

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

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## Abstract

Ayurvedic paediatric OPDs frequently face the Kshudra kustha kind of Vicharchika, which is marked by the symptoms Kandu (itching), Srava (discharge), Pidaka (vesicles) and Shyava Varna (discoloration). Eczema lesions that are dry and blackish are caused by Vata involvement, whereas itching in the afflicted regions is caused by Kapha and Srava by Pitta. Eczema and Vicharchika are more similar than not. Shodhana and Shamana therapy are emphasised in the traditional texts of Ayurveda as a line of treatment at various points in the management of Kustha. Shamana treatment is preferable over Shodhana therapy in youngsters. In order to assess the effectiveness of Durvadya Taila and Laghu Manjisthadi Kwatha in Vicharchika in children aged 5 to 16 years, a clinical research was carried out using both inclusive and exclusive criteria. Patients received Laghu Manjisthadi Kwatha twice daily for 45 days while also receiving external application of Durvadya Taila and they were contacted for follow-up care after 15 days of therapy completion. In a group of 30 patients, the majority of patients (86.67%) had considerable improvement, 6.7% had complete remission and 6.67% had mild improvement. Durvadya Taila and Laghu Manjisthadi Kwatha are obviously safe and effective in the management of Vicharchika in children, according to the clinical investigation.

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

## Introduction

The skin, the most visible organ of the body, has a significant role in physical, social and psychological communication. It also greatly influences how we seem. The emergence of skin disorders impairs the function of the skin. Pediatricians treat patients with dermatological issues every day, making up around 25% of a busy outpatient practise. All forms of skin conditions have been covered in Ayurveda under the umbrella term Kustha, which is further broken down into Maha Kustha and Kshudra Kustha. One of the Kshudra Kustha is Vicharchika. Vicharchika is a skin condition where eruptions across the skin emerge with dark pigmentation, itching and copious discharge from the lesion, according to Acharya Charaka.

## Description

### Eczema

According to Acharya Sushruta, Vicharchika is characterised by intense itching, intense discomfort and dryness. According to Acharya Kashyapa, Vicharchika is the presence of black, red ulcers with pain, discharges and suppuration across the skin. Eczema and vicharchika are comparable. Skin inflammation known as eczema is not communicable and is characterised by erythema, scaling, edoema, vesiculation and leaking. Eczema, commonly known as atopic dermatitis, is characterised by skin inflammation. Patches of skin that are scaly or crusty, sometimes accompanied by redness, blistering and itching, are the main symptoms of the disorder. The most prevalent

recurrent skin condition that affects children and infants is eczema [1]. The seven important entities that play a part in the pathophysiology of this skin illness are the three vitiated doshas of vata, pitta and kapha, as well as impaired tvak, rakta, mamsa and ambu. Kapha is the major dosha implicated in Vicharchika. Most Vicharchika (Eczema) patients who do not respond well to conventional medical therapy seek for Ayurvedic treatment with high hopes of being cured of their condition.

### Laghu Manjisthadi Kwatha

Eight different medications make up Laghu Manjisthadi Kwatha. The primary dosha involved in the pathophysiology of Vicharchika, Kaphapittahara, is one of the Tridosahara qualities shared by all the essential components of this kwatha. A illness with a Kapha predominance is vicharchika. In this formulation, Tikta, Kashaya rasa, Laghu, Rukshaguna, Ushna virya and Katuvipaka make up the majority of the medications. These drug-related qualities aid in reducing kapha and pittadosha. All medications combined with the qualities of Kustaghana, Kandughana, Krimighna, Rasayana, as well as Varnya, Lekhana and Dahaprashamana [2].

The majority of prescribed yoga medications contain Tiktarasa, which improves Agni and aids in Srotoshuddhi by addressing Amashaya and Amacondition. These medications have raktashodhaka and raktaprasadana characteristics as a result of the dominance of tikta and kashayarasa. These qualities directly benefit Kandu, Daha, Vaivarnata, Pidika and Srava as rakta is one of the primary dushya in Tvak vikara. Manjistha and Daruharidra's Raktasodhaka and Vranashodhana characteristics exhibit Kustaghana activity and aid in the healing of wounds. It has been demonstrated that these medicines have a wound-healing effect. The harithaki's srotoshodhaka property promotes healthy blood flow, feeds the tissues and has an anti-allergic effect. Dushtapitta can be removed and the raktadushti can be corrected with katuki [4,3].

Manjistha, Daruharidra, Amalaki, Nimba and Harithaki all have varnya properties that aid in minimising skin discoloration. When treating the ailment, Lekhaniyaguna of Daruharidra and Katuki is helpful in reducing skin thickness and Vaivarnata. Manjistha, Daruharidra, Amalaki and Harithaki's Rasayana karma contributes to a decrease in the recurrence of Vicharchika. Because rasayana medicines have antioxidant and immunomodulatory actions, they are utilised to maintain good health. research on the aforementioned medications According to Charaka, Vibhitaki has the ability to heal all illnesses brought on by Rasa, Rakta and Mamsadhatudushti. This leads us to the conclusion

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that it affects Rasavaha, Raktavaha and Mamsavahasrotas since they are primarily involved in or impacted by the pathophysiology of Vicharchika. Nimba and Amalaki, in particular, contain Dahaprashamana properties that aid in lessening Vicharchika's Daha condition [5]. All of these qualities will aid in lessening the pathogenesis of Vicharchika as well as the symptoms of Kandu, Vaivarnata, Pidika, Rukshata, Srava, Daha and Ruja.

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## Conclusion

The clinical study unequivocally finds that Durvadya Taila for external application and LaghuManjisthadi Kwatha internally could be a remedy for Vicharchika and that they can be used in other Kusthas as well, especially the Kaphaja-Pittaja Kusthas described in classic texts, without causing any side effects. Acute disease stages have a better prognosis than chronic disease stages. Consequently, early diagnosis and treatment are crucial. Long-term treatment with Durvadya Taila and Laghu ManjisthadiKwatha is required for the total healing of Vicharchika, especially in chronic instances.

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## Conflict of Interest

No conflict of interest.

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