

## Chapter 3. Eczema (Vicharchika) - Causes, Symptoms & Ayurvedic Treatment

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### Eczema (Vicharchikā)

Causes · Symptoms · Complete Ayurvedic Management

#### 1 What Is Vicharchikā?

Classical Name	Literal Meaning	Modern Correlate	Core Doṣa Mix
Vicharchikā	“Creeping, exudative rash”	Atopic / contact / chronic eczematous dermatitis	<b>Vāta-Pitta</b> primary, Kapha may add ooze

#### 2 Nidāna (Root Causes)

Domain	Examples	Doṣa Aggravated
<b>Diet</b>	Excess sour, fermented, seafood + milk, old refrigerated food	Pitta-Kapha
<b>Lifestyle</b>	Late nights, irregular meals, chronic stress, synthetic soaps, hot showers	Vāta-Pitta
<b>Climate</b>	Dry cold winds (↑ Vāta) • Scorching summer (↑ Pitta) • Humid monsoon (↑ Kapha)	Seasonal spikes
<b>Mind</b>	Suppressed anger, anxiety	Pitta-Vāta

#### 3 Samprāpti (Pathogenesis in 5 Lines)

1. Nidāna inflame **Vāta + Pitta** → weak **Jatharāgni**.
2. Half-digested residues form **Āma** in gut/liver.
3. Āma unites with Doṣa, enters **Rakta Dhātu** (blood).
4. Blocks *Svedavaha* & *Romakūpa* srotas (sweat + follicle micro-channels).
5. Manifests as **itchy, red, oozing plaques** = Vicharchikā.

**Mnemonic:** Food → Āma → Blood + Doṣa → Skin Gate → Itch + Ooze.

#### 4 Clinical Picture

Stage	Classical Description	Modern Signs
<b>Udbhava</b> (onset)	Mild erythema, prickling itch	Dry red patches
<b>Pravṛddhi</b> (progress)	Oozing, papules, severe itching	Vesicles, weeping eczema
<b>Prasara / Sthāna saṁśraya</b> (spread / chronic)	Lichenified thick plaques, cracks	Hyper-pigmentation, fissures



- **Sensation:** Vāta itch · Pitta burn · Kapha sticky fluid
- **Tongue:** white-yellow coat (Āma)
- **Pulse:** Vāta-Pitta or Pitta-Kapha pattern

## 5 Ayurvedic Management Road-Map

STEP	Objective	Tools & Examples
1. Nidāna-Parivarjana	Stop insult	No sour + fermented, reduce hot spices, cow-milk pause, avoid harsh detergents, schedule stress breaks
2. Śodhana (Deep Cleanse)	Expel Doṣa-Āma	<b>Tikta-Ghṛita Snehapāna</b> 3 days → <b>Virechana</b> on day 4 (8 – 10 purges) If dryness + insomnia dominant: add 3-night <b>Sneha-Basti</b>
3. Śamana (Pacify Residue)	Cool heat, soothe itch	<b>Gudūcī-Padmakādi Kwātha</b> 20 ml × 2 <b>Gandhaka Rasāyana</b> 250 mg HS <b>Mahā-Tikta Ghṛita</b> 10 ml HS for chronic stage
4. Local Therapy	Heal skin barrier	<b>Coconut-Chandana ghṛita</b> smear 15 min BID <b>Neem-Manjishtha Lepa</b> alt-days (powder 2 : 1 with rose water)
5. Rasāyana (Rebuild)	Prevent relapse	Āmla 3 g AM • Bala-Ashwagandha ghṛita ½ tsp HS • Gotu Kola 500 mg BID
6. Lifestyle Care	Keep Agni & nerves steady	Sesame-oil abhyanga 3×/week (skip active ooze) • 8 glasses warm water • Bhrāmārī pranayama 10 min • Lights-off by 10 pm

### 5.1 7-Day Sample Protocol (Clinic or Home-Supervised)

Day	Internal	External	Diet Key
1-3	Tikta-Ghṛita 20 → 40 → 60 ml AM	Coconut-sandal dab	Khichadi, barley water
4	Virechana (Avipatti 8 g)	Rest, luke-warm baths	Peya (thin rice gruel)
5	Gudūcī-Padmakādi 20 ml × 2	Neem-Manjishtha mask	Steamed veg + red-rice
6	Continue decoction	Chandana ghṛita wrap	Add mung soup
7	Start Mahā-Tikta ghṛita HS	Sesame-oil gentle rub	Rainbow veg, 1 tsp ghee

## 6 Quick-Find Herb Toolkit

Action	Star Herb(s)	Dose / Use
<b>Anti-itch, anti-ooze</b>	Neem leaf, Khadira bark	3 g powder TID; paste on plaques
<b>Blood-cooler</b>	Manjishtha, Sariva	Decoction 20 ml BID
<b>Barrier repair &amp; anti-inflammatory</b>	Chandana, Licorice, Coconut oil	Cream or ghṛita base, 2×/day
<b>Internal Rasāyana</b>	Gudūcī satva, Āmla, Gotu Kola	500 mg each, BID after meals

## 7 Do / Don't Cheat-Sheet

Do	Don't
Lukewarm baths with neem leaves	Hot water, harsh soap
Cotton, loose clothing	Tight synthetics, wool directly on skin
10-min early-morning mild sun	Mid-day sun, sauna
Bitter veg (gourd, fenugreek)	Cheese, yogurt at night
Mind-calm: Bhrāmārī, yoga-nidra	Late gaming, doom-scrolling

## 8 Prognosis & Follow-up

- **Acute Vāta-Pitta stage** responds 70 % in 14 days with full protocol.
- Chronic lichenified plaques require 2-3 seasonal Virechanas + 3 months Rasāyana.
- Red-flag referral: uncontrolled spreading despite correct cleanse, secondary infection, severe sleep loss.

## 9 Self-Quiz

1. Which two doṣas dominate classical Vicharchikā?
2. Name the ghṛita most indicated in chronic, thick eczema lesions.
3. List one food and one lifestyle habit to absolutely avoid during treatment.

**Answers:** Vāta & Pitta • Mahā-Tikta Ghṛita • Sour curd at night; hot showers.

## 10 Key Take-Aways

- Vicharchikā arises from **weak Agni → Āma + Vāta-Pitta mix in blood → skin blockage.**
- Treatment sequence: **remove triggers → Snehana & Virechana cleanse → cool + oil** the skin, then **rasāyana** nourishment.
- Diet, mind-care and seasonal follow-up keep remission long-term.

**Mantra:** “Cool the fire, oil the wind, clear the sludge—eczema lets the skin breathe again.”

Important: These are general guidelines, always consider consulting an Ayurveda Physicians before using any Ayurvedic medicine.

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