ABSTRACT
In ancient medical texts, all skin diseases come under the headline of Kustha. Kustha is also divided into two groups Maha Kustha, Kshudra Kustha. Vicharchika is a condition which comes under Kshudra Kustha. It is one of the chronic disorders as described in Ayurveda Grantha's. In Charak Samhita, it has been mentioned that Khadir is very useful in any type of Kustha. Kankaristh which contain khadir is most effective in the treatment of Kustha. It contains 5-10% of self-generated alcohol, so that we can store it for a long time without losing their potency, instead there is an increase in the potency as these preparations become old. It possesses Ashukari Guna that work at the level of Dosh and Dhatu. There for Asava, Aristha is popular in the community of Ayurvedic Vaidhyas. Another thing is that, it is a liquid dose form to take all age group, without any discomfort.

Key words: Kustha, Vicharchika, Kankaristh

INTRODUCTION: Skin is the chief casing of body, it contributes a chief role in maintaining barrier between internal and external environment, and especially the healthy skin is the first requirement for the attractive personality. Ayurveda has described all skin diseases under the headline of the kustha. In the other word it can be listed as Ayurvedic dermatology. Kustha is considered by Charak and other ancient medical authority that all dermatological manifestation under 18 subtypes of Kustha, Vicharchika is one of the Kshudra Kustha.

AIM AND OBJECTIVES: To stabilise the efficacy of Kankaristh in Vicharchika (eczema).

MATERIAL AND METHOD:
A. Disease review: In modern science eczema is a chronic superficial inflammation of the skin, which is usually itching in nature. It is form of dermatitis known as atopic dermatitis. It may begin in infancy childhood or in adults. The clinical lesions may be acute or chronic, Depending on the persistence of the insult. Eczema is a pattern of inflammatory response of the skin which is the resultant of delayed type hypersensitivity mediated by memory T lymphocytes in the skin. The term eczema is broadly applied to arrange of persistent skin condition. These include dryness, crusting, flanking blistering, and cracking, oozing or bleeding. The cause of eczema is unknown but is presumed to be combination of genetic and environmental factor. This disease has a number of external and internal factors acting singly or in combination.

In ancient medical science Vicharchika is considered to be a subtype of
KshudraKustha\(^5\). Which is a type of the skin disease Samprapti of Kushta ,Nidan causeAgnimandya in patients, Agnimandya leads to produce Aamotpatti ,leading TridoshDushti and Kileda formation. That create Twakdusti ,Lasikadusti ,Mansa Dusti and Raktadusti and causes Vicharchika(eczema). Vicharchika is KaphaPradhanaTridoshaj Vyadh\(^6\).

**Nidan**\(^7\)-

1. Incompatible food and drink.

**Table No.1 B.Drug review**\(^8\) The Contents Of Kankaristha:

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Rasa</th>
<th>Vipaka</th>
<th>Virya</th>
<th>.Doshaghnata</th>
<th>Rogaghnata</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Khadir</td>
<td>Tikta</td>
<td>Katu</td>
<td>Seeta</td>
<td>Kapha Pitta shamaka</td>
<td>Kushthaghnavranaro pan</td>
</tr>
<tr>
<td>2 Haritaki</td>
<td>Pancha rasa</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Tridoshahara</td>
<td>Kushthaghna Krumighna</td>
</tr>
<tr>
<td>3 Bibhitaki</td>
<td>Kashaya</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Pitta kaphahara</td>
<td>Virechanopaga jwarahara</td>
</tr>
<tr>
<td>4 Amalaki</td>
<td>Pancharas</td>
<td>Madhur</td>
<td>Seeta</td>
<td>Tridoshaghna</td>
<td>Dahhashamana</td>
</tr>
<tr>
<td>5 Sunthi</td>
<td>Katu</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Kaphavatahara , bhedana</td>
<td>Raktashodhaka</td>
</tr>
<tr>
<td>6 Pippali</td>
<td>Katu</td>
<td>Madhur</td>
<td>Anushnasha</td>
<td>Kaphavatahara</td>
<td>Krimiroganut</td>
</tr>
<tr>
<td>7 Maricha</td>
<td>Katu</td>
<td>Katu</td>
<td>Ushna</td>
<td>Kaphavatahara</td>
<td>Pinasa, kasapravahika,</td>
</tr>
<tr>
<td>8 Haridra</td>
<td>Katu, tikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Kaphavatahara</td>
<td>Kushtha</td>
</tr>
<tr>
<td>9Nirmalake beej</td>
<td>Madur, kashaya, tikta</td>
<td>Madhur</td>
<td>Seeta</td>
<td>Kaphavatahara</td>
<td>Kushtagna</td>
</tr>
<tr>
<td>10 Dalchini</td>
<td>Katu, tikta, madhu</td>
<td>Katu</td>
<td>Ushna</td>
<td>Vatapittahara</td>
<td>Raktashodhak</td>
</tr>
<tr>
<td>11 Bakuchi</td>
<td>Kattutikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Kaphavatahara</td>
<td>Kushtaghna Raktapittahara</td>
</tr>
<tr>
<td>12 Giloya</td>
<td>Tikta, Madhura</td>
<td>Ushna</td>
<td>Tridoshaghna</td>
<td>Kushtaghna</td>
<td></td>
</tr>
<tr>
<td>13 Vidang</td>
<td>Katu, kashaya</td>
<td>Katu</td>
<td>Ushna</td>
<td>Kaphavatahara</td>
<td>Krimiroganut Kushtaghna</td>
</tr>
<tr>
<td>14 Dhaykep hool</td>
<td>Kashaya</td>
<td>Katu</td>
<td>Sheeta</td>
<td>Kaphapittahara</td>
<td>Kushtaghna</td>
</tr>
<tr>
<td>15 Madhu</td>
<td>Madhur</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Kaphapitthagahna</td>
<td>Tvachya</td>
</tr>
</tbody>
</table>

**DISCUSSION**-Kankaristha is an Ayurvedic formulation used to manage the different type of health complication\(^9\). Antimicrobial action of this medicine help
to fight against the various infection in our body. Raktshodhak properties of this medicine are quite effective to treat the skin diseases like boils, dryness of skin, acne, eczema, etc. Kankaristha help to manage the symptoms in skin diseases like itching, rashes, discoloration, oozing etc. It help to remove the waste materials from our blood and body. But how it work in our body that is main aims. At that time we saw about RasPanchaka of this formulation, what we found that maximum herbs are Kushtaghna, Kandughna, Kaphaghna, and Raktprasadak. In this Arista first and main content is Khadir.Khadir (Acacia catechu) is main choices for every practitioners and also popular in between society. It work on his Kustaghna Prabhav. And Ras, Veerya, Vipak and Guna also provide help to cure skin diseases that told by Charak and Sushrut also. Trifala is kapha Pittahar, Kushtaghna, and use in Prameh , Kustha, Mandagni, Virechanalso. Trikatu contains the herbs Pippali, ginger, and black pepper. The powerful Ushna Virya of this combination is traditionally used to support the digestive fire and a healthy detoxification (shroto shodhak). Haridra (Curcuma longa) is Katu and Tikta in taste. It is Ushna Virya, and Rooksha in Guna. It acts against vitiated Kaptha and Pitta Dosha. So it useful in skin diseases, diabetes, and wound healing. Giloy (Tinospora cordifolia) is known as Amritaalso.It is used in the treatment and curing of many diseases and disorders. His properties and action Rasa- Tikta, Kasaya, Guna-Laghu, Virya- Usna, Vipak-Madhur, Karma-Rasayana,Raktasodhaka. Dalchini (Cinnamomumzeylanica) it has amazing therapeutic properties like anti-bacterial, anti-fungal, anti-oxidant. Dalchini can cure many skin, hair and health problems. Its anti-microbial properties purify your skin, while its anti-biotic effects protect skin from irritations, rashes, allergic reactions, and infections. Bakuchi (Psoralea corylifolia) is excellent medicinal herb that is used in Ayurveda to cure skin related diseases e.g. eczema, itching , vitiligo , psoriasis, hypopigmented lesions. Nirmalike Beej / Kataka (strychnos potatorum) is a well known in Ayurvedic treatment of skin diseases, anorexia ,renal calculi, because it reduces vitiated Kapha and Vata Dosha. Vidang (Embelikaribes) has Ushna Guna there for it balances Kapha and Vata Dosha. Dhataki phool (Woodfordia fruticosa) it balance kapha pitta dosha. Dhataki is used as ingredient in many products of Asava and Arishta preparations. Because it have on special effect fermenting agent . Honey is a delicious and natural sweetener many of us are already familiar with. It balance Pitta and Kapha Dosha, and work on cough & cold, diabetes, cholesterol, lose weight, heal wounds, skin disease. Over all we found that every single content has on capacity to cure the skin disease. But there are fifteen contents in this formulation there for Kankaristha is working on maximum of skin disease, Vicharchikais also one of them.

Pathyaapathyas: Non vegetable food like meats of different type of animals and birds , various preparation of the cooked or an cooked food . If Kustha patient intake these always that causes indigestion and imbalance of Kaptha , leading to worsening of itching . Dugdha- excess of milk and dairy products causes Kapha that’s why in eczema increase itching and excessive secretion .Amla rasa like Dadhi increase pitta. And now aquatic area , sugarcane ,
wine, and day sleeping, taking sour fruits, various preparation of flour. All of these products aggravate Kapha Vata, Pitta and as well as Rakta also. There for ancient medical authority pressurizing on Pathya Kalpana.

CONCLUSION: In Ayurved Saar Shangrah has mentioned about Kankaristha. Kankaristha is a very effective in the treatment of Kustha, Specially Vicharchika. It contains 5-10% of self generated alcohol in preparation. And alcohol improve the quality of drug potency to cure several type of skin problem. Because it has some major property such as Yogvahi, Aashukari, and Teekshna, Laghu Guna. By Yogvahi Guna it take all the property from herbs in to the Arista. And Aashukari Guna it improves the drugs potency to deliver the property in the body to the level of Dosh, Dhatu. Teekshna Guna is working as (channel refiner). And about Laghu Guna, It is so light for digest the preparation. There for Kankaristha is better medicine for Vicharchika.

REFERENCES:
4. Eczema \ dermatitis sign and symptom available on http:llen.wikipedia.org|iki|eczema. (Date-02-01- 2019/Time-04:00p.m.)
16. https://cash karo.com>blog> benefits of dalchini.(2019,January 02)10:00 p.m.)
17.https://www.bimbima.com>ayurved. (2019,January 02) (10:05 p.m)


Corresponding Author:
Dr. Somit Mandal, PG Scholar, Department of Rasashastra and Bhaishajya Kalpana ,Shubhdeep Ayurved Medical College & Hospital, Indore (M.P).
Email: somitm890@gmail.com

Source of support: Nil
Conflict of interest: None
Declared