A CASE STUDY - CLINICAL APPROACH WHILE TREATING A SKIN DISORDER

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.

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.

ABSTRACT

CASE REPORT:
A 15 year old female, school going girl from lower-middle class family comes at Sane guruji Hospital, Hadapsar with variety of complaints. In short, we Vaidyas, observe different Sampraptis and hence one may get confused while naming a particular disease. 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 stared quiet often. And that was the time when patient starts thinking about treatment seriously. 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:

HETU:
- 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.
- Agri – Visham
- Nidra – Samyak
- Malaprawrutti - Asamyak, Irregular with timings
- Jvha - Saam

VAIDYA SAMVEDYA LAKSHANAS:
- All vitals were stable
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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 stared quiet often. And that was the time when patient starts thinking about treatment seriously. 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:

TREATMENT:

<table>
<thead>
<tr>
<th>F/U Day</th>
<th>Treatment</th>
<th>Clinical Features</th>
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| Day 0   | • Nidaan Parivarjan  
• Haridra + Daruharidra + manjishtha + Mamsapachak + Higwashtak = each 200mg Vyanodaan Kaal, Anupan - Ghrita  
• Arogyawardhini 1gm Vyanodaan kaal – luke warm water  
• Gandhak Rasayan-1gm – Vyanodaan Kaal – luke warm water  
• Wound Cleaning with Savelon, wearing socks and to avoid getting wet legs | Mentioned as above |
| 1st F/U | Day 15     | • Patha + Dhamasa + Yashtimadhu + Chopachini + Mamsapachak = each 200mg Vyanodaan Kaal, Anupan - Ghrita  
• Arogyawardhini 1gm Vyanodaan kaal – luke warm water  
• Gandhak Rasayan-1gm – Vyanodaan Kaal – luke warm water  
• PancitktaghrutaGuggul – 500mg – Vyanodaan kaal – luke warm water. Patient is advised to Maintain local hygiene e.g. keeping lesion clean, wearing socks | Mild relief in following symptoms  
Less Rakta prawrutti  
Less Pooya prawrutti |
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 due to Rasa saaraa is equal to Twak saaraa also, Mamsa Dushti because twacha is Upadhatu. So, one should remember these strong bonding or inter relation between these Dhatus.

CONCLUSION:
Skin disorders show significant relief with help of Ayurvedic treatment. A proper Ayurvedic treatment is nothing but to know proper Doshastha by finding proper Hetus.

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