



## MANAGEMENT OF CHARMAKHYA KUSHTA THROUGH SHODHANA AND SHAMANA- A CASE STUDY

Madhushree<sup>1</sup>, Mohammed Yaseen Hullur<sup>2</sup>

Corresponding Author: [madhubg1912@gmail.com](mailto:madhubg1912@gmail.com)

<https://doi.org/10.46607/iamj3312032024>

(Published Online: March 2024)

### Open Access

© International Ayurvedic Medical Journal, India 2024

Article Received: 07/02/2024 - Peer Reviewed: 04/03/2024 - Accepted for Publication: 11/03/2024.



### ABSTRACT

Skin is the central organ of our body, which plays a vital role in cosmetology. In Ayurveda, the skin and its diseases are explained under *Kushta*. The *Nirukti* of *Kushta* is derived from the *sutra*– “ *Kushanti Nisheshena Vilekhanam Karoti anga pratyangani iti kushta* ”, which means the one which causes *Vilekhana* to *anga-Pratyanga* of *Shareera* is called *Kushta*. *Kushta* is broadly classified into *Maha kushta* & *Kshudra kushta*. *Charmakhya Kushta* is one among *Kshudra kushta*, which does not affect the *Gambheera dhatu*. In the present case report, A 47-year-old male patient presents with Bluish black, dry, rough Skin lesions in B/L lower limbs, associated with severe itching and Burning sensation since 2018. The patient was treated with *Shodhana* like *Virechana* and *Jaloukavacharana*, followed by *Bahya chikitsa*, i.e *Lepa* and *Parisheska*, along with *Shamana aushadhi* & reported significant improvement in the condition.

**Keywords:** *Charmakhya kushta, Virechana, Shodhana, Shamana Jaloukavacharana, Lepa, Parisheska*

### INTRODUCTION

Ayurveda, the science of life, evolved from the quest of man to have a happy life; Ahara, Nidra, and Brahmacharya have been called Trayopastambha, which play a significant role in maintaining health<sup>1</sup>. Along with *Dinacharya* and *Ritucharya*, following *Sadvritta*. *Ayurveda* Explains many diseases, among which

Twacha (skin) diseases are explained under *Kushta yoga*. Skin is the most essential organ of the human body as it protects the body from invading pathogens. It is the largest organ of the human body. In recent years, there has been a considerable increase in the incidence of skin problems in tropical and developing

countries like India due to various reasons like poverty, poor sanitation, unhygienic, and pollution etc<sup>2</sup>, which are further categorised into *Maha Kushta* and *Kshudra kushta*. In a broad sense, Kushta is the one which causes vitiation as well as discolouration of the skin. *Acharya Charaka* has described *Charmakhya* as a *Kshudra Kushta* resembling a *Hasticharma*<sup>3</sup>. It is a *Rasa, Rakta* and *Mamsadhatu pradoshaja Vikara*<sup>4</sup> but *Vata, Pitta, Kapha, Lasika, Twacha, Rakta* and *Mamsa* are the *Sapta dravya* in the body that are involved in the pathogenesis. These components preserve the body's integrity, but when they get tainted by *Nidana* seven, i.e. *Aharaja, Viharaja* and *Krimija*. Leads to the manifestation of different types of *Kushta*. This is a Single case study. Since the *Dosha* are in *Bahudoshavastha*, the *Shodhana* karma was adapted as the disease is *Tridoshaja* followed by *Bahirparimarjana chikitsa* with *Shamanoushadhi*, which showed the substantial result in curing the disease.

➤ **Case Report –**

A 58-year-old male patient visited *Kayachikitsa* OPD of *Ayurveda Mahavidyalaya & Hospital, Hubli*, on 13/04/2023 with the following details.

Patient name - ABC

Age/Sex- 47 years / Male

Occupation – Merchant

Place – Hubballi

OPD. No- 20830

The Patient had complaints of Rough, Dry, Bluish black lesions over the B/L lower limbs with severe itching and burning sensation since 2018. Since the Condition is in *Bahudosha Avastha*, we advised him to undergo *Shodhana* treatment. Hence, he was admitted for 26 days with the following details.

IPD. No- 560

DOA- 02/12/2023

DOD- 28/12/2023

➤ **Chief complaints:-** Complaints Rough, Dry, Blueish black lesions over the B/L lower limbs with severe itching and burning sensation since 2018, Exaggerated for one year.

➤ **Associated complaints: -**

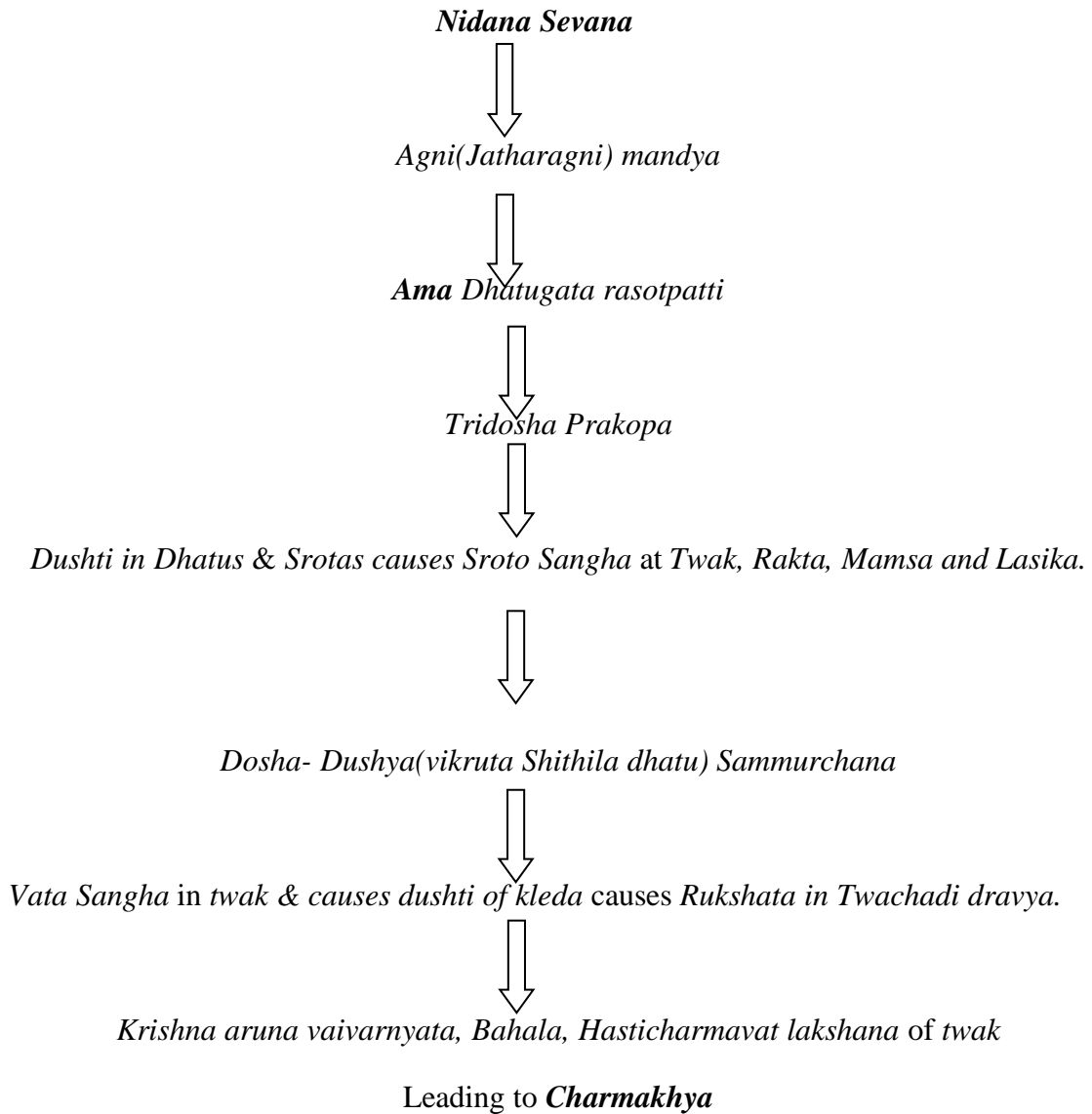
- Also, c/o- irregular evacuation of bowels since 1month

- Disturbed sleep for one month.
- **H/O Present illness:-** A 47-year-old Male patient. Presented with a history of skin lesions over the B/L lower limbs with severe itching and Burning sensation since 2018 and exaggerated for one year. Initially, the patient noticed multiple skin lesions, which were 3-4 in number, bluish and black, over the right calf region, and gradually, skin lesions appeared over B/L lower limbs in 2019. Then, the patient consulted a nearby doctor and was prescribed some topical medications, which gave temporary relief.
- Symptoms like itching and burning sensations have been exaggerated for one year due to harsh climatic variations. After taking a few medications for 2months, he had temporary relief in the symptoms, but the number of skin lesions remained the same. Pt. also complains of irregular bowel habits and disturbed sleep for one month. So, he approached our hospital for further treatment for the abovementioned complaints.
- **Past History-** N/K/C/O- DM,HTN
- **Personal History:-**
  - Diet- non-vegetarian.
  - Appetite-Low
  - Bowel- Disturbed( on and off constipation)
  - Sleep- Disturbed due to severe burning and itching sensation.
- **On Examination**
- **Skin Examination (*Sthananika Pareeksha*)**
  - Inspection: Size shape—Dry, Irregular Scaly lesions in B/L lower limbs.
  - Colour—Bluish black
  - Uniformity—B/L lower limbs
  - Thickness—More than 0.5cm in diameter.
  - Lesions—Rough, Dry
  - Palpation: Moisture—Dryness, no sweating
  - Temperature—Warmth of the skin
  - Texture—Roughness
  - Mobility and turgor—Reduced.
  - Signs: - Candle Grease Sign—**Negative**
  - Auspitz Sign—**Positive**

**Nidana Panchaka of Charmakhyā Kushta:-**

| <b>Table 1:- Nidana of Charmakhyā kushta</b>      |                      |                 |
|---|----------------------|-----------------|
| <b>AHARAJA NIDANA</b>                             | <b>VIHARAJA</b>      | <b>MANASIKA</b> |
| ✓ <i>Ati matra bhojana</i>                        | ✓ <i>Diva swapna</i> | ✓ <i>Chinta</i> |
| ✓ <i>Asatmya bhojana</i>                          | ✓ <i>Ati Shrama</i>  | ✓ <i>Shoka</i>  |
| ✓ <i>Ati vidahi</i>                               |                      | ✓ <i>Krodha</i> |
| ✓ <i>Ati katu amla ahara</i>                      |                      |                 |
| ✓ <i>Viruddha guna ahara sevana – fish + Curd</i> |                      |                 |

**Samprapti of Charmakhyā kushta:**



**Samprapti Ghataka :**

- *Dosha – Vata Kapha pradhana Tridosha*

- Dushya -Twak, Rakta , Mamsa, Lasika
- Agni- Jatharagni mandya & Dhatwagni mandya
- Ama- Jatharagni mandya janya ama & Dhatwagni mandyajanya ama
- Srotas- Rasavaha, Raktavaha, Mamsavaha srotas
- Sroto dushti Prakara - Sanga & Atipravrutti.
- Udbhava sthana –Ama- Pakvashaya
- Sanchara sthana - Tiryag Sira
- Adhithana - Twacha
- Vyadhi marga – Bahya Vyadhi
- Swabhava – Chirakari
- **Poorva roopa:**
  - Kandu
  - Kharatva
  - Vaivarnya
- **Roopa :**
  - Krishna varnayukta
  - Bahala
  - Hasti charmavat
  - Kandu
  - Twak Vaivarnya
- **Upashaya :**
  - Ushna jala sevana
  - Mita ahara
  - Laghu, tikta ahara
- **Anupashaya :**
  - Divaswapna
  - Ati Amla, Lavana , katu rasa ahara
  - Dadhi sevana
  - Ati chinta, shrama, bhaya

| Table 2:- Treatment schedule |   |
|------------------------------|---|
| SL NO.                       | TREATMENT   |
| 1.                           | <b>SHODHANA</b> <ul style="list-style-type: none"> <li>▪ Virechana</li> <li>▪ Jaloukavacharana</li> </ul> |
| 2.                           | <b>Parisheka-</b> Nimbadi kashaya   |
| 3.                           | <b>Lepa-</b> Nimba kshadiradi lepa  |
| 4.                           | Shamanoushadi   |
| 5.                           | Nidana Parivarjana  |
| 6.                           | Pathya Apathya vivechana  |

- ❖ *Sneha siddhi lakshanas* were observed on the 4<sup>th</sup> day of *Snehapana*, like *Snigdha varcha*, *Gatra Mardavata*, *Sneha dosha*, etc.
- **Vegiki** -15vega
  - **Maniki** - -
  - **Antiki**- Pittanta Darshana
  - **Laingiki** – Buddhi, Indriya shuddhi, Agnideepana, Vatanulomana.

| Table 3:- Virechana |                       |
|---------------------|-----------------------|
| VIRECHANA           | INGREDIENTS           |
| Amapachana          | Trikatu churna        |
| Snehapana           | Panchatiktaka Ghritam |
| Sarvanga abhyanga   | Karanja taila         |
| Virechana           | Trivruth lehya        |

| <b>Table 4 :- Panchakarma procedures</b>            |   |                  |  |
|---|---|------------------|--|
| <b>Procedure</b>                                    | <b>Medicine</b>   | <b>Days</b>      | <b>Dose</b>  |
| 1. <i>Snehapana</i> )                               | <i>Panchatikta ghrita (Arohana matra acc to Koshta and Sneha jeerna kala)</i> | 1<br>2<br>3<br>4 | <b>30ml</b><br><b>70ml</b><br><b>110ml</b><br><b>130ml</b> |
| 2. <i>Sarvanga Abhyanga</i> and <i>Bhaspa sweda</i> | <i>Karanja taila</i> 2 days   | 2 days           | Quantity sufficient  |
| 3. <i>Vishrama Kala</i>                             | <i>Pittakara ahara</i>  | 1 day            | -  |
| 4. <i>Virechana</i>                                 | <i>Trivruth Lehya (Had total 15 vegas)</i>                                    | 1 day            | 40gm   |
| 5. <i>Samsarjana krama</i>                          | <i>Pathya</i> advised   | 7 days           | -  |
| 6. <i>Parisheka</i>                                 | <i>Nimbadi kashaya</i>  | 7days            | Quantity sufficient  |
| 7. <i>Lepa</i>                                      | <i>Nimba khadiradi lepa</i>   | 7days            | Quantity sufficient  |
| 8. <i>Jalokavacharana</i>                           | <i>Jalouka</i>  | 4 Sittings       | --   |

| <b>Table 5:- Shamanoushadi</b> |                               |                                       |
|--------------------------------|-------------------------------|---------------------------------------|
| <b>SL NO</b>                   | <b>SHAMANOUSHADI</b>          | <b>MATRA</b>                          |
| 1.                             | Tab <i>Kaishora guggulu</i>   | 1BD with warm water x 15days(A/F)     |
| 2.                             | Cap Step                      | 1BD with warm water x 15days(A/F)     |
| 3.                             | Cap <i>Mishraka sneha</i>     | 1BD with warm water x 15days(A/F)     |
| 4.                             | Tab <i>Panchatikta ghrita</i> | 1BD with warm water x 15days(A/F)     |
| 5.                             | <i>Guduchyadi kashaya</i>     | 2tsp BD with warm water x 15days(B/F) |

❖ *Shamanoushadhi* is (given after *samsarjana krama*) : for 15 days.

| <b>Table 6:- Pathya and Apathya</b> |   |
|-------------------------------------|---|
| <b>PATHYA</b>                       | <b>APATHYA</b>  |
| <i>Satvika ahara sevana</i>         | <i>Diwaswapna</i>   |
| <i>Sadvrutta palana</i>             | <i>Dadhi sevana</i>   |
| <i>Pranayama</i>                    | <i>Sheeta ushna vyatyasa</i>                                    |
|                                     | Consumption of excessive <i>Katu, tikta, lavana Rasa sevana</i> |

**Table 7:- Observations and findings**

| OBSERVATIONS        | BEFORE TREATMENT            | AFTER VIRECHANA | AFTER JALOUKA-VACHARANA | 1 <sup>ST</sup> FOLLOW UP | 2 <sup>ND</sup> FOL-LOWUP |
|---------------------|-----------------------------|-----------------|-------------------------|---------------------------|---------------------------|
| Size shape          | Irregular                   | Present         | Present                 | Absent                    | Absent                    |
| Colour              | Bluish black                | Present         | Present                 | Absent                    | Absent                    |
| Uniformity          | B/L lower limbs             | Present         | Present                 | Absent                    | Absent                    |
| Thickness           | More than 0.5cm in diameter | Present         | Reduced                 | Absent                    | Absent                    |
| Lesions             | Dry, hard                   | Present         | Reduced                 | Absent                    | Absent                    |
| Moisture            | Dryness, no sweating        | Present         | Reduced                 | Absent                    | Absent                    |
| Temperature         | Warmth                      | Present         | Absent                  | Absent                    | Absent                    |
| Mobility and turgor | Reduced                     | Present         | Absent                  | Absent                    | Absent                    |
| Texture             | Rough                       | Present         | Reduced                 | Absent                    | Absent                    |
| Candle Greece Sign  | Negative                    | Negative        | Negative                | Negative                  | Negative                  |
| Auspitz Sign        | Present                     | Present         | Present                 | Absent                    | Absent                    |



After Parisheka



During Lepa Application



After First Follow up



After second follow up





### On 3<sup>rd</sup> followup



#### Result:

After the treatment, symptoms like itching and burning sensation were markedly reduced. The Patient was advised to take follow-up medicines along with a proper diet.

#### DISCUSSION

By Proper understanding of *Nidana*, *lakshana*, *Samprapti*, *Rogi bala*, *Roga bala*, *Desha*, *Kaala*, *Ritu*, *Avastha* of disease we can treat the condition by adapting treatment procedures like *Snehapana*, *Sarvanga Abhyanga*, *Swedana*, *Virechana*, *Jalouka-vacharana*, *Parisheka*, *Lepa*, along with *Shamanoushadi* and *Pathya ahara vihara*. The mode of action of procedure and drugs are as follows:

**Trikatu churna:** Used as *Deepana* and *Ampachana dravya*, given for four days as the Patient had symptoms of *Agni deepana* and *pachana* on the 4<sup>th</sup> day.

**Snehapana:** The *Sneha dravya*, i.e. *Panchatikta ghritha*, reaches the minute channels of the body, leading to *Utkleshana* of *Dosha* and facilitating the process of *Dosha vilayana*. The ingredients in *Panchatikta Ghrita*, like *Rasna*, *Vidanga*, *Gajapippali*, *Devadaru*, *Shunthi*, etc, include *Katu*, *Tikta Rasa* and *Ushna Veerya*, which pacifies alleviated *Vata-kapha*

*Dosha*. Other ingredients, like *Guggulu*, *Nimba*, *Vidanga*, etc., are well known for their *Krmighna* (homicidal) properties, revealing their antimicrobial property from an Ayurvedic perspective.

**Sarvanga Abhyanga and Swedana:** Facilitates the *Vilayana* of *dosha* and helps in the movement of *dosha* from *Shakha* to *koshta*.

**Virechana:** This helps expel *doshas* by dragging them towards *adhobhaga* through *Gudamarga*. *Amashaya* is the specific seat of *Pitta* and *Kapha*. Though *Virechana* is a particular therapy for *pitta dosha*, it may also eliminate *Kapha dosha*.

**Trivruth Lehya<sup>5</sup>:** It has *Ushna veerya* and acts as *Pitta-Kapha shamaka* & *Rechaka*. It targets skin disorders with *pitta* predominance, like *Psoriasis*, *Ecze-ma*, etc.

**Parisheka** is a type of *Drava sweda*; here, *Nimbadi Kashaya* is used as a *Parisheka dravya* to *B/L lower limbs*, facilitating local *Blood* circulation.



**Lepa:** Here, Nimba khadiradi lepa is applied for seven days, which is indicated in *Kushta kandu*, pacifies *Tridosha*. *Khadira* is a Drug of choice for *Kushta*.

**Jaloukavacharana:** It is a Pancha shodhana by Acharya Sushruta; it is advised in *Vata, pitta, kapha, dushta shonita, kushta roga*.

**Cap Step:** It contains *Triphala, Yastimdu, Swarnamkshika bhasma, godanti bhasma, Gandhaka rasayana*, etc, which has antimicrobial properties and pacifies *Tridosha*.

**Cap Mishraka sneha**<sup>6</sup>: It contains *Pippali, Amalaki, Draksha, Danti, Dravanti, Kramuka, Kutarana, Shankhini, Saptala, Swarnakshiri, etc.*, which is indicated in *Gulma, Vidradhi, Shula, Vriddhi, Vatavyadi*, it pacifies *Vata pitta dosha*.

**Tab Panchatiktaka ghruta**<sup>7</sup>: It is used in *Vishphota, Kandru, Visarpa*, it acts as *Tridosha shamaka*.

**Guduchyadi kashaya**<sup>8</sup>: It pacifies the *Pitta kapha dosha*, indicated in *Jwara, Chardi, Daha, Trishna*, And acts as *Agnivardhaka*.

**Kaishora Guggulu**<sup>9</sup>: is indicated explicitly in *Vata-rakta, Vrana*, and *Kushtha*. It acts as an antiallergic, anti-bacterial and blood purifier.

**Karanja Taila**<sup>10</sup> was used because of its *Kandughna* and *Kustaghna* properties. It is *Kaphaghna* and *Vataghna* due to its *Tikta, Katu Rasa* and *Ushna Virya*. It also has *Jantughna, Vranaropana* and *Vedanasthapana* properties. It contains *Vatsanabha*, which acts as *Vyavayi* and *vikasi* to move quickly through *srotas* and does *samprarpti vighatana*.

## CONCLUSION

*Kushtha* is one of the oldest known diseases to humanity. It is described as one of the most chronic diseases in the Ayurvedic system of medicine. *Ayurveda* describes a wide range of skin disorders, including *Nidana Panchaka*. Skin is an essential organ of communication with the external world, the seat of *Saparshanendriya*. Therefore, any *Apatya seven* and *Manasika Nidana* leading *Tridosha prakopa*, due to *dosha dushya samurchana* and *Kha vaigunya* in *kwa-cha* manifests the disease *Charmakhya Kushta*, which is a *Kapha vata pradhana roga*, here, in this case, the patient is relieved from all the symptoms, i.e. *Kandu*,

*Kharatva, Rukshatva*, also improvement in sleep, appetite is noticed. Hence, implementing *Shodhanadi karma, Nidana parivarjana, Pathya ahara sevana* can Mitigate the *Kushta*.

## REFERENCES

1. Vagbhata, Ashtanga Hridayam of Shrimad Vagbhata, edited with Nirmala hindi Commentary by Dr.Bramhanand Tripathi, Kalpa Sthana, Chapter 2, Verse no 9., Chaukambha Sanskrit Pratishtana Delhi; Reprint 2022; Page.no-835
2. Uday Khopker (ed) Skin diseases and sexually transmitted Infection 2nd ed pune Balani book depot publication, 14.
3. Charaka, Charaka Samhita of Agnivesha, elaborated by Charaka and redacted by Dridhabala. Acharya Vidyadhar Shukla, Prof Ravi Dutt Tripathi, foreword by Acharya Priy Vrata Sharma. Chikitsa sthana 7<sup>th</sup> chapter, verse no 21. Vol II. New Delhi: Chaukhamba Sanskrit Pratishtan 2006; Reprinted 2019 Pg No 184.
4. Charaka, Charaka Samhita of Agnivesha, elaborated by Charaka and redacted by Dridhabala. Acharya Vidyadhar Shukla, Prof Ravi Dutt Tripathi, foreword by Acharya Priy Vrata Sharma. Chikitsa sthana 7<sup>th</sup> chapter verse no 9. Vol II. New Delhi: Chaukhamba Sanskrit Pratishtan 2006; Reprinted 2019 Pg No 182.
5. Trivritt Lehya- Vagbhata, Ashtanga Hridayam of Shrimad Vagbhata, edited with Nirmala hindi Commentary by Dr.Bramhanand Tripathi, Kalpa Sthana, Chapter 2, Verse no 9., Chaukambha Sanskrit Pratishtana Delhi; Reprint 2022; Page.no-835
6. Mishraka Sneha- Charaka, Charaka Samhita of Agnivesha, elaborated by Charaka and redacted by Dridhabala. Acharya Vidyadhar Shukla, Prof Ravi Dutt Tripathi, foreword by Acharya Priy Vrata Sharma. Chikitsa sthana 7<sup>th</sup> chapter verse no 149-151. Vol II. New Delhi: Chaukhamba Sanskrit Pratishtan 2006; Reprinted 2019 Pg No161.
7. Cap. Panchatiktaka ghritam - Bhaishajya Ratnakara, Bhaishajya Ratnavali of Shri Govinda Das ji, Vol-3, edited by Bhishagratna Shri Brahmashankara Mishra commented upon by Shri Kaviraja Ambikadatta Shastri, translated by Dr. Kanjiv Lochan, Chaukamba Sanskrit Sansthana, Varanasi, Chapter no 58, Verse no 20, Reprint- 2009, Page.no-152.
8. Guduchyadi kashaya- Acharya Vagbhata, Ashtanghrdaya of Vagbhata, with the commentaries 'Sarvangasundara' of Arundatta& 'Ayurvedarasayana'

of Hemadri, annotated by Dr Anna Moreswar Kunte and Krsna Ramchandra Sastri Narve, edited by Pt. Hari Sadasiva Sastri Paradakara Bhisagacarya, Sutra sthana, Adhyaya 15, Shloka 16, Chaukhambha Surabharathi Prakashan, Varanasi, Edition Printed: 2018, Pg no 242.

9. Kaishora guggulu- Sharangdhara, Sharangdhara Samhita by Sharangadhara Acharya with Adhamalla's Dipika and Kasirama's Gudatha Deepika by Pandit Parashuram Shastri, chapter.no-7, Verse no. 70-81,

Chaukhambha Orientalia, Reprint -2018, Page.no-203-204.

10. Karanja taila - Bhaishajya Ratnakara, Bhaishajya Ratnavali of Shri Govinda Das ji, Vol-3, edited by Bhishagratna Shri Brahmashankara Mishra commented upon by Shri Kaviraja Ambikadatta Shastri, translated by Dr. Kanjiv Lochan, adhikara, Visarpa chikitsa, Verse.no -26, Chaukhamba Sanskrit Sansthan, Varanasi Reprint- 2009, Page.no- 145-146

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: : Management of charmakhya kushta through shodhana and shamana- a case study. International Ayurvedic Medical Journal {online} 2024 {cited March 2024} Available from: [http://www.iamj.in/posts/images/upload/678\\_687.pdf](http://www.iamj.in/posts/images/upload/678_687.pdf)