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Case Study

A Clinical Case Study on Dyshidrotic eczema (Pompholyx) w.s.r to Vicharchika

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ABSTRACT


Skin is considered to be the largest organ in human body and in Ayurveda, it is considered responsible for 'Sparsh gyan' or touch sensation. Skin is a barrier which prevents against any mechanical stimuli to enter the body. In paediatrics, skin care and skin related problems are much way common than adults and are often unexplained. Due to current scenario of food habits, cosmetics etc. a child suffers from diverse skin ailments at a very early stage of life. Amongst all skin diseases, Dyshidrotic Eczema (*Vicharchika*) being the most common and which is usually caused due to vitiated *Pitta dosha* according to Ayurveda. These vitiated *Pitta dosha* causes Pompholyx, which is a type of Eczema where intense itchy blisters develops on the edges of finger, palm, toes & soles of feet also commonly coined as Hand & Foot Dermatitis.. It may be both acute & chronic mostly affecting teenage & early adult age group. In this present case, a 9 year old female patient, who presented with the chief complaint of rashes over palm & soles bilaterally associated with severe itching & mild oozing wounds. She was treated with Ayurvedic medicines and followed by proper *Ahara vihar* and recovered completely.

INTRODUCTION

Dyshidrotic Eczema is a common form of eczema affecting the hands and/or feet of the patient. Dyshidrotic eczema, also known as dyshidrosis or pompholyx, is a common but often misunderstood skin condition. It manifests as small, itchy blisters on the hands and feet and can be a source of discomfort and frustration for those affected. In this article, we'll delve into the symptoms, causes, and treatment options for this condition to shed light on its complexities and provide guidance for managing it effectively. [1,2]

Symptoms:^[3] The hallmark symptom of dyshidrotic eczema is the appearance of small, fluid-filled blisters, typically on the palms of the hands, sides of the fingers, and soles of the feet. These blisters may be intensely itchy and can cause discomfort or pain, especially if they burst or become infected. In severe cases, the skin may become red, cracked, and tender, leading to further irritation and potential complications.

Causes:^[4] The exact cause of dyshidrotic eczema remains unclear, but several factors may contribute to its development. One theory suggests that it may be related to an abnormal response of the immune system or an imbalance in the body's inflammatory pathways. Certain triggers, such as stress, allergens, or exposure to irritants like detergents or metals, can exacerbate symptoms or provoke flare-ups in susceptible individuals. Additionally, genetic

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predisposition may play a role, as dyshidrotic eczema tends to run in families.

Treatment:^[5] Managing dyshidrotic eczema involves a combination of self-care measures and medical interventions. Moisturizing the affected areas regularly can help soothe dryness and reduce the risk of flare-ups. Avoiding known triggers and taking steps to protect the skin from irritants can also minimize symptoms and prevent exacerbations. In more severe cases, topical corticosteroids or immune-modulators may be prescribed to reduce inflammation and alleviate itching. Antihistamines may help relieve itching and promote better sleep, particularly at night when symptoms can be most bothersome.

Lifestyle Adjustments:^[6] Can help manage dyshidrotic eczema and reduce the frequency and severity of flare-ups. These may include:

1. Stress Management: Finding healthy ways to cope with stress, such as practicing relaxation techniques or engaging in regular exercise, can help minimize its impact on skin health.

2. Hand Hygiene: Practicing good hand hygiene by washing hands with mild soap and lukewarm water, followed by thorough drying, can prevent the buildup of bacteria and reduce the risk of infection.

3. Protective Measures: Wearing gloves when performing tasks that involve exposure to water, chemicals, or other potential irritants can shield the skin and prevent irritation.

4. Avoiding Triggers: Identifying and avoiding triggers that exacerbate symptoms, such as certain foods, environmental allergens, or harsh skincare products, can help prevent flare-ups.

In the context of Ayurveda, Dyshidrotic Eczema can be related to a condition known as *Vicharchika*^[7,8] or "Palmoplantar Eczema". It is often equated with eczema or dermatitis. It is primarily caused by the imbalance of the three *Dosha vata*, *Pitta*, and *Kapha* with a significant dominance of *Kapha*.

Key Features of Vicharchika^[9,10]

Symptoms: Itching, redness, thickening of the skin, and the appearance of lesions, which can be compared to the blisters seen in Dyshidrotic Eczema.

Dosha Imbalance: Predominantly *Kapha*, along with *Vata* and *Pitta*.

Causes: Poor diet, improper lifestyle, stress, and environmental factors.

Treatment:^[11] *Ayurvedic* treatment focuses on balancing the *Dosha* through dietary changes, herbal remedies, detoxification processes like *Panchakarma*, application of herbal pastes (*Lepa*), oral administration of herbal preparations, and dietary modifications to balance the *Dosha's* and lifestyle modifications.

Comparison and Relevance:

Symptoms: Both Dyshidrotic Eczema and *Vicharchika* involve itching, blisters, and inflammation, suggesting a possible correlation between the two.

Triggers: Stress and environmental factors are common triggers in both conditions.

Management: While Western medicine focuses on topical treatments and avoidance of triggers, *Ayurvedic* treatment for *Vicharchika* emphasizes holistic management, including diet, lifestyle, and herbal remedies.

Understanding Dyshidrotic Eczema through the lens of Ayurveda, specifically in the context of *Vicharchika*, offers a comprehensive approach to managing the condition. The integration of modern dermatological practices with Ayurvedic principles can provide a more effective and holistic treatment strategy

Case Report

A female child of 9yrs was presented on 10/11/2023 with chief complaints of recurrent severe itchy vesicular rash over both palm and soles since 1 year associated with mild watery discharge. Clinical sign and symptoms presented were Raga (redness), *Saphota* (vesicles), *Pidika* (small pustules), *Kandu* (itching), *Paka* (suppuration), *Kleda* (fluid filled secretion), *Anga Patina* (cracking of skin), *Utsedha* (swelling / inflammation), *Ati Swedana* (hyper sweating), *Sheeta* (coldness), *Snighdha* (sliminess) were present. She had taken treatment from general physician but found no relief then she came here for the further treatment.

Chief complaints: Patient complaints of small multiple blisters over both palm & soles along with itching and mild watery discharge with mild pain on and off since 1 year.

History of present illness: Patients complaint gradual onset of severe itching on both palm

with itching and mild pain since 1 year. She has taken allopathic medication for the same and was getting temporary relief, due to recurrence of the above symptoms; she approached here for further treatment. On examination, few fissures were present on both palm along with local tenderness and sweating.

Associated complaint: Increased sweating of both palm & cold to touch

Past History: No h/o DM / HTN / hypothyroidism or any other major medical or surgical history.

Family History: No history of same illness in any of the family members.

Personal History

- Appetite: Reduced
- Bowel: constipated
- Micturition: Regular
- Sleep: Sound
- Food: Non-Veg. diet
- Addiction: Junk food items (Chinese)

General Examination

- Appearance: Normal
- Built: Moderate
- Nourishment: Moderate
- Pallor: Absent
- Icterus: Absent
- Oedema: Absent
- Cyanosis: Absent

Vital Data

- Pulse: 82/Min
- BP: 110/90 MmHg
- Temp.: 98.2°F
- Respiratory Rate: 22/Min
- Weight: 24kg
- Height: 126cms
- BMI: 15.1 kg/m²

According to the clinical features, the patient was diagnosed as a case of *Vicharchik*. Clinical features indicated predominance of *Pitta Dosha*

Table 1: Treatment plan given to the patient

Date	Medicine given
11/11/23	1. <i>Avipattikar churna</i> ¼ tsp BD with warm water before food 2. <i>Mahamanjisthadi Kwath</i> (5ml) + <i>Paripathadi Kwath</i> (5ml) + <i>Nimbadi Churna</i> (1/4tsp) BD with warm water before food 3. <i>Dasanga Lepa</i> LA mix with warm water
25/11/23	Cont. same treatment along with 4. <i>Panchatikta ghruta guggulu</i> 1tab TID after food 5. <i>Gandhak Rasayan</i> 1tab BD after food
12/12/23	Cont. same treatment
20/12/23	Cont. same treatment
20/1/24	Cont. same treatment

Dietary Modification - Proposed Diet Chart-

Empty stomach : *Jeera Kashaya* 20ml

Breakfast: *Mudga yusha* mixed with *Amalaki churna/Sunthi churna*

Mid-morning : *Pachak Takra* 10ml

Lunch: Parboiled rice/ Roti with Sabji (*Amalaki/Sunthi churna* sprinkled) mixed with some amount of Ghee

Evening: *Amahara Kashaya (Shunthi+ Jeera+ Madhu)* 10ml

Dinner: Moong dal khichdi/ Roti Sabji with *Shunthi churna* sprinkled on it.

Advice: Avoid mucilaginous food items like *Masha, Bhindi, Suran Kanda, Brinjal* etc.

Lifestyle Modification:

- *Nadi-Shuddhi Pranayama* 5times in 3 respiration.
- *Yoga Nidra* (Progressive Muscle Relaxation) session daily for 15 minutes.
- *Pada Abhyanga* before bedtime as advised.

OBSERVATION

As seen in table no 1, the patient visited for regular follow ups every 15 - 20 days and following symptoms like redness, vesicles, small

pustules, itching, fluid filled secretion, cracking of skin were reduced moderately within one month, few new vesicles were seen simultaneously. After 40 days of treatment, >80% of lesions were reduced with no fresh complaint. After another 30 days, complete normalcy of skin of palm & soles were seen. The treatment continued for total 70 days for complete reduction of all symptoms.

DISCUSSION

Dyshidrotic eczema (pompholyx) is a skin condition characterized by small, itchy blisters on the hands, fingers, and feet. It is often triggered by stress, allergies, or excessive sweating. Common treatments include topical corticosteroids, moisturizers, and antihistamines to reduce itching and inflammation. In Ayurveda, *Vicharchika* is a type of skin disease, often compared to eczema. It is caused by an imbalance in *Pitta* and *Kapha dosha*, leading to symptoms like itching, redness, and oozing. Treatment focuses on detoxification (e.g., *Panchakarma*), herbal remedies, and dietary modifications to balance *Dosha* and remove toxins. Both conditions emphasize lifestyle and stress management, but while modern medicine targets symptom relief, *Vicharchika* in Ayurveda takes a holistic approach, targeting internal imbalances and detoxification. Both systems acknowledge the role of stress and recommend lifestyle adjustments, though Ayurveda offers more in-depth dietary and detoxification protocols.

Dyshidrotic eczema^[12] can be a challenging condition to manage, but with proper care and treatment, it is possible to alleviate symptoms and improve quality of life. Consulting with a healthcare professional is essential for accurate diagnosis and personalized management strategies tailored to individual needs. The Ayurvedic approach to managing dyshidrotic eczema involves restoring balance to the *Doshas* while addressing the underlying factors contributing to the condition. Here are some key principles and strategies from Ayurveda that may be employed in the management of dyshidrotic eczema:

1. Dietary Modifications: Dietary modifications aimed at pacifying aggravated *Doshas*. This may involve consuming cooling and hydrating foods

to soothe inflammation and support skin health, while avoiding spicy, oily, and processed foods that can exacerbate *Pitta* imbalance.

2. Herbal Remedies: Examples include *Neem* (*Azadirachta indica*), turmeric (*Curcuma longa*), *Aloe vera*, and licorice (*Glycyrrhiza glabra*).

3. Detoxification Therapies: These therapies may include procedures like *Abhyanga* (therapeutic oil massage), *Swedana* (herbal steam therapy), and *Virechana* (therapeutic purgation), which can help clear toxins from the system and alleviate symptoms of eczema.

4. Lifestyle Modifications: Practicing stress-reducing techniques such as yoga, meditation, and *Pranayama* (breathing exercises) can help balance the mind-body connection and reduce the impact of stress on skin health. Adequate rest, proper hydration, and regular exercise are also emphasized to support overall well-being.

CONCLUSION

This case study highlights the importance of understanding the holistic view of the disease. The combination of personalized Ayurvedic therapies along with conventional medicine may lead to improved quality of life, reduced recurrence, and long-term management of dyshidrotic eczema. Dyshidrotic Eczema patients can face an economic burden due to their disease and providers should aim to recognize this disease and its treatments to minimize healthcare costs for patients and improve quality of life.

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