

EFFECTIVE TREATMENT REGIMEN IN VATIK KUSHTHA -A SINGLE CASE STUDY

Vandana Raval

¹M.D.(Ayu), Lecturer, Dept. of Kaumarbhritya,
Govt Akhandanand Ayurveda College, Ahmedabad, Gujarat, India

Email: vandanaraval215@yahoo.com

ABSTRACT

In *Ayurveda*, many skin disease have been described under Kushtha. *Acharya Charaka* told that all *Kushtha* are *Tridoshaja*. Further *Acharya* describe *Vata/Pitta/Kapha Pradhana Kushtha Lakshana* and gave *Chikitsa Sutra* (Line of Treatment) accordingly. For present study, a 7 years pediatric male patient having symptoms like severe scaling, erythema, itching whole over body (Excessive on trunk and back region), dryness over affected part since last two months was registered. Prior patient did not take any treatment for this. Here, considering the signs and symptoms of patient, he was treated in the lines of *Vatapradhana Kushtha*. Classical *Shamana Snehpana* was done followed by *Shaman Chikitsa* along with *Pathya -Apathya*. Significant relief found in the signs and symptoms with no recurrence in the fallow up of the treatment.

Keywords: *Kushtha, Shamana Snehpana, Shaman Chikitsa.*

INTRODUCTION

A popular adage that skin patients are never cured & never dies, & never creates an emergency. In *Ayurveda*, almost all skin diseases are taken under generalized term *Kushtha*. In *Ayurveda*, *Kushtha* is consider as a *Bahudoshavasthajanyavyadhi*, has *Tridosha* involvement with *Saptadhaatu* as its *Dushya* also¹. *Kushtha* divided in to two major group *Mahakushtha* (7 subdivision) & *Kshudrakushtha* (11 subdivision)². *Acharya Charaka* told that all *Kushtha* are *Tridoshaja*³. But according to their *Rupa* (Sign and symptoms) we can differentiate them in *Vatapradhana Kushtha / Pittapradhana*

*Kushtha / Kaphapradha Kushtha*⁴ and treated accordingly.

Acharya Charaka told the line of treatment for *Kushtha* that *Vata Pradhana Kustha* should be treated with *Snehpana*, *Kapha Prdhana Kustha* should be treated with *Vamana* and *Pitta Prdhana Kustha* should be treated with *Virechana* and *Raktamokshana*⁵.

Here, a patient of *Vatika Kushtha* (*Vatapradhana Kushtha*) was successfully treated with Ayurvedic principals of treatment, is presented as a case study in the article.

CASE REPORT

A 7 years Hindu male child patient residing in Amraiwadi (Ahmedabad) came to OPD of Kaumarbhrutya Dept., Govt. Akhandanand Ayurved hospital on the date 9 January 2016; with the following complains:

- History of illness: Severe scaling, Erythema, , itching whole over body (excessive on trunk and back region), dryness over effected part.
- Aggravated excessively from the last one month.
- Past History: Nil, Prior patient did not take any treatment (Allopathy medi.) for this.
- Family History: Nil
- Personal History:
Appetite: Decreased
Stool: Normal 1 time/day
Urine: Normal Frequency
Sleep: Decreased
Dietary History: Vegetarian, no junk food, took fermented items rarely, daily curd.
Excessive consumption of *Lavan Rasa*, occasionally *Viruddha Ahar* of *Lavan rasa* with milk.
- Symptoms of Krumi⁶: *Mukhapradeshe Twakavaivarnata*

- Associated complaints: Appetite decrease, disturbed sleep, constipation
- No addiction

TREATMENT PLAN

Considering the signs and symptoms, patient was treated in the lines of *Vata Pradhana Kushtha*. Treatment plan as following:

- **Shamana Shehpana** for 15 days with *Mahatika Ghrita*⁷ 10ml *Pratahkala* (Early morning) *Anupana: Ushnodaka*
- **Shamana Chikitsa** followed by *Pathya-Apathya* since last 15 days
 - a) *Arogyavardhini Vati*⁸ 2 tab (Each tab 250 mg) twice a day with warm water after meal
 - b) *Gandhaka Rasayana*⁹ 2 tab (Each tab 250 mg) twice a day with warm water after meal
 - c) *Sansamni Vati* 2 tab twice a day with warm water after meal
 - d) *Sudarshan Churna*¹⁰ -2gm
Kalmegha Churna-2gm
Vidanga Churna-1gm } twice a day with warm water before meal
 - e) Coconut oil for local application twice a day for 15-20 minutes

OBSERVATION

1)First Visit of Patient to OPD:



2) After 15 days of *Shamana chikitsa* and *Pathya-Apathya Palana*: Scaling, Itching and Erythema 100% removed, only mild discoloration present.



No complaints till date as per regular follow up.

Table 1: Details of treatment procedure with mode of Action as seen in below chart

Treatment Planned	Contains	Mechanism
<i>Shamana Snehapana</i> with <i>Mahatikta Ghrita</i>	<i>Saptaparna</i> (<i>Alstonia scholaris</i>), <i>Ativisha</i> (<i>Aconitum heterophyllum</i>), <i>Shampaka</i> (<i>Cassia fistula</i>), <i>Tiktrohini</i> (<i>Picrorhiza kurroa</i>), <i>Patha</i> (<i>Cissampelos pariera</i>), <i>Musta</i> (<i>Cyperus rotundus</i>), <i>Ushira</i> (<i>Vetiveria zizanioides</i>), <i>Triphala – Haritaki</i> (<i>Terminalia chebula</i>), <i>Vibhitaki</i> (<i>Terminalia bellirica</i>), <i>Amla</i> (<i>Embllica officinalis</i>), <i>Patola</i> (<i>Trichosanthes dioica</i>), <i>Pichumarda</i> (<i>Neem</i>), <i>Parpataka</i> (<i>Fumaria indica</i>), <i>Dhanvayasa</i> (<i>Alhagi pseudalhagi</i>), <i>Chandana</i> (<i>Sandalwood</i>), <i>Pippali</i> (<i>Long pepper</i>), <i>Gajapippali</i> (<i>Piperchaba</i>), <i>Padmaka</i> (<i>Prunus poddum</i>), <i>Haridra</i> (<i>Turmeric</i>), <i>Daruharidra</i> (<i>Berberis aristata</i>), <i>Uragandha</i> (<i>Acorus calamus</i>), <i>Vishaka</i> (<i>Citrulus cholocynthis</i>), <i>Shatavari</i> (<i>Asparagus racemosus</i>), <i>Sariva</i> (<i>Hemidsemus indicus</i>), <i>Vatsakabija</i> (<i>Holarrhena antidysenterica</i>), <i>Vasa</i> (<i>Adhatoda vasica</i>), <i>Murva</i> (<i>Marsdenia tinescsima</i>), <i>Amruta</i> (<i>Tinospora cordifolia</i>), <i>Kiratatikta</i> (<i>Swertia chiraita</i>), <i>Yashtimadhu</i> (<i>Glycyrrhiza glabra</i>), <i>Trayamana</i> (<i>Gentiana kurroa</i>), water, <i>Amalaki Phala</i>	<i>Vata-doshashamaka</i> Reduction in Scaling and Dryness, <i>Kushthahara</i>

	<p>Rasa – juice extract of <i>Emblica officinalis</i>, <i>Goghrita</i> (ghee). The above combination is heated till herbal ghee is prepared.</p>	
--	--	--

Table 2: Oral drugs, their Composition, Doses and Exact effect

Name of drug Compound	Contains	Exact effect
<i>Arogyavardhini Vati</i>	<i>ShuddhaParada, Shuddha Gandhaka, Loha Bhasma, Abhraka Bhasma, Tamra Bhasma, Haritaki, Vibhitaki, Amalaki, Shilajatu, Guggulu, Eranda, Katuki, Juice extract of Nimba</i>	<i>Amadoshanashak, Hepatoprotective, Vata and Kapha Nashaka</i>
<i>Gandhaka Rasayana</i>	<i>Purified Gandhaka(Sulphur), Bhavana of Godugdha, Triphala Kashaya, Chaturjata Phanta, Guduchi Kashaya, Bringaraja Kashaya, Shrungavera Rasa (fresh ginger juice)</i>	<i>Kushthahara Kanduhara</i>
<i>Sanshamani Vati</i>	<i>Giloy Ganvati</i>	-
<i>Sudarshan Churna</i>	<i>Main contain is Kiratatikta 21 Part (Half of total ingredients) others are Kaleeyaka (Santalum album), Haridra, Devdaru, Vacha, Motha, Hareetaki etc</i>	<i>Tikta rasa pradhana yoga, Tikta rasa have Kushthagna property</i>
<i>KalmeghaChurna</i>	<i>Kalmegh (Andrographis paniculata)</i>	-
<i>Vidanga Churna</i>	<i>Vidanga (Embelia ribes)</i>	<i>Krumigna, Kushthahara</i>
Coconut oil	Used for local Application twice a day	Removal of Dryness Decrease in Scaling (<i>Vatadosha Shamaka</i>)

DISCUSSION

Along with therapy patient was advised to avoid non-vegetarian food (chicken, eggs, fish, mutton, etc), fast food, fermented food (*achar, idli, dosa, pau, bread* etc), *Katu Amla Rasa* (*dahi, spicy food*), to take less *Lavan Rasa* in *Ahara*.

In this patient, this treatment protocol will be continued up to next 6 month with *Pathyapathya Palana*.

CONCLUSION

Ayurvedic traditional method of treatment gives better result in a *Kushtha*, but two important things are necessary, First is proper diagnosis is made at proper time and Second is to follow strictly *Chikitsa Sutra* of *Ayurveda* classics. In present case, the treatment was found very effective in treating *Vatikakushtha*. There was 90% relief in signs and symptoms within 15 days with *Shamana*

Snehpana, Shamana Chikitsa (Oral medication, Local Application) and *Pathya-Apathya palana*.

ACKNOWLEDGEMENT

Acknowledgement is given to sincere patient who gave opportunity to make this article.

REFERENCES

1. Agnivesha, *Chikitsasthana* 7/9&10, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan;2009. p.182
2. Agnivesha, *Chikitsasthana* 7/13, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan; 2009.p.182
3. Agnivesha, *Chikitsasthana* 7/31, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan; 2009. p.185
4. Agnivesha, *Chikitsasthana* 7/34-36, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ; 2009.p.185-186
5. Agnivesha, *Chikitsasthana* 7/39, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.186
6. Acharya Susruta, *Uttar tantra* 54/19, Hindi commentary by Dr Ambikadatta Sastri, Susruta Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan;2013.p.510
7. Agnivesha, *Chikitsasthana* 7/144-150, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.199
8. Rasaratna Samucchaya of Shri Vagbhatacharya 20:87-93, Suratnojjvala Hindi Commentary by Sri Ambikadutta Shastri, Varanasi, Chaukhamba Amarbharati Prakashan ;2003. p.400
9. Rasatarangini 8/81-86
10. Shree Govinddas, *Jwara Rogadhikara* 5/445-454, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishjya Ratnavali, Varanasi, Chaukhamba Prakashana;2011.p.117

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Vandana Rava : Effective Treatment Regimen In Vatik Kushtha -A Single Case Study. International Ayurvedic Medical Journal {online} 2017 {cited February, 2017} Available from: http://www.iamj.in/posts/images/upload/595_599.pdf