EFFECTIVE TREATMENT REGIMEN IN VATIK KUSHTHA - A SINGLE CASE STUDY

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ABSTRACT

In Ayurveda, many skin disease have been described under Kushtha. Acharya Charaka told that all Kushtha are Tridosha. Further Acharya describe Vata/Pitta/Kapha Pradhana Kushtha Lakshana and gave Chikitsa Sutra (Line of Treatment) accordingly. For present study, a 7 years pediatric male patient having symptoms like severe scaling, erythema, itching whole over body (Excessive on trunk and back region), dryness over affected part since last two months was registered. Prior patient did not take any treatment for this. He, considering the signs and symptoms of patient, he was treated in the lines of Vatapradhana Kushtha. Classical Shamana Snehpana was done followed by Shaman Chikitsa along with Pathya -Apathya. Significant relief found in the signs and symptoms with no recurrence in the fallow up of the treatment.

Keywords: Kushtha, Shamana Snehpana, Shaman Chikitsa.

INTRODUCTION

A popular adage that skin patients are never cured & never dies, & never creates an emergency. In Ayurveda, almost all skin diseases are taken under generalized term Kushtha. In Ayurveda, Kushtha is consider as a Bahudoshavasthajanyavyadh, has Tridosha involvement with Saptadhautu as its Dushya also1. Kushtha divided in to two major group Mahakushtha (7 subdivision) & Kshudrakushtha (11 subdivision)2. Acharya Charaka told that all Kushtha are Tridosha3. But according to their Rupa (Sign and symptoms) we can differentiate them in Vatapradhana Kushtha / Pittapradhana Kushtha / Kaphapradha Kushtha4 and treated accordingly.

Acharya Charaka told the line of treatment for Kushtha that Vata Pradhana Kushtha should be treated with Snehpana, Kapha Prdhana Kushtha should be treated with Vamana and Pitta Prdhana Kushtha should be treated with Virechana and Raktamokshana5.

Here, a patient of Vatika Kushtha (Vatapradhana Kushtha) was successfully treated with Ayurvedic principals of treatment, is presented as a case study in the article.

CASE REPORT
A 7 years Hindu male child patient residing in Amraiwadi (Ahmedabad) came to OPD of Kaumarbhrutya Dept., Govt. Akhandanand Ayurved hospital on the date 9 January 2016; with the following complains:

- **History of illness:** Severe scaling, Erythema, itching whole over body (excessive on trunk and back region), dryness over effected part.
- **Aggravated excessively from the last one month.**
- **Past History:** Nil, Prior patient did not take any treatment (Allopathy medi.) for this.
- **Family History:** Nil
- **Personal History:**
  - Appetite: Decreased
  - Stool: Normal 1 time/day
  - Urine: Normal Frequency
  - Sleep: Decreased

  Dietary History: Vegetarian, no junk food, took fermented items rarely, daily curd.

  Excessive consumption of Lavan Rasa, occasionally Viruddha Ahar of Lavan rasa with milk.

- **Symptoms of Krumi:** Mukhapradeshe Twakavaivarnata

### OBSERVATION

1) **First Visit of Patient to OPD:**
2) After 15 days of Shamana chikitsa and Pathya-Apathya Palana: Scaling, Itching and Erythema 100% removed, only mild discoloration present.

No complaints till date as per regular follow up.

Table 1: Details of treatment procedure with mode of Action as seen in below chart

<table>
<thead>
<tr>
<th>Treatment Planned</th>
<th>Contains</th>
<th>Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shamana Snehapanam with Mahatikta Ghrita</td>
<td>Saptaparna (Alstonia scholaris), Ativisha(Aconitum heterophyllum), Shampaka (Cassia fistula), Tiktaroohini (Picrorhiza kurroa), Patha (Cissampelos pariera), Musta (Cyperus rotundus), Ushira(Vetiveria zizanioides), Triphala – Haritaki (Terminalia chebula), Vibhitaki (Terminalia bellirica), Amla(Emblica officinalis), Patola (Trichosanthes dioica), Pichumarda (Neem), Parpataka (Fumaria indica), Dhanvayasa (Alhagi pseudalhagi), Chandana (Sandalwood), Pippi (Long pepper), Gajapippali (Piperchaba), Padmaka (Prunus poddum), Haridra (Turmeric), Daruharidra (Berberis aristata), Uragandha (Acorus calamus), Vishaka (Citrulus chloccynthis), Shatavari (Asparagus racemosus), Sariva (Hemidsemus indicus), Vatsakabija (Holarrhena antidysenterica), Vasa (Adhatoda vasica), Murva (Marsdenia tinescima), Amruta (Tinospora cordifolia), Kiratatikta (Swertia chiraita), Yashtimadhu (Glycyrrhiza glabra), Trayamana (Gentiana kurroa), water, Amalaki Phala</td>
<td>Vata-doshashamaka Reduction in Scaling and Dryness, Kushthahara</td>
</tr>
</tbody>
</table>
Rasa – juice extract of Emblica officinalis, Goghrita (ghee).
The above combination is heated till herbal ghee is prepared.

Table 2: Oral drugs, their Composition, Doses and Exact effect

<table>
<thead>
<tr>
<th>Name of drug Compound</th>
<th>Contains</th>
<th>Exact effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gandhaka Rasayana</td>
<td>Purified Gandhaka (Sulphur), Bhavana of Godugdha, Triphala Kashaya, Chaturjata Phanta, Guduchi Kashaya, Bringaraja Kashaya, Shrugavera Rasa (fresh ginger juice)</td>
<td>Kushthahara Kanduhara</td>
</tr>
<tr>
<td>Sanshamani Vati</td>
<td>Giloy Ganvati</td>
<td></td>
</tr>
<tr>
<td>Sudarshan Churna</td>
<td>Main contain is Kiratatikta 21 Part (Half of total ingredients) others are Kaleeyaka (Santalum album), Haridra, Devdaru, Vacha, Motha, Hareetaki etc</td>
<td>Tikta rasa pradhana yoga, Tikta rasa have Kushthagna property</td>
</tr>
<tr>
<td>Kalmegha Churna</td>
<td>Kalmegh (Andrographis paniculata)</td>
<td></td>
</tr>
<tr>
<td>Vidanga Churna</td>
<td>Vidanga (Embelia ribes)</td>
<td>Krumigna, Kushthahara</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>Used for local Application twice a day</td>
<td>Removal of Dryness Decrease in Scaling (Vatadosha Shamaka)</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Along with therapy patient was advised to avoid non-vegetarian food (chicken, eggs, fish, mutton, etc), fast food, fermented food (achar, idli, dosa, pau, bread etc), Katu Amla Rasa (dahi, spicy food), to take less Lavan Rasa in Ahara.

In this patient, this treatment protocol will be continued up to next 6 month with Pathyapathy Palana.

**CONCLUSION**

Ayurvedic traditional method of treatment gives better result in a Kushtha, but two important things are necessary, First is proper diagnosis is made at proper time and Second is to follow strictly Chikitsa Sutra of Ayurveda classics. In present case, the treatment was found very effective in treating Vatikakushtha. There was 90% relief in signs and symptoms within 15 days with Shamana
Snehpana, Shamana Chikitsa (Oral medication, Local Application) and Pathya-Apathya palana.

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