

**Role of Raktmokshana (Siravedh) & Shaman Chikitsa in
Vicharchika - A Case Study**

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Abstract:

In *ayurvedic* texts, all skin diseases are classified under *Mahakushtha* and *Kshudrakushtha*. *Vicharchika* is a type of *Kshudrakushtha*. It can be correlated with eczema according to modern science. Eczema is characterized by dry itchy skin with areas of poorly demarcated scales. In acute phase eczema may be vesicular and oozing. In chronic phase, it may become *hyperpigmented* and *lichenified*. Modern dermatology employs systemic and local administration of steroids for the management of eczema. Despite an initial response, maintenance therapies with small doses of systemic and topical glucocorticoids usually produce hazardous ill effects. So attempt has been made to treat eczema by *Ayurvedic* medicine. *Ayurveda* focuses on underlying *etiopathogenesis* and treats the root cause of the disease. The present study has been done to evaluate the efficacy of Shodhana i.e. *Raktamokshan (siravedha)* and *Shaman Chikitsa* in *Vicharchika*.

Keywords: *Mahakushtha*
Kshudrakushtha. *Vicharchika*

Introduction:

Most of the skin diseases developed from abnormal functioning of the agni, defective dietary habits like Smoking, alcohol, *psychological* stress and causing life style related skin diseases. *Vicharchika* is one of the disease mentioned in ancient science among *kushtha*.^[1]

Kushtha has been classified in mainly two groups, *Mahakushtha* and *Kshudrakushtha*.^[2,3]

Vicharchika being one among *Khudra kushtha*. All *Kushthas* having tridosha origin.^[4] Hence it Can be explained in similar manner i.e. *Kapha* is responsible for *Kandu*, *Pitta* is for *strava* and *shyava* indicate the presence of *vata*.

The existing treatment in modern science for eczema consist of reassurance, elimination of predisposing cause and palliative. It is also said that there is no specific medication for eczema^[5].

Though few drugs give symptomatic relief only. Modern *deomatology* employs systemic and local administration of steroid for the management of eczema^[6]. Despite of Initial response, maintenance therapies

with small doses of systemic and topical *glucocorticoids* usually produce hazardous effect^[7].

Ayurveda focuses on underlying *etiopathogenesis* and treats the root cause of disease.

The main focus of treatment in *Ayurveda* for *Vicharchika* is *Shodhan (Raktamokshan)*^[8].

The present work has been undertaken to check the efficacy of *Shodhan (Raktamokshan)* and *Shaman Chikitsa* in *Vicharchika*^[9].

Case report:-

A 56 yrs old male patient came in OPD with complaints of *Kandu* (itching), *Shyava varna* (blackish discoloration), *Rukshata* (dryness), *Strava* (discharge), *Lohita varna* (redness) and *Ruja* at the dorsum of both hands. Initially it was started in the form of small vesicles associated with itching, later on developed *pidaka*, *strava* and reddish lesions. After some days, itching was gradually increased with dryness. Patient received some oral steroids, antifungal and anti inflammatory drugs from local dermatologist but he didn't get relief. So he came in *Kayachikitsa* OPD.

General Examination:-

General condition of patient was fair, Vitals were normal. Local and systemic examination revealed no abnormality.

Bowels - Abnormal.

Micturition - Normal,

Appetite - good.

BP- 110/80 mmHg

PR- 76/min

Routine blood investigations were done and was normal Skin examination.

Ashtavidha Pariksha:

- *Nadi* – 72/min, *Madhyam*, *Pittavataj*
- *Mala* – *Malavastambha*
- *Mutra* – *Samyak*
- *Jivha* – *saam*
- *Shabda* – *Prakrit*
- *Sparsha* – *Snigdha*
- *Druk* – *Prakrit*
- *Aakriti* – *Madhyam*
- *Kshudha* – *Kshudhamandya*
- *Nidra* – *Samyak*

Material and methods:-

Table 1: Showing Treatment schedule

Date	Treatment
06-08-20	<ol style="list-style-type: none"> 1. <i>Siravedha</i> has been done 2. <i>Hingwashtak churna</i> 2gms + <i>Ajamodadi churna</i> 2gms BD before meal with lukewarm water. 3. <i>Panchasakar churna</i> 2gms with lukewarm water at bedtime. 4. <i>Arogyavardhini vati</i> 1BD 5. <i>Raktapachak Kadha</i> 20ml BD 6. <i>Cutis oil</i> for LA
21-08-20	<ol style="list-style-type: none"> 1. <i>Siravedha</i> 2nd sitting 2. <i>Cap. Panchatikta Ghrit Guggul</i> 500mg 1 BD 3. <i>Sukshma Triphala</i> 1 BD 4. <i>Cap. Epderm</i> 1 BD

	5. Mahamanjishthadi Kadha 15ml Bd 6. Aragvadha kapila vati 1 with lukewarm water at bed time.
05-09-20	1. Rasayan vati 1 BD 2. Chopchinyadi Churna 2gms BD

Table 2: Gradation of symptoms/subjective parameters of Vicharchika^[10].

Sr. No.	Parameters	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu (itching)</i>	Absent	Tolerable	Tolerable but doesn't disturb sleep	disturb sleep
2	<i>Shyava varna (blackish discolouration)</i>	Normal	Slightly black	Dark patches	Dark spot with variation
3	<i>Pidika</i>	Absent	One or two	More than two	All over the body
4	<i>Rukshata(dryness)</i>	Absent	Dryness with rough skin	Dryness with scaling	Dryness with Cracks
5	<i>Strava (discharge)</i>	No Discharge	Occasional discharge with itching	Occasional oozing without itching	Excessive oozing making cloth wet
6	<i>Lohita varna (redness)</i>	Normal skin	Slightly red	Reddish patches	Dark Red patches
7	<i>Ruja</i>	No pain	Mild pain	Moderate pain	Severe pain

Table 3: Showing results before treatment and after treatment

Sr. No.	Parameters	BT	AT
1	<i>Kandu (itching)</i>	2	0
2	<i>Shyava varna (blackish discolouration)</i>	3	1
3	<i>Pidika</i>	2	0
4	<i>Rukshata(dryness)</i>	2	0
5	<i>Strava (discharge)</i>	3	0
6	<i>Lohita varna (redness)</i>	2	0
7	<i>Ruja</i>	2	0

Discussion:-

Vicharchika is a type of *Kshudrakushtha* and is generally caused due to the vitiation of *vata*, *kapha* and *rakta* having *Rukshta*, *Strava*, *shyava varna*, *Strava*. In this case, The patient was treated for the period of 30 days. Treatment was planned in 2 phases.

1. *Raktamokshan (Siravedha)*
2. *Shaman Chikitsa*

Prescribed medications with their action are shown below:

1. ***Arogyavardhini Vati***-^[11]

Aamdoshanashak, *Hepatoprotective*, *Vata and Kaphanashak*, *Kushthaghna*. It has as anti-inflammatory. It has *Bhedan* and *Malashuddhikar* property because of *Kutaki*.

2. ***Raktapachak Kadha***-

It contains *Patol*, *Sariva*, *Musta*, *Patha*, *Kutaki*. It corrects the *Rakta Dhatvagni*. It is *Raktashodhak* and *Kushthaghna*.

3. ***Panchatikta Ghrit Guggul***-^[12]

It is *kushthaghna*. It helps in pacification of *tridosha*. It has anti inflammatory, anti pruritic and carminative properties.

4. ***Mahamanjishthadi Kwath***-^[13]

Varnya, *Kaphapittashamak*, *Shothahar*, *Kushthaghna*, *Vranaropak*, *Raktashodhak*, *Dahashaman*

5. ***Sukshma Triphala***-

It contains *Kajjali* and *Triphala*. It is *Kaphashamak*. It has *Rechan* property.

6. ***Cutis oil***-

It is *vata kaphashamak*. It has *raktashodhak* and *Kandunashak* properties. It reduces dryness, itching and scaling.

7. ***Raktmokshan (Siravedh)***-^[14]

Vicharchika is included under *Siravedha Arha vyadhi*. In each and every disease, *Shodhan* is mentioned which includes *Siravedha*. In *Vicharchika*, there is vitiation of *Rasa*, *Rakta* and *Mans Dhatu*

and *Siravedha* is indicated in all these vitiated *Dushyas*. In *Vicharchika*, there is excess *dushti* of all *doshas* which can be eliminated easily by *Siravedha*. *Siravedha* produces *Indriya prasadan* and *Dhatu Sthirata*, hence *Rakta Dhatu Dushti* and *Rasa Dushti* in *Vicharchika* is reduced and *Twakindriya* is nourished. In present case, 2 sittings of *Siravedha* at the interval of 15 days has been done, along with it, *Shaman Chikitsa* is given to the patient. The action of the prescribed medication were discussed above.

Conclusion:

In the contemporary view of *Vicharchika*, it can be included in *Eczema*. Long period of treatment in the form of suppressive and symptomatic (topical and systemic) are necessary in both therapies. In *Ayurveda*, *Kushtha* and *kshudrakushtha* are broad concept with pointed principle of management. All aspect of treatment also describe in *Vicharchika* eg. *Pathya* and *Apathya*. Various drugs for systemic and local purpose in many form of drugs preparation eg. *Vati*, *lepas*, *Rasayan preparations*, *oil*, *Kwath*. In present case study, patient has been treated with *Shodhan* and *Shamana Chikitsa* and got 95% result. So it can be concluded that *Ayurvedic* management will be an effective and acceptable in treatment of *Vicharchika*.

Study Photograph:-



Before T/T



After T/T

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