

AYURVEDIC MANAGEMENT OF RAKASA W.S.R.TO ALLERGIC DERMATITIS- A CASE STUDY

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Article Received on
21 Dec. 2018,
Revised on 11 Jan. 2019,
Accepted on 01 Feb. 2019
DOI: 10.20959/wjpr20192-14192

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ABSTRACT

Sushruta Acharya has explained severity of the *Kushtha* or skin disease that it does not leave the patient in his next birth-life also. Now a day's *viruddhahara* is main etiological factor of patient's life, it may be *Desha, Virya, Krama viruddha* etc. These play important role to vitiate *Rasa-Rakta-Mansa dhatu*. These helps in *Kushtha samprapti*. Modern Medicines give very fast relief in such conditions but comes with a lots of side effects and later with recurrence of the disease. This case study is about a patient of such severe skin disease. A 58 Years old male patient gradually developed itching on face, rough skin lesions over hands, legs, back and discharge over the period of 3 years. He was found to have allergy from congress grass (*Parthenium hysterophorus*).

He took treatment from allopathic physician with temporary relief and recurrence of the condition timely. He was treated in Parul Ayurved Hospital with diagnosis as *Raksa*. Panchkarma was done followed by *shaman aushadhi*. A good relief was found which later increased faith of patient in *Ayurved*.

KEYWORDS: *Raksa, Kushta, Allergic dermatitis, Snehapana, virechana, shaman.*

INTRODUCTION

Skin is the largest organ of the body and provides immediate barrier between the internal tissues and environment.^[1] Skin also contains elements of the innate and adaptive immune

systems which allows it to actively fight infections. Unhealthy life style involving tobacco, alcohol, consumption of diet rich in highly saturated fats, sugars and salts results in the development of the skin diseases. The immunological pathway plays important role in development of Allergic contact Dermatitis. It occurs only in a small percent of patients exposed to the Antigen. It may not develop on first exposure.

Here ACD is a type 4 reaction to exogenous contact antigens. The processed antigens then interacts with sensitized Lymphocytes which are stimulated to multiple and to secrete Cytokines which can cause skin injury.^[2]

Here causative agent is Parthenium. The source is Air born exposure generally Face, supra-orbital crease, Retro-auricular area, Neck, cubital and polpital fossa.^[3] Here Patch testing confirms the cause of the allergic dermatitis. In Allopathic management Topical cortico steroids and short course of oral corticosteroids, Azathropine are used.^[4] But it gives only temporary relief. In *Ayurveda*, almost all skin disease can be taken under generalized term “*kushta*.” *Kushta* occurs due to the aggravation of *Tridosha* especially the *Kapha Dosha*.^[5] *Mithyaahara* and *Vihara*, vitiate the *Tridosha* which leads to the *Rasa*, *Rakta*, *Mamsa* and *Lasika dushti*. *Kapha* predominance can be seen by the presence of severe itching as the main symptom. Vitiating of all the three *Doshas* followed by affliction of *Twak*, *Rakta*, *Mamsa* and *Lasika* leads to *Kushta*. These seven are called as *Sapta Dravya Sangraha*.^[6] No *Kushta* can manifest with the involvement of a single *Dosha*. With signs and symptoms here this condition can be correlated with *Sushrutokta Rakasa*. *Raksa* is characterized by severely itching (*Kandu*) *pitika* with no secretions. In *kushtha chikitsa shodhan* plays an important role. *Kushth* is one of the *Bahu-doshavastha vyadhi*. *Sushrutacharya* has advised *virechan* in every month in *kushtha*.^[7] Present study is about classical *virechana* followed by *shaman*. Results were astonishing. The study helps to understand importance of *Ayurveda siddhant*.

CASE REPORT

A 58 year old male patient came to Parul Ayurved Hospital institute with complaints of.

- Itching over whole body.
- Rough skin lesions on hands, legs and back.
- Blood-watery through the lesions
- *Daurbalya*
- *Annanabhilasha*

Symptoms have no relief with any medications. Initially discharge was absent with secondary infection watery-bloody discharge started.

Past History

Allergy to congress grass (*parthenium hysterophorus*).

Three times disease occurred with the same contact.

No H/O - DM/HTN, Accident, Operation

No F/H/O-Any skin Disorder

Habit- Intake of non vegetarian food, oily and junk food, chewing gutkha, having alcohol and smoking.

On Examination

- General Condition-Moderate
- Pulse rate-94/min
- BP-130/80mm of Hg
- Weight-62kg
- *Mala- Vibandh*
- *Mutra-Regular*
- *Nidra-Disturbed*
- *Kshudha-Samyaka*
- *Jiwha-Sama*

Local Examination

Shape – Spread all over the body

Size – Multiple patches, no specific size.

Colour- Reddish

Odour- Occasionally Foul smell

Secretion-Present

Elevation- Absent

Inflammation –Absent

Pain –Absent

Tendency to bleed- No

Hard / Soft- soft

Loss of sensation -No

General Examination

Respiratory System- AEBE- Clear B/L.

Cardiovascular System- S1 –S2 heard with no added sound.

CNS- All superficial reflexes are intact.

GIT- NAD.

SAMPRAPTI GHATAK

- *DOSHA-KAPHA PRADHAN VATA*
- *DUSHYA-RASA, RAKTA, MANSA, AMBU*
- *SROTASA-RAKTAVAHA SROTAS*
- *SROTO-DUSHTI TYPE-SANG*
- *AMA-SAMA*
- *UDHBHAVSTHANA- AMASHAYA*
- *VYAKTI STHANA-SHAKHA*

MANAGEMENT

When patient came for admission he was having severe symptoms so for 1st wk shaman treatment was given using drugs mentioned in Table no -1. All pathya-pathya were explained to the patient (Nidan parivarjana)

Table no-1: Line of Treatment.

Sr no	Drugs	Dose (After food with Luke warm water)
1	<i>Panchtikta-ghrita Guggulu</i> (250 mg each)	2-2-2
2	<i>Phalatrikadi kwatha</i>	80ml twice a day
3	<i>Jatamansi choorna</i>	5gm thrice a day
4	<i>Panchvalkal kwath</i>	Snanaartha

Table no-2: With some symptomatic relief *shodhan chikitsa* was started For *Snehapana* with *Panchtikta Ghrita* was used.

Days	Dose (For <i>Anupana</i> Luke warm water for whole day) daily at 6.30- 7am.	<i>Kshudha pravartana</i>
Day1	30ml	10.00 am
Day 2	50 ml	12.00 am
Day 3	70 ml	2.30 pm
Day 4	110 ml	4.30 pm
Day 5	150 ml	6.00 pm

After achievement of *samyaka sneha lakshanas* - *Abhyanga* with *Nimba Taila* followed by *Aatap Sewana* was done for 3 days.

For *Virechana*- *Ichhabhedhi rasa* (4 tablets) + *Triphala Kashaya* (200ml) was used
Anupana- *shita jala* for the whole day

Table no-3: Observation during *virechan Chaturvidh Shuddhi*.

<i>Vegiki</i>	<i>Hina shuddhi (10 vegas)</i>
<i>Lengiki</i>	<i>Uttam</i>
<i>Manki</i>	-
<i>Aantki</i>	<i>Kaphante</i>

Samsarjana karma (Mudga yush pradhan) was advised only for 3 days

Before Treatment



After Treatment



SHAMAN CHIKITSA

Table no 4: Selection of Medicines.

Date	Treatment / formulation	DOSE	LAKSHANA
6/10/17	<i>Panchtikta Ghrita Guggulu</i> <i>Manjisthadi Ghan Vati</i> <i>Aarogya Vardhini Vati</i> <i>Panchvalkal Kwath</i> <i>Nimb taila</i> <i>Panchtikta ghrita</i>	2-2-2 2-2-2 2-2-2 <i>SNANARTH</i> <i>Abhyanga</i> 10ml- <i>Rasayan kala</i>	Itching over whole body+++ Rough skin lesions on hands, legs and back+++ Blood-watery through the lesions+++ <i>Daurbalya</i> +++ <i>Annabhilasha</i> +++
1st follow up- 30/10/17	<i>Yathavat</i>	Same above	Itching over whole body++ Rough skin lesions on hands, legs and back+++ Blood-watery through the lesions+ <i>Daurbalya</i> + <i>Annabhilasha</i> -absent
2 nd follow up	<i>Yathavat</i>	Same above	Itching over whole body+ Rough skin lesions on hands, legs and back+ Blood-watery through the lesions-absent <i>Daurbalya</i> -absent
3 rd follow up	<i>Yathavat</i>	Same above	Itching over whole body-absent Rough skin lesions on hands, legs and back+ Blood-watery through the lesions-absent

DISCUSSION

Kushtha is one of the most chronic disorder as described in the *Ayurved*.^[8] As mentioned by *Acharyas* line of treatment of *kushtha* includes, *Snehapana*, *vaman*, *Raktamokshana*, *Virechana*, *Naysa* etc.

1. *Panch-tikta Ghrita*^[9]- in this medicine 100% drugs are Tikta Rasatmak. These drugs are Kandughna, Kaphagna and Kledanashak. With the 1st day of snehapan patients get mild relief in symptoms.
2. *Snehapana*^[10]- this procedure helps for *dosha-utklesha* which is main factor for *doshagati* from *shakha* to *koshtha*. With increasing amount of *snehapana* *pitta-kapha pradhan doshas* move towards *Amashaya*. The success of Shodhan procedure depends upon properly done snehapana.
3. *Atap-svedana*^[11]- *Kushtha* is contraindicated for *svedana karma* as it is *kledapradhan vyadhi*. *Sagni sweda* aggravates condition. Before *shodhana swedana* helps to melt all

vitiated *doshas* in their respective *sthanas* and help them move towards *koshtha*. For this *Atapa sweda* which is a type of *Niragni sweda* can be done in *kushtha*.

4. *Virechana-Virechana* acts mainly upon *Pitta dosha*. *Pitta* has *Ashrayashrayi bhav* with *Rakta*. *Rakta* and *Rasa* are main *Dushita dushyas* of *Kushtha*. Here all vitiated doshas collected in *Koshtha* are removed in *virechan* procedure. it is said that if *Amashayastha Vaikarik pitta* is expelled it pacifies *Sarva-sharir pitta* too.^[12]
5. *Panchtikta Ghrita Guggulu*^[13]- this drug is again *Tikta rasa pradhan*, acts as *Raktsdosha pachaka* and later *Rakta prasadak*. Here *guggulu* acts as a vehicle for these drugs which enters into *sukshma* channels. Gives instant relief in *kandu pradhan lakshanas*.
6. *Manjisthadi Ghan Vati*^[14]- *Vati* prepared with *Laghu Manjishthadi kwatha*. *Manjishtha*, *Triphala*, *Tikta*, *Vacha*, *Daru*, *Nisha*, *Amruta*, *Nimba* etc are mainly *Vata* and *Rakta* *nashaka*. All medicine have *Kushthaghna* properties.
7. *Aarogya Vardhini Vati*^[15]-main contents are *Kajjali*, *Loha*, *Abhraka*, *Tamra*, *Shilajit* and equal proportion of *Tikta choorna* etc with *Bhavana dravya* of *Nimbakwatha*. This drug acts miraculously in *kushtha* for *Mandal-din sevan*. *Tri-doshghna* in nature.
8. *Panchvalkal Kwath*^[16]- These *Nagryodadhi dravyas* are *kashay-rasa pradhan*. Acts as *kledashoshan*. Give very fast symptomatic relief when used externally
9. *Nimb taila*^[17]-*Acharya Sharangdhara* has indicated it in *Palitya chikitsa*. Used externally in *Patient*. Gives symptomatic relief with its *kushthaghna* property.

CONCLUSION

This case is a documented evidence for the successful management of *pitta-kapha Kushta* vis-à-vis through *Shodhana* and *Shamana Chikitsa*. Here in *shodhana chikitsa* vitiated *kaphadi doshas* are expelled out which may play important role in lowering the immunity of patient. This is one among the relapsing type of skin disease so patient was advised to follow *Pathyapthya* like *Ahara*, *Vihara*, *Achara*, *Vichara*. Repeated *Shodhana* as per classics in accordance with *Dosha*, *Kala*, *Agni and Desha* etc., should be administered to control the frequency of recurrence and further spread.

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