

EFFECTS OF HARIDRA KHAND AND PANCHATIKTA GHRITA IN DRY ECZEMA (JEERNA VICHARCHIKA) - A CASE STUDY.**Vd. Supriya S. Wagh* and Vd. Tushar Khairnar**Department of Agadtantra Avum Vidhi Vaidyakam, College of Ayurveda and Research
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Research Centre, Nigdi,
Pune Maharashtra, India.**ABSTRACT**

Eczema could be a recurring chronic condition, which the person may have to live with throughout life. Hence, it can be safely assumed that eczema is one of the most prevalent skin problem in world. In Ayurveda(Sanskrit) eczema is termed as *vicharchika*. Eczema (dermatitis) is an inflammation of the upper layers of the skin which is epidermis. Symptoms like drying up, even rupturing and bleeding are also seen. Haridrakhand is used widely in the treatment of allergic and itching skin diseases. It improves skin quality and complexion, also useful in blisters and fungal infections of the skin. Turmeric helps to eliminate toxic substances from the blood which is irritating to skin and prevents skin diseases. The local application of ayurvedic ghrita

prepared from bitter herbs also plays a significant role to treat eczema. Panchatikta Ghrita is an Ayurvedic medicine, in herbal ghee form. This medicine has ghee as its base. It is used for preparatory procedure for Panchakarma and also as medicine, it is also applicable for skin diseases. Herbs used in its formation are helpful in eliminating toxins from skin. Panchatikta Ghrita is strong moisturizer. It also nourishes the skin and beneficial vata and kapha predominance.

KEYWORDS: Ayurvedic Samhitas, Bhavprakash, Chahrak samhita, Davidson, Harrison.**INTRODUCTION**

Eczema could be a recurring chronic condition, which the person may have to live with throughout life. Hence, it can be safely assumed that eczema is one of the most prevalent skin problem in world. The prevalence rate of eczema is 21%. According to Ayurveda Eczema

(Vicharchika) is raktapradoshajavikara. The signs and symptoms of *vicharchika* can be correlated to the symptoms of eczema.

Eczema is an inflammation of the upper layers of the skin which is epidermis. Eczema is an itchy condition, which leads to red rashes when scratched. For this reason, eczema is also called as 'the itch that rashes' and other symptoms like drying up, even rupturing and bleeding are also seen. Even the extent of eczema differs from one person to another person.

Haridrakhanda

Haridrakhanda is used widely in the treatment of allergic and itching skin diseases. It improves skin quality and complexion. It is also effective in blisters and fungal infections of the skin. Turmeric helps to eliminate toxic substances from the blood which is irritating to skin and prevents skin diseases. Haridrakhanda is used for rakta pradoshaj vyadhi. It is a good blood purifier with good anti allergic and anti-histaminic. It is good for disorder with Kapha dominance, then for vata dominance.

• Contents of Haridrakhanda

1)Turmeric, 2) Trikatu, 3)Cow ghee, 4)Triphala, 5)Milk, 6)Vidanga, 7)Sugar, 8)Trivrita, 9)Nagkehsar, 10) Musta, 11)loha Bhasma.

Panchatikta Ghrita

Panchatikta Ghrita is an Ayurvedic medicine, in herbal ghee form. This medicine has ghee as its base. It is used for preparatory procedure for Panchakarma and also as medicine, it is also applicable for skin diseases. Herbs used in its formation are helpful in eliminating toxins from skin. Panchatikta Ghrita is good moisturizer. It also nourishes the skin and beneficial in disorder of kapha, vata and pitta dosha.

• Contents of Panchatikta Ghrita

1)Nimba, 2)Triphala, 3)Patol, 4)Ghrita, 5)Guduchi, 6)Vasa, 7)Kantkari.

AIM

To study the efficacy of haridrakhanda and Panchatikta Ghrita In Dry Eczema (Vicharchika).

OBJECTIVES

- 1)To specify the role of haridrakhanda and Panchatikta ghrita in Dry Eczema.
- 2)To observe adverse effect of haridrakhanda and Panchatikta Ghrita

Samprapti

- 1) Nidan Sevan.
- 2) Tridosha Prakop with tiryak gati.
- 3) Twak, Rakta, Mamsa, Ambu are produce shaithilya.
- 4) Further vitiation of Doshas Occure.
- 5) Doshas get engage with skin.
- 6) Skin discoloration with dryness and itching.
- 7) Eczema.

CASE REPORT

A 34 years old male patient came to OPD with complaints of Rashes, itching, Dryness with pain on right forearm since last 4 months.

History Of

Occupation- Shopkeeper

Aahar- Snigdhanna, Virudhanna Sewan - fruit +Milk, dairy products, eggs, nuts and seeds, soya products, wheat, irregular diet

Vihar- Divaswap+

Addictions – Smocking 5-6 cigarettes per day

Mental stress +

Irritants - soaps, shampoos

No H/O – DM/HTN/Thyroid/ no family history of dry eczema.

Follow up treatment and progress of the patient

Date	Itching	Dryness	Rashes	Pain	Treatment
09/06/2017	+++	+++	+++	+	1)haridrakhanda5gm - BD With Anupan - Koshna Jal 2)Panchatikta ghrita LA - TDS
20/06/2017	++	++	+++	+	Rest Ct All
02/07/2017	+	++	++	Nil	Rest Ct All
12/07/2017	+	+	++	Nil	Rest Ct All
22/07/2017	Nil	+	+	Nil	Rest Ct All
1/08/2017	Nil	Nil	+	Nil	Rest Ct All

DISCUSSION

In Eczema (vicharchika) it is observed that one internal drug (haridrakhanda) and one external drug (Panchatikta Ghrita) is more effective than single drug. Haridrakhanda helps in

blood purification with good anti-allergic and anti-histaminic action. There is no side effect and contra-indication of haridrakhanda.

Panchatikta ghrita is herbal ghee form it work vataghna with strong moisturizer (snehan) so it helps to decrees dryness (Rukshata). Panchatikta ingredients are kaphaghna so it helps to decrease itching (kandu).

CONCLUSION

- 1) From this particular study some conclusions are being drawn on the basis of Observations made, results achieved and by through discussion.
- 2) Local application of Panchatikta Ghrita in Eczema was found to be highly significant for kandu. Panchatikta ghrita is highly effective when it is used alongharidrakhanda for symptoms like rashes, dryness and itching.
- 3) Haridrakhanda is effective in allergic and itching skin disease.
- 4) Turmeric present in haridrakhanda helps to eliminate toxic substances like cytokines from the blood and helps to decrease inflammation.

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