

REVIEWER'S REPORT

Manuscript No.: IJAR-57472

Title: AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA): A SINGLE CASE STUDY.

Recommendation:

Accept as it is

Accept after minor revision...

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- Vicharchika is an Ayurvedic term for chronic eczema, characterized by itching (kandu), pigmentation (vaivarnata), discharge (srava), and eruptions (pidaka). It is classified as a *Kshudra Kushtha* (minor skin disease) involving all three doshas, primarily Kapha. Ayurveda treatments focus on *Shodhana* (purification/detoxification) and *Shamana* (palliative) therapies to manage symptoms.**
- Eczema (dermatitis) is a chronic condition causing dry, itchy, and inflamed skin, commonly appearing behind knees or inside elbows. While the exact cause is unknown, it involves immune system activation, genetic, and environmental factors. Management includes consistent moisturizing, avoiding triggers (e.g., soaps, stress, heat), and using topical steroids or newer biologics.**
- Virechana Karma is a specialized Ayurvedic detoxification procedure (part of Panchakarma) that uses therapeutic purgation to cleanse the body of excess Pitta dosha, primarily targeting the small intestine, liver, and gallbladder. It is highly effective for chronic metabolic disorders, skin diseases, and inflammation.**

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4. Mahatiktaka Ghrita is a potent Ayurvedic medicated ghee used to treat chronic skin diseases, bleeding disorders, gastrointestinal issues (gastritis, ulcers), and autoimmune conditions. It acts as a blood purifier and detoxifier, balancing *Pitta* and *Kapha* doshas. Typically consumed in 5–10g doses, it is also used in *Panchakarma* (detox) therapies.
5. Ayurvedic management is a holistic system focusing on balancing mind, body, and spirit through personalized diet, lifestyle changes, herbal remedies, and detoxification (Panchakarma) to treat imbalances. It addresses root causes, aiming to improve digestion, remove toxins, and manage stress. Common techniques include yoga, meditation, massage with oils, and herbal medicine.
6. Ayurvedic management is a 5,000-year-old traditional Indian holistic system focused on balancing mind, body, and spirit to treat the root cause of illness rather than just symptoms. It uses personalized approaches, including diet changes, herbal medicines, detoxification (Panchakarma), and lifestyle routines, often referred to as holistic health, traditional Indian medicine, or natural healing management.
7. Eczema is a chronic, non-contagious inflammatory skin condition causing dry, itchy, and red rashes. It often appears as flare-ups, commonly affecting children, though it impacts over 31 million people in the U.S.. It involves a dysfunctional skin barrier, often triggered by environmental factors like irritants or stress.
8. Key words are okay. But can be given more words.
9. Abstract, tables and pictures are awesome.
10. But for tables can be made pie chart.
11. Significant points are good.
12. References can be made with alphabetical order.
13. Summary points can be included.
14. After a small changes good to publish in your journal.