

EFFECT OF VIRECHANA KARMA IN VICHARCHIKA WITH SPECIAL REFERENCE TO CHRONIC ECZEMA-A CASE REPORT

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ABSTRACT

Skin diseases cause significant physical discomfort along with emotional, social, and financial burden. In Ayurveda, skin disorders are collectively described under Kushtha, classified into Mahakushtha (major skin disease) and Kshudra Kushtha (minor skin disease). Vicharchika (chronic eczema), explained by Acharya Charaka, is a type of Kshudra Kushtha and a Rakta-Pradoshaja Vikara (blood vitiating disorders) involving vitiation of Vata, Pitta, and Kapha, predominantly Kapha, and is known for frequent recurrence. This study is aimed to evaluate the role of Samshodhana and Samshamana Karma in the management of Vicharchika (chronic eczema). A 49-year-old female presented to Government Akhandanand Ayurveda Hospital on 22/11/2024 with complaints of severe Atikandu (itching), Strava (discharge), Pidika (eruptions), and Shyava Varna (dark discoloration) over the dorsal feet for 15 years, with inadequate relief from contemporary medicines. She was treated with Virechana Karma followed by Shamana Chikitsa. Marked improvement in signs and symptoms was observed within two months. Hence, it can be concluded that the Ayurvedic treatment protocol, along with appropriate diet and lifestyle regimen, may serve as an effective alternative approach in the management of Vicharchika.

KEYWORDS: Eczema, Vicharchika, Virechana, Shodhana Chikitsa, Shamana Chikitsa

INTRODUCTION

Skin diseases e.g., scabies, eczema maximum prevalence especially in developing countries. These might be due to poor sanitation, crowded living conditions, fast life style, industrial and occupational hazard, repeated use of chemical additives etc. ^[1] Eczema is synonymous with Dermatitis, which can be acute or chronic. In acute condition, epidermal oedema (spongiosis) and intra-epidermal vesiculation

(producing multi-ocular blisters) predominate, whereas in chronic condition, more epidermal thickening (acanthosis) is found. Vasodilatation and T-cell lymphocytic infiltration of the upper dermis also occur. ^[2] Dermatitis, clinically manifests as pruritus, erythema, oedema, papules, vesicles, scaling and lichenification. The features depend on the stage: Acute dermatitis & Chronic dermatitis.^[3]

Depending upon signs and symptoms described in Ayurveda Samhita, *Vicharchika* (Eczema) is very near to this condition. Globally, eczema affected more than 171 million people.^[4] Among 18 varieties of *Kushtha* (skin diseases), *Vicharchika* (Eczema) is one among the *Kshudra Kushtha* (Minor skin diseases) as mentioned by *Charaka* has higher incidence when compared to other distressing disorders.^[5] *Vicharchika* is characterized by skin manifestation having the symptoms *Kandu* (itching sensation), *Pidika* (Papule) *Shyava Varna* (Blackish brown discoloration) and *Bahusrava* (Excessive exudation).^[6] As a *Kushtha* (skin diseases) is *Tridoshaja Vyadhi* (disease involving all three doshas), *Virechana* (purgation therapy) expels *Doshas* from *Adhobhaga* (Lower body).

CASE REPORT

Patient Information: A 49 years old female patient visited *Panchkarma* at Ayurvedic hospital on 17/11/2024 with complaints of *Atikandu* (excessive itching), *Bahu Strava* (Excessive exudation), *Pidika* (*papule*) and *Shyava Varna* (Blackish brown discoloration) *Twacha* at dorsal surface of feet for 15 years. Clinical sign and symptoms: *Ati-Kandu* (Excessive Itching), *Pidika* (Papule), *Shyava Varna* (Blackish

brown discoloration), *Bahusrava* (Excessive exudation) with Associated complaints of Constipation for 5 years, 7 kg weight gain for 4 years Patient is on medication for Hypothyroidism for 1 year. Patient's brother has similar history of eczema for 20 years.

Clinical findings:

Table 1. CLINICAL FINDINGS OF GENERAL EXAMINATION

General examination	
BP	116/70 mm/hg
Pulse	72/min
Spo ₂	99 %
RR	18/min
Weight	75 kg
Bowel habit	Once a day unsatisfactory
Micturition	4-5 times a day
BP-Blood pressure; Spo ₂ - Saturatio of Peripheral Oxygen; RR-Respiratory Rate	

General and systemic examination

General examination showed that the patient is vitally stable, conscious and oriented. Systemic examination showed no abnormalities in the cardiovascular system, respiratory system, and central nervous system. The clinical findings of the general examination are mentioned in table 1. *Rogi Samanya Pariksha* (General examination) mentioned in table 2.

Table 2. *ROGI SAMANYA PARIKSHA* (GENERAL EXAMINATION AS PER *AYURVEDA*)

<i>Nadi</i> (pulsatile rhythm)	<i>Pitta-Kapha</i> Predominant
<i>Mala</i> (stool)	<i>Dridha</i> (firm), <i>Shushka</i> (dry), <i>Krishna Varna</i> (blackish colour)
<i>Mutra</i> (urine)	<i>Samyaka</i> (normal)
<i>Jivha</i> (tongue)	<i>Alpasama</i> (not so coated)
<i>Shabda</i> (sound)	<i>Spashta</i> (clear)
<i>Sparsha</i> (touch)	<i>Ushna</i> (hot)

Druka (eyes)	Malina (Dirty, Dahayukta (Burning Sensation))
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Local Examination: Distribution of the skin lesion was over the both dorsal surface of feet as mentioned in table 3.

Table 3. LOCAL EXAMINATION

Site	Both dorsal surface of the feet
Type of lesion	Papules, vesicles and scaly
Colour	Blackish brown
Surface	Rough
Discharge	Serous

Samprapti (Pathology) - The predominant Doshas (regulatory functional factors of the body) involved are *Kapha* and *Pitta*. The affected *Dushyas* (which gets vitiated) are *Twaka* (skin), *Rakta* (blood), *Mamsa* (muscle) and *Lasika* (watery component of the skin), with involvement of *Ambu* (fluid). The impacted *Srotasa* (structural or functional channels) are *Rasavaha* (channels carrying nutrient fluids), *Raktavaha* (channels carrying blood tissue). There is impairment in *Agni* (digestive/metabolic factors), specifically *Jatharagni* (metabolic factors located in digestive tract) as well as the *Rasa* and *Rakta Dhatwagni* (metabolic factors located for nutrition and blood tissue). The *Sroto Dushti* (deformity in the body channels) is characterized by *Vimargagamana* (diversion to the flow of the contents to the improper channels) and *Sanga* (obstruction). *Udbhava Sthana* (site of origin) is the *Amashaya* (stomach), *Vyakta Sthana* (manifesting site) is the *Twaka* (skin)

(forth layer- *Charaka* and fifth layer - *Sushruta*). *Roga Marga* (disease pathway) is *Bahya* (External) and *Swabhav* (Nature) is *Chirkari* (Chronic). On the basis of above pathological factors patient was diagnosed *Vicharchika* (chronic eczema).

Diagnostic assessment

Diagnosis: *Vicharchika* (chronic eczema)

Based on the history and clinical presentation, a final diagnosis is Chronic Eczema was correlated with *Vicharchika* (chronic eczema).

Time line: The clinical events in the case are described in table 4.

Table 4. TIMELINE OF CLINICAL EVENTS

Date	Relevant medical history
December 2009	Acute onset of skin lesion on both the dorsal surface of feet
	After it Gradually development
Feb 2010	Severe discharge and itching
2011 to 2023	Started allopathic treatment (corticosteroids and ointment on & off every 4 month)
2024	Symptoms reappeared
December 2024	Consulted in outpatient department of Panchkarma at Akhandanand Ayurveda Hospital.

Therapeutic intervention

Detailed therapeutic interventions, procedures, and oral medication are given in table 5.

Table 5. THERAPEUTIC INTERVENTION (*SHODHANA CHIKITSA*)

<i>Shodhana chikitsa</i> (Therapeutic purgation)		
Date	Treatment	Dose
26/11/2024 To 2/12/2024	Start <i>Deepana Pachana</i> with <i>Trikatu Churna</i> with <i>Go Ghrita</i> (cow ghee)	3 gm thrice for 8 days before food
<i>Snehpana</i> with <i>Go Ghrita</i> (cow ghee) with <i>Ushnodaka</i> (lukewarm water) (5 days)		

Date	Sneha Kala (time of oleation)	Sneha Matra (dose of oleation)	Kshudha Kala (time of hunger)	Samyaka Snigdha Lakshana (symptoms of proper oleation)
3/12/2024	7:00 AM	30 ml	12:00 PM	Vatanulomana (normalcy of movement of vata), Diptagni (enhancing digestion)
4/12/2024	7:15 AM	50 ml	4:00 PM	Vatanulomana, Diptagni
5/12/2024	7:00 AM	75 ml	3:30 PM	Varcha Asamhatata (loose stool)
6/12/2024	7:10 AM	110 ml	7:30 PM	Varcha Snigdhatata (stool with stickiness) Asamhatata (loose)
7/12/2024	7:00 AM	130 ml	5:00 PM	Varcha Snigdhatata, Asamhatata, Snigdhangata (softness of body parts)
Vishrama Kala (resting period) (3 days)				
8/12/2024 to 10/12/2024	Sarvanaga Abhyanga (external oleation of whole body) with Nirgundi Taila (medicated oil) Sarvanga Bashpa Sweda (sudation of whole body)			
Virechana (purgation)				
11/12/2024	Virechana Yoga			
	time	Medicine	dose	Anupana
	10:00 AM	Triphala Kwath (decoction of three herbal fruits)	150 ml	Ushnodaka (hot water)
		Trivruta Churna (powder of operculina terpepethum)	7 gm	Ushnodaka (hot water)
Shuddhi Lakshana (symptoms of proper cleansing)				
Vaigiki	Vega: 26 Upvega:10			
Antiki	Kaphanta			
Laingiki	Indriya Samprasada (nourishment of all sense organs), Laghutvam (lightness)			
Samsarjana Karma for 7 days				
Day	Morning	Evening		
1.	Virechana Aushadhi	Akruta yusha (non processed soup of pulses)		
2.	Akruta Yusha	Akruta Yusha		
3.	Kruta Yusha (processed soup of pulses)	Kruta Yusha		
4.	Kruts Yusha	Mudga		
5.	Mudga	Mudga		
6.	Mudga + Odana (type of preparation of rice)	Mudga + Odana		
7.	Mudga + Odana	Normal diet		

Shamana chikitsa (palliative treatment) are described in table 6.

Table 6. THERAPEUTIC INTERVENTION (SHAMANA CHIKITSA)

Shamana Chikitsa (palliative therapy)		
From 19/12/2025 to 20/1/2025	(1) Mahamanjishthadi Kwath	40 ml twice a day empty stomach
	(2) Arogyavardhini Vati	2 tab (each of 500 mg) thrice after meal

	(3) <i>Kaishor Guggulu</i>	2 tab (each of 500 mg) thrice after meal
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Pathya-Apathya^[7]

Pathya (wholesome): Barley, Wheat, Red rice, green gram, red gram, Honey, Snake gourd, Ridge gourd, Garlic, Sesame oil, Mustard oil and Urine of horse, camel, buffalo.

Apathya (unwholesome): Black gram, Radish, Curd, Milk, Jaggery, meat of Marshy animals, Alcohol, Controlling natural urges like urination, defecation etc, Day sleep.

RESULT

Gradation of symptoms/subjective parameter of *Vicharchika*^[8] are mentioned in table 7.

Table 7. GRADATION OF SYMPTOMS/SUBJECTIVE PARAMETER OF *VICHARCHIKA*.

Symptoms	Gradation	Score
<i>Kandu</i> (Itching)	No itching	0
	Itching present rarely	1
	Itching disturbing patients' attention	2
	Severe itching disturbing patients sleep	3
<i>Strava</i> (Discharge)	No srava	0
	Occasional srava after itching	1
	Mild srava after itching	2
	Profuse <i>Strava</i> making clothes wet	3
<i>Pidika</i> (Papules)	Absent	0
	1-2 <i>Pidaka</i> in one affected part	1
	3 - 4 <i>Pidaka</i> in one affected part	2
	More than 4 <i>Pidaka</i> in one affected part	3
<i>Shyava / Vaivarnya</i> (Discoloration)	Normal skin colour	0
	Brownish red discoloration	1
	Blackish red discoloration	2
	Blackish discoloration	3

Follow up and outcomes are mentioned in table 8.

Table 8. FOLLOW UP AND OUTCOME

Parameter	Before treatment (17/11/2024)	In between the treatment (5/12/2024)	After 2 months of treatment (20/01/2025)
<i>Kandu</i> (itching sensation)	2	2	1
<i>Pidika</i> (papule)	2	2	0
<i>Shyavavarna</i> (blackish red discoloration)	2	2	0
<i>Bahusrava</i> (excessive exudation)	2	2	0

DISCUSSION

Vicharchika (chronic eczema) is classified as a *Kshudra Kushtha* (minor skin disease) in Ayurveda, predominantly involving *Pitta* (humors) and *Kapha* (humors). Symptoms including *Ati-Kandu* (severe itching), *Pidaka* (papules), *Bahu Strava* (excessive

discharge), *Shyava Varna* (blackish brown discoloration), aligning closely with eczema.

Samprapti of Vicharchika^[9] (pathophysiology of eczema) *Nidana Sevana* (causative factors) like *Viruddha Ahara* (incompatible food combination), suppression of natural urges causes *Vataadi*

Doshaprakopa (aggravation of Vata etc. Dosh) *Tiryak Gati* of *Sira* (irregular flow) leads to *Shithila* (flaccid) and *Dushita Tvak* (vitiating skin), *Rakta* (blood), *Mamsa* (muscle tissue) and *Lasika* (lymphatic fluid) further leads to *Stanasamshraya* (localization) in *Twacha* (skin) *Kha-Vaigunya* (tissue-weakness) causes *Mandalotpatti* (formation of patches) and *Vaivarnyata* (discoloration) causes *Vicharchika* (chronic eczema).

Virechana (purgative therapy) is a key *Shodhana* (purification) for *Vicharchika* (eczema). Here a case of chronic Eczema has been discussed which is best correlated to *Vicharchika* (eczema). Ayurvedic diagnosis *Vicharchika* (eczema) was made on the basis of signs and symptoms. Here the patient was given *Virechana Karma* (therapeutic purgation) followed by *Shamana Chikitsa* (palliative therapy).

Mode of action of Virechana (purgation)

Deepana-Pachana^[10] – *Trikatu* (Combination of Three Pungent Herbs – Black Pepper, Long Pepper, and Ginger) is an effective in treating *Mandagni* (Weak Digestive Fire). *Trikatu* has *Katu Rasa* (Pungent Taste) which acts on *Ama* (Undigested Toxins) by virtue of its *Pachana Karma* (Digestive and Metabolic Action). By *Ushna Guna*, *Trikatu Churna* (Powder) works to regulate the function of *Agni* (Digestive Fire). *Ushna Guna* (Hot Potency) and *Katu Rasa* (Puget taste) of *Trikatu* (combination of three Punget herbs – Black pepper, Long Pepper and Ginger) stimulates *Pitta* (humors). It has predominance of *Agni* (fire), *Vayu* (air) and *Akash* (ether) *Mahabhuta* (element) which is responsible for *Kapha Shaman*. (Palliation of morbid humor). It has *Deepaniya* (appetizer) and

Pachaniya (digestive) property and it promotes *Agni* (digestive fire). Besides the *Tikshna* (sharp) property of *Trikatu* (Ayurvedic medication) ensures tissue penetration thereby showing its action in *Mandagni* (weak digestive fire) at the *Dhatwagni* (tissue level digestive fire) and *Bhutagni* (elemental level digestive fire) level. *Agni* (digestive fire) and *Agni vyapar* (function of digestive fire) is all belong to digestion, absorption from the intestine, circulation of nutrients in the blood and metabolism at the micro level.

Snehana

Sneha (oleation) with *Go-Ghrita* (cow ghee) by its *Sukshma Guna* (subtle property) and *Kledana Karma* (Moistening action) acts as a solvent of the morbid *Doshas* (humors) which reaches each cell of the body. *Doshas* (humors) from the cells diffuse back to *Ghrita* (ghee) medium through active and passive transportation enters into *Srotas* (body channels) pacifying *Vata* (humor). It makes *Mriduta* of *Srotas* (softness of body channels) and *Mriduta* of *Doshas* (softening of Bio-Energies).

Swedana: *Swedana Karma* (sudation therapy) increases the exchange process between cells and cause *Vilayana* (liquefaction) of *Doshas* (humors) and *Srotomukha Gamana* (movement of doshas toward the channel openings) of *Doshas* (humors).

By combined effect of *Snehana* (oleation therapy) and *Swedana* (sudation therapy) *Doshas* will come to the *Kostha* (gastrointestinal tract) by *Anupravana Bhava* (downward movement) and after that they will be expelled out by *Guda Marga* (anus-excretory pathway).

Virechana- *Vicharchika* is a condition caused by the vitiation of all three *Doshas*-*Vata*, *Pitta*, and *Kapha* (humors) which subsequently leads to the involvement of the *Dushyas* (body tissues) *Twak* (skin), *Rakta* (blood), *Mamsa* (muscle), and *Lasika* (lymphatic fluid). *Vicharchika* manifests through the *Bahya Rogamarga* (external disease pathway), primarily affecting – *Twaka* (skin) [11]. In Ayurveda, *Twak* (skin) and *Rasa Dhatu* (plasma tissue) are considered closely related. Hence, any *Dushti* (vitiation) of *Rasa Dhatu* (plasma tissue) often leads to *Twak Dushti* (vitiation of skin). *Rasa Dushti* (plasma tissue) is generally associated with *Kapha Prakopa* (vitiation of humor), while *Rakta Dushti* (vitiation of blood), also commonly seen in skin diseases.[12] Skin disorders are mainly due to *Pitta Prakopa* (vitiation of humor), establishing a reciprocal relationship between *Pitta* (humor) and *Rakta* (blood). This indicates the involvement of *Rasavaha* (plasma transport channels) and *Raktavaha Srotas* (blood transport channels), with *Kapha* and *Pitta* (humors) being the predominant vitiated *Doshas* (humors). The *Udbhava Sthana* (origin site) of the *Doshas* (humors) in this condition is *Amashaya* (stomach) and *Pakwashaya* (large-intestine), where the initial *Sanchaya* (accumulation) of *Doshas* (humors) occurs. Hence, treatment begins with *Koshtha Shodhana* (gastrointestinal purification) to eliminate the root cause. As *Pitta* (humor) and *Rakta* (blood) are significantly involved *Virechana Karma* (therapeutic purgation) is particularly beneficial. *Virechana* (purgation) helps to expel morbid *Pitta* (humor), purifies the *Pakwashaya* (Larger intestine), purifying the *Raktavaha Srotas* (blood channels) and

correcting *Rakta Dushti* (blood vitiation), a critical factor in most skin diseases. Here, *Virechana* (purgation) is given by *Triphala kwath* (decoction of three fruits) and *Trivruta churna* (operculina terpeethum powder).

Triphala kwath (decoction of three fruits) has *Kashaya Rasa* (astringent taste), *Ruksha* (dryness) and *Sara* (stability) *Guna* (attribute), *Anushna* (neither hot nor cold), *Madhura Vipaka* (sweet transformed Rasa) and *Tridoshhara* (palliation of three morbid humors) effect. *Trivruta churna* (operculina terpeethum L.) has properties like *Madhura*, *Tikta*, *Katu Rasa* (sweet, bitter, pungent taste), *Ruksha* (dryness), *Ushna Virya* (hot potency) and *Katu Vipaka* (pungent biotransformed rasa). *Trivrit* (operculina terpeethum L.) being *Sukha Virechana Dravya* (causing easy purgation) causes *Vata Anulomana* (mild purgative action), thus its mainly *Kapha Pitta Hara* (pacify *Kapha* and *Pitta*) and at the same time *Tridosha Shamaka* (pacifying all three humors).

Virechana (therapeutic purgation) drugs having the properties like *Ushna* (hotness), *Tikshna* (sharpness), *Sukshma* (minuteness), *Vyavayi* (substance with quick spread even without digestion) and *Vikasi* (property of substance resulting in quick spread and action). due to these properties, medicines reach the *Hrudaya* (to the heart) and circulate through the vessel. Due to the *Ushna* (hotness) property present in medicine, they liquify the *Doshas* (humors) located in the entire body, thus *Doshas* (humors) move towards GIT, morbid *Doshas* (humors) reaches the stomach carried by *Udana vayu* (one of the 5 subtypes of *Vata* that is seated in head), due to the

predominance of *Prithvi* (earth element) and *Jala Mahabhuta* (water element) in *Virechana Dravya* (drug which cause purgation), it starts the downward movement of *Doshas* (humors) from *Koshta* (digestive tract) and leads to the expulsion of unwanted toxin from the body. *Virechana Karma* (therapeutic purgation) does the cleansing the *Koshta* (digestive tract) and brings down the vitiated *Dosha* (humors) from the body and helps to maintain the *Dosha* (humor) and *Dhatu Samya* (equilibrium of Dhatu) or keep up the homeostasis and leads to the restoration and reconstruction of body tissues and also boost the body immunity and cleanses of the *Srotas* (structural or functional channels).

Thus, Though the combined actions *Virechana*(purgation), the *Rogamarga* (disease pathway) and affected *Srotasas* (structural or functional channels) are purified, leading to *Samprapti Vighatana* (dislodgement of pathophysiology) and a marked reduction in symptoms.

Shamana

Mahamanjisthadikashaya ^[13]. Most of the drugs are *Tridoshaghna* (balance all three humors) *Vrana-Ropaka* (substance facilitating wound healing) or *Kapha-Pittahara* (pacify *Kapha* and *Pitta*) property by virtue of *Tikta, Katu, Kashaya Rasa* (Bitter, Pungent, Astrigennt taste) *Laghu* (lightness), *Ruksha* (dryness) *Guna* and *Ushna Veerya* (hot potency), *Katu Vipaka* (Pungent bio transformed taste). *Manjistha* (*Rubia cordifolia*) is *Varnya* (complexion promoting) and *Raktaprasadana* (nourishing blood tissue), *Nimba* (*Azadiracta indica*) is *Kandughna* (pacifying itching), *Haridra* (*Curcuma longa*) is *Kusthaghna* (Antidermatosis), *Vacha* (*Acorus calamus*) is

Sroto Shodhan (cleansing of body channels). All these drugs perform the therapeutic pharmacological action on the basis of innate qualities i.e. *Rasa* (taste), *Guna* (property), *Veerya* (potency), *Vipaka* (biotransformed *Rasa*) and *Prabhava* (exceptional activity) altogether and follow the *Samprapti Vighatana Chikitsa Siddhanta* (principle of dislodgement of pathophysiology).

Arogyavardhini Vati ^[14]. *Arogyavardhini vati* has *Katu-Tikta Rasa* (Pungent-Bitter taste), *Katu Vipaka* (pungent bio transformed taste), *Laghu* (lightness), *Ruksha* (dryness), *Sara* (mobility) *Guna* (attribute), *Karma* (action) – *Deepana* (enhancing digestion and metabolism), *Pachana* (enhancing digestion), *Bhedana* (drastic purgative), *Lekhana* (therapeutic scrapping), *Kledaghna* (pacifying stickiness) *Doshaghna* (pacify the three humors)) – Primarily *Kaphaghna* (removes kapha), *Pitta Shodhaka* (cleanses an aggravated pitta dosha), *Rasa Dhatu Pachaka* (digestion of first metabolise product), *Kaphanashaka* (alleviate the *Kapha* dosha), *Rakta Shuddhikara* (purification of blood). The main ingredient in this *Yoga* is *Katuki* (picrohiza kurroa) Which acts as *Bhedana* (drastic purgative) thus helps in *Agni Deepana* (enhancing digestion and metabolism) and proper *Rasa Dhatu* (plasma fluid) formation. Also does elimination of *Dusta Pitta* (vitiating *Pitta*) and corrects *Rakta* (blood).

Kaishor Guggulu ^[15]. *Kaishor Guggulu* has prominence of *Tikta Rasa* (bitter taste), it pacifies *Pitta Dosha* (humor), improves *Agni* (*Dipan*) and digests *Ama* (*Pachana*). *Tikta* and *Kashaya Rasa* (bitter and astringent taste) also decrease the *Kleda Guna* (sliminess) of *Rakta* (blood), *Kapha* (humor) and *Ama* (undigested product). It has

properties like *Lekhan* (scrapping property) and *Shoshan* (absorbing excess moisture) which helps in clearance of obstruction due to *Ama Dosha* (undigested material). *Laghu* (lightness) and *Ruksha* (dryness) *Guna* are removes *Srotas Avrodha* (obstruction of body channels). *Ushna virya* (hot potecy) has *Vata-Kapha hara* (pacify Vata and Kapha) *property* and acts as *Deepana* (enhancing digestion and metabolism) and *Pachana* (enhancing digestion). It also helps in *Vilayan* of *Doshas* (liquification of humors) which is necessary step in bringing *Shakhagata Dosha* (Dosha which resides at peripheral tissue) towards *Koshtha* (digestive tract). Majority of content have *Madhura Vipaka* (sweet bio transformed rasa), atcs *Vata-Pittashamak* (palliation of Vata and Pitta). *Kaishor Guggulu* has *Tridosha Shamaka* (equilibrium of all three dosas) and *Rakta Shodhak* (purification of blood tissue) properties along with *Rasayana Karma* (rejuvenation and revitalization therapy). Significant improvement was observed after 2 months of treatment in terms of *Kandu* (itching sensation) *Pidika* (Papule), *Shyava Varna* (Blackish brown discolouration) and *Bahusrava* (Excessive exudation).

CONCLUSION

According to *Ayurveda*, *Vicharchika* (chronic eczema) is a *Raktapradoshaja Vikara* (disease of blood vitiating factors) with three *Dosas* (humors) engaged with *Kapha* (humor) as the dominant *Dosha* (humor). In the present case study, depending on the *Nidana* (causative factors) and *Lakshana* (sign and symptoms), it was diagnosed as *Vicharchika* (chronic eczema). This case study is a management of *Vicharchika* (chronic eczema) by *Shodhana Chikitsa* (purificatory therapy) followed by *Shamana*

Chikista (palliative therapy). This combined therapeutic regimen has given marked improvement. There were no adverse effects found during the course of the treatment.

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