

MANAGEMENT OF BULLOUS PEMPHIGOID [VISPHOTA] THROUGH AYURVEDA: A CASE STUDY

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ABSTRACT

All ages from neonates to elderly persons suffer from skin disorders. The pathophysiology and management of skin disorders are explained in Ayurveda as *Raktavahasrotodushtijanya vikara*. Bullous pemphigoid is a rare, potentially fatal autoimmune blistering disease in which the immune system produces antibodies to the fibers that connect the epidermis and the dermis of the skin. In Ayurveda this manifestation has close resemblance with *Visphota*. A case of 54-year-old female who came with the complaints of multiple blisters (some are ruptured) with clear fluid over both upper and lower extremities associated with itching and some ruptured blisters causing reddish black lesions associated with burning sensation for 20 days. The patient was treated according to the Ayurvedic principle with *Shodhana* and *Shamana* therapy followed by *Pathya-apathya* and got relief with appreciable changes in symptoms.

Key words: Bullous pemphigoid, *Visphota*, *Raktavahasrotodushtijanya vikara*, *Shodhana*, *Shamana*.

INTRODUCTION

Bullous pemphigoid is a rare, autoimmune blistering disease in which the immune system produces antibodies to the fibers that connect the outer layer

(epidermis) and the next layer (dermis) of the skin. These antibodies trigger inflammation that produces the blisters and itching of bullous pemphigoid. They

need quick and proper management to avoid fatal complications. It mostly affects the elderly and is considered uncommon during childhood and in infants.^[1] In Ayurveda this manifestation has close resemblance with the disease *Visphota*. It is described as the disease in which eruptions mimics vesicles caused by skin burn (~*Agnidagdha Sphota*) appear all over the body or on any particular area, associated with fever, thirst and burning sensation.^[2,3] The manifestations occur with dominance of *Dosha* and *Dushya* i.e., *Pitta* and *Rakta*.^[4] *Visphota* mentioned in *Kshudra Kushta* by *Acharya Charaka*, presents with *Shweta Arunavabhasa Sphota* (~whitish red) and *Tanutwak* (~thin skin)^[5] that occurs due to *Pitta* and *Kapha Dosha*.^[6] Bullous pemphigoid can be managed successfully with Ayurvedic approach based on the line of treatment of *Visphota*.

CASE STUDY:

A 54-year-old female patient came to Kayachikitsa OPD of KVGAMCH Sullia, with the c/o multiple blisters (some are ruptured) with clear fluid over both upper and lower extremities associated with itching for 20 days. Some ruptured blisters causing reddish black lesions associated with burning sensation. The patient stated that, small multiple blisters developed initially on the dorsum of foot then to the arm and gradually to both upper and lower limb associated with itching, disturbed sleep and reduced appetite. Fluid filled bullae or blisters after getting ruptured turned to reddish black lesion with burning sensation. For this

she consulted nearby hospital and took treatment but not got relief. So, for better management she visited our hospital.

FAMILY HISTORY: There was no relevant family history.

PAST MEDICAL HISTORY: Not a known case of Diabetes, Hypertension and any other systemic diseases.

PAST TREATMENT HISTORY:

- Tab Cefixime 200mg 1-0-1
- Tab Esredep forte 1-0-0
- Tab Ortid 0-0-1
- Diprobate g plus L/A
- Fusiderm ointment E/A

ON EXAMINATION:

General examination- Appearance: I'll look, Built: Lean, Consciousness: Conscious, Orientation: Well oriented to time-place & person.

Vital Examination- Vitals were normal.

Physical examination- Pallor present (++) . Icterus, Clubbing, Cyanosis, Edema and Lymphadenopathy were Absent.

Integumentary system examination: The lesion type was multiple, asymmetric, widespread, ruptured blisters were erosive in nature and was having reddish to black in colour. Lesions were located in both upper and lower extremities. Active discharge is absent. Palmar lesion was rough and dry. Nails and mucosa were unaffected.

AYURVEDIC TREATMENT ADOPTED:

Table No. 1: Showing the treatment adopted

Shodhana Therapy			
Sl. No	Treatment	Medicine	Duration
1.	<i>Sneha Virechana (Sadyovirechana)</i>	<i>Nimbamrutadi eranda taila (25ml) + Triphala Kwatha (100ml)</i>	1 st day(1day)
2.	<i>Jaloukavacharana</i>		4 th day (1 day)

External Therapy for 10 days			
Sl. No	Treatment	Medicine	Duration
1.	<i>Sarvanga Sheetala Kashaya Dhara</i>	<i>Panchavalkala Kashaya</i>	1 st to 10 th day(10days)
2.	<i>Lepa (except opened blisters)</i>	<i>Dashanga lepa with grita</i>	1 st to 7 th day(7days)

Shamana Therapy for 45 days			
Sl. No	Medicine	Dose	Time of administration
1.	<i>Patolakaturohinyadi Kashayam</i>	10ml + 10ml lukewarm water	morning and evening before food
2.	<i>Avipathikara Churna</i>	1 tsp. with hot water	After food bedtime
3.	Cap Detox	1 tablet	morning and evening with <i>Kashaya</i>
4.	<i>Nimbadi guggulu</i>	1 tablet	morning and evening after food

Pathya-apathya:

Pathya: *Mudga Yusha, Purana shali, Patola, Karavellaka, Nimba.*

Apathya: *Matsya, Mamsa, Katu-Kshara-Lavana-Amla Ahara, Tila, Masha, Dadhi.*

RESULTS/IMPROVEMENT:

Before Treatment



Figure No:1

Figure No:2

Figure No:3

After Treatment



Figure No:4

Figure No:5

Figure No:6

DISCUSSION

Kushta manifests due to the aggravation of *Tridosha* along with the *Dushyas* like *Twak, Rakta, Mamsa* and *Lasika*.^[7] Depending upon the permutation and combination of the *Dosha-Dushya* innumerable *Twak*

vikaras are formed. In the pathogenesis of disease *Sphota*, involved *Dosha* is *Pitta Pradhana Tridosha* and involved *Dhatu* are *Rakta* and *Mamsa*. *Virechana, Raktamokshana* and *Shamana Chikitsa* are the basic principles of *Chikitsa* explained in classics for *Raktadushtijanya Vikaras*.^[8] As *Sphota* is mentioned

one among *Kshudra Kushta*, *Kushtahara* line of treatment like *Shodhana* is helpful.

The patient was treated on an IPD basis for 10 days and as OPD basis for 45 days. *Snehavirechana* with *Nimbamrutadieranda taila* and *Triphala Kwatha* were advised to control *Bahudosha*, and which acts as *Tridosahara*. *Raktamokshana* with *Jalouka* is advised to eliminate the *Sthanika Dosha* and *Dushya*. As *Bahiparimarjana chikitsa*, *Panchavalkala Sheetha Kashayadhara* acting as *Pittahara*, *Vranaropaka* and *Dashanga lepa* with *Shatadoutha gritha* acting as *Pittahara*, *Vishahara* were advised. In *Shamana chikitsa*, medicine with *Tikta Rasa*, *Sheeta Virya* was given which possess *Pitta-rakta shamaka*, *Amapachana*, *Shothahara*, *Kushtahara*, *Krimigna*, *Kandugna* and *Anulomaka* in action. The patient got relief with appreciable changes in symptoms with comprehensive administration of Ayurvedic treatments.

CONCLUSION

In the present case, all signs and symptoms of bullous pemphigoid (*Visphota*) got completely diminished within 30 days. Principle based approach with proper *Shodhana* and *Shamana* is significantly effective, followed by a proper *Pathya-apathya* regimen in the management of dermatological conditions.

Declaration of patient consent: Authors certify that they have obtained patient consent form, where the patient/caretaker has given his/her consent for reporting the case along with the images and other clinical information in the journal. The patient/caretaker understands that his/her name and initials will not be published, and due efforts will be made to conceal his/her identity, but anonymity cannot be guaranteed.

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