

## 1. VICARCIKĀ (ECZEMA)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Khadira (Acacia catechu)	Sāra	500 mg BD	Water	C.S.Su. 25
2.	Somarājī (Psoralia corylifolia)	Cūrṇa (Udvar- ana)	Q.S. External appli- cation	-	S.S.Ma. K. Kuṣ- ṭhāroga cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mañjiṣṭhādi Kwātha	Kwātha	30 ml BD	Water	B.R. Kuṣṭha roga Cikitsā

2.	Rasamaṇikyā Rasa	Rasa	125 mg BD	Honey	B.R. Kuṣṭha roga Cikitsā
3.	Amṛtabhallātaka	Avaleha	12 gm BD	Luke warm Milk	B.R. Kuṣṭha roga Cikitsā
4.	Tiktaka Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B.R. Kuṣṭha roga Cikitsā
5.	Somarājī Ghṛta	Ghṛta	10 gm BD	Luke warm water	B.R. Kuṣṭha roga Cikitsā
6.	Pañcatikta Ghṛta	Ghṛta	10 gm BD	Luke warm water	B.R. Kuṣṭha roga Cikitsā
7.	Bṛhat Maricyādyā Taila	Taila	Q.S. (External appln.)	-	B.R. Kuṣṭha roga Cikitsā

8.	Tiktaṣatpala Ghṛta	Ghṛta	10 gm BD	Luke warm water	Y.R. Kuṣṭha Cikitsā
9.	Mahākhadirādi Ghṛta	Ghṛta	10 gm BD	Luke warm water	Y.R. Kuṣṭha Cikitsā

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	Newly harvested cereals (navānna)
Pulses	Green gram (mudga), masūra	Black gram (uḍada)
Fruits & vegetables	Khadira, āmalakī, paṭola, bitter gourd (kāravellaka), garlic, pomegranate, phālasā	Radish, lisora, makoya
Others	Honey, light food, bitter dietary substances, old clarified butter, nimba, haridrā	Incompatible food (viruddh āhāra), curd, sesame, salt, food with heavy, unctuous cold and acidic properties,

		food causing burning sensation and obstructing the channels (vidāhī, abhiṣyandī padārtha), milk, jaggery
Life style	Mild exercise (alpa vyāyāma), bathing, massage with maricyādi taila, arka taila, mustard oil	Day sleeping, suppression of natural urges, excessive physical exercise

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.