Research Article

A CASE DISCUSSION ON ECZEMA

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ABSTRACT

Eczema or Atopic Dermatitis is a chronic skin disease characterized by itchy erythematous, vesicular, weeping and crusting patches. The prevalence from different studies ranged from 2.4% - 6% all over India. The symptoms found are redness, skin swelling, itching and dryness, crusting, flaking, blistering, cracking, oozing or bleeding. Eczema can be equated with vicharchika explained by acharya Sushruta which is having predominant symptom as severe itching, while other symptoms include dryness, pain and rash. The patient came to us with severe itching, dryness and discoloration at left leg, medial of thigh, posterior to knee joint and lower abdomen. The management by modern medicine aims to control symptoms by reducing inflammation and relieving itching. In Ayurveda Shodhan therapy has already been established to overcome the vitiated doshas. So Virechana and Raktamokshan karma were selected for the present case. The result replicated the original study and showed substantial improvement in the patient which was cosmetically benefited him a lot. Virechan and Raktamokshan karma has given a very effective result in the patient.

Keywords: Eczema, Virechan, Raktmokshan

INTRODUCTION

Atopic dermatitis or eczema is a chronic or chronically relapsing hypersensitive manifestation of skin with itching as a predominant feature. It is a term for a group of medical conditions that cause the skin to become inflamed or irritate. Eczema is characterized by itchy erythematous, vesicular, weeping and crusting patches. The term eczema is broadly applied to a range of persistent skin conditions. These include dryness and recurring skin rashes that are characterized by one or more of these symptoms – redness, skin swelling, itching and dryness, crusting, flaking, blistering, cracking, oozing or bleeding. The cause of eczema is unknown but is presumed to be a combination of genetic and environmental factors.¹ The hygiene hypothesis postulates that the cause of asthma, eczema and other allergic diseases is an unusually clean environment. It states that exposure to bacteria and other immune system modulators is important during development. The diagnosis of eczema is based mostly on the history and physical examination. However 'patch test' are used in diagnosis of allergic dermatitis.² Some flare ups may worsen the conditions like stress, sudden temperature changes, sweating or overheating, scratchy clothing materials eg. Wool, harsh detergents, soap and solvents. Gradual increase in the prevalence of AD has been observed recently and it can be ascribed to environmental changes to rapid development all over the world. The upward trend is also true in Indian context in last four decades. As the prevalence from different studies ranged from 2.4% - 6% all over India and changes with different parts of country.³

The management by modern medicine aims to control symptoms by reducing inflammation and relieving itching. For which moisturizing agents, anti-inflammatory, anti histaminic, immune-suppressants,

are used. The patient who doesn't respond to medicine are advised for phototherapy.⁴

Eczema can be equated with vicharchika explained by acharya Sushruta which is having predominant symptom as severe itching, while other symptoms include dryness, pain and rash. Vicharchika is the disease caused by vitiated Pitta dosha.⁵ Virechana is the mediated purgative therapy, it is the elimination process of vitiated Pitta dosha and purification of the blood toxins from body. Hence virechan karma is selected for the present case along with raktamokshan karma next to it.^{6,7}

CASE REPORT

Patient name : XYZ

Gender : male

Age : 55 yrs

Built : medium

Date of first visit : 19/09/2014

CHIEF COMPLAINTS

Severe itching, dryness and discoloration at left leg, medial of thigh, posterior to knee joint and lower abdomen. All above complaints were since one year.

Past history: Patient is a known case of asthma since 2 yrs.

On examination: blackish discoloration and dryness of affected part. Other systemic findings were within normal limits.

Diagnosis: Eczema (Vicharchika)

Date of admission: 19/09/2014

Date of discharge: 20/10/2014

PRINCIPLE OF TREATMENT

Eliminate the toxins and reduce itching, inflammation and dryness.

Table 1: Treatment schedule

Procedure	Medication	Dose	Duration
Deepana Pachana Aushadhi (appetizer)	Triphala Choorna, Musta Choorna	3 gm each twice/day	3 days
Snehapana (drinking medicated ghee)	Panchtikta Ghrita daily morning at 7 am	Day 1-30 ml Day 2-60 ml Day 3-90 ml Day 4-120 ml Day 5-150 ml	5 days
Sarvanga Abhyanga (whole body massage) and Sarvanga Sweda (sudation therapy)	Til Taila	Day 6, 7 and 8	3 days
Virechana (purgation therapy)	Virechan yoga was given in the morning at 7am on Day 8		1 day
Samsarjana Karma	Rice gruel Rice gruel+ Rice porridge	One glass on day 8 in evening Day 9 and 10	1 st day 2 nd and 3 rd day

Virechan yoga included- triphala-haritakichoorna decoction 60ml + Aaragwadhapilavati two tabs of 250mg + castor oil 20 ml followed by Krishna draksha as anupana.

Table 2: Assessment Criteria

Sr. no	Subjective Symptoms	Parameters	Gradation
1	Kandu (Itching)	•No itching •Relive spontaneously •Relive by itching •Disturbs routine •Require medication	0 +1 +2 +3 +4
2	Vaivarnya (Discolouration)	•Normal colour •Light Brown •Break Brown •Dark Brown •Black Brown	0 +1 +2 +3 +4
3	Srava (Discharge)	•No discharge •Occasionally discharge •Discharge on itching •Relive spontaneously •Not at all relive	0 +1 +2 +3 +4
4	Vedana (Pain)	•No pain •Occasionally pain •Mild pain on touch •Mild to moderate pain •Severe pain	0 +1 +2 +3 +4
5	Pidika (Rashes)	•No Pidaka •Starting of Pidaka •Moderately developed Pidaka •Spread over extremities •Severely spread all over body	0 +1 +2 +3 +4
6	Rukshata (Dryness)	•No scratch imprint after scratching •Mild scratch imprint after scratching •Scaling on every scratch •Scratching causes eruption •Spontaneous eruption & Stretching of skin	0 +1 +2 +3 +4

Objective Parameters

1 Size of Patches (Calculated the area of Patches in measurement Length x Breadth = cm²)

2 Shotha (Swelling) (Calculated by direct measurement in cm)

Table 3: Observations in present case

Sr no	Parameters	Before treatment	After virechana	After raktamokshan	Percentage of relief
1	Kandu (Itching)	4	2	0	100%
2	Vaivarnya (Discolouration)	4	2	1	25%
3	Srava (Discharge)	2	1	0	100%
4	Vedana (Pain)	1	0	0	100%
5	Pidika (Rashes)	2	1	0	100%
6	Rukshata (Dryness)	1	0	0	100%

DISCUSSION

Classical text have described virechana and raktamokashana as best therapy for vitiated pitta dosha. It evacuates all morbid doshas from micro to macro Dhatu channels regulates vata, thus decreasing all symptoms of vata, pitta and kapha on strotas level.

Deepana-pachanakarma is mandatory and special procedure before snehapana. As sneha has to spread all over the body in order to bring doshas back from shakha to koshta.

Mode of action of virechana karma

Virechana is a mediated purgative therapy, that acts as clinsing of pitta dosha and purifier of the blood toxins from the body that are accumulated in the liver and gallbladder. Gastro intestinal tract is completely cleaned by this process. According Ayurveda all skin diseases are considered under the title kushtha and virechana is specially indicated in these diseases. In virechana karma the medicine is administered to the patient orally, after the complete digestion of the given medicine the action starts. The active ingredients of the given medicine stimulates the mucosal membrane and changes the normal permeability of mucosal lining temporarily,

due to that exudation of morbid impurities which were transferred from cellular level with the help of snehana and swedana karma are expelled out through anal route. Hence in the present case the vitiated pitta dosha is evacuated and the normal level of doshas is achieved.

Raktamokshana is an effective and safe remedy for the Vicharchika; as major reason for vicharchika is Raktadushti. Sushruta Samhita has given detailed practical guidelines for bloodletting which is considered half treatment. (Ardhachikitsa). Jalaukavacharana (leech therapy) is an ancient and famous modality of Raktamokshana which can be used in delicate persons and having pittaghna property⁸ It can be also a choice of treatment where the doshas are deep seated in disease pathologies.

CONCLUSION

Virechan and raktamokshan karma has given a very effective result in the patient. He was admitted for total thirty-one days and all the symptoms that were disturbing his daily routine were relived. The result replicate the original study and showed substantial improvement.

Before Treatment

After Treatment

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