

A SINGLE CASE STUDY OF TREATMENT OF LICHEN PLANUS BY AYURVEDIC  
PROCEDURES AND MEDICINESPatil Mayuri<sup>1\*</sup>, Endait Anushri<sup>2</sup> and Nivedita Dhanvijay<sup>3</sup><sup>1</sup>Asst. Professor Dept. of Kayachikitsa. <sup>2</sup>Asso. Professor Dept. of Panchakarma. <sup>3</sup>Asst. Professor of Dept. of Roganidan, SMBT Ayurveda College & Hospital, Dhamangaon, Nashik, Maharashtra, India.**\*Corresponding Author: Dr. Patil Mayuri**

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**ABSTRACT**

Lichen planus (LP) is an idiopathic disease. Its pathogenesis is not fully understood. It is an inflammatory disorder of the skin and mucous membrane with no known cause. It is thought to occur due to immune dysfunction. It appears as pruritic, violaceous papules and plaques most commonly on wrist, lower back, & buccal mucosa. It affects age group 30 to 60 yrs. Conventional therapy is used in this condition has unsatisfactory effect. Steroids are only line of treatment for both systemic and topical use. In Ayurveda classics, Lichen Planus resembles with charma kushta. It can be treated by basic principles mentioned in Ayurveda. A 23yr old female pt. with LP since 3yrs came to Ayurvedic treatment knowing its excellent result in Autoimmune condition so according to predominance of dosha dushya. Treating with the Shodhana Karma i.e., Vaman therapy and Shaman Karma i.e. Raktashodhak and Raktaprasadhak dravyas followed by Jalauka avacharan shows good results.

**KEYWORDS -:** Lichen planus, Ayurveda, Shodhana karma, Kushta.**INTRODUCTION**

The word Lichen planus was derived from the Greek word 'Lichen' means trees moss and Latin word 'planus' means Flat. The term suggests flat fungal condition. Lichen planus (LP) is a papulosquamous disorder that may affect the skin, scalp, nails and mucous membranes.<sup>[1]</sup> It is characterized by formation of flat topped, polygonal, grayish white, purple / lilac eruption, itching on skin specially on the arms and legs, less often on some other parts of body including nails, vagina, mouth.<sup>[2]</sup> It affects all the age groups. It is an inflammatory disorder in which T-lymphocytes attack the basal epidermis, producing characteristic clinical and histological lesions. It occurs in middle age and women are commonly affected than men.<sup>[3]</sup> Most recent conventional treatment of LP disorders consist the use of topical and systemic corticosteroids, psoralen and ultraviolet A therapy, immunosuppressant.<sup>[4]</sup> Allopathic treatment has shown temporary relief. So the Ayurvedic treatment has proved while treating lichen planus. Thereby I decided to treat the patient as per predominance of doshas and treatment mentioned ayurvedic classics.

**A case report**

A female pt. of Age 23yrs old came in OPD with Chief complaints of polygonal, flat topped, grayish lesion over medial aspect of wrist pt with intense itching was observed in the patient. And also pt was obese with

irregular dietary habits and sleeping patterns, vishama agni and prakruti of pt was kapha pittaja.

Considering the status of Dosha dushya, Agni Samprapti, Vyadhi Lakshana Vamana karma was administered in the present study.

**General examination**

P-80/min  
BP-110/70mmhg  
RS-AEBE  
CVS-S1S2+  
CNS-Consciousness oriented  
Wt- 70 kg

**Local examination**

Solitary, well circumscribed, slightly moist skin lesion seen over medial aspect of wrist of Rt Hand, and also dispersed lesion seen over tongue few kerotic crust seen over abdomen. No local Tenderness or bleeding was elicited on manipulation, No inguinal lymph node were involved, No such lesion of LP were found elsewhere in body, No signs of Varicose veins were observed on any of the legs.

**Investigation**

The most commonly diagnostic test for LP is a Skin Biopsy. But it was diagnosed case of LP by dermatologist.

### Management

By keeping the findings of examination in mind following principles for management as per ayurveda has been selected.

- Shodhana chikitsa – Vamana karma.
- Raktamokshana
- Shaman chikitsa

### Shodhana chikitsa

#### 1) Vamana karma

As per text mentioned in classics, Vasant rutu considered to be excellent for Vamana Karma. Before Vamana karma Abhyantra Rukshana chikitsa was given to the patient. After Rukshana chikitsa itself kadu of patient was reduced by 20%. Vamana karma are carried out in three steps Poorva karma, Pradhan karma, Pashchyat karma.

#### Poorva karma

After Rukshana chikitsa Agni of pt was vitiated significantly. So due to that pt was yogya for Abhyantrasnehapan and thereby snehapan was started with Mahatikta ghrita in increasing dose i.e 30-60-90-

120-150ml for 5days and samyak snighdha lakshnas were seen. After observing samyak snighadh lakshnas pt was advised to take visharti for 1 day. kaphhotklesha Ahara on aday before Vamana like curd, icecream etc were given to the pt.

#### Pradhana karma

Next day in morning patient is made to undergo sarvanga abhayanga with tila taila and exposed to swedana. After completion of pre vamana regime, patient is asked to rest for a while and vamana protocol is initiated.

The patient is asked to drink milk till she feels the regurgitation. Patient consumed around 1000ml of milk. Madana faala yoga (madanfaala + saindhav lavana + honey) was administered subsequent to milk. After administering the yoga waited for 15 minutes for self induction of elimination of doshas.

At the end of procedure bile (pitta) is vomited (Pittanta vamana).



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Note: Vaman Karma

- Raktmokshana done after 15 days of vaman karm performed.
- 3 sittings were performed at intervals of 7days each.
- 3 sittings were performed at intervals of 7days.
- Patient came to our hospital after completion of sanssarjan krama in 15 days , considering the condition of the disease Raktmokshana (Sanshodhan) with Jaloka was done to remove the vitiated blood, immediately after that patient had relief in itching .
- After that Panchvalkal Kwath for Prakshalana were was given to pacify the remaining itching sensation and promote healing

#### Paschata karma

Dhumpana should be done to withdraw Kapha doshas residues. Patient was asked to follow proper sansarjan karma for 5 days.

## 2) Raktamokshana by jalauka avacharan



## Shamana chikitsa

Sr. no.	Drug name	Dosage	Anupan	Duration
1	Rasamanikya	50 mg BD after meal	Koshna jala	3 months
2	Haritaki churna	1 gm BD after meal	Koshna jala	3 months
3	Guduci churna	1 gm BD after meal	Koshna jala	3 months
4	Shatavari churna	1 gm BD after meal	Koshna jala	3 months
5	Mahamanjishtadi kadha	20 ml BD after meal	20 ml koshna jala	3 months



&gt;&gt;&gt;&gt; Before treatment



&gt;&gt;&gt;&gt; After treatment

**DISCUSSION**

As per ayurveda, charma kushta has resembles with lichen plenus. Ayurvedic perspective of the particular case presenting pruritus and vesucous lesion can be established with itching, hyperkeratosis, etc. All this features has kapha dosha dominancy. Acanthosis is a

feature of aggravated vata dosha, so we can say that this disease is vata-kaphaja in origin and also etiology of kushta is visha (Autoimmune) resulting from consumption of incomplete food.

Stress also plays important role in pathophysiology of skin diseases at microlevel. It leads vitiation of Rasa dhatu. Also, atichintanata is one of the cause of Rasa dhatu dushti. Thereby patient has predominance of kapha dosha.

Treatment of kushta including all types of kushta consists of purification of samshodhan therapy internal shamana therapy. In this case, knowing importance of rutushodhan, Vaman karma was undertaken followed by shamana chikitsa and Raktamokshan.

In shamana chikitsa drugs having properties kaphavataharam, vishaharan, kandughna, kushtaghna, vranshodhana, raktaprasadak were used. According to that use of drug as per classical ayurveda formulations pacifies vitiated doshas which improves quality of rasa dhatu. Rasayan dravya like Rasamanikya used in combination of Haritaki and Shatavari etc. The major ingredient of rasamanikya are Tamrabhasma which helps in rbc formation thus restoration of complexion or colour of skin, Hartal helps in itching. Also, abhrak,

Amalaki, Guduchi and Shatavari will act as a kaphavatahar, Raktashodhak and Raktaprasadan

Rasayan dravya will pacify doshas and prevent progression of disease. Also Rasayan dravyas will help to cure Agnimandya. Mahamanjishtadi Kwath is kushtaghna, vishghna, raktaprasadak bhasma is one of the component of Rasamanikya which boost immunity and thereby acts as Rasayan drug in Lichen planus. Also used combination of Haritaki properties.

After shodhan results are shown in Table (1.2) and after shamana therapy results are shown in Table (1.1) Shaman therapy when combined with Jalaukavacharan karma i.e, Raktamokshan has shown significant results like strotoshodhan is achieved which further helps in abatement of chirkalin dosha. And advising pranayama and suryanamaskar. In order too pacify vitiation of Rasa dhatu, strict dietary and lifestyle modifications were chosen on the basis of nidan, dominance of doshas and nature of diseases.

**Table 1.1: Improvement in complaints of lichen planus patient after shodhan chikitsa.**

		After one month	After two months
Papules	Multiple	No change	No change
Size	upto 10 mm	No change	No change
Shape	Flat topped polygonal	Slightly reduced	Slightly reduced
Site	on right forearm	Same site	Same site
Colour	Black to purple	Slightly faint	Slightly faint
Itching	++++	+++	++
Scaling	+	+	Nil
New papule formation	2-4/ week	1-2 papules/week	0-1 papules/week

## CONCLUSION

Ayurvedic treatment can cure Autoimmune skin disease like Licken Planus which we can relate to Charm Kusht. After shodhan therapy treating it with shaman ayurvedic

formulations followed by Jalaukavacharan i.e, Raktamokshana and nidaparivarjan, useful in it, if all condition are favourable.

**Table 1.2: Improvement in complaints of lichen planus patient after shamana followed by Raktamokshana shaman chikitsa.**

Complaints		Improvements
Papules	Markedly reduced	Very few papules remain
Size	2mm	Regressed
Shape	Moderately reduced	Flattened
Site	On right forearm	Same site
Colour	More faint	Nearer to skin colour
Itching	Occasionally	Nil Nearer to skin colour
Scaling	Nil	Nil
New papule formation	Nil	Nil

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