

PRACTICAL IMPLICATION OF *TRIVIDHA CHIKITSA* IN *KUSTHA* – A CASE STUDY.¹*Vd. Priyanka Marotrao Thakare and ²Vd. S. V. Suryavanshi Guide¹PG Scholar, Dept. of Kayachikitsa, Govt. Ayu. College, Nanded.²Professor and Head of Department, Dept. of Kayachikitsa, Govt. Ayu. College, Nanded.

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ABSTRACT

Skin is the largest organ of the body and act as barrier between the internal tissue and environment. It protects the internal tissue from the various types of bacteria, fungi and viruses. Now days more importance is given to the healthy state of an individual skin care because it has cosmetic value. In the *Ayurveda* text all skin diseases were included under the *Kustharoga*. *Sidhma* is *Vatkaphaj* type of *Kustha* and greater resembles with Psoriasis. Psoriasis is one of the most common clinical conditions encountered in clinical practice. Due to cosmetic disfigurement it needs a potent treatment option, which will not give symptomatic relief but cure from roots of disease. As modern medicine has many adverse reaction and cannot be given for long term so its today's need to find effective drug for Psoriasis as it has negative psychological impact on patient's mindset. Selected *Panchakarma* procedures along with *Ayurvedic* drugs have been proved valuable in these manifestation. Here a case of 30 yrs. old female patient presented with symptoms of *Vatkaphaj kustha*, which was treated for 45 days with combination of *Panchakarma* procedures and selected *Ayurvedic* drugs The condition was diagnosed as *Vatkaphaj Kustha(Sidhma)* and was treated with *Pachan*, *Virechan* and then *Shaman* drugs. Patient's condition was assessed before and after treatment.

KEYWORDS: *Sidhma kustha*, Psoriasis, *Nidanparivarjan*, *Shodhan*, *Shaman Aushadhi*, *Rasayana*.

INTRODUCTION

Psoriasis is one of the common skin diseases characterized by scaly papules and plaques.^[1] Prevalence of Psoriasis in different parts of world varies from 0.1% to 3%.^[2] Psoriasis is characterized by the development of erythematous, well defined, dry, scaly papules and plaques of sizes ranging from a pinhead to palm-sizes or larger. The scales are abundant, loose, dry, silvery white.^[3]

In *Ayurvedic* classics all the principles of management of various skin diseases are included under term *Kusthachikitsa*.^[4] The disease conditions which make deformities on the skin are called *Kustha*. *Kustha* is divided into two parts *Mahakustha* and *Kshudrakustha*. Psoriasis is considered as a type of *Kustha* and may be Correlated as *Sidhmakustha* due to resembles of signs and symptoms. *Charaka* explained *Sidhma* among the *Mahakustha*.^[5] *Sushruta* and *Ashtanghrudiyam* explained it under *Kshudrakustha*^[6], and is *Vatakapha* predominant disease. This case report is of a patient of Psoriasis which was successfully managed according to the line of management of *Kustha*.

AIM: To evaluate the effect of *Ayurvedic* treatment on signs and symptoms of *Sidhma Kustha (Vatkaphaj Kustha)*.

OBJECTIVE

1. To study the common signs and symptoms of of Psoriasis.
2. To study the relief in common signs and symptoms of Psoriasis by an *Ayurvedic* treatment.
3. To study the efficacy of *Arogyavardhini Vati* as a *Naimittik Rasayan* in *Kustha*.

METHODOLOGY

A clinical case study of Psoriasis in our institute.

A. Primary Data-Patient Name-XYZ

Age/Sex-30yrs/Female Address-Hingoli Occupation-Housewife

B. Present Complaints with duration-

1. Thickened silvery exfoliating scaly lesions since 6 months at right thigh region and calf.
2. Itching, Pain and dryness at that lesions since 6 months.
3. Eruption on Scratching, discharge on itching.
4. Scalp is having dandruff and hair fall since 6 months.

C. Past History of illness

- No H/O DM/HTN/Bronchial Asthma

- H/O Allergic rhinitis since 3 years
- No H/O any addiction

D. Present History

Patient was suffering from above complaints since last 6 months. Initially she noticed dry skin with severe itching and irritations on sides of scalp around both ear. From 2 months gradually reddish scaly lesions spread to both sides of face and neck and sizes of patches at right leg and thigh region was increased. She consulted allopathy physician and diagnosed as psoriasis, but there was no relief in any complaint. Personal history revealed that the patient was taking non-vegetarian diet most of time, biryani, curd, chicken and having habit like sleep in day time for 1-2 hours etc. Clinical examinations showed dry scaly lesions involving scalp, trunk, right thigh and leg. Hence the patient came to our institute for the *Ayurvedic* treatment.

Investigations: All hematological investigations were WNL.

E. Samanya Parikshan

Nadi -78/min

Shabda -Avishesha Mala -Asamyak Malapravriti

Sparsha - Samshitoshna Mutra -Samyak

Druk -Avishesha

Jivha -Saam

Aakruti- Madhyam

Strotas Parikshan-

Rasavaha - Palit, Tvakrukshata

Raktavaha - Raktvarni Shwetvarni Tvakvaivarnya

Diagnostic Criteria of Psoriasis

Symptoms

Findings

- 1) Raised, Red patches of skin cover with white or silvery scales Positive
- 2) Itching, burning Positive
- 3) Bleeding, cracking of plaques Positive
- 4) Areas of body affected Scalp, Knee Positive
- 5) Thickened or ridged nails Negative
- 6) Painful, swollen joints Negative
- 7) Auspitz sign Positive
- 8) Koebner phenomenon Positive

Ayurvedic Criteria for Sidhma

Symptoms

Findings

- 1) Sveta tamra varna Positive
- 2) Tanu Positive
- 3) Alabupushpavarnasankash Negative
- 4) Appear in urdhva kayas Positive
- 5) Increased Vata and Kapha Dosha Positive
- 6) Rooksha in Outside Positive
- 7) Snighdha inside Positive

Assessment Criteria

Sr no.	Subjective Symptoms	Parameters	Gradation
1.	Kandu(Itching)	No Itching	0
		Relieve spontaneously	+1
		Relieve by Itching	+2
		Disturbs Routine	+3
		Require medication	+4
2.	Vaivarynya (Discoloration)	Normal	0
		Colour Light Brown	+1
		Brick Brown	+2
		Dark Brown	+3
		Black Brown	+4
3.	Sraav(Discharge)	No	0
		Discharge Occasionally	+1
		Discharge Discharge on Itching	+2
		Relieve spontaneously	+3
		Not at all relieve	+4
4.	Vedana(Pain)	No	0
		Pain Occassionally	+1
		Pain Mild pain on touch	+2

		Mild to mod Pain	+3
		Severe Pain	+4
5.	Rukshata(Dryness)	No scratch/imprint after scratching	0 +1
		Mild scratch/imprint after scratching	+2
		Scaling on every scratch	+3
		Scratching causes eruption	+3
		Spontaneous eruption on scratching of skin	+4

Nidan Panchak

- 1) Hetu-Atiambupana, Atimansahar sevan, Divasvap, Avyayam, Dadhisevan, Vishamashan, Sheet bhojan, Paryushit Ahar.
- 2) Poorvyaroop- Tvakrukshata
- 3) Rupa- Tvakrukshata, Shirpradeshi Pitikotpatti, kandu, Dakshin pad & Uru pradeshee kandu, tvakvaivarnya,
- 4) Upashaya – Upshayanugami

5)Samprapti-

Hetusevan



Kledavridhi



Tvak, Rakta , Mansa Dusti



Tvakpradeshi Dosha adhisthan



Tvakvaivarnya, Kandou , Rukshata, Sraav

Treatment Protocol**A)NIDANPARIVARJAN**

Procedure	Medicine	Days	Rationale	Remarks
1)Pachan	Triphala, Musta, Guduchi, Kashay (20ml,Apanakali)	5	Rukshan Kashay for the Aampachan	Itching and Dandruff of Scalp reduced.
2)Abhyang, Usmasveda	Tiltail and Nadisveda	2	Swedana for Vilayana and Vishyandana for Dosha	Itching and Thickening of skin reduced.
B) SHODHAN 1) Sadhyovirechana	Triphala kwath 50 ml and Erand Sneha 50 ml	1	Shodhana (No of Vegas- 5)	Significant Reduction in itching and peeling of skin
2)Sansarjankrama	Peyadi karma	2	For Agnideepan	Agni improved
C)SHAMAN	Guduchi Sariva Kwath 20 ml BD, Cap Finbid 1 BD	20	Kusthaghna Karma Varnya Karma	Reduction in itching at Scalp region upto 70% & at thigh region upto 50%
D)RASAYAN Sthanik Abhyang	Arogyavardhini vati 250 mg, 1 BD Karanj Tail +Karpur	45 40	Do kusthaghna karma in all Kustha if given for 42 days	Reduction in itching at thigh region upto 70% & in discoloration upto &70%. Complete reduction in itching

Overall assessment with WHO gradations Of Psoriasis

Sr no	Parameteres	Before Treatment	After Virechan	After Shaman & Rasayan
1.	Kandu(Itching)	4	2	0
2.	Vaivarynya (Discoloration)	3	3	1
3.	Sraav (Discharge)	2	1	0
4.	Vedana (Pain)	3	1	0
5.	Rukshata (Dryness)	4	1	0

DISCUSSION

The condition was approached and managed with the line of management of *Kustha*. After Examining the signs and symptoms, vitiated *Dosha* are *Vata* and *Kapha*, Here *Rukshan* is given by *Triphala*, *Guduchi*, *Sariva*, *Musta*. Here Decoction made of all these *dravya* and is given for *pachana karma*. among these *dravyas* *Triphala* having Properties of *Laghu* (light), *ruksha* (rough), *tikshna guna* (hot potency), which alleviates *tridosha* and purifies *rakta*; it has the property to alleviate skin diseases.^[7] *Guduchi* having properties of *Katu rasa*, *Madhur vipaka*, *Kusthaghni*.^[8] *Musta* is also *Katurasatmaka*, having properties like *Deepana pachan*.^[9] After *Pachan*, *Snehan* and *swedana* is done. Then *Triphala kwath* 50 ml and *Erand sneha* 50 ml administered in the early morning as a purgative medicine. *Virechana* is the shodhan karma useful in *Raktadusti*.^[10] After *Shodhana* Therapy, Special diet pattern adopted for 3 days, starting from light diet to normal diet as per *Peyadi krama*. It is for *agnideepana karma*. After *Shodhana* and *Sansarjana krama* internal medicines were given like *Guduchi Sariva kwatha* for 20 days. Both having *Kusthaghna* and *Raktaprasadak* properties.^[11] In *Shaman Aushadhi* Cap *Finbid* (zoetic) also given for 20 days. It contains *Shuddha Parad*, *Shudha Gandhak*, *Shudha Hartal*, *Shudha Vatsanabh*, *Shudha Tankan*, *Tamra Bhasma*, *Marich*, *Jatamansi*, *Sariva*, *Manjistha Ghana*, *Nisha*, *Yastimadhu*. *Finbid* modulates Immune response to combat autoimmune skin disorders. Antiallergic, anti-inflammatory, properties of *Finbid* controls itching and heal wound/scales associated with various dermal infections. Also *Arogyavardhini* is given for 40 days as *Naimittik Rasayan*. It is useful in all types of *Kustha* and treat every *Kustha* if given for 42 days.^[12] *Karaja tail* with *Karpur* was given for local application. *Karanja* is *Katurasatmaka teekshna ushna dravya* and having *Kusthaghna* property and *Karpur* having *Lekhan*, *kaphaghna* property.^[13] so it Reduces *Kleda* and itching at that lesion.+

RESULTS

The assessment was done with the help of photographs of the lesions and Gradation of Psoriasis by WHO before and after treatment. It was found that after *Rukshan* there was 50% decreased in itching and dandruff of scalp region. After *Virechana* *Kandu* was decreased by 4 to 2, *Tvakvaivarnya* by 3 to 1, *Sraav* by 2 to 1, *Vedana* by 3 to 1 and *Rukshata* by 4 to 1. After *Shaman* and *Rasayan* *Kandu* was Decreased by 4 to 0, *Vaivarnya* by 3 to 1, *Sraav* by 2 to 0, *Vedana* by 3 to 0 and *Rukshata* by 4 to 0.



1) Before Treatment



2) After Virechan
3)



4) After Shaman



5) After Rasayana

CONCLUSION

The holistic approach by *Ayurvedic Shodhana* and *Shaman and Rasayan Chikitsa* is Helpful in the treatment of Psoriasis. *Acharya* had mentioned that in case of *Kustha* as *Raktapradoshaj vyadhi* In order to reduce *Raktadusti*, *Virechana* is very helpful. If there is use of *Shaman Aushadhi* after *Shodhana* they give best results. This case study demonstrates that *Ayurveda* treatment may be gives healthy life by improving the immune system of individual. Purifactory measure help to remove the root cause of the disease and prevent the disease from its reoccurrence. Combined effects of *Nidanparivarjana*, *Shodhana*, *Shamana*, and *Rasayan* are helpful for complete relief. Though a single case study may not be sufficient enough to prove significance of any treatment but gives us an idea for line of treatment in such cases.

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