

**EFFECT OF THE *ARKADI THAILA* ON *VICHARCHIKA*:  
AN OBSERVATIONAL STUDY**

**M.H.B.G.I.M. Bandara\* and E.D.T.P. Gunaratna**

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

\*1803659@iim.stu.cmb.ac.lk

*Vicharchika*, classified under *Kshudra kushta* in Ayurveda, closely resembles eczema. This chronic *Tridoshaja vyadhi*, with *Kapha* predominance, is characterized by itching (*Kandu*), eruptions (*Pidaka*), blackish discoloration (*Shyava varna*), and excessive discharge (*Bahu Shrava*). The present study evaluates the efficacy of *Arkadi thaila*, a classical Ayurvedic formulation containing *Arka* (*Calotropis gigantea*), *Haridra* (*Curcuma longa*), and *Sarshapa* (*Brassica campestris*), in the management of *Vicharchika*. A 56-year-old female diagnosed with *Vicharchika* for three years—presenting with blackish discoloration, severe itching, burning sensation, and dry scaling around the ankle joints was selected from the OPD of the Ayurveda National Hospital, Borella, after obtaining written consent. *Arkadi thaila* was applied twice daily to the affected areas following proper cleansing. The treatment duration was one month, followed by a two-week observation period. Evaluation was conducted using the Eczema Area and Severity Index (EASI). At the conclusion of treatment, complete resolution of itching (*Kandu*), eruptions (*Pidaka*), blackish discoloration (*Shyava varna*), and excessive discharge (*Bahu shrava*) was observed. The anti-inflammatory, antimicrobial, and wound-healing properties of *Arkadi thaila* contributed to the observed therapeutic effects, with no adverse reactions reported. These findings highlight the potential of this formulation in balancing *Doshas*, correcting *Dhatu* imbalances, and promoting natural tissue healing. Further clinical studies with larger sample sizes are recommended.

**Keywords:** *Vicharchika*, *Eczema*, *Arkadi thaila*