

A CASE STUDY – TO DETERMINE THE CHANGES IN THE SKIN COLOUR W.R.T TEXTURE AND SCALING AFTER PANCHAKARMA TREATMENT

***Dr Alka Sharma, **Dr Niranjan Rao**
**3rd Year PG Scholar, **Dean PG And PhD Studies*
HOD Department Of Panchakarma
SDMCA Udupi Kutpady
Karnataka

INTRODUCTION

Healthy skin and a peaceful mind is blessing, skin tissue can vary greatly in symptoms and severity. According to present day life style, with different kinds of food i.e., Junk food, packed food, low nutrition food and environmental factors such as infection, it is leading to digestive dysfunction disturbance and its ramification in different organs of the body. Skin is the largest organ of the body. psoriasis is a common chronic, immune mediated disease of the skin it can have a significant impact on the physical, emotional, and psychological wellbeing of effected person characterized by erythematous, sharply demarcated papules and rounded plaques, covered by silvery micaceous scale. kushtha is bahudosha avsathajanya vyadhi , has tridosha involvement along with saptka dhatu as its dushya. Psoriasis may be put under the categories like kitibha , sidhma etc. according to different presentations. virechana karma is one of the shodhana karma, explained for it, as tvacha is a jnanendriya, thus by virechana karma indriya shudhi takesplace.

PRELIMINARY DATA

Name : xyz

Age :18yrs

Sex : Female

OP id : 316092

Address : D/o xyz, malad

CHIEF COMPLAINTS

- C/O small circular lesions all over the body.
- Itching sensation all over the body, it gets aggravates during winter season and while travelling
- C/O hair fall

H/O PRESENT ILLNESS

A 15 years old female patient who was apparently normal before 7 years, developed small skin lesions over upper and lower limb, scalp, abdomen and back of the body associated with severe itching and powdery discharge distributed all over the body, when patient itch more blood will come out. she consults all allopathic and homeopathic physicians before, but she couldn't get any relief from the symptoms, later on she consulted to our SDM hospital OPD for treatment

H/O PAST ILLNESS

- N/K/C/O DIABETES MELLITUS
- N/K/C/O HYPERTENSION

PERSONAL HISTORY

- Appetite –Reduced
- Bowel –Not complete evacuation
- Urine -Regular
- Sleep -Disturbed

EXAMINATION

Clinical findings

- No similar family history founds
- On examination skin lesions ,silvery scale like distributed over upper and lower limb, scalp, abdomen with severe itching. After itching blood will come out.Dry scales werefound with dry rough lesions.

skin examination

Candle grease, auspitz sign --- positive

Laboratory examination

Blood routine –normal

Abdominal usg -normal

SAMPRAPATI GHATAKA

DOSHA –Tridosha

DUSHAYA - Twak, rakta, mamasa, lasika

Ama -Jatharagnijanayaama

Agni –Jathragni

Srotas -Rasavaha, raktavaha

Srotodushti -Sanga

Rogmarga -Bahya

Udhhavasathana -Amashya

Roga swabhava -Chirkari

INTERVENTION

DATE	TREATMENT	MEDCINE/PROCEDURE
12/06/2019	AMAPACHANA	TAB AGNITUNDI VATI 2 BD WITH HOT WATER TAB CHITRAKADI VATI 2 BD WITH HOT WATER
15/06 /2019	SNEHAPANA	MOORCHITA GHRITA
16/06/2019		25 ML SNEHAPANA
17/06/2019		50 ML SNEHPANA
18/06/2019		100 ML SNEHAPANA
19/06/2019		125 ML SNEHAPANA
20/06/2019		150 ML SNEHPANA
21/06/2019 TO 24/06/2019	PARISHEKA	KARANJA PATRA PARISHEKA FOR 4 DAYS
24 /06/2019	VIRECHANA	TRIVRIT AVALEHA 25 GM WITH HOT WATER
	SHUDHHI LAKSHANA	VEIGIKI -12 VEGAS
		ANTIKI - KAPHANATA
		SHUDHHI- AVARA

AFTER TREATMENT RESULTS

FEATURES	BEFORE TREATMENT	AFTER TREATMENT
ITICHING	SEVERE	ABSENT
SCALINGE	PRESENT	ABSENT
ERYTHEMA	PRESENTS	ABSENT
COLOUR	SILVERY	REDUCED

LESION SIZE	BIG AND LARGE AND MORE IN NUMBER	REDUCED IN SIZE
-------------	----------------------------------	-----------------

BEFORE TREATMENT



AFTER TREATMENT



DISCUSSION

- Psoriasis erodes the self –image and forces the victim in to a life of concealment and self-consciousness. kusta is the name given in Ayurveda, under which most of the skin disease are explained. kusta is bahudoshajanya vyadhi and samshodhana line of therapy was advised .Ampachana dravya helps in maintenance of agni. snehapana with moorchita ghrita helps in ama dosha hara and bring doshas from shakha to kosta. swedana with Karanja Patra parisheka. Karanja is kandughna, it is raktashodhaka, and shothhara. virechana with trivrit was given it possesslaghu, ruksha

,tikshana guna, due to ushna guna dosha sanghata is liquified. And due to its tikshanguna it does chedana of dravyas which are already softened due to snehana and swedana and so doshas bring to koshta and eliminate from the body.

CONCLUSION

- Virechana is the procedure in which orally administered drug acts on internally vitiated doshas and expels them out through gudamarga. the result was found significant in reducing the sign and symptoms of psoriasis like erythema, scaling, thickness, and itching after virechana.