

MANAGEMENT OF LICHEN AMYLOIDOSIS THROUGH AYURVEDA: A CASE STUDY

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<https://doi.org/10.46607/iamj12p8022024>

(Published Online: January 2024)

Open Access

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Article Received: 01/10/2023 - Peer Reviewed: 05/11/2023 - Accepted for Publication: 17/11/2023.



ABSTRACT

Lichen Amyloidosis is a chronic pruritic skin disorder of unknown origin characterized by Amyloid deposition in skin. Excessive scratching and consistent friction between skin can damage the epidermis of skin leading to extra-cellular protein accumulation which creates papules and rashes. A case of 74-year male patient presented with blackish papules associated with itching in bilateral shin region with no relevant family history and was diagnosed as Lichen Amyloidosis. As per *Ayurveda* on basis of *Dosha*, *Kaphavataja Kushta* i.e., *Kitibha Kusta* can be correlated to Lichen Amyloidosis. In conventional treatment as there is no known cure for amyloidosis, in the present case, treatment was planned based on the principles of *Kusta chikitsa* depending on *Dosha* dominance. *Snehana*, *Swedana*, *Virechana* and *Shamana* treatment was followed. Treatment shows marked improvement from symptoms which proves that *Dosha/Lakshana* based approach has good outcomes in chronic disorders of unknown origin also.

Key words: Lichen Amyloidosis, *Kitibha Kusta*, *Snehana*, *Swedana*, *Virechana*, *Shamana*

INTRODUCTION

Amyloidosis is an abnormal protein called Amyloid that builds up in tissues and organs¹. The site where amyloid protein gets collected tells the type of amy-

loidosis. When it appears on skin characterized by itchy lichenoid papules, typically on bilateral shin region is known as Lichen Amyloidosis². The con-

ventional treatment focus on relieving symptoms. But in *Ayurveda* it is known that one can cure the disease by treating it according to *Lakshana* and *Dosha* predominance. The same treatment principle has been applied in present case study. This condition of Lichen Amyloidosis can be correlated to *Kitibha Kush-ta* with predominance of *Kapha* and *Vata Dosha*.

REPORT OF CASE:

A 74-year-old male patient who works as concrete worker is a known case of Diabetes Mellitus for 4 years with a history of chronic alcoholism visited OPD of KVG Ayurveda Medical College and Hospital with complaints of multiple pruritic, firm, hyper-

pigmented, hyperkeratotic papules on the bilateral lower shins for 10 years was diagnosed as Lichen Amyloidosis with no family history of same. The patient stated that in the year 2012 he gradually developed small blackish papule, hard on touch over left lower limb in anterior aspect associated with itching. Later the rashes got spread gradually within a month over both lower limbs on shin region. Over the last 10 years, patients have visited various hospitals and found only partial relief of symptoms. So, for better management the patient opted for *Ayurveda*. The treatment principle of *Kushta* was followed.

Figure 1 - LICHEN AMYLOIDOSIS



ASSOCIATED COMPLAINT:

Patient complaints of Intense Itching on the affected site.

EXAMINATION:

SITE: anterior aspect of Bilateral lower limb below knee and above ankle region i.e. on shin

SIZE: 2mm raised from the surface and 1cm diameter

INSPECTION: Colour – Blackish discoloration

Uniformity – Uniformly spread in both lower limbs.

Discharge – Absent

PALPATION: Moisture – Absent

Temperature – Afebrile

Texture – Rough and Hard

Mobility – Immobile

COLOUR: Hyperpigmented

CONFIGURATION: Grouped, Confluent lesions

PRIMARY SKIN LESION: Uniform Papules

SECONDARY SKIN LESION: Lichenification

INVESTIGATIONS: Urine analysis done

TREATMENT PLAN:

The treatment planned was *Snehana*, *Swedana*, *Virechana*, *Raktamokshana* and *Lekhana* along with *Shamana Chikitsa*.

TREATMENT	MEDICINE	NO. OF DAYS
<i>Adhoshaka Abhyanga</i>	<i>Mahamarichadi Taila</i>	Day 1- Day 7 (7 days)
<i>Kashaya Dhaara</i>	<i>Siddarthaka Snana Churna</i>	Day 1- Day 7 (7 days)
<i>Virechana</i>	<i>Nimbamrutha Eranda Taila + Ushna Jala</i>	3 rd day (1 day)
<i>Raktamokshana</i>	<i>Jalaukavacharana</i>	5 th day (1 day)
<i>Lekhana</i>	<i>Lekhana</i> done using blunt instrument	Day 2 – Day 7 (6 days)
<i>Shamanoushadhi</i>	<i>Patolakaturohinyadi Kashaya</i> 2tsp BID/AF Tab. <i>Nimbadi Guggulu</i> 2 BID/AF Tab. <i>R and H compound</i> 1 BID/AF	Day 1- Day 7 (7 days)

The same treatment protocol was followed in the second admission and there was further improvement in the condition.

DISCUSSION

In the manifestation of *Kushta*, the vitiated *tridosha* along with impaired *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles) and *Ambu* (plasma) together constitute seven essential entities which play role in pathogenesis of *Kushta*³. Based on permutation and combination of *dosha-dushya*, skin disorders are innumerable. Type of *Kushta* is diagnosed based on *Dosha* dominant *Lakshanas*. In classics 18 types of *Kushta* are mentioned as a commonly manifested skin disorder which is further classified as 7 *Mahakushta* and 11 *Kshudhra Kushta*. Lichen Amyloidosis can be correlated to *Kitibha Kushta* which is a type of *Kshudra Kushta* with predominance of *Kapha-Vata Dosha*. The *Lakshanas* are *Shyava* (blackish discoloration), *Kinakhara Sparsha* (rough/hard to touch), *Parusha* (stiff/rough) and *Ugra Kandū* (severe itching)^{4,5}. Here, mainly there is involvement of *Kapha Dosha* in association with *Vata*. So, the medicine like *Patolakaturohinyadi Kashaya* which contains *Patola*, *Katurohini*, *Chandana*, *Patha* has the *Kaphahara* property. *Murva* and *Guduchi* have *Tridosha-hara* property. It does the *Raktashodhana* and possess *Kushtahara* quality. *Nimbadi Guggulu* contains *Nimba*, *Triphala*, *Vasa*, *Patola* and *Guggulu* with predominance of *Tikta-Kashaya Rasa* that pacifies *Kapha* and *Vata Dosha*. *Guggulu* has *Lekhana* property which does *Kaphahara*, and these drugs have *Kushtahara* action.

The main line of treatment mentioned by *Sushruta* for *Kushta* is repeated *Shodhana* so the disease can be eradicated from its root. *Virechana* evacuates all morbid *Doshas* (*tridosahara*) and depending on site (i.e., *Adhoshakha*)⁶ *Virechana* is selected as a line of treatment in this condition which helps in decreasing all symptoms of Skin disease. *Abhyanga* is done with *Mahamarichadi Taila* as it balances *Vata-Kapha Dosha* and helps in softening the lichenified skin. *Swedana* by *Siddarthaka Snana Churna Kashaya Dhara* will help in softening the thickened rough skin and ingredients of *Snana Churna* has *Kaphahara*, *Kushtahara*, *Varnya* and *Twak Doshahara* property. *Rakta Dushti* is one of the prime causes of skin diseases⁷, thus *Raktamokshana* done by *Jalaukavacharana* is considered as ideal method to expel vitiated blood out from the affected site⁸. *Kushta* is considered as *Lekhana Sadhya Vyadhi*⁹ and thus *Lekhana Karma* is done using the blunt instrument had added up for the better results in the treatment.

CONCLUSION

All types of *Kushta* have involvement of *Tridosha*¹⁰, thus treatment is done according to *Dosha* predominance. This shows that *Dosha/Lakshana* based approach has good outcomes in chronic disorders of unknown origin and with the help of *Ayurveda* treatment principles based on *Dosha* and *Lakshana* one can cure any disease.

DECLARATION OF PATIENT CONSENT:

Authors certify that they have obtained a 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. (“SIRVA (Shoulder Injury Related to Vaccine Administration) following ...”)

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL:Madhurya & Bhagyesh.K: Management of lichen amyloidosis through ayurveda: a case study. International Ayurvedic Medical Journal {online} 2024 {cited January 2024} Available from: http://www.iamj.in/posts/images/upload/179_182.pdf