

# Effectiveness of Manjisthadi Kwatha and Durvadya Taila for Children's Eczema

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## Abstract

The Kshudra kusta type of Vicharchika is a common problem for Ayurvedic pediatric OPDs. This type of Vicharchika is characterized by the symptoms Kandu (itching), Srava (discharge), Pidaka (vesicles) and Shyava Varna (discoloration). Vata involvement is the cause of dry, blackish eczema lesions, Kapha involvement is the cause of itching in the affected areas and Pitta involvement is the cause of Srava. Vicharchika and eczema are more similar than not. At various points in the management of Kusta, the traditional texts of Ayurveda emphasize Shodhana and Shamana therapy as a treatment option. In children, Shamana treatment is preferable to Shodhana treatment. A clinical study was carried out with both inclusive and exclusive criteria to determine the efficacy of Durvadya Taila and Laghu Manjisthadi Kwatha in Vicharchika in children aged 5 to 16 years. For 45 days, patients received two doses of Laghu Manjisthadi Kwatha and an external application of Durvadya Taila. After 15 days, they were contacted for follow-up care. The majority of patients (86.67 percent) in a group of 30 experienced significant improvement, 6.7% experienced complete remission and 6.67 percent experienced mild improvement. According to the clinical investigation, Durvadya Taila and Laghu Manjisthadi Kwatha are, without a doubt, safe and effective for treating Vicharchika in children.

**Keywords:** Vicharchika • Eczema • Kusta • Durvadya Taila • Laghu Manjisthadi Kwatha

## Introduction

The body's most visible organ, the skin, plays an important part in physical, social and mental communication. It also has a significant impact on our appearance. The appearance of skin conditions affects how well the skin works. Every day, around 25% of a busy outpatient practice's dermatology patients are seen by pediatricians. Ayurveda covers all skin conditions under the umbrella term "Kusta," which is further subdivided into "Maha Kusta" and "Kshudra Kusta." Vicharchika is one of the Kshudra Kusta. According to Acharya Charaka, vicharchika is a skin condition characterized by extensive skin eruptions accompanied by itching, abundant discharge and dark pigmentation.

## Description

### Eczema

Vicharchika, according to Acharya Sushruta, is characterized by extreme dryness, intense discomfort and itching. Vicharchika, according to Acharya Kashyapa, is the skin's presence of black, red ulcers accompanied by pain, discharge and suppuration. Vicharchika and eczema are alike. Eczema, a form of skin inflammation that is not contagious and is characterized by scaling, edoema, erythema, vesiculation and leaking. Atopic dermatitis, also known as eczema, is characterized by skin inflammation. The primary symptoms of the disorder are scaly or crusty patches of skin, sometimes accompanied by

redness, blistering and itching. Eczema is the most common recurrent skin condition affecting infants and children [1]. The three vitiated doshas of vata, pitta and kapha, as well as the impaired tvak, rakta, mamsa and ambu, are the seven significant entities that contribute to the pathophysiology of this skin disease. Vicharchika is most likely caused by the dosha Kapha. With high hopes of being cured, the majority of Vicharchika (Eczema) patients who do not respond well to conventional medical treatment seek Ayurvedic treatment.

### Laghu Manjisthadi Kwatha

Laghu Manjisthadi Kwatha consists of eight distinct medications. One of the Tridosahara qualities shared by all of the essential components of this kwatha is Kaphapittahara, the primary dosha involved in the pathophysiology of Vicharchika. Vicharchika is a Kapha-predominant illness. The majority of the medications in this formulation are Tikta, Kashaya rasa, Laghu, Rukshaguna, Ushna virya and Katuvipaka. These drug-related characteristics reduce pittadosha and kapha. Kustaghana, Kandughana, Krimighna, Rasayana, Varnya, Lekhana and Dahaprashamana were combined with all medications [2].

Tiktarasa, which addresses Amashaya and Amacondition and enhances Agni and contributes to Srotoshuddhi, is included in the majority of yoga medications that are prescribed. Due to the dominance of tikta and kashayarasa, these drugs have characteristics of raktashodhaka and raktaprasadana. Because rakta is one of the most important dushya in Tvak vikara, these qualities directly benefit Kandu, Daha, Vaivarnata, Pidika and Srava. The Raktasodhaka and Vranashodhana traits of Manjistha and Daruharidra demonstrate Kustaghana activity and aid in wound healing. It has been demonstrated that these medications heal wounds. The harithaki's srotoshodhaka property has anti-allergic effects, feeds the tissues and encourages healthy blood flow. Katuki can be used to correct the raktadushti and remove the dushtapitta [3,4].

Varnya properties in Manjistha, Daruharidra, Amalaki, Nimba and Harithaki all help to reduce skin discoloration. Lekhaniyaguna of Daruharidra and Katuki helps to reduce Vaivarnata and skin thickness when treating the condition. Rasayana karma of Manjistha, Daruharidra, Amalaki and Harithaki decreases Vicharchika recurrence. Rasayana medicines are used to keep people healthy because they have antioxidant and immunomodulatory effects. research on the aforementioned drugs Charaka claims that Vibhitaki can treat all Rasa, Rakta and Mamsadhatudushti-related illnesses. Since Rasavaha, Raktavaha

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and Mamsavahasrotas are primarily involved in or affected by Vicharchika's pathophysiology, we conclude that this affects them. Dahaprashamana properties, particularly those found in Nimba and Amalaki, help to alleviate Vicharchika's Daha condition [5]. The pathogenesis of Vicharchika and the symptoms of Kandu, Vaivarnata, Pidika, Rukshata, Srava, Daha and Ruja will all be lessened by these qualities.

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## Conclusion

The clinical study conclusively demonstrates that Durvadya Taila for external application and LaghuManjisthadi Kwatha for internal use may be a potential treatment for Vicharchika. Additionally, it demonstrates that both of these remedies are safe to use in other Kusthas, particularly the Kaphaja-Pittaja Kusthas described in classic texts. The prognosis for acute disease stages is better than for chronic disease stages. As a result, early treatment and diagnosis are essential. Vicharchika's complete healing necessitates consistent treatment with Durvadya Taila and Laghu ManjisthadiKwatha, particularly in chronic cases.

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## Conflict of Interest

No conflict of interest.

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