



Research Article

## Review Article on Vicharchika and Its Treatment in Relation to Eczema

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### Abstract

The 21st-century landscape, along with its holistic transformations, necessitates a shift in classroom pedagogical practices. Moving away from traditional aims, education now focuses on developing skilled and 21st-century competent citizens in response to contemporary global demands. In this context, India's National Education Policy (NEP) 2020 advocates for learner-centred and multidisciplinary teaching-learning approaches that foster critical thinking and problem-solving skills, rather than producing mere theoretical learners. The policy emphasises comprehensive pedagogies that are holistic, inclusive, personalised, and that integrate technology as an essential component. The overarching goal is to nurture creative minds with strong decision-making abilities, contributing to a sustainable world and society. This paper aims to explore the pedagogical shifts proposed by NEP 2020 and examine the challenges associated with their implementation at the ground level.

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## 1. INTRODUCTION

Skin diseases are among the most common chronic health conditions affecting quality of life. Eczema, a prevalent inflammatory skin disorder, is characterised by itching, erythema, vesicles, oozing, crusting, and thickening of the skin. It is often recurrent and associated with immune dysfunction and environmental triggers.

Classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya describe Vicharchika in detail, including its etiological factors (*Nidana*), pathogenesis (*Samprapti*), clinical features (*Lakshana*), and line of management (*Chikitsa*). The etiological factors include excessive intake of incompatible foods (*Viruddha Ahara*), excessive consumption of sour, salty, and heavy foods, improper lifestyle habits, and suppression of natural urges, which vitiate Doshas and affect Twak (skin), Rakta, Mamsa, and Lasika.

### Material

Data compiled from multiple sources, Brihattarayee and their commentaries, Research journals and magazines were consulted through online sources. The methodology adopted for this study involved collecting, analysing, and interpreting information gathered from various resources.

## 2. REVIEW OF LITERATURE

### Modern Review – Eczema

Eczema is widely studied as a chronic inflammatory skin disorder affecting both children and adults in today's era. Research indicates that its prevalence has been increasing globally, particularly in urban areas of India, likely due to environmental and spoiled lifestyle factors followed by individuals.

Global Studies have shown a strong genetic component, with mutations in the gene named filaggrin contributing to a defective skin barrier, which predisposes individuals to inflammation and allergic reactions. Environmental triggers such as allergens, stress, and climate change have also been documented to increase symptoms. Research emphasises the importance of early diagnosis and a combination of preventive and therapeutic approaches, including regular moisturization and topical corticosteroids, to improve patient quality of life in today's exploited area. Recent studies also explore emerging biologic therapies targeting immune pathways, showing promise in moderate to severe cases. Thus, the literature marks that eczema is multifactorial, requiring integrated management strategies.

### Ayurvedic Review – Vicharchika

According to Charaka Samhita, Vicharchika (eczema) is a Kushtha caused by the vitiation of Pitta and Kapha doshas, leading to itching, redness, papules, and oozing.

According to Sushruta, Vicharchika is a Kushtha resulting from Kapha and Pitta dosha imbalance, characterised by kandu (itching), raga (redness), pidika (papules), and srava (discharge). According to Vagbhata, Vicharchika is caused by Kapha-Pitta vitiation, presenting with kandu (itching), raga (redness), pidika (papules), and srava (discharge).

### Nidana

Nidana may be classified into the following groups

- Aharaj nidana
- Viharaj nidana
- Aacharaj nidana

Aharaja Nidana includes excessive intake of oily, spicy, sour, or heavy foods, as well as fermented and salty items, which aggravate Kapha and Pitta doshas.

Viharaja Nidana involves improper lifestyle habits such as lack of hygiene, exposure to cold or humid environments, excessive sweating, and irregular sleep.

Acharaja Nidana refers to behavioural or external factors like scratching the skin, sitting on dirty surfaces, using improper topical substances, or neglecting daily skin care, all of which contribute to the onset and aggravation of the disease

### Poorvaropa

- Parushyam
- Atislaksnatvam
- Vaivarnyam
- Kandu
- Nistoda
- Suptata
- Paridaha
- Lomaharsha
- Kharatvam

### Roopa-

- Kandu – mild itching of the skin
- Raga – slight redness or erythema
- Shyavata – mild darkening or uneven skin tone
- Toda / Parushya – slight prickling or roughness of skin
- Aruchi / Alasya – occasional loss of appetite or lethargy (in some cases)

### Samprapti-

Aharaja Nidana / Viharaja Nidana / Acharaja Nidan → Kapha & Pitta Dushti → Rakta Dushya Involvement → Circulation of Vitiated Doshas in Skin → Kandu (Itching) & Raga (Redness) → Pidika (Papules), Srava (Oozing), Shyavata (Discolouration)

### Chikitsa of Vicharchika –

The main approach to treating Vicharchika is divided into two categories:

- a) Shodhana Chikitsa (detoxification therapies)
- b) Shamana Chikitsa (palliative or pacifying therapies)

### Shodhana Chikitsa

According to Charaka in Kustha chikitsa (vicharchika) sodhana is given prior importance according to Doshika predominance.

- Vata pradhana- Ghrutpana
- Pitta pradhana -Virechana Raktamokshana
- Kapha pradhana- Vamana

When the Doshas are highly aggravated, Shodhana (detoxification) therapies should be repeated periodically at proper intervals

- Vamana -Once a fortnight (15 days)
- Virechana-Once a month (30 days)
- Nasya- Once in three days
- Raktamokshana -Once in six months

**Shamana Chikitsa**

Shamana therapy is an essential part of treatment. After completing Shodhana procedures, Shamana Chikitsa is used to pacify any remaining Dosha imbalances. Rasayana therapy is also important following Shodhana, as it nourishes the seven Dhatus and is especially recommended in chronic conditions. Classical texts provide detailed information on various single and compound formulations for internal and external use. According to Charaka, these are categorised as Tikta (bitter) and Kashaya (astringent) substances to be used after Shodhana.

**CONCLUSION**

Vicharchika is a chronic skin disorder primarily caused by vitiation of Kapha and Pitta doshas, leading to symptoms like itching, redness, papules, and oozing. Its management is based on a combination of Shodhana (detoxification) and Shamana (palliative) therapies, along with Rasayana treatment to restore Dhatus and prevent recurrence. Classical Ayurvedic texts emphasize dietary regulation, lifestyle modifications, and the use of internal and external herbal formulations for effective control of the disease. Early recognition of Purva Rupa and proper intervention can significantly reduce morbidity and improve quality of life.

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