



RESEARCH ARTICLE

कुष्ठकेवलं शरीरमुपतपन्ति WSR TO VICHARCHIKA KUSHTHA

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ARTICLE INFO

Article History:

Received 27th March, 2026

Received in revised form

24th April, 2026

Accepted 25th May, 2026

Published online 30th June, 2026

Keywords:

Vicharchika, Eczema, Pidika, Kshudra Kustha, Shodhana, Shamana & Shodhana Chikitsa.

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ABSTRACT

Vicharchika is a chronic Twak Vikara classified under Kshudra Kustha in Samhitas. The cardinal symptoms are like intense itching (Kandu), discharge (Srava), eruptions (Pidika), and dark discoloration (Shyava Varna) etc. While conventional medicine manages eczema symptoms primarily through topical corticosteroids, prolonged use often leads to adverse side effects or sometime associated with high recurrence rates. Here in this study the therapeutic approach focuses on rectifying underlying Dosha imbalances using a combination of Shodhana and Shamana Chikitsa to accomplish satisfied clinical practice. This approach helps to counteract the root cause management, helps to subside sign & symptoms and most of the time prevent recurrences.

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Citation: Dr. Bishnupriya Mohanty, Prerna Santosh Subhedar, Prof (Dr) Sangram Keshari Das, 2026. "कुष्ठकेवलं शरीरमुपतपन्ति WSR To Vicharchika Kustha". International Journal of Current Research, 18, (06), 37677-37679.

INTRODUCTION

Vicharchika is a type of skin disorder described in Ayurveda under the category of Kshudra Kustha. It is characterized by symptoms such as intense itching (Kandu), discharge (Srava), eruptions (Pidika), and dark discoloration (Shyava Varna) of the skin. In modern medicine, this condition closely resembles eczema, particularly atopic dermatitis. Eczema presents with dryness, itching, redness, and scaling. During the acute phase, fluid-filled lesions and oozing may be observed, while chronic cases often show thickened, darkened skin with scratch marks. Conventional treatment mainly focuses on symptom management, often using steroids, which may provide temporary relief but can have side effects with prolonged use. In contrast, Ayurveda emphasizes correcting the imbalance of Doshas through purification (Shodhana) and pacification (Shamana) therapies, aiming to address the root cause and prevent recurrence.

Definition of Vicharchika: Vicharchika is marked by multiple dark-colored lesions accompanied by severe itching and profuse discharge. The discharge is typically clear and watery rather than purulent. Dryness, cracking, intense itching, and pain. When similar symptoms appear on the palms or soles, it is also referred to as Vicharchika.

Nidana (Causative Factors): Dietary causes (Ahara Nidan)

Mithya Ahara (Improper Diet)

- Irregular eating habits.
- Eating without proper hunger.
- Overeating or inadequate intake.
- Untimely meals.

Viruddha Ahar (Incompatible foods)

- Fish with milk.
- Milk with sour substances.
- Milk combined with salt.

Other Dietary Factors

- Excess consumption of curd, fish, sour items, jaggery, and newly harvested grains.
- Frequent intake of heavy and oily foods.

Lifestyle causes (Vihara Nidana)

- Improper Habits.

- Excessive physical exertion.
- Sudden exposure to extreme temperatures.
- Daytime sleeping.

Improper Panchakarma Practices: Incorrect or excessive therapies like Snehapana.

Suppression of Natural Urges (Vega Dharana): Suppressing urges like urination, defecation, sneezing, hunger, thirst, sleep, etc.

Behavioral Factors (Acharajnidan)

- Disrespect towards teachers or elders.
- Unethical conduct.

Ayurveda considers such diseases to also have a psychological and karmic component

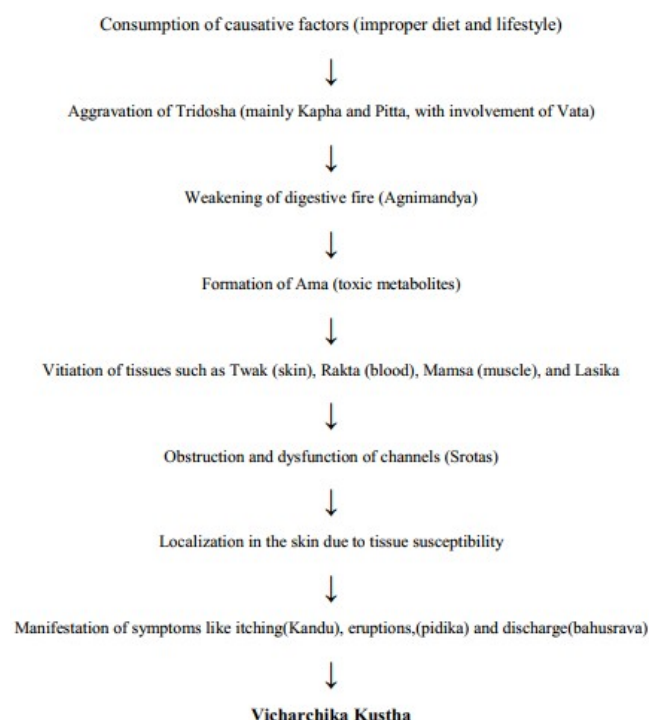
Purvarupa (Premonitory Symptoms)

- Excess sweating (Atisweda).
- Itching (Kamdu).
- Discoloration (Vaivarnya).
- Burning sensation (Daha).
- Pricking pain (Toda).
- -Fatigue (Shrama).

Rupa (Symptoms)

- Itching (Kandu).
- Eruptions (Pidika).
- Pain (Ruja).
- Dryness (Rukshata).
- Discoloration (Shyava Varna).
- Discharge (Bahusrava).

Samprapti (Pathogenesis)



Pathya

- Light and easily digestible food (e.g. Moong Dal, Khichdi).
- Bitter-tasting foods (Neem, Patola).
- Old grains (Aged rice, Wheat).
- Moderate use of ghee.

Apathya: Heavy and oily foods, Excess intake of milk and curd, Sour and fermented foods, Sesame seeds, Fish and meat and Fat-rich diet etc.

Prognosis (Sadhya- Asadhyata)

Sadhya (Curable)

- When limited to skin, blood, and muscle tissues.
- Predominantly Vata and Kapha involvement.

Yapya (Manageable)

- When deeper tissues like fat are involved.

Asadhyata (Incurable)

- When disease affects bone, marrow, or reproductive tissues.
- Involvement of all three Doshas.
- Presence of complications.

Complications: Like Pus discharge, body pain, Excessive thirst, Fever, Diarrhea, Burning sensation and Weakness etc.

Chikitsa (Treatment) Of VicharchikaKustha

Nidana Parivarjana

Avoiding causative factors such as improper diet and lifestyle.

Shodhana Therapy (Purification)

- Vamana – for Kapha dominance.
- Virechana – for Pitta dominance.
- Raktamokshana – for blood purification.
- Use of medicated ghee for Vata imbalance.

Shamana Therapy (Pacification): Use of herbal drugs with bitter and astringent properties: Like Nimba, Khadira, Patola & Triphala etc. These are administered as decoctions or powders.

External Treatments

- Lepa (Triphala Lepa, Nimba Lepa, Khadir Lepa).
- Parisheka (Nimba Kwatha, Khadir Kwatha).
- Avachurnana (Triphala Churna, Nimba Churna).

DISCUSSION

Vicharchika is predominantly a Kapha-Pradhana Tridosha Vyadhi involving Twak, Rakta, Mamsa, and Lasika. The characteristic features such as Kandu (itching), Pidika (eruptions), Srava (oozing), Shyava Varna (discoloration), and Rukshata (dryness) closely resemble the clinical presentation

of eczema. The pathogenesis of Vicharchika begins with Nidana Sevana such as Viruddhahara, excessive Guru-Snigdha Ahara, improper lifestyle, and suppression of natural urges. These factors lead to Agnimandya and Ama formation, resulting in Dosha Dushti. The vitiated Doshas circulate through Rasavaha and RaktavahaSrotas and localize in the skin, producing the manifestations of Vicharchika. The management of Vicharchika aims at SampraptiVighatana. Nidana Parivarjana is considered the first and most important step, as continuous exposure to causative factors can lead to recurrence. Shodhana therapies such as Vamana, Virechana, and Raktamokshana help eliminate vitiated Doshas and purify the affected tissues. These procedures address the root pathology and reduce disease chronicity. Shamana drugs like Nimba, Khadira, Patola, and Triphala possess Kushtaghna, Kandughna, Rakta-Shodhaka, and Kaphapittahara properties, thereby reducing itching, inflammation, discharge, and discoloration. External therapies such as Lepa, Parisheka, and Avachurnana provide local relief and promote healing of skin lesions. Thus, the combined use of Nidana Parivarjana, Shodhana, Shamana, and Bahya Chikitsa offers a holistic approach in the management of Vicharchika. This not only alleviates symptoms but also helps prevent recurrence and improves the patient's quality of life.

Conclusion

Vicharchika, which is similar to eczema, is a long-lasting skin disease that can come again and again. It causes problems like itching, burning, discharge, and changes in skin color, which can disturb daily life and comfort. According to Ayurveda, this disease happens due to imbalance of Doshas, mainly Kapha and Pitta. Wrong food habits, unhealthy lifestyle, and suppression of natural urges weaken digestion and produce toxins (Ama) in the body. These toxins affect the skin, blood, and other tissues, leading to symptoms of Vicharchika. Ayurvedic treatment focuses on treating the root cause, not just the symptoms.

Therapies like Vamana, Virechana, and Raktamokshana help remove harmful Doshas from the body. Medicines and herbs help reduce itching, dryness, and discharge. External treatments like Lepa and washing with herbal liquids also help in healing the skin. Avoiding the causes of the disease (Nidana Parivarjana) is very important. Following proper diet and lifestyle (Pathya) plays a major role in recovery and prevents the disease from recurrence.

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