

**MEDICAL MANAGEMENT OF LICHEN PLANUS THROUGH AYURVEDIC PRINCIPLES: A CASE SERIES.**Remya C. V<sup>1</sup>, Prashanth A. S<sup>2</sup><sup>1</sup>PG Scholar, Dept. of Kayachikitsa, Ayurveda Maha Vidyalaya Hubli, Karnataka, India<sup>2</sup>PhD, Professor and HOD, Dept. of Kayachikitsa, Ayurveda Maha Vidyalaya, Hubli, Karnataka, IndiaCorresponding Author: [cvremya1234@gmail.com](mailto:cvremya1234@gmail.com)<https://doi.org/10.46607/iamj04p6052022>

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**ABSTRACT**

Being one of the five sense organs, Skin plays a great role in the normal well-being of human life. The 21st Century, with its continuous changing lifestyles, environment, and dietary habits has made man a victim of many Skin diseases. Any ailment in the Skin becomes a great handicap in society because it is visible. The majority of Skin diseases are not as fatal as to kill the patient but create comparatively greater stress and strain on the patient. In Ayurveda, the word "Twacha" or "Charma" is used for Skin. Ayurveda has discussed all Skin diseases under the umbrella of *Kushta*<sup>1</sup>, in other word it can be listed as 'Ayurvedic dermatology'. Lichen Planus<sup>2</sup> is one such disease where its cases are increasing recently. Lichen Planus is considered an Immune-Mediated Disease and the exact cause is unknown. It is found in 0.5% to 2.6% of the general population<sup>3</sup>. *Kitibha Kushta*<sup>4</sup> one of the *Kshudra Kushta*<sup>4</sup> closely resembles the clinical symptoms of Lichen Planus. In the present study, 30 Subjects of Lichen Planus (*Kitibha Kushta*) were taken according to inclusion criteria. The efficacy of *Virechana* and *Shamanoushadhi* was assessed. Further, this study was also intended to assess the role of conducive diet and Lifestyle in the Management of Lichen Planus (*Kitibha Kushta*)

**Key words:** Lichen Planus, *Kitibha Kushta*, *Virechana*, *Karappan Kashaya*, Conducive diet

## INTRODUCTION

The study of the Indian medical literature reveals that healthy Skin is the reflector of human personality. Any infection of the Skin is considered unhealth, which is evident from its description under the heading of Kusta illustrative of the disfiguring nature of the disease. Changes in Skin colour may indicate homeostatic imbalances in the body. Many interrelated factors affect both the appearance and health of the skin, including nutrition, hygiene, circulation, age, immunity, genetic traits, psychological state, and drugs. The patients always experience physical, emotional & socioeconomic embarrassment in society. Lichen Planus is a Papulo-squamous disorder that may affect the Skin, Scalp, Nails, and Mucous Membranes. The specific feature of Lichen Planus is that it resembles purplish Lichens grow on trees in hills<sup>2,5</sup>. Close examination of the surface of these papules often reveals a network of gray lines (Wickham's Striae). *Kitibha Kushta* holds good to correlate with Lichen Planus. *Dooshivisha*<sup>6</sup> (Latent Poison) and *Gara Visha*<sup>7</sup> (Concocted Poison) have a great influence on the development of *Kitibha Kushta* (Lichen Planus). A virus, drug, chemicals, or physical stress also have been blamed. Ayurveda emphasizes both *Antharparimarjana* (Internal Treatment) and *Bahiparimarjana Chikitsa*<sup>8</sup> (External treatment) to normalize *Avasthika* as well as *Sthanika Doshas*. In *Kushta*, *Shodhana* (Body Purification) is the effective line of treatment as it represents *Bahu Doshavastha*. Keeping these principles in mind, *Samanya Kushta Roga Chikitsa*, *Koshta Shodhana*, and the administration of *Shamanaoushadhis along with Pathyapathya* were selected for the present study. Hence in the present study, an effort was made to manage Lichen Planus (*Kitibha Kushta*) through *Virechana* (Purgation) and *Shamana* (Palliative Therapy) along with a Conducive Diet

and Lifestyle in a single group of 30 patients through various observations and Statistical Methods.

## MATERIALS AND METHODS

### Aims and Objectives

1. To evaluate the effectiveness of *Virechana* by *Nimbamritadi Eranda Tailam* in the management of *Kitibha Kushta* (Lichen Planus).
2. To evaluate the effectiveness of *Virechana* by *Nimbamritadi Eranda Taila* followed with *Karappan Kashaya* and *Haridra Khanda* in the management of *Kitibha Kushta*.
3. Proper implementation of conducive diet and lifestyle according to Ayurvedic advocacy.

### Study design

An Open Labelled Single Arm Exploratory Clinical Trial

### Centre of Study

Ayurveda Mahavidyalaya Hubli (Karnataka)

### INCLUSION CRITERIA

- Subjects of *Kitibha Kushta* (Lichen Planus) on the basis of signs and symptoms like *Shyava* (Brown), *Kinakharasparsha* (Touch like a Scar), *Ugrakandu* (Severe Itching), *Parusha* (Rough), *Vrutha* (Round), *Ghanatwa* (thick)
- Subjects of either sex between the age group of 20 to 65years
- Subjects fit for *Virechana Karma*
- Subjects of *Kitibha Kushta* (Lichen Planus) with chronicity of less than 2years

### EXCLUSION CRITERIA

- Subjects with Uncontrolled Diabetes Mellitus and Hypertension.
- Subjects with Uncontrolled Metabolic, Endocrine, and Other Systemic Disorders.
- Subjects with HIV, HCV, HBsAg, Tuberculosis, and STDS.
- Pregnant Lady and Lactating Mother
- Subjects of *Kitibha Kushta* (Lichen Planus) with chronicity more than 2years

**Table 1: Assessment Criteria**

Sl. No	Parameter	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i>	No <i>Kandu</i>	<i>Kandu</i> is present but not disturbing routine work	<i>Kandu</i> distracted the Subjects attention	Intolerable distracting sleep <i>Kandu</i> Subjects
2	<i>Shyavatha</i>	Normal Skin	Mild Dark brownish or purplish discoloration	Moderate Dark brownish or purplish discoloration	Severe Dark brownish or purplish discoloration
3	<i>Parushatha</i>	Normal Skin	Rough and mild scaling	Rough and moderate scaling	Rough and severe scaling
4	<i>Kinakharasparsha</i>	Normal Skin	Mild hard to touch	Moderate hard to touch	Severe hard to touch
5	<i>Ghanatwa</i>	Normal Skin	Less than 0.2cm	More than 0.3cm	More than 0.5cm

**Table 2: Intervention of The Study**

SI No:	Procedure	Dravya	Matra	Duration
1.	<i>Ama Pachana</i>	<i>Mustha Choorna</i> <sup>9</sup>	5grams twice daily before food	Till Nirama lakshanas seen
2.	<i>Sadhya Snehapana</i>	<i>Tiktha Shadpala Ghrita</i> <sup>10</sup> with <i>Saindhava Lavana</i>	80ml ( <i>Roga</i> and <i>Rogi Balanusara</i> and <i>Koshta</i> and <i>Agni</i> )	1 day
3.	<i>Sarvanga Abhyanga Sweda</i>	<i>Khadirasara Taila</i> <sup>10</sup> <i>Ushna Jala</i> for <i>Parisheka</i>	Quantity Sufficient	1 day
4.	<i>Virechana</i>	<i>Nimbamritadi Eranda Taila</i> <sup>11</sup>	Based on to <i>Roga</i> and <i>Rogi bala</i>	1 day
5.	<i>Shamanoushadhi</i>	<i>Karappan Kashayam (Anubhoota Yoga)</i> <i>Haridra Khanda</i> <sup>12</sup>	15ml twice before food 5grams twice with Honey before food	30 days 30 days

## RESULTS

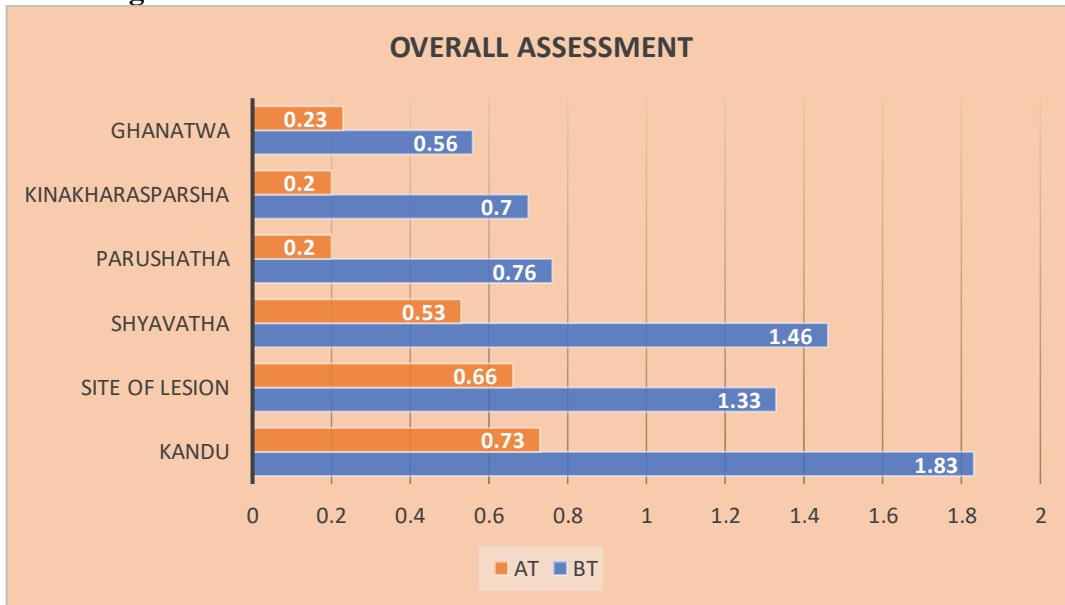
Paired t-test was applied to see the significant change before and after treatment in assessment parameters and other data. All Parameters shows Highly Statistically significant Result. For *Kandu*  $p < 0.0001$  with t value 8.462, *Shyavatha*  $p < 0.0001$  with t value 11.365, *Parushatha*  $p < 0.0001$  with t value 6.158,

*Kinakharasparsha*  $p < 0.0001$  with t value 5.385, *Ghanatwa*  $p = 0.0001$  with t value 3.807.

## FOLLOW-UPS AND OUTCOME

After completion of treatment, there was a marked improvement in symptoms like *Kandu*, *Shyavatha* and *Parushatha*, *Kinakharasparsha*, *Ghanatwa*. There were no complications in any of the subjects during and after treatment. Follow-up was done in 15<sup>th</sup> day and 30<sup>th</sup> days.

**Graph 1: showing overall assessment of the Result**



In this study out of 30 subjects of *Kitibha Kushta* (Lichen Planus) a total of 14 Subjects had got marked relief, 7 Subjects had moderate relief, 8 Subjects had mild relief and 1 Subject remain unchanged after the treatment.

**FIGURE1: Photography of Subjects of Present Clinical Study**



## DISCUSSION

Skin is a mirror that reflects internal and external pathology and thus helps in the diagnosis of diseases. Variations in the environmental stimuli and the natural ability of the body to deal with these factors result in spontaneous remissions and relapses. Skin complaints affect all ages from neonates to the elderly and cause harm in a number of ways, such as discomfort, disfigurement, disability, etc. The prevalence of Oral Lichen Planus in the Indian population is 2.6% with a more female predilection. The signs and symptoms of Lichen Planus almost equalize with *Kitibha Kushta*. *Kitibha Kushta* is described as *Vata Kapha*'s predominant disorder. In the treatment of *Kushta Brihatrayi* has advised *Shodhana Chikitsa*. Among the *Shodhana Karmas*, *Virechana* is the best for *Rakta Pradoshaja Vikaras*. *Shamana therapy* is much more effective after *Shodhana Karma*, for this purpose combination of *Tikta Rasa Pradhana Dravyas (Anubhoota Yogas)* have taken and *Haridra Khanda* is taken for *Rasayana* purpose.

*Musta Choorna* was selected for *Ama Pachana*, and it acts as *Deepana* and *Pachana* in nature. Prior to the administration of *Snehapana*, the body must have a *Niramaavastha* which is achieved by *Deepana* and *Pachana*. *Pachana* augments the gastric fire, which in turn activates the biotransformation at the *Dhatu* as well as *Srotas* level. *Snehapana* is the groundwork for the succeeding Purificatory procedures. The procedure of administering *Sneha* for a short duration or a single day to achieve the *Samyak Snigdha Lakshanas* of *Snehana* instantaneously. *Ghritha* promotes the process of digestion, absorption, and delivery to the target organ system. Since the active ingredients are mixed with *Ghritha* they are easily absorbed.

*Tiktha Shadpala Ghritha* was taken for *Sadyosnehapana* which possesses *Tiktha, Katu, Kashaya Rasa, and Laghu Ruksha Guna, and Tridoshahara* especially *Kapha Vatha Shamaka* and acts as *Kushtaghna, Kandughna, Krimighna, and Raktha Shodhaka*. *Khadirasara Taila* was used for

*Abhyanga* where *Khadira* is *Tikta, Kashaya Rasa, Sheetha Virya* and its *Vipaka is Katu*. It is said to balance both *Pitta* and *Kapha Dosha* and acts as a *Rakta Shodhaka, Kushtaghna, Medohara, Krimighna* as well as provides anti-fungal and anti-inflammatory effects. *Acharya Charaka* has mentioned *Khadira* as a prime drug for *Kushta*.

*Nimbamritadi Eranda Taila* is one of the best Medicine to treat *Kupitavata, Shamana of Kupitavata, and Sanchita Mala*. So *Virechana* was done with *Nimbamritadi Eranda Taila*. Ingredients of *Karappan Kashaya* have properties like *Kushtaghna, Kandughna, Krimighna, and Raktha Shodhaka*. *Haridra Khanda* improves Skin Quality and complexion and is effective for *Kandu, Visphota, Dadru, Sheethapitta, Kotha, Udarda*. *Acharya Charaka* included *Haridra in Kushtaghna Gana, Lekhaniya Gana, Tiktha Skanda, Vishaghna Gana, and Shirovirechana Gana*. By *Katu, Tikta Rasa* especially *Haridra Khanda clarifies Agnimandhya*, thus increasing the *Jatharagni* which will lead to an increment of all *Dhatwagni* thus the *Dushti of Rasa and Rakta* will be pacified.

### Discussion on Observation

Most of the subjects were old-aged with Stressful minds. They are leading a sedentary life. During old age, among the *Tridoshas Vata* will attain dominancy, and also sedentary lifestyle will lead to the association of *Kapha Dosha*. *Vridhdhaya, Chinta, Bhaya, Shoka*, and sedentary lifestyle give rise to *Vata Kapha* predominant *Kitibha Kushta*. All the subjects were from the Urban area. The urban people's lifestyle is associated with lots of tensions, Mental stress, psychological insecurities, and exposure to many types of pollution leads to unable to maintain personal hygiene. Most of the subjects were having a mixed diet which is *Abhishyandi* leading to *Mandagni*, and continuous usage leads to *Raktadushti*. The maximum number of Subjects had *Vishamashana*. *Vishamashana* will leads to *Vataprakopaka*. Frequent eating of food even after not feeling hungry and Consuming junk foods are very common now a days. This leads to *Agnimandya*



and *Amotpatti* leading to the manifestation of the Skin Ailments.

### Discussion on Results

**Kandu:** *Kandu* is mainly caused by *Kapha Dosha*, as well as *Pitta*; if *Kapha* is vitiated the *Lakshanas* like *Kandu* are aggravated. All the medicines were having *Kaphahara* and *Kandugna* properties. Thus, act as *Vata-Kapha Shamaka*.

**Shyavatha:** *Vaivarnyata* or discolouration of Skin in *Kitibha Kushta* occurs due to vitiation of *Rakta*, *Prakopa* of *Pitta*, and *Vata*. *Avabhasini* layer shows the *Prakruta Varna* of *Twak*. The normal function of *Twakgata Pitta* i.e *Bhrajaka Pitta* is responsible for the same. Most of the drugs used in *Shamana* are *Rakta Shodhaka*, *Rakta Prasadana*, and *Varnya* property and act in correcting *Bhrajaka Pitta* hence normalizing the colour of Skin.

**Parushatha:** The decrease in Parameter after treatment was statistically highly significant. This signifies that *Karappan Kashaya* along with *Virechana* is more effective in reducing this characteristic of the lesion.

**Kinakharasparsha:** The normal function of *Sweda* is *Kledavidruti* and it also brings about *Twak Mardavata*. The provoked *Vata* causes *Kshaya* and *Shoshana* of *Sweda*. Decreased *Sweda* diminishes *Mardavata* leading to *Rookshata* and *Kharata*. Drugs used here have the property *Twachya* which maintains the *Mardhavatha* of Skin and thus reduces the *Kharatwa*.

**Ghanatwa:** *Ghanatwa* is due to *Kapha dosha* and the involvement of *Mamsa Dhatu*. *Kapha* along with *Mamsa* produces *Mandala Uthpathi* in *Kitibha Kushta*. Here *Vata* and *Kapha* are the responsible factors for *Balatva* and *Unnati*. Medicines used were specially *Vatha Kaphahara* which helps in the relief of this Parameter.

### CONCLUSION

*Kitibha Kushta (Lichen Planus)* is a *Sharirika-Manasika Vikara* with *Vatha Kapha Dosha* predominance. Unless the vitiated *Doshas* are removed from the body the disease does not respond to medicines. Purification by *Panchakarma* along

with Proper *Pathyapathya* and lifestyle modifications are the chief treatments. This case series demonstrated that *Ayurvedic management* with *Virechana* as *Shodhana* Therapy along with *Samshamana Aushadha* seems very effective for the treatment of *Kitibha Kushta (Lichen Planus)* like Skin disorders.

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