

**CURATIVE AND PREVENTIVE
ASPECTS OF VICHARCHIKA
THROUGH THRIPALA POWDER
AND KUSHTADI LEPA**



**THESIS SUBMITTED FOR MASTER OF
PHILOSOPHY (AYURVEDA)**

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6. CONCLUSION

The Elderly people (50 <) were more susceptible for Vicharchika (Eczema).

The patients from Urban area, were more affected than the patients from Rural and Sub Rural areas.

Higher incidence was found in females, when compared to males. Among the people with Primary, Secondary or Tertiary Educated, all may be affected from Vicharchika.

Rich Animal and Vegetable proteins, Amla - Lavana - Katu - Kshara Rasa foods, Dairy products (Kshira Payasanna) and the foods which have Contradictory Potency are the main Etiological factors for Vicharchika, because these foods can cause the breakdown of Bio chemical relationship of the body. (1)

The suppression of the natural urges such as Defecation, Urination and Sleep, mainly can cause the vitiation of Doshas and Dhatus leading to the manifestation of Vicharchika. (2)

The mental problems such as Sorrowful conditions due to family problems, anger can cause this diseases. (3)

There is no connection between the curity of the disease and the Age, Gender, Education, Race or Religion. But there is a connection between the curity of the disease and the Habitat and Marital status.

This study observed a highly significant and rapid symptomatic Improvement in the mean scores for **Itching, Excessive Exudation, Pain, Burning sensation, Irruptions, Blackish Brown Colour, Roughness and Linear Markings.**

There was a significant and rapid renormalization in the **WBC, Hb%** and **ESR** levels.

There was no clinically significant adverse effects, either observed or reported during the entire study period.

The percentage of the total recurrent rate was 38.33%. The prominent factor reported for the Recurrent attack, was food such as Pickle, Tomato, Pine Apple, Mango, Bread fruit, Coffee, Goat milk, Cuttlefish, Prawn and fish like Balaya, Hurulla.

maximum number of (61.67%) patients had no recurrences during the follow up period.

Therefore, it can be concluded that Thripala powder and kushtadi lepa, clinically effective and safe in the management of Vicharchika.

Vicharchika could be cured and prevented through Thripala Powder and Kushtadi Lepa.