Etiopathogenesis of Vicharchika: A Review

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ABSTRACT
In Ayurveda "Kustha" is defined as "Kushnateeti kushatham" the disease which destroys the affected part of the body (skin) is known as kustha. Vicharchika is classified under kshudra kustha. It is Vata-Kaphapradhan Tridoshaja vikar, characterised by Kandu, strava and pidika. Vicharchika can be correlated with the eczema or dermatitis. In eczema patches of skin become inflamed, itchy, red, cracked and rough. Sometimes blisters may occur. The involvement of Vata dosha is responsible for dry, blackish lesion of eczema, Kapha dhosha is responsible for itching in those affected areas and oozing is due to Pitta dosha. Junk food, frozen food and rapidly changing lifestyle is also leading to increase the rate of skin diseases. The patients of Vicharchika are found commonly now a days, so for their treatment; it is essential to study the etiological factors and pathogenesis of Vicharchika in detail.

KEYWORDS
Vicharchika, Kustha, Eczema, Viruddha ahar
INTRODUCTION
All skin diseases are included in the kustha. There are two main types of kustha, i.e., Mahakustha and kshudra kustha. Vicharchika disease included in kshudra Kustha. The meaning of Vicharchika is “cracking of skin” mainly seen on the skin of hand and legs.¹ The symptoms of Vicharchika are shava pidika (skin eruption with discoloration), kandu (severe itching) and ruja (pain). Vicharchika can be correlated with the eczema or dermatitis, is reaction pattern with clinical findings like erythema, edema, oozing, vesiculisation, crusting and later lichenification². Skin is the mirror that reflects the internal and external pathology and thus helps in diagnosis of diseases. Skin diseases results in disfigurement and depression. Among all skin diseases which are commonly seen in the society i.e. Tinea infections, psoriasis, eczema etc. The etiological factors are varied in vicharchika, but virudha ahar and vegadharana (holding of natural urges) are the major causative factors. There is more confusion in diagnosing the Vicharchika based on the symptoms mentioned by Acharya Charaka, Hence this study is made to better diagnosis, treatment and Prevention of the Vicharchika.

AYURVEDIC VIEW OF THE SKIN-
In Ayurveda the term Twak or charma is used for skin.³

Panchabhautik Sanghatana of Skin-
Romakupa, swedvaha strotas – Akash Mahabhut pradhan
Prabha, Kanti, Bhrajak pitta – Vayu Mahabhut pradhan
Rasa dhatu, sweat, secretion – Agni Mahabhut pradhan
Epidermis, Subcutaneous fat, Loma – Prithwi Mahabhut pradhan

AIM
To study Vicharchika in detail according to ayurveda.

OBJECTIVES
1. To study the etiological factors of Vicharchika.
2. To study pathogenesis of Vicharchika in detail.

MATERIALS AND METHOD
1. Ayurvedic classical text
2. Modern Textbook

NIDAN-
Assesment of Nidan for Vicharchika-
Ahar¹- (Virudhha Aahar)
Madhura Ahar- Ama, Ajirnakara(e.g cake, Rabadi, chocklate etc.)
Matsya- Bahudoshakara
Tila – Pitta prakopa and Kusthakara
Guda – Krimikara and Agnimandyakara
Dadhi - Mahabhishyandi, kusthakara, Kaphakara
Snigdha Ahar – Abhishaydi (e.g. Među vada, Dahi vada)
Guru Ahar - Ajirnakara
Kshirā- Kledakara
Mulaka – Tridoshakara, Abhishyandi and Vishtambhakara

Examples of Viruddha Ahara⁵ –
Veerya Viruddha (potency incompatibility) – fish and milk
Samskar Viruddha (processing incompatibility) – heated honey sevana
Matra Viruddha (dose incompatibility) – honey and ghee in equal amount or proportion
Kala Viruddha (time incompatibility) – consuming pungent substance in summer and cold substance in winter
Krama Viruddha (order incompatibility) – consuming curd at night, madhura rasa food after meal
Samyoga Viruddha (combination incompatibility) – consuming fruit salad and banana with milk
Parihar Viruddha (contraindication incompatibility) – consuming cold water immediately after having hot substance i.e. tea or coffee
Upachara Viruddha (treatment incompatibility) – consuming cold water after taking ghee (sneha dravyas)

Viharaj hetu–
Exposure to cold immediately after heat leads to Swedawaha Strotodusti.⁶
Diwaswap, Ativyayav, Ativyayam
Panchakarma apcharan (Panchakrma doing in improper way)
Vegavidharana (controlling natural urges)
Ratrijararana (late night sleep) - due to night job and late night sleep habite

Krimij Hetu–⁷
Acharya Sushruta says that all types of Kustha caused due to tridoshaja and krimi.

Poorvrupa⁸-
There is no classical description regarding the poorvrupa of Vicharchika but being a variety of kustha, the Poorvrupa of Kustha should be considered as poorvrupa. This can be described as follows -
Asweda (No perspiration)
Atisweda (Excessive perspiration)
Kandu (Itching)
Toda (pricking pain)
Vaivarnya (Discoloration)
Paridah (Burning sensation)

Rupa–

Vedana vishesh–

1. Kandu–
Kandu means itching. Itching is due to prakupita (vitiated) Kapha and Vata dosha.
In Vicharchika itching is severe, as it mentioned by Acharya Sushruta, ‘Atikandu’ and by Acharya Charaka as ‘Sakandu.’¹⁰
2. **Pidika (blackish discolouration)**-
In *Vicharchika shyava pidika* occurs it means a localised circular protuberance small in size or boil (which is blackish discolouration of the skin), pustules when *Pitta* gets aggravated. all the *Acharya* mentioned this characteristic of this colour but *Acharya Sushruta* has not mentioned the colour of the lesion of *Vicharchika*.

3. **Daha**
*Daha* means burning sensation, due to *Vata* and *pitta dosha*.

4. **Ruja (Pain)**
*Ruja* occurs due to predominance of *Vata dosha*. *Acharya Sushruta* has mentioned ‘*Atiruja*’ as a symptom of *Vicharchika*.

5. **Strava (Oozing)**
*Acharya charaka* mentioned *Bahustrava* means profused discharge.

6. **Rukshata** *(dryness)*
*Rukshata* means dryness. It is mentioned by *Acharya Sushruta*. And it causes due to *Prakupita*(vitiated) *Vata dosha*.

**Samprapti**-
The Pathogenesis of *Vicharchika* is -

- **Nidan Sevan**
- **Agnimandya**
- **Kapha pradhan Tridosha Prakopa** *(vitiated)*

Simultaneously *Twak*(skin), *Rakta*(blood), *Mamsa*(muscular part of the body) and *Ambu*(watery part of the body) get *shithila* (lose their consistency)

All seven *dravyasangrah* of *Kustha* get vitiated

- **Kandu, Strava, Pidika Utpatti**

**Vicharchika**

**Samprapti ghataka**

- **Dosha** - *Kaphapradhana Tridoshaj*
- **Dushya** - *Twak, Rakta, Mamsa and Ambu*
- **Strotas** - *Ras, Rakta, Mamsavaha* and *Udakvaha strotas*
- **Strotodusti lakshana** - *Sanga* and *vimargagamana*
- **Udabhava sthana** - *Aamashaya*
- **Adhisthan** - *Bahya*
- **Gati** - *Tiryak*

**DISCUSSION**
The change in food habits, lifestyle and stress are main aggravating factors of different skin diseases among them *Vicharchika* is one of them. Nowadays most common *hetus*(causes) of *vicharchika* are *virudha ahar sevana* like fruit salad, tea with khari(toast) and *abhishyandi ahar* (Dahi- vada,pizza, burger) in *vihar* i.e
Ratrijagaran (late sleep at night) it causes Aam ras utpatti then Kapha pradhan Tridosha Prakopa and dushya dusti leads to Vicharchika. Vicharchika is correlated with ‘eczema’ in modern science, characterised by erythema, edema, oozing, vesiculasation, crusting and later lichenification. The patients of skin diseases have mental torture because of their ugly look and constant discomforts like severe itching. Hence there is need to find out the cause for skin diseases and try to stay away from exposure to that cause, because “Nidan Parivarjanameva chikitsa”.

CONCLUSION

On the basis of conceptual analysis, the following conclusions can be drawn as follows. Vicharchika is a Tridosaj vikar with kapha dosha predominance. Symptoms like kandu strava, ruja and shyava pidika are the cardinal features of Vicharchika and can be correlated to eczema. The etiological factors are varied in Vicharchika, but virudha ahar and vegadharana (controlling of natural urges) are the major causative factors. Exposure to various nidanas (causes) make twagadidhatudusti to become shithila and then causes Vicharchika.
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