

EFFECT OF DUSHIVISHARI AGAD AS COMBINATION DRUG IN THE  
MANAGEMENT OF PTYRASIS ROSEA: CASE REPORT

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Article Received on 12/03/2024

Article Revised on 01/04/2024

Article Accepted on 21/04/2024

## ABSTRACT

Agadtantra is Ayurveda stream that provides several concepts and theories related to the Visha and antidotes (Agad or Prativisha). The Agad used as antidotes against various poisons and also used to cure diseases. This article presented a case report on the effect of Dushivishari Agad in the management of Ptyrasis rosea. Patient of Ptyrasis rosea treated successfully with the help of Dushivishari Agad along with Rasayan Vati, Panchtiktaghruta and Arogyavardhanivati. The patient was effectively treated using the aforementioned drugs, with particular emphasis on Dushivishari Agad, which was deemed the primary medication providing effective relief from the symptoms of the disease.

**KEYWORDS:** Ayurveda, Agadtantra, Ptyrasis rosea, Dushivishari, Agad.

## INTRODUCTION

*Pityriasis Rosea* is skin problem involves skin rashes as main symptom along with itching and other manifestation. It is considered harmless and not spreads from one to another thus not comes under the heading of communicable disease. However occurrence of disease leads skin symptoms which affect quality of life of sufferer. The disease mainly caused by virus, bacteria and fungus infections, however immunological responses and allergic precipitation mainly leads disease prevalence.

Pityriasis rosea possess general symptoms such as circular or oval lesion, painless condition, itching, burning sensation and allergic responses. Smaller lesions along the ribs with redness, scaling on skin and sometimes fever, also associated with Pityriasis Rosea.

Ayurveda described two types of skin disease; *Mahakushta* and *Kshudrakushta*. Pityriasis Rosea

considered as *Mandala Kushta* which comes under the heading of *Mahakushta*. Vitiating of *Kapha doshas* along with *Dushya Mamsa* and *Rakta* mainly involves in disease pathogenesis. This disease affects skin texture and leads others skin symptoms including allergic manifestation. Formation of *Ama doshas* and weakens of digestive fire also impacts disease pathogenesis.<sup>[1-3]</sup>

**Samprapti**

The vitiated *Doshas* affects *Rasa*, *Rakta* and *Mamsa dhatu*. *Vata doshas* causes dryness in skin which further leads cracks and fissures. Vitiating *Pitta doshas* results redness and burning pain along with the symptoms of pus formation and ulceration. Vitiating of *Kapha doshas* leads itching and fluid retention. The major *Samprapti Ghataka* of disease is depicted in **Figure 1**.

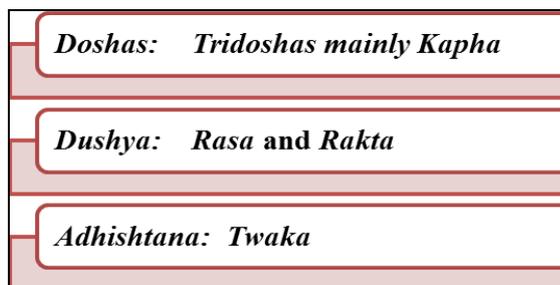


Figure 1: Samprapti Ghataka of Pityriasis Rosea.

Ayurveda suggested uses of *Panchkarma* such as *Vamana* and *Raktamokshana* for removing accumulated toxins. Antioxidants and rejuvenating herbs are recommended for *Mandala Kushtha*. Drug generally advises for disease management is as follows<sup>[3-5]</sup>:

- ✚ Guggul
- ✚ Vidanga
- ✚ Khadira
- ✚ Devdaru

This article presented a case report on the effect of *Dushivishari Agad* in the management of *Ptyrasis rosea*.

### CASE REPORT

Patient suffered with immunological disorder called *Ptyrasis rosea* came along with history of corona (Covid-19) disease which might has affected her immunity that become causes of skin disease *Ptyrasis rosea*. Patient received laser treatment earlier before reporting for current case, but symptoms relapsed even after laser treatment. After complete investigation Ayurveda treatment was planned based on the sign and symptoms of disease. Patient reported complaints of rashes, itching, erythema and burning sensation. The normal health condition was found to be at optimum level without any significant changes in vital signs. However she reported disturbed bowel and sleep pattern. The *Naadi* was found to be *Pitha-vatha* dominant, no history of asthma and hypertension was reported. Tenderness and bleeding was also not observed during investigation. Involvement of inguinal lymph nodes was not observed.

### Investigation

- ✓ Blood investigation
- ✓ Hb, etc.

### Symptoms before treatment

- Severe itching
- Redness
- Skin lesion
- Indigestion
- Loss of appetite and lack of sleep

### Treatment Given

1. *Dushivishari Agad (Gullika)* 2 tabs twice a day
2. *Rasayan Vati* 2 tabs twice a day
3. *Panchtiktaghruta* 5ml thrice a day
4. *Arogyavardhanivati* 2 tabs twice a day

### Observation and Result

Patient suffered with *Ptyrasis rosea* came along with history of viral disease and persisted cardinal symptoms of *Ptyrasis rosea*. Investigation suggested involvement of *Pitta* along with *Kapha avruta* and *Dusya Rakta*. After complete investigation Ayurveda treatment was planned based on the sign and symptoms of disease. Patient received *Dushivishari Agad (Gullika)* 2 tabs *Rasayan Vati* 2 tabs twice a day, *Panchtiktaghruta* 5 ml thrice a day and *Arogyavardhanivati* 2 tabs twice a day.

### Improvement in symptoms after the therapy

- Itching reduced completely
- Rashes disappeared
- Redness suppresses
- Improvement in skin condition
- Improvement in appetite

### Improvement in parameters after the therapy

Hb was remain same 13.5 g/dl after the treatment.

### DISCUSSION

*Pityriasis rosea* is the clinical condition related with *Pitha vatha kutram*, intake of alkali, salty, sour and incompatible foods can be considered etiological factors along with other factors such as; stress, exposure to sun, loss of appetite and sleep, etc. The case reported with symptoms like papules, itching, fatigue and indigestion, etc. The patient was treated successfully with above mentioned drugs amongst them *Dushivishari Agad* was considered main drug that offers effective relief in disease symptoms.<sup>[1-4]</sup> No adverse effect related to the prescribed drug was reported, no reoccurrence of lesions was observed and complete relief was observed in disease symptoms after the complete course of therapy (two months).

### Probable mode of action of therapy

The prescribed drugs considered helpful in managing *Vata & Pitta* which enhances and prevent formations of *Ama*. The ingredients also enhance complexion and skin texture. The antioxidant and anti-inflammatory properties of therapy relieves inflammation and burning sensation. The rejuvenating, anti-parasitic and *Kapha* balancing effects of prescribed drugs are considered helpful for breaking pathogenesis of disease and pacifying vitiated *Doshas*. The calming and soothing effects reduce itching and skin irritation.<sup>[6-9]</sup>

### CONCLUSION

This article presents a case report detailing the efficacy of *Dushivishari Agad* in managing *Ptyrasis rosea*. A patient diagnosed with *Ptyrasis rosea* underwent successful treatment using a combination of *Dushivishari Agad*, *Rasayan Vati*, *Panchtiktaghruta* and *Arogyavardhanivati*. Among these medications, *Dushivishari Agad* emerged as the primary agent providing substantial relief from disease symptoms. The treatment regimen showed no adverse effects, and there was no recurrence of lesions. Complete alleviation of symptoms was achieved after the two-month therapy course.

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