

**EFFECT OF ARKATAILA IN VICHARCHIKA W. S. R. ECZEMA: A
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Ayurved College, Raipur.**ABSTRACT**

Skin is the first organ of the body interacting with environmental stimuli. All the skin diseases in *Ayurveda* have been described under the heading of *Kushtha*. *Vicharchika* is stated as a *Kshudra kushtha*. *Charaka* states that *Vicharchika* is a *Kapha* dominant disorder having four major features viz. *Kandu*, *Pidika*, *Shyava*, and *Bahusrava*. *Vicharchika* is often correlated to eczema based on the clinical presentations. No satisfactory treatment is available in contemporary medical practice except antihistamines and topical steroids. *Arka Taila* can be significantly uses in *Vicharchika* due to significant properties if its components.

KEYWORDS: *Ayurveda*, *Vicharchika*, *Eczema*, *Arka taila*, Skin disease.

Ayurveda the science of life is one of the oldest recognized systems of medicine, originated from the *Vedas*. *Ayurveda* is helpful for majority of Indian population to keep up the health by prevention and cure of the diseases. This system envisages comprehensive understanding of the totality of the body.

Now a day, due to changing life, urbanization and fascination of western culture, food habits of society are changing. There is noticeable change in food habits and preparatory methods between early time and in present era. In day to day life, person consumes an incompatible diet which leads to most of the diseases, among which skin disorders are prime. Incompatible diet is one of the main causes for all types of skin disease.

Skin is a mirror that reflects external and internal pathology thus helps in diagnosis of disease. It is the first organ of the body interacting with environmental stimuli and natural ability of body, to deal with these factors result in spontaneous remissions and relapses. All the skin diseases in *Ayurveda* have been described under the heading of *Kushtha*. In other words it can be listed as *Ayurvedic* dermatology. It is not a vis-à-vis correlation but one can cover up all skin disease under 18 types of *Kushtha*. *Vicharchika* is stated as a *Kshudra kushtha* and *Sadhya kushtha* by all Acharyas, but *Kushtha* is one among *Ashta mahagada*. Even in modern advanced era by its prevalence, chronic nature & relapse it is difficult to cure and has similarity with eczema and its types. *Vicharchika* can be seen at any age but more frequent in young age due to exposure to occupational, environmental factors, mental stress and smoking. *Vicharchika* is a *Kapha* dominant disorder but *Tridosha* involvement is evident from signs and symptoms. *Rasa, Rakta, Mamsa and Lasika* are involved in the manifestation of *Vicharchika*. Most of the patients were reported in the chronic stage of eczema. Negligence in early stage of eczema is common phenomenon

AIMS AND OBJECTIVES

- Conceptual study of *Vicharchika*
- To assess the probable mode of action of *Arka Taila* on *Vicharchika*

Vicharchika is a *Shakhagata* disease, where morbid *Dosha* after vitiating the *Rakta*, spreads through *Tiryakavahisira* and by affecting the *Tvak* produces this disease. Involvement of all these factors indicates that the disease nature is difficult to cure, as it is difficult to bring back the vitiated *Dosha* completely from *Shakha* to *Koshtha*, particularly if they have spread through *Triyakavahi sira*. The remaining *Dosha* thus left in *Shakha* becomes chronic and relapsing. Hence, this disease runs a chronic course with its remissions and exacerbation. *Vicharchika* has been mentioned in almost all *Ayurvedic* texts, either in form of *Kshudra kushtha*, *Kshudra roga* or *Sadhya kushtha*. Various *Acharya* mentioned *Vicharchika* with different *Doshika* involvement on their symptomatological complex. *Acharya Charaka* states that *Vicharchika* is a *Kapha* dominant disorder having four major features viz. *Kandu* (pruritis), *Pidika* (eruptions), *Shyava* (blackishdiscoloration) and *Bahusrava*(excessive oozing). This indicates its initial or acute stages or wet type of eczema. *Acharya Sushruta* has described clinical appearance of dry eczema (*Shushka Vicharchika*) with the symptoms of intense pruritis, pain and marked linings. This variant is due to provoked *Pitta* only. It indicates chronic or later stage of the disease. Thus, this opinion may also suggest different

stage of disease *Vicharchika*. In initial stage of *Vicharchika* when pruritus is severe, which ultimately breach the skin intactness and water discharge which is also mentioned by Acharya *Vagbhatta* that *Vicharchika* has a characteristic discharge like *Lasikadhya* while as per *Indu*, it is *Jalapraya* i.e., watery discharge. The symptomatology of *Vicharchika* is similar with eczema as per classical criteria i.e., *Sakandu* (excessive pruritis), *Pidika* (boil/pustule/vesicle), *Shyava* (discoloration/hyper pigmentation), *Bahusrava* (profuse oozing) and later *Rajii* (marked linings/lichenification/Cris-cross marking), *Ruja* (pain), *Saruksha* (excessive dryness). Eczema can be defined as a disease in a form of dermatitis or inflammation of the epidermis. The term eczema is broadly applied to a range of persistent skin conditions which is defined as a non-contagious inflammation of the skin characterized by erythematic, scaling, edema, vesiculation and oozing. The eruption in eczema catches and causes vesiculation and plastering of skin. The first appearance is erythematic or reddening of the skin. These vesicles or papules break down then and oozing from the affected area of the skin. If the condition persists the skin, tends to become thickened and scales may come out. Particularly at the site of lesion, there is blockage of sweat glands creates loss of sweating (*Asvedanam*) or excessive sweating (*Atisvedanam*) due to continue irritation given by patient were reported in the symptoms of *Kushtha*. The etiopathogenesis is also similar to eczema i.e. *Viruddha*, *Mithyaahara and vihara* and other *Nidana* may act as metabolic toxins or other irritants and produce sensitization of skin. After all discussion it can be said that *Vicharchika* is a clinical entity in which the lesion has *Shyava* colored of *Pidika* with excessive *pruritis* and oozing, which may develop anywhere in the body (*Gatreshu*), either wet or dry. First manifestation of eczema is erythema or reddening of skin, edema, vesiculation, and oozing, crusting and later lichenification. Due to the intra and extra environmental changes of bodies and its reactions against them, may produce extreme stage of *Vicharchika*. Main site of etiopathogenesis is in *Tvak* (adhishtana), *Rakta* (blood and lymph), *Mamsa* (deep cutaneous tissue) and *Lasika* (sweat gland apparatus).

Composition of arka taila

Considering all signs and symptoms of *vicharchika Arka taila* mentioned in *Yogratanakara (Kustha Nidana Chikitsa Prakarana 203)* could be useful in treatment of *vicharchika*.

Composition of arka taila

Arka Taila contains drug *Arka, Haridra, Sarshapa tail*.

Arka has *Katu-Tikta* rasa, *Laghu-Ruksha-Tikshnaguna*, *Ushna virya*, it act as *Bhedana*, *Dipana*, *Krimighna*, *Shophahara*, *Vatahara*, *Vranahara*, *Vishaghna*, *Kusthaghana*, *kandughna*.

Haridra has *Katu-Tikta* rasa, *Laghu-Rukshaguna*, *Ushna virya*, it act as *Kushthaghna*, *Kandughna*, *Raktaprasadana*, *Raktavardhaka*, *Vishaghna*, *Anulomana*, *Shothahara*, *Varnya*.

Sarshapa taila has *Katu-Tikta* rasa, *Tikshna*, *Snigdha guna*, *Ushna virya*, it act as *Lekhana*, *Varnya*, *Krimighna*, *Jantughna*, *Kushthaghna*.

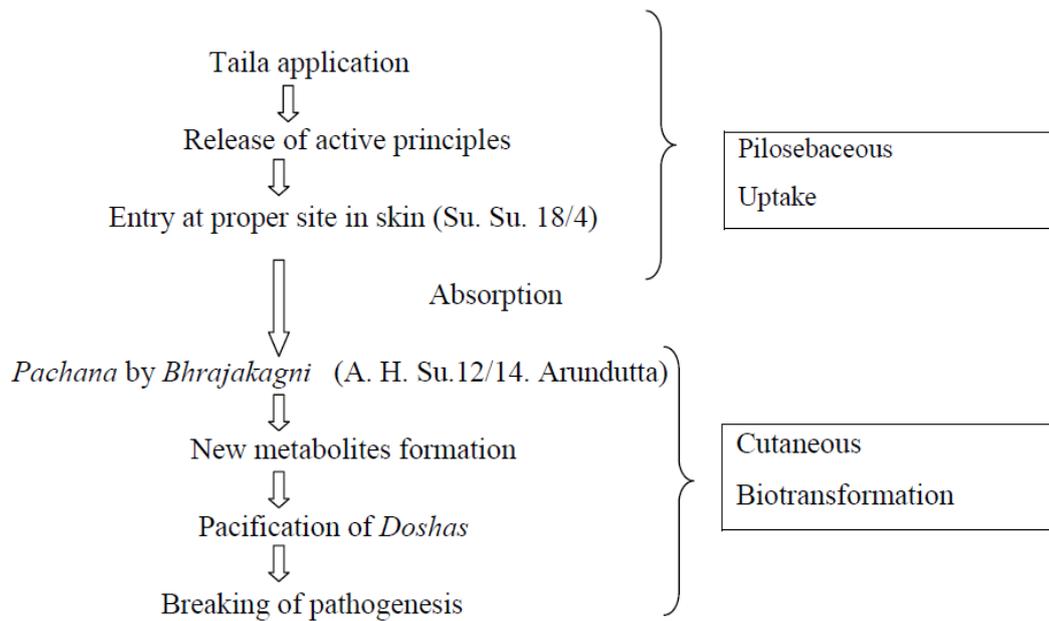
Upon topical application, the active principle of the *Taila* reaches to the deeper tissues through *Siramukha* and *Svedavahi srotas* by virtue of its stains it with its *Sukshma* and *Tikshna* property. Due to its *Ushna*, *Laghu*, *Ruksha* properties it removes the obstruction in *Svedavahi* srotas and allows the local toxins to flow out through the *Sveda*, thus clearing out the micro channels.

Probable mode of action of taila: The probable mode of action of *Taila* can be described in two steps as follows:

I. Pilosebaceous uptake: When a *Taila* is applied over the surface of skin opposite to the direction of hairs on it, through a proper base, the active principles of the ingredients of *Taila* are released into that base. After that, this combination enters the *Romkoop*a and further gets absorbed through the *svedavahi* srotas and *siramukha* . However, it should be kept in mind that the pilosebaceous uptake i.e. absorption of *Taila* differs as per the site variation, skin condition and more important is the base through which it is applied

II. Cutaneous bio transformation: Thereafter it is subjected for *Pachana* by *Bhrajakagni* viz. the viable epidermis starts off the catabolic degradation of the absorbed material with the help of essential enzymes. In due course of the above transformation, some new metabolites might be forming which pacifies the provoked *Doshas* locally and thus breaks the pathogenesis cycle leading to the alleviation in the symptoms

Hypothesis based on textual references



CONCLUSION

Arka taila contain drugs: *Arka, Haridra, Sarshapa taila*. Upon topical application, the active principle of the Taila reaches to the deeper tissues through *Siramukha* and *Svedavahi srotas* by virtue of its stains it with its *Sukshma and Tikshna* property. Due to its *Ushna, Laghu, Ruksha* properties it removes the obstruction in *Svedavahi srotas* and allows the local toxins to flow out through the *Sveda*, thus clearing out the micro channels. *Kandu* can be relieved significantly due to *Kusthaghna and Kandughna* properties of drugs of *Arka taila*.

A probable mode of action of the drug was assumed based on the classical analysis of *Rasa panchaka* and *Dosha-vyadhi karma* along with modern pharmacology of individual drugs.

In modern terms, the individual ingredients have anti-inflammatory, antihistaminic, hepatoprotective, antibacterial, antifungal, and blood purifier properties.

On itching the drug *Arka Taila* can shows significant result due to its content's pharmacological action.

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