



## ORIGINAL RESEARCH PAPER

**Ayurveda**

### ADJUNCTIVE ROLE OF AYURVEDIC MANAGEMENT IN PEMPHIGUS FOLIACEOUS WITH SPECIAL REFERENCE TO VISPHOTA: A CASE STUDY

**KEY WORDS:** Pemphigus Foliaceous, Visphota, Kshudra Kushtha, Ayurveda, Shamanoushadhis.

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#### ABSTRACT

Pemphigus Foliaceous is an autoimmune, acquired blistering skin disease caused due to loss of keratinocyte cell to cell adhesions. It left untreated it can be fatal. There are fluid-filled blisters and may burst open lead to infections and further sepsis. In Ayurveda, this condition can be correlated to Visphota which is a type of Kshudra Kushtha and is caused by the vitiation of all three Doshas, with main predominance of Pitta and Kapha. This article is a case study of a 33 year old male, presented with fluid-filled blisters over neck, armpit, thigh, genital regions associated with burning sensation, and severe discomfort while performing regular tasks since 8 days. He was under allopathy treatment and was treated with Ayurvedic Shamanoushadhis as adjunctive treatment which proved to be beneficial and the outcome reflected in decrease in signs and symptoms of patient.

#### INTRODUCTION

Pemphigus foliaceus is a rarely occurring acquired erupting autoimmune disease<sup>[1]</sup> in which immune system releases IgG autoantibodies that causes a characteristic inflammatory reaction. It is caused due to the loss of keratinocyte cell to cell linkages in the superficial epidermis<sup>[2]</sup>. The spaces are formed between these cells due to the attack of autoantibodies. Fluid is filled in these spaces forming blisters. It leads to shearing away of the skin in specific regions<sup>[3]</sup>. It affect people of any age but is primarily found in people between 50 to 60 years<sup>[4]</sup>. This condition is life-threatening and the fluid-filled blisters may become infectious and lead to sepsis. Management include steroids which helps relieve the symptoms and improve general well-being, but its long-term use has deleterious effects<sup>[5]</sup>. Ayurveda, includes almost all the skin disease under Kushtha. Kushtha is further divided into Mahakushtha and Kshudra Kushtha. Visphota, is a type of Kshudra Kushtha which can be correlated with Pemphigus foliaceus<sup>[6]</sup>.

#### Case Report

A 33 year old male, presented with fluid-filled blisters over neck, armpit, thigh, genital regions associated with burning sensation and severe discomfort while performing regular tasks since 8 days.

#### Personal History

Diet: Mixed  
Occupation: Salesman  
No any known allergies  
Addiction: Tobacco chewer since 2 years  
Family history: NIL  
Surgical history: NIL

#### General Examination

Temperature: 98.6<sup>o</sup>f CVS- S1 S2 heard with no added sounds  
Pulse- 64/min CNS- Conscious, oriented  
Blood pressure- 110/70 mm of hg RS- AEBE Clear

#### Integumentary System Examination

Site of onset - neck, Margination - ill defined, Colour - erythematous, primary lesions - vesicle, Distribution - asymmetrical, Genitalia - Involved, Secondary lesion - crust, Mucus membrane - not involved, Configuration - coalesced, Nikolsky's Sign - positive

#### Ashtavidha Pariksha

Nadi- Vatapittaja Shabda- Prakrit  
Mala- Samyak Pravrutti Sparsha- Anushna Sheeta  
Mutra- Samyak Pravrutti, 4-5 times/day Drik- Prakrit

Jivha- Saama

Akruti- Madhyam

**Diagnosis:** Based on symptoms and positive Nikolsky's Sign, patient was diagnosed as Pemphigus foliaceus. Visphota was Ayurvedic diagnosis based on similarity in symptoms.

#### Investigations:

25/12/2024	27/12/2024
Haemogram- WBC- 16700/cumm, Neutrophil- 86.1 %, Lymphocyte- 9.8%, VDRL- Negative, HbsAg- Non Reactive, HIV I & II Antibodies- Non Reactive, RFT- WNL, LFT- Albumin- 2.9 g/dl, SGOT- 43.5 U/L, Urine- Albumin- Traces, Sr. Electrolytes- Na- 133 mmol/L, ESR- 55 mm/hr	HbA1c- 5.6%, BSL- Fasting- 113.6 mg/dl, Post Prandial- 137.1 mg/dl

#### Treatment:

1. Raktamokshan by Siravedh
2. Shaman chikitsa:
  - Arogyavardhini Vati 500mg TDS with leukwarm water
  - Gandhak Rasayan 250mg TDS with leukwarm water
  - Mahamanjishthadi kwath 20ml BD with equal quantity water
  - Mixture of Dhamasa, Patha, Musta, Daruharidra, (500mg each), Suvarnamakshik, Pravalpishti 200mg each with TDS Ghrita
  - Shatadhouta Ghrita for Local application
  - Tab. Omnacortil 20mg BD For 7 Days
  - Tab. Atarax 10mg OD For 7 Days
3. Siddhartak snan/Dhawan (Haridra, Saptaparnak, Aragwad, Karanja, Triphala, Musta in equal quantity) BD

**Table 1: Grading of Symptoms:**

Sr.No.	Symptom	Gradation
1.	Kandu (Itching)	Grade 0 = No itching (Absent) Grade 1 = Negligible itching with 10-12 hrs gap Grade 2 = occasional itching with 4-6 hrs gap Grade 3 = frequent itching with 2-3 hrs gap
2.	Daha (Burning Sensation)	Grade 0 = No burning Grade 1 = burning 2-3 times a days Grade 2 = frequent burning sensation Grade 3 = frequent burning sensation which disturbs sleep and other activities

3.	Srava	Present/Absent
4.	Blisters	Present/Absent

**Table 2: Observation of Symptoms:**

Symptoms	Before treatment	After treatment
Kandu (Itching)	2	0
Daha (Burning Sensation)	3	0
Srava	Present	Absent
Blisters	Present	Absent


**Figure 1: Before Treatment**

**Figure 2: Before Treatment (Thigh lesion)**

**Figure 3: During Treatment on 7<sup>th</sup> day**

## DISCUSSION

Pemphigus Vulgaris is correlated to Visphota in Ayurveda characterised by blisters all over the body associated with burning sensation<sup>[7,8]</sup>. It is caused due to intake of Abhishyandi Gunatmak Viruddhha Aahara<sup>[9]</sup>. Pathogenesis includes tridosas (vata, pitta and kapha) with predominance of pitta and kapha.<sup>[10]</sup> along with impaired Twak, Rakta, Mamsa, and Ambu.

Considering Dosha involvement and spread of disease initially Raktamoskshan by Siravedh was done and followed by Shamanoushadhis and Siddhartak Snan. On seventh day of hospitalization reduction in Kandu and Daha was observed and formation of new bullae was decreased. Frequency of new bullae formation, oozing was significantly reduced on 7<sup>th</sup> day, with marked healing of old lesions. Patient was then followed up in OPD after 7 days of hospitalization. Complete healing of lesions was seen after 60 days of treatment. During follow up period, no recurrence was observed.

**Arogyavardhini Vati** - It has Rasayan, Pachani and Dipani properties. It contains ingredients like Haritaki, Bibhitaki, Shuddh Shilajit Guggulu, Chitrak, Katuki, Kajjali which is Yogavahi, and enhances the properties of other constituents. Bhasma along with Kajjali obtains deep penetration, It helps in Tridosha balance, It is useful in all skin disorders and promotes wound healing<sup>[11]</sup>

**Gandhak Rasayan** - It is Kushthaghna and Vranaghna and acts on Rakta and Twacha.

Mahamanjishthadi kwath – It is used in skin diseases and non healing wounds. It helps in blood purification and removes toxins from the blood. It is effective in balancing Pitta dosha along with Vata and Kapha dosha.

Dhamasa helps in relieving burning sensation, Patha promotes wound healing, balances Kapha-Pitta dosha, Musta is Kapha-pittahara and is indicated in Kushtha, Daruharidra promotes wound healing, relieves itching, has kapha-abhishyandahara properties, Suvarnamakshik, balances Kapha-Pitta dosha, indicated in Kushtha, Pravalpishti has anti-inflammatory property, promotes tissue regeneration and wound healing.

**Shatadhouta Ghrita**- it has cooling and soothing properties. It helps reduce burning sensation and inflammation; it calms Pitta dosha and promotes wound healing.

**Siddhartaka Snana**- it helps soothe irritated skin and promotes skin health. Indicated in Twakadushti, Kushtha.

## CONCLUSION

Pemphigus Foliaceous is an autoimmune skin disease In Ayurveda, this condition can be correlated to Visphota which involves vitiation of all three Doshas, with main predominance of Pitta and Kapha. In this case study patient was treated with Ayurvedic Shamanoushadhis as adjunctive treatment which proved to be beneficial and the outcome reflected in decrease in signs and symptoms of patient.

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