

**“VAJRAK GHRUT” AN EFFECTIVE REMEDY IN MANAGEMENT OF CHARMA  
KUSHTHA (LICHEN PLANUS)****Dr. Rashmi Payasi\*<sup>1</sup> and Dr. Rahul Sharma<sup>2</sup>**<sup>1</sup>Associate Professor, Department of Kaya Chikitsa, Veena Vadini Ayurved College & Hospital, Bhopal.<sup>2</sup>Assistant Professor, Department of Rasashastra and Bhaisajya Kalpana, SAM College of Ayurvedic Sciences and Hospital, Bhopal.**\*Corresponding Author: Dr. Rashmi Payasi**

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**ABSTRACT**

Ayurveda, the science of life, evolved from the quest of man to have happy life. The main Aim of Ayurveda is maintaining health of healthy person and curing the diseased ones. These principles even prove true in today's modernized culture. Ayurvedic medicines are often considered effective for chronic and lifestyle disorders. Hypertrophic Lichen Planus (HLP) is a rare inflammatory skin condition and develops into squamous cell carcinoma in few cases. It has resemblance with Charma Kushtha mentioned in Ayurvedic classics. All skin diseases in Ayurveda are termed as Kushtha. Charma is one of the type of Kshudra-Kushtha. It is considered as Chirkari Vyadhi of Raktavahastrotodushti. Vajrak Ghrut is an Ayurvedic medicine, in herbal ghee form. This medicine has ghee as its base. It is used for preparatory procedure for Panchakarma and also as medicine, used in the treatment of Lichen Planus, Herpes, fever, liver diseases etc.

**KEYWORDS:** Ayurveda, Vajrak Ghrut, Kushtha, Kshudra Kushtha, Charma Kushtha, Lichen Planus.**INTRODUCTION**

Ayurveda, the ancient system of traditional medicine have classically described the code of conduct for commencement of healthy life. These principles even prove true in today's modernized culture. Ayurvedic medicines are often considered effective for treating chronic & lifestyle related diseases and few of them have been systematically evaluated for treating chronic illness. In Ayurveda, almost all skin diseases are explained under the spectrum of Kushtha and they are classified as Maha Kushtha & the Kshudra Kushtha. As per Acharya Charaka, the vitiation of Dosha's i.e. Vata, Pitta & Kapha along with Twacha, Rakta, Mamsa & Lasika have major role in pathogenesis of Kushtha. Among the Kshudra Kushtha, Charma Kushtha is dominant of Vata & Kapha Dosha. In Charma Kushtha, skin over the patch becomes thick like the skin of elephant. The Charma Kushtha can be correlated with Hypertrophic Lichen Planus due to similarity in signs & symptoms.

Charma Kushtha can be correlated with Lichen Planus of modern science. Lichen Planus is common pruritic, inflammatory disease of skin, mucous membranes and hair follicles. It occurs throughout the world, in all races. It may be familiar in 1 to 2% of the cases. Uses of antibiotics, corticosteroides, NSAID'S are the only options available in modern science for treatment of Lichen Planus which has lesser effects with untoward

side effects. Such suppressive treatment and excessive exposure to steroids have taken its toll on psychological well being of the patients. Besides studies have proved that relapse of the disease is almost always inevitable, unpredictable and traumatizing not only to the patient but to the health professionals as well.

In such scenario Ayurveda stands out to be the ultimate option as an effective remedy for the disease. The classical beauty of Ayurvedic therapy is to treat the disease from its root. For the same Ayurveda insist of the Shodhan therapy like Vaman, Virechan. Undoubtedly these procedures help as Shodhan in treating Charma but unwillingness or non fitness of the patients demands for palliative or Sanshaman Chikitsa for management of Charma Kushtha. Charma Kushtha is a Vata - Kaphaj type of Kshudra - Kushtha. Ghruta is said to be best in the treatment of Vataj Kushtha and it is said to be Tridoshashamak as well. Furthermore Vajrak Ghrut is effectively used in management of various skin diseases since several years.

**Definition of Kushtha**

The one which disfigures the body is Kushtha. The disease in which there is discolouration of skin, putrefic changes (Kushnati) happens in skin after a long period of time, such disease is Kushtha.

**Vyutpatti**

The word Kushtha is derived from the root 'Kush Nishkarshe' i.e 'to tear' or 'to expel' with suffix k-than (Unadi Kosh). It means that which definitely despises and disfigures the body and body tissues is called Kushtha.

**Etiopathogenesis (Samprapti)**

Acharya Charaka described the seven Dravyas, involved in the Samprapti, which are Vata, Pitta, Kapha, Tvaka, Rakta, Mansa and Lasika (Ambu). Charaka has emphasized the dual part played by Nidana i.e simultaneous vitiation of Tridosha and also Shaithilyata in the Dhatus such as Tvaka, Rakta, Mamsa and Lasika. Thus the vitiated Tridosha gain momentum to vitiate Shithila Dhatus and hence the disease Kushtha gets manifested.

Acharya Sushruta described that Doshaja Hetus leads to aggravation of Pitta and Kapha which reaches the obliquely moving channels further aggravates and scatters them all around towards the external passage, wherever scattered Dosha moves patches appear thus Dosha started in skin further increases and if not treated, goes inwards vitiating Dhatus.

**Classification**

Kushtha is described as 'Tridoshaja Vyaadhi'. Every type has a particular Dosha predominance. Charaka classified Kushtha in to seven, eighteen or Innumerable (Aparisankheya) types. Mainly Kushtha is divided in to Mahakushtha and Kshudrakushtha.

	CHARAKA	SUSHRUTA	VAGBHATA	MADHAVNIDAN
<b>Maha Kushtha</b>	1. Kapal	1. Kapal	1.Kapal	1.Kapal
	2. Udumber	2.Udumber	2.Udumber	2.Udumber
	3. Mandala	3.Rishyajivha	3.Mandala	3.Mandala
	4. Rishyajivha	4.Pundarika	4.Rishyajivha	4.Rishyajivha
	5. Pundarika	5.Kakanak	5.Pundarika	5.Pundarika
	6. Sidhma	6.Aruna	6.Dadru	6.Sidhma
	7. Kakanak	7.Dadru	7.Kakanak	7.Kakanak

	CHARAKA	SUSHRUTA	VAGBHATA	MADHAVNIDAN
<b>Kshudra Kushtha</b>	1.Ekakushtha	1.Ekakushtha	1.Ekakushtha	1.Ekakushtha
	2.Charmakushtha	2. Kitibha	2.Charmakushtha	2.Charmakushtha
	3.Kitibha	3.Charmadala	3.Kitibha	3.Kitibha
	4.Vipadika	4.Pama	4.Vipadika	4.Vipadika
	5.Alasaka	5.Vicharchika	5.Alasaka	5.Alasaka
	6.Dadru	6.Visarpa	6.Dadrumandala	6.Dadru
	7.Charmadala	7.Parisarpa	7.Charmadala	7.Charmadala
	8.Pama	8.Sidhma	8.Pama	8.Pama
	9.Visphota	9.Rakasa	9.Visphota	9.Visphota
	10.Shataru	10.Sthula	10.Shataru	10.Shataru
	11.Vicharchika	11.Arushka	11.Vicharchika	11.Vicharchika
	12. Kachhu		12. Sidhma	12. Kachhu

**Ayurvedic Approach In Lichen Planus**

This condition is considered as a variety of Kushtha (skin disease) resulted from Dooshi Visha or accumulated toxins. Regular exposure to unwholesome food, activities, chemicals and other toxins gradually affect proper functioning of digestive fire or Agni. Result of impaired digestion is the production of Ama or partly digested food. This achieves toxic nature and accumulates in the body. Toxic Ama is absorbed and transported through subtle channels of body or Srotas. Due to the less potency this toxins doesn't result in immediate death of the person. After getting accumulated in some part of the body it manifest in to symptoms when favorable factors are available. Toxins get covering by Kapha and thus it can resist from body mechanisms of digestion or excretion. In the case of Lichen Planus, Ama get deposited in the skin or mucous membrane. Gradually this affect Vata, Pitta and Kapha

components of skin and gradually manifest in to symptoms. Even though all the three Doshas involve in the pathogenesis, Pitta and Kapha dominate in Lichen Planus. Due to the treatments or other factors, this disease may subside for some time. Practice of unwholesome food, activities etc will again trigger pathogenesis and finally resulting in the new episode of the disease.

**Charma kushtha**

Charma Kushtha is a type of skin disease mentioned in Ayurveda under the classification of Kshudra Kushtha. The classical sign of Charma Kushtha is thickening of the skin like the skin of an elephant. It is verrucous lichenification of skin and usually develops in patients with psoriasis, dry eczema, and Lichen Planus.

### Definition of Lichen Planus

Lichen Planus is a common, chronic recurrent skin or mucosal rash with gradual or sudden onset. It is very rare in young and very old. In some, condition may limit itself within months or years. Prevalence rate is less than one. Real cause is not discovered. Since this is considered as an immunologically mediated disease complete cure is difficult. Only rare cases of Lichen Planus become severe. But continuity and worsening of symptoms or change in appearance of lesions of skin and mouth deserve attention and medical intervention. Many lichenoid skin lesions resemble Lichen Planus and biopsy confirmation may be required for the accurate diagnosis. This helps to make differential diagnosis of persistent vaginal or oral Lichen Planus from precancerous whitish plaques called leukoplakia.

### Causes

Exact cause is unknown. But it may be present with many conditions of immunological compromise such as vitiligo, primary biliary cirrhosis, exposure to certain chemicals and alopecia areata.

### Symptoms

- Lichen Planus can manifest symptoms on skin, mucous lining, genitalia, nails and scalp.
- While affecting mucosal lining, it may produce symptoms on mouth such as bluish white spots on the sides of the tongue, gums and inside of the cheek.
- When skin is affected, lesions will be itchy and single or clustered. In appearance it will be shiny or scaly with sharp border.

### Signs

**Lesion** – Small, Violaceous and Flat topped, Polygonal papules.

**Color** – Initially Erythematous, Chronic Violaceous, Resolving Hyperpigmented.

**Resolving** - Hyperpigmented

**Surface/Texture** – Glistening, Dry, Scant adherent scales, Presence of wickamstriae.

**Common Sites** – Flexor, wrist, trunk, medial thigh, shin, dorsal hands and glance penis.

### Types

1. Annular
2. Hypertrophic
3. Ulcerations

### Vajrak Ghrut

Vajrak Ghrut is an Ayurvedic medicine, in herbal ghee form. This medicine has ghee as it is base. It is used for preparatory procedure for Panchakarma and also as medicine, used in the treatment of Lichen Planus, Herpes, fever, liver diseases etc.

### Uses and Synonyms

#### Vajrak Ghrita Benefits

It is used as medicine and also in preparatory procedure

called Snehakarma for the treatment of herpes, fever, liver diseases and skin diseases.

**Synonyms:** Vajrak Ghrita, Vajrak Ghritam.

**Effect on Tridosha** – Calms Pitta.

### Vajrak Ghrutam Dosage

As medicine – Quarter to half teaspoon with water, usually before food, once or twice a day.

### Principle

In this herbal ghee, the herbs are infused in the medium of ghee along with herb water decoction. Then the solid waste herb materials are filtered out. Thus, this herbal ghee contains oil soluble and water soluble phyto-active principles of medicinal herbs.

### Management

Treatment of Kushtha including all type Kushtha consists of purification therapy (Samshodhana), internal and external administration of the drug (Samshamana). Dietary and lifestyle modification also play an important role in the management of Kushtha. The patient was suffering from a Kapha-Vata dominant Kushtha complicated with a Vranam (verrucous lesion). Success of a holistic treatment greatly depends on the total cooperation of the patient. Ayurveda being a holistic treatment modality it deserve same cooperation for good results. Treatment mainly aims purification of the body, achieving healthy digestive fire, cure of symptoms remaining and rejuvenation of body.

1. To detoxify the system by Sodhana or Panchakarma procedures.
2. To correct functioning of Agni and thus to prevent further generation of Ama.
3. To pacify the symptoms (Samana oushadhas or medicines of alleviation)
4. Rasayana or Rejuvenating medicines

### Probable Mode of Action of Drug

In the Samprapti of Charma - Kushtha Vata and Kapha Doshas are predominant. Rakta, Mamsa, Meda and Lasika are the Dushyas which get affected by the vitiated Doshas. Rasadhatu is also affected because it stays by the Aashray of Twacha.

The contents of Vajrak Ghrut are Tikta, Katu predominant which leads to Agnideepan. Jatharagnimandya and Dhatvagnimandya are the two prime causes for birth of the any disease. Charma - Kushtha is not an exception for it. Agni Deepana by Vajrak Ghrut helps to relive Jatharagni and Dhatvagnimandya which leads to the formation of good quality of Rasa - Rakta Dhatu. It is Kaphagna, therefore digests the abnormal Kleda, Meda, Vasa, and Lasika as a result Kandu is eliminated. It performs the action of Lekhana thereby clearing the obstacles present in the Strotas. Excessive sweating is reduced by constricting

Swedawaha Strotas. Nourishment of Twacha and Mansadhathu is encouraged.

The Sheet Virya of Vajrak Ghrut aids Raktaprasadana. Vivarnya is also corrected due to its Varnya, Rakta and Twakprasadana Guna. It is Saptadhathu Vardhaka. The Snigdha Guna of Vajrak Ghrut destroys the Rukshata caused by vitiated Vata. Hence signs and symptoms like Parushata, Rukshata and scaling are significantly reduced. Madhur Vipak of Ghrut also pacifies Rukshaguna. The Laghu Guna of Vajrak Ghrut leads to Kapha Shaman, Lekhana of Mansadhathu and absorption of Kleda. It is responsible for Strotovivaran and Strotogamitva which aids Swedawahana. The Sukshma and Strotogamitva of Vajrak Ghrut increases its overall performance in reducing Charma Kushtha in a short span of time. Wherever the severity is increased because of Koebners phenomenon, the Laghu Guna and Tikta Rasa aids Vrana Ropan.

Modern science accepts significance of psychological factor in aggravating skin diseases. The efficacy of Ghrut in Manas Vyadhis is unchallengable. Thus explains the role of Vajrak Ghrut in taking care of the psychological wellbeing of the patient is well established.

## CONCLUSION

Lichen Planus is a common, chronic recurrent skin or mucosal rash with gradual or sudden onset. With the participation of Rasayandravyas like Guduchi, Haritaki and Amalaki in the preparation of Vajrak Ghrut, it can be postulated that it could have played an effective role in the establishment and maintenance of immunity of patient as skin diseases are primarily immuno compromised. Thus to sum up Vajrak Ghrut to be an efficient remedy in treatment of Charma Kushtha (Lichen Planus).

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