



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**A CASE STUDY - CLINICAL APPROACH WHILE TREATING A SKIN DISORDER**

**KEY WORDS:** Kushtha, Trisutra Ayurved, Case Study, Doshawastha, Treatment

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**ABSTRACT**

Skin disorders have different etiological factors. Patients come to us with variety of complaints. In short, we Vaidyas, observe different Sampraptis and hence one may get confused while naming a particular disease. But, only name alone cannot provide you a treatment approach especially in Ayurvedic treatment. A proper Ayurvedic Nidan is nothing but to know proper Doshawastha irrespective of name of skin disorder. This paper will enlighten clinical fundamentals while treating a skin disorder with the help of case study.

**INTRODUCTION:**

The prevalence of *Kushtha* is increasing day by day. There is a need to find out treatment modality which helps in Cure and *Apunarbhav* of disease. Success of treatment depends on *Trisutra of Ayurveda*.

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**CASE REPORT:**

A 15 year old female, school going girl from lower-middle class family comes at Sane guruji Hospital, Hadapsar with following complaints-

**LING / LAKSHANAS:**

**RUGNA SAMVEDYA LAKSHANAS:**

**DURATION:**

Started 8 years ago with gradual increase in lakshanas

- Nature of lesion - Ubhay Hast Pada Tal - *Vranotpatti / Twachawidaran*
- *Raktaprawrutti+++*, *Pooyaprawrutti++*
- Localised pain at *Hast, pada Tala* especially at wound site, resulting in difficulty while writing, walking etc.
- Generalised weakness, *Angamarda*

**NATURE OF LESION DURING COURSE OF DISEASE MANIFESTATION:**

During initial days, it was occasional especially aggravates during Sharad, Hemant, Shishir rutu. Since 2-3 months patient started feeling pain at lesion site. Bleeding started quiet often. And that was the time when patient starts thinking about treatment seriously.

**VAIDYA SAMVEDYA LAKSHANAS:**

- All vitals were stable
- Thickened, redish, scaly, irregular lesion with bleeding and pus discharge
- Dryness / Khara Sparsh
- Itching especially at night or exposure to cold weather and cold intake.
- No proper treatment was taken since 8 years
- H/O - No history of any major illness.
- Agni - Visham
- Nidra - Samyak
- Malaprawrutti - Asamyak, Irregular with timings
- Jivha - Saaam

**HETU:**

Finding proper hetus (Causative factors) is actually a skilful job. This patient was a school going kid and all Hetus found are very typical and commonly seen in teenagers. During detailed case taking, Prakruti Parikshan and assessing Dinacharya of patient following Hetus were identified:

- Tamarind, Dadhi sewan, Achar/Chutney
- Biscuits, breade, chips, Chocolates
- Diwaswapna, wake up late in morning
- Tea - chapatti - daily

**TREATMENT:**

F/U Day	Treatment	Clinical Features
Day 0	<ul style="list-style-type: none"> <li>• <i>Nidaan Parivarjan</i></li> <li>• <i>Haridra + Daruharidra + manjishtha + Mamsapachak + Higwashtak = each 200mg Vyanodaan Kaal, Anupan - Ghrita</i></li> <li>• <i>Arogyawardhini 1gm Vyanodaan kaal - luke warm water</i></li> <li>• <i>Gandhak Rasayan-1gm - Vyanodaan Kaal - luke warm water</i></li> <li>• Wound Cleaning with Savelon, wearing socks and to avoid getting wet legs</li> </ul>	Mentioned as above
1 <sup>st</sup> F/U	<ul style="list-style-type: none"> <li>• <i>Patha + Dhamasa + Yashtimadhu + Chopachini + Mamsapachak = each 200mg. Vyanodaan kaal - Anupan - Gogruta</i></li> <li>• <i>Arogyawardhini 1gm Vyanodaan kaal - luke warm water</i></li> <li>• <i>Gandhak Rasayan-1gm - Vyanodaan Kaal - luke warm water</i></li> <li>• <i>Panchtiktaghruta Guggul - 500mg - Vyanodaan kaal - luke warm water.</i> Patient is advised to Maintain local hygiene e.g. keeping lesion clean, wearing socks</li> </ul>	Mild relief in following symptoms Less <i>Rakta prawrutti</i> Less <i>Pooya prawrutti</i>

2 <sup>nd</sup> F/U	Day 60	Treatment: <ul style="list-style-type: none"> <li>Nidaan Pariwarjan</li> <li>Raktapachak+ Manjishtha + Amalaki + Daruharidra + Haridra = 200mg each –Vyanodaan Kaal - Goghruata</li> <li>Arogyawardhini - 1gm –Vyanodan kaal – Luke warm water</li> <li>SukShma Triphala – 1gm – Vyanodan kaal – Luke warm water</li> <li>Tapyadi Loh 500mg – Vyanodaan kaal – luke warm water</li> </ul>	At this follow up results were encouraging. <ul style="list-style-type: none"> <li>Decreased Twak widaran</li> <li>Samyak Malaprawrutti, Agni - Sam</li> <li>Significant decrease in Raktaprawrutti and Pooy prawrutti</li> </ul>
3 <sup>rd</sup> F/U	Day 90	<ul style="list-style-type: none"> <li>Advised Same treatment as per second follow up for further 1 month.</li> <li>Plan for Vaman in upcoming Vasant Rutu for better results and for Apunarbhaw.</li> </ul>	In this duration patient shows significant results in every aspect. Patient recovers from all symptoms around more than 80%. <ul style="list-style-type: none"> <li>Complete relief in blood and pus discharge.</li> <li>No pain in legs(Sole) while walking</li> </ul>

**RESULTS:**

Ayurvedic treatment showed significant results. We can see clear result in pictures.

Patient had almost more than 80% relief in all symptoms within 3 months of period. Lesion get healed with improvements in other parameters like Ahar, Nidra, Agni, Jivha are also seen.



**DISCUSSION:**

All symptoms presented by patient were very chronic i.e. around 8 years. Yet, we get significant relief within 3 months is a very good achievement.

Rationals behind finding Hetus and assessing Ling/ Symptoms: Such a quick relief is possible not only because of treatment alone but also Nidaan Parivarjan advised to this patient.

Rakta Dushti comes in the mind at first when we see any skin disease. But, one should not think of Rakta Dushti Hetu alone. Along with Rakta dushti one should think of Rasa Dushti Hetu because Rasa saarata is equal to Twak saarata also, Mamsa Dushti hetu because twacha is Upadhatu. So, one should remember these strong bonding or inter relation between these Dhatus.

सु.सू. / - त्वक् मांसशोणितस्थाः क्षुद्ररोगान् कुष्ठानि विसर्पाश्च । One should rule out Viruddha Aharaj bhaw as it is another causative factor for Kushtha Vyadhi and Gara Visha. Gara visha can cause Kushtha as they are inter-related.

Kushtha is described as a Tridoshaj Vyadhi. So approach is to find hetus of all these Doshas.

सु.नि. - सर्व कुष्ठानि सवातानि सपित्तानि सश्लेष्माणि सक्रिमीणि च भवन्ति, उत्सन्नतस्तु दोषग्रहणमभिभवात् ।

By assessing signs and symptoms one can find dominant Dosha. If symptoms are mixed then one can guess Dosha Dushti by finding proper Hetus

कुष्ठेषु तु त्वक् संकोचस्वापस्वेदशोफभेदकौण्डिन्यस्वरोपघाता वातेन , पाकावदारणांगुलिपतन नासाभङ्गाक्षिराग पितेन , कण्डुवर्णशोफभेदशोफासावगौरवाणि श्लेष्मला ।  
सु.सू. / दिवास्वप्नाद् व्रणेकण्डुगर्त्राणां गौरवं तथा । श्वयथुर्वेदना रागः सावस्वैव भृशं भवेत् ॥

We can relate above mentioned Sushrutokta shloka in this patient as Diwaswapna is observed and we see gradual increase in symptoms over the period of time.

Hetusatya over the long period of time causes recurrence and chronicity in the disease.

**Rational behind Treatment / useful fundamentals in treatment:**

Patients with Kushtha approach various health care systems, try different medicine and such patients become more impatient, stressed about their skin diseases. The complete and prolonged clearance of the disease is the ultimate outcome and its achievable only with help of Ayurvedic management. In this case study, we can observe that, not only treatment but Nidaanparivarjan plays important role in treatment and Apunarbhav of disease.

Kushtha is Tridoshaj Vyaadhi. It shows Dhatugatawastha. We get specific Dushya Sangraha in our Ayurvedic text. Charakacharya explained Chikitsa Vishesh while treating any skin disease. Hence, every time we have to assess Anshaansh Kalpana of vitiated Dosha with the help of Hetu and Ling.

- च. नि. न च किंचिदस्ति कुष्ठमेकदोषप्रकोपनिमित्तमस्ति तु खलु समानप्रकृतीनामपि कुष्ठानां दोषांशांशविकल्पानुबन्धस्थानविभागेन वेदानवर्णसंस्थानप्रभावनाम चिकित्साविशेषः
- Sushrutatacharya explained importance of Sthan while treating a perticular disease. Twacha is predominantly Pittasthan. Hence, one should keep Sthan Dushti / Pitta Dushti always in consideration while treating Kushtha.
- सु.सू. / तत्र वायोः पितास्थानगतस्य पित्तवत् प्रतीकारः , पित्तस्य च कफस्थानगतस्य कफवत् , कफस्य च वातस्थानगतस्य वातवत् । एषः क्रियाविभगः ।

**CONCLUSION:**

Skin disorders show significant relief with help of Ayurvedic management. Name alone cannot provide you a treatment approach while treating Kushtha, especially in Ayurvedic treatment. A proper Ayurvedic Nidan is nothing but to know proper Doshawastha irrespective of name of skin disorder.

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