Dermatologists characterized with symptoms, namely, *kandu* (itching), *srava* (discharge), *Pidaka* (vesicles), and *Shyava varna* (discoloration). *Vicharchika* is usually correlated to eczema based on the modern science. Eczema accounts for the large scale of

population suffering .Chemical contacts, allergic substances and rapidly changing lifestyle are becoming the leading causes of increase in rate of eczema. Acute eczema occurs after coming in contact with irritant or allergen. Its symptoms are redness, swelling, scaling, weeping, and crusting, and itching. All severe forms of eczema have a huge effect on quality of life.

As *Patolkaturohinyadi kashaya* is having *kusthghna*, *raktashodhak* and *kapha-pitta shamak* property, so *vicharchika* should be managed by using *patolkaturohinyadi kashaya* successfully.

AIMS & OBJECTIVES

1. To discuss the *Vicharchika* as per *Ayurveda* & Modern science.



2. To discuss the clinical effect of *Patola katurohinyadi kashaya* on *vicharchikaa*.

MATERIALS AND METHODS

Data related to *patolkaturohinyadi kashaya* was collected from *Ashtanghradayam* Su. sth.15/15, other relevant text books and relevant article.

CONCEPTUAL STUDY-

Definition of *vicharchika*-

Vicharchika is classified under the skin diseases. In Ayurveda *vicharchika* classified under the *kshudrakustha*. Environmental pollution, mental stress and modern lifestyle leads to accumulation of toxins in the body and exert their effect in the form of various chronic disorder like *kushtha* (*vicharchika*).

Incidence of *vicharchika*-

Eczema is also called Atopic dermatitis. It is a very common skin disease which significantly affects the quality of life. Atopic dermatitis most commonly affects children. The prevalence rate of eczema in children is 15% to 30% whereas prevalence rate of eczema in adult is 2% to 10% in industrial countries.²

SYMPTOMS OF VICHARCHIKA-

In Ayurveda all skin diseases are defined under the *mahakustha* and *kshudrakustha*. *Vicharchika* is classified under the *kshudrakustha*. Ayurvedic dermatological symptom is *kandu* (itching), *srava* (discharge), *pidika* (vesicles) and *shyava varna* (discolouration)³. In modern context eczema is categorized by complaints of discharge, edema and erythematous skin lesion

Shape and Appearance –

Vicharchika describe with multiple itchy boils or eruption or blisters of blackish brown color.

Signs-

Pidika- blisters

Shyava- Blackish brown discoloration

Bahu sraava- Oozing

Prominent symptoms –

Kandu – severe itching sensation

Dosha predominance- *kapha dosha*

Clinical Features:

- Pruritus and scratching
- Coarse marked, by exacerbation and remissions.
- Lesions typical of eczematous dermatitis
- Positive family history or personal history of allergy.
- Clinical course lasting longer than six week.

Samprapti



Nidansevan



Agnimandya



Ama rasautpati



Tridosha prakop



Prakupitta dossha sanchara



Srotosanga at the level of *Twak, rakta,*

Mamsa, lasika



Dosha dushya samurchana





Kandu, shyav varna, pidikotpati



Vicharchika

Samprapti ghatak of vicharchika³;

Dosha- kaphapradhan tridosha

Dushya- Twak, Rakta , Mamsa, Lasika

Srotas- Rasavaha, Raktavaha, Mamsavaha, swedavaha

Srotodusti- Sang & vimargaman

Sancharanstan- Sira & twak

Vyaktasthan- Twak

Swabhav- chirkaris

Mode of action of Patolkaturohinyadi kashaya on Vicharchika-

Drug is determine for the use in the diagnosis, treatment and prevention of disease. Drug plays a important role in management of any disease. Drug is defined as any agent that provide nutritional support and their pharmacological action are evidence by the change in the function

of the different organ of the body. Vicharchika is kapha pradhan disease. Patol , katak , chandana, and patha have kapha-pitta shamak property. Murva and guduchi have tridoshshamak property So vicharchika should be managed by using Patolkaturohinyadi kashaya successfully.

Management of vicharchika –

In Ayurveda, chikitsa of vicharchika has been defined as ‘Samprapti vighatan chikitsa’. First step of management of vicharchika is “Nidana parivarjan”. In Ayurveda first we have to maintain the health and secondly to cure the disease. Second step of management of vicharchika is shodhana chikitsa. Third step is shanshaman chikitsa. Ptolkaturohinyadi kashaya (Ashtanghradayam Su. sth.15/15) used in vicharchika with different rasa, guna, virya, vipaka etc. Which are given below-

Table 1 Pharmacodynamic property of Ptolkaturohinyadi kashaya

NAME	LATIN NAME	RASA	GUNA	VIRYA	VIPAKA	DOSHA KARMA	USED PART	QUANTITY
Patol	<i>Trichosanthes dioica</i>	Tikta	Laghu	Ushna	Katu	Kapha-pittahara	Whole plant	1 Part
Katu rohini	<i>Picrorhiza kurroa</i>	Tikta	Laghu	Sheet	Katu	Kapha-pittahara	Root	1 Part
Chandan	<i>Santalum album</i>	Madhur, Tikta	Laghu	Sheet	Katu	Kapha-pittahara	Kandsar	1 Part
Murva	<i>Chonemorpha macrophylla</i>	Madhur, Tikta	Guru	Sheet	Madhura	Tridosahar	Root	1 Part
Guduchi	<i>Tinospora cordifolia</i>	Tikta, Katu, Kashay	Laghu	Ushna	Madhura	Tridosahar	Stem/ Root/ Leave	1 Part
Patha	<i>Cissampelos pariera</i>	Tikta	Laghu, Teekshana	Ushna	Katu	Kapha-pittahara	Root	1 Part



Charaka describes the prognosis in three categories⁴-

1. The patient of *kustha* with the sign and symptom of all the 3 vitiated *doshas* (*vata*, *pitta*, *kapha*).

2. The patient who is weak.

3. The patient who is suffering from burning sensation.

4. The patient who have blister or patches of *kustha*.

Table 2 *Doshagnata*, Karma and Chemical composition of ingredients of *Patolkaturohinyadi kashaya*

S.no.	Drug	Dosha ghnata	Karma	Chemical composition
1.	<i>Patol</i>	<i>Kapha Pittahara</i>	<i>Deepana, Pachana, Jvarahara, Dahahara, Varnya, Kandughna, Kushthaghna, Raktadoshahara.</i>	It contains Protein, Fat, Carbohydrate, Minerals, Calcium, Phosphorus, Iron, Vitamin A & C, Saponin, Phytosterol, Bitter principle glucoside, fixed oil, Volatile oil
2.	<i>Katu rohini</i>	<i>Kapha-Pitta Shamaka</i>	<i>Deepan, Krimighna, Daha prashaman, Kushthaghnas</i>	Picrorizine, Kutkin, De – manitol, Kutki sterol
3.	<i>Chandan</i>	<i>Kapha Pittahara :</i>	<i>Raktaprasadana, Dahaprashamana, Durgandhahara,</i>	Essential oil, Santalol.
4.	<i>Murva</i>	<i>Tridoshahara</i>	<i>Pramehahara, Kushtha, kandu, Hridaya roga,</i>	Camptothecin
5.	<i>Guduchi</i>	<i>Tridosha Shamaka</i>	<i>Rasayana, Deepana, Grahi and Anahahara. Hence it is used in Daha, Jvara, Kushtha, Vatrakta, Pandu, Prameha, Kasa, Chardi, Krimi etc.</i>	It contains Berberine alkaloid, bitter glycoside Giloin, Volatile oil and fatty acids. Stem and root contain starch extract, which is mainly used in fever.
6.	<i>Patha</i>	<i>Kapha - pittashamana</i>	It is locally used on <i>varna</i> and <i>Kushtha</i> . It is also <i>Vishaghna</i> . Internally it can be used as <i>Deepana, Pachana, Grahi</i> , and <i>Krimighna</i> . It purifies blood and is <i>Shoathara</i> . It is <i>Kaphaghna, Mutral</i> , Antipyretic and <i>Dahaprashamana</i> .	Root is having Pelosine or Berberine 0.5% and Saponin.

DISCUSSION

Every individual have their own unique balance of *tridosha*. Ayurveda believes that all *dosha* in balance is important and essential for well – being. In, *vicharchika tridosha* is vitiated by wrong *aahar –vihar* (wrong diet, wrong habits, lifestyle and stress. *Vicharchika* is *kapha pradhan tridoshaj* disease. In *Patolkaturohinyadi kashaya*, all drugs are *tikta* and *katu rasa pradhan dravya*. Therefore *Patolkaturohinyadi kashaya* have *kapha-pittahar* and *tridoshahar* property. *Patol, katak, chandana,*

and *patha* have *kapha-pitta shamak* property .

Murva and *guduchi* have *tridoshshamak* property

.So *vicharchika* should be managed by using *Patolkaturohinyadi kashaya* successfully.

CONCLUSION

Patolkaturohinyadi consists *Patol, katurohini, chandan, murva, guduchi* and *patha*.

Patolkaturohinyadi kashaya is most popular drug of *kustha*. *Patolkaturohinyadi kashaya* is described in *astanghrudaya*⁵.





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