

AN AYURVEDIC APPROACH TO THE MANAGEMENT OF PITTA PREDOMINATING TWAKA VIKAARA: A CASE REPORT

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ABSTRACT

Skin is one of the most important organ of the body because it protects the internal organs from deleterious environmental influences. Biological agents which includes a variety of infecting or infesting organisms which can thrive on the skin and produce diseases. Some individuals may be born with a defective ability to protect themselves and such individuals succumb to the environmental agents more easily and more frequently than the others. According to *Ayurveda* science the concept of skin diseases is very different. All types of skin diseases are consider as *Kushtha roga*. All the skin diseases are associated with the simultaneous vitiation of all the three *doshas*. But the symptoms represents of predominating *doshas* respectively. In this case A 25 years old female patient came with chief complaints of severe itching,

burning sensation and hyperpigmented nodular changes at both upper and lower extremities since 04 months. She also told that the points are scratched by the nails or any other sharp objects which used for itching by her. For this she had taken some home remedies but not found any relief, In this case the main cause of *twaka vikaara* is vitiation of *pitta dosha* in predominantly also vitiation of *vaata*, *kapha doshas* and *rakta dushti* in subsidiary. So our line of treatment is alleviation of *pitta*, *vaata* and *kapha doshas* respectively and also blood purification. After 1month of medication about 80% of symptoms subsided on the basis of changes in skin appearance before and after treatment.

KEYWORDS:– Skin diseases, *Kushtha roga*, *Paittika twaka vikaara*, *Shamana chikitsa*.

INTRODUCTION

Skin is one of the most important organ of the body because it protects the internal organs from deleterious environmental influences. No individuals can survive if the skin is not intact. The environmental agents which can influence the skin can be categorized into; Physical agents, Chemical agents, Biological agents etc. Biological agents which includes a variety of infecting or infesting organisms which can thrive on the skin and produce diseases. The skin has several inbuilt mechanisms for interacting with the environmental agents and most of times the skin is able to protect itself from these agents.^[1] Some individuals may be born with a defective ability to protect themselves and such individuals succumb to the environmental agents more easily and more frequently than the others.

The etiopathogenesis of skin disease therefore is based on interaction between the nature and the intensity or the environmental agents and the ability of the individuals to protect himself from these influences. The protective ability on an individual is influenced by a variety of factors which include genetic defects, nutritional deficiencies, poor hygiene, over-crowding, co-existence of other diseases and intake of certain drugs.^[2]

According to *Ayurveda* science the concept of skin diseases is very different. All types of skin diseases are consider as *Kushtha roga*. The main cause of *kushtha rogas* is faulty diet, behaviour particularly, eating heavy, incompatible, unsuitable, and wholesome items and also take during indigestion. Taking dip water after having been heated by sunlight exposure, fire etc. Due to all these cause suddenly increased *vaata dosha* carrying aggravated *pitta* and *kapha dosha* reaches the obliquely moving channels further aggravates and scatters them all around towards the external passage. Whenever scattered *doshas* moves patches appear thus *doshas* started in skin further increases and if not treated, goes inwards vitiating *dhatu*s.^[3] All the skin diseases are associated with the simultaneous vitiation of all the three *doshas*. But the symptoms represents of predominating *doshas* respectively.^[4]

AIMS AND OBJECTIVE

To describe the efficacy of *ayurvedic* management for *pitta* predominating *twaka vikaara*.

MATERIALS AND METHODS

Place of study- Govt. auto. Dhanwantari Ayurvedic Medical College, Ujjain, M.P.

CASE REPORT

A 25 years old female patient came at OPD of kaya-chikitsa department of Dhanwantari Ayurvedic Hospital, Ujjain (M.P.) with OPD registration no.15687 belongs to Ujjain, on 08 September 2020 with chief complaint of severe itching, burning sensation and hyperpigmented nodular changes at both upper and lower extremities since 04 months. She also told that the points are scratched by the nails or any other sharp objects which used for itching by her. For this she had taken some home remedies but not found any relief, thus she came to Dhanwantari Ayurvedic Hospital, Ujjain.

Personal history

Name-xyz,

Age/Sex-25Y/F,

Marital status- Married,

Occupation-House wife,

Bala - Madhyam,

Addiction-None,

Sleep-Less,

Appetite-Less,

Dietary Habbits-Very hot and spicy food, some times taking fast food.

Past history: H/O hyperacidity since 05 months with disturbed sleep and less appetite.

Drug history, Allergic history, Surgical and Family history was not significant.

On general examination- Pallor-absent,

Icterus-absent,

Cyanosis -absent,

Clubbing-absent,

Lymph node-not palpable,

Oedema-absent,

B.P.-110/70mm of Hg,

Pulse-78/min,

RR-20/min,

Temp.-98.6F

Diagnosis: Based on clinical presentation.

Treatment

Sr. no.	Drugs	Dose	Anupana
01.	<i>Pancha-nimba churna</i>	02grams BD	With normal water ; after meal
02.	<i>Kamdudhaa rasa</i> <i>Shankha bhasma</i> <i>Muktashukti bhasma</i>	125mg 250mg 250mg x BD	Mix of three <i>rasa aushadhi</i> , after that take with honey/milk cream, empty stomach
03.	Trishodhaka kwatha	20ml BD	With equal amount of water; after meal
04.	Oint. Imupsora	L/A	2-3 times in a day on affected area
05.	Tab.Sooktyn	2BD	With water ; empty stomach

Pathya: Take 200ml luke warm water on empty stomach in morning, Sleep after 03hours of dinner.

Apathya: *Amla rasa* (sour), over consumption of salt, Tea, Coffee, *Teekshna*, Spicy, *Pitta-vardhaka ahara*, Heavy meals, *Diwaswapna*, *Ratrijagrana*, Sleep just after meal.

RESULT

After 1month of medication about 80% of symptoms subside. Itching and burning sensation almost cure. Scratches healed and dryup. Skin become normal in its colour and contour.

DISCUSSION

In this case the main cause of *twaka vikaara* is vitiation of *pitta dosha* in predominantly also vitiation of *vaata*, *kapha doshas* and *rakta dushti* in subsidiary. The line of treatment of *pitta* predominating *twaka vikaara* is alleviation of *pitta*, *vaata* and *kapha doshas* respectively and also blood purification.^[5]

Panch-nimba churna has a rejuvenator and having properties to eliminate all kinds of skin diseases.^[6]

Kaamadudhaa rasa has *deepana* property.^[7] Also inhibit *teekshna* and *amla guna* of *pitta* due to properties of *Sheetvirya* also having *soumya guna* and a good source of Calcium.^[8]

Shankha bhasma has alkalizer and hepatoprotective.^[9] *Deepana* and *pachana*.^[10]

Muktashukti bhasma has *madhura rasa*, *snigdha* and *deepana* properties.^[11]

Trishodhaka kwatha of Dindayal-Aushadhi pharmacy is a combination of *Sarivadhyasava*, *Khadirarishta* and *Maha-manjisthadhyarishta*. *Sarivadhyasava* having *raktashodhaka* &

raktaprasadaka properties.^[12] *Khadiraristha* is a mild laxative, very good digestive and blood purifier also.^[13] *Mahamanjisthadhyarishtha* is *shrestha raktashodhaka*, *kandughna* and specially effective on skin diseases which occur due to poor quality of blood.^[14] So *Trishodhaka kwath* is a unique combination for skin diseases.

Oint. *Imupsora* of Charak Pharma also has been locally applied for reduce itching and burning and restoration of skin by its soothing effects.

Tablet *Sooktyn* of Alarsin Pharmacueutical has hepatoprotective and soothing properties. Also a antacid which neutralized the excessive consistency of *pitta*.



Figure 1: Before treatment.



Figure 2: Before treatment.



Figure 3: After treatment.



Figure 4: After treatment.

CONCLUSION

All the skin diseases are associated with the simultaneous vitiation of all the three *doshas*. But the symptoms represents of predominating *doshas* respectively. In this case the main cause of *twaka vikaara* is vitiation of *pitta dosha* and *rakta dushti*. So our line of treatment is alleviation of *pitta* and blood purification. After 1month of medication about 80% of symptoms subside on the basis of changes in skin appearance before and after treatment. Itching and burning sensation almost cure. Scratches healed and dry-up. Skin become normal in its color and contour. So *Ayurvedic* management is very effective in *pitta* predominanting *twaka vikaara*.

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