

MANAGEMENT OF PARISARPA THROUGH AYURVEDIC MEDICINE – A CASE REPORT

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ABSTRACT :

Ayurveda has earth-shattering in evidence of worldwide on good worth of its holistic approach of life and its less side effects. Skin is one of the 'Adhithana of Gyanendriyas' as described in Ayurvedic texts. Skin diseases are most common form of infection occurring in people of all ages. SharirRrachana&Kriya of Twacha are the main aspects for twachadushti and twacharoga. Parisarpa is one of the major skin diseases which is explained in specify apart from "Kushta" Vyadhi in all the Ayurvedic classics. The present article deals with a case report of 46 years female patient attended Kayachikitsa Skin OPD of AIIA with complaints of Reddish plaques over bilateral upper limbs, face, trunk(left half), bilateral foot, Intense itching over lesions since 13-14 years, Hyperpigmentation of lesion after few days and associated Burning sensation all over body, specially over lesions, Blackish Maculo-popular lesions in initial days (13-14 years), patient was taking allopathic medicine but could not get relief, so she was admitted and treated with ayurvedic treatment.

Conclusion ; This case report shows that the classical treatment with Snehapana, Abhyanaga, Niragnisweda, and Virehana along with Shaman Oral medications is very effective in Parisarpa. The complaints of the patient were assessment with BSA, DLQI. After the treatment, she got a marked improvement in his conditions.

Key words: Adhithana, Gyanendriyas, Twacha, dushti, Kushta, Shodhan, Shaman

INTRODUCTION

The skin covers the external surface of the body and is the largest organ of body¹ and measuring approximately 18% of body weight. Healthy skin provides safety to the body in various ways from heat, microbes, abrasion and chemicals² and energy storage, vitamin D formation, excretion of important metabolic products. In Ayurveda, Twacha word is used for skin. Twacha is derived from "tvac" dhatu, which means the "cover".³ According to modern science, skin contains sweat glands, hair follicles blood vessel, smooth muscle which are responsible for proper functioning of skin. It is one of the five Gyanendriyas which responsible for SparshaGyan (touch) sensation.⁴ Due to various causes e.g. un healthy food, stress, lifestyle modification and environmental pollution skin problems are increasing day by day and it also affects the quality of life of an individual. As per Ayurvedic literature imbalance of tridosha and dhatus is innocent for skin disease. Doshas are three fundamental energies in our body. Large community prevalence studies have demonstrated that between 20-30% of the

population have various skin problems requiring attention.⁵In Ayurvedic Classics various skin disease have been described under the heading of Kushtha. “Kushnativapuhetikushtham” means any disease which deform the skin is known as KushthaRoga. Kushtha is one of the most chronic disorders as described in Ayurveda. Most of the Ayurvedic texts categorise the KushthaRoga into two groups,⁷ Mahakushtha and 11 Kshudrakushtha.⁶ Acharya Charaka, the author of foremost Ayurvedic classic on internal medicine, the Charaka Samhita clearly mentioned , Tvacha is considered as ‘ChetahSamvayi’ that there is a strong relationship exists between Tvacha (skin) and Mann (psyche/mind).⁷ Therefore, more than a cosmetic nuisance the skin disorders lead to different psychological ailments which impair the quality of life in the patients. The etio-pathogenesis involves the SaptaDravya (seven factors), Vata, Pitta, Kapha, Tvacha, Rakta Mansa and Ambu/Lasika,⁸ which are responsible for manifestation of a wide range of skin (dermatological) disorders.

Case Presentation

A 46 year female patient house wife residing in rural area (UHID no. 367548) come to kayachikitsa skin OPD of AIIA, New delhi hospital on 02/05/2019 with complaints of Reddish plaques over bilateral upper limbs, face, trunk(left half), bilateral foot, Intense itching over lesions since 13-14 years , Hyperpigmentation of lesion after few days and associated Burning sensation all over body, specially over lesions, Blackish Maculo-popular lesions in initial days (13-14 years) , patient was taking allopathic medicine but could not get relief ,so she got admitted on the same day in the AIIA hospital.

Case History :

PPH during 2nd child birth 15 yrs back

6 months of healthy period ↓

Initial blackish skin lesion started over left upper limb & gradually spread to b/l , trunk and face over a period of 10 years.

↓
Took allopathy medications

Lesions with itching and burning sensation, bleeding spots on itching.

↓
Hyperpigmentation of skin

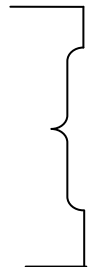


Table No : 1 Examination of Patient

ASHTA PARIKSHA:	STHANA	DASHAVIDHA PARIKSHA:	SKIN EXAMINATION:
<ul style="list-style-type: none"> ➤ Nadi: 70/min ➤ Mutra: 4-5/24 hrs ➤ Mala: srishta, clear, once a day ➤ Jihwa: Clear ➤ Shabda: manda ➤ Sparsha: ushnasparsha ➤ Drik: normal ➤ Akriti: madhyama 		<ul style="list-style-type: none"> ➤ Prakriti: Vata- Pittaja ➤ Vkriti: VP pradhana ➤ Sara: awara ➤ Samhanana: madhyama ➤ Pramana: 58 kg ➤ Satwa: awara ➤ Satmya: madhyama ➤ Aahrashakti: Samagni, Madhyamakoshta ➤ Vyayama: madhyama ➤ Vaya: madhyama 	<ul style="list-style-type: none"> ➤ Color- hyper pigmented over older lesions ➤ Moisture- dry ➤ Temperature- warm ➤ Texture- rough ➤ Mobility- NR ➤ Turgor- decreased ➤ Anatomical location- mainly over sun-exposed areas. ➤ Patterns and shapes- spread over large area, circular, clustered. ➤ Type- maculo-popular, erythematous plaques. ➤ Color of lesion- reddish black. ➤ Hair <ul style="list-style-type: none"> ○ quantity- thin ○ distribution- normal ○ Texture- coarse ➤ Nails - NAD

Table .2 CLASSIFICATION OF KUSHTHA

Reference	Disease Name	Type	Name of Type
Charaka Samhita	Maha-kushtha	7	Kapala Audoombara Mandala Rikshayajihva Poondarika Sidhma Kakanaka ⁹
Susurta Samhita		7	Kapala Udoombara Aruna Rikshayajihva Pundarika Dadru Kakanaka ¹⁰
Ashatanghritya & sangrh			Kapala Audoombara Mandala Rikshayajihva

			Poondarika Dadru Kakanaka ¹¹
Charaka Samhita	Kshudra-kushtha	11	Ek-kushtha Charmakhya Kitibha Vipadika Alasaka Dadru Charmadala Pama Visphota Shataru Vicharchika ¹²
Susruta Samhita		11	Ek-kushtha Sthularushka Kitibha Mahakushtha Visarpa Parisarpa Charmadala Pama Sidhma Raksa Vicharchika ¹³
Ashatanghridya&sangrh		11	Ek-kushtha Charmakhya Kitibha Vipadika Alasaka Sidhma Charmadala Pama Visphota Shataru Vicharchika ¹⁴

Samprapti of Kushtha:^{15,16,17}

NidanaSevana



TridoshaPrakopa



Twak, Rakta, Mamsa and lasika(Ambu)Shaithilyata



Further Vitiation of Doshas occurs



Doshas gets accumulated at the place of DhatuShaithilyata



Dosha and DushyaSamurchhana



Kushtha

SAMPRAPTI GHATAKA-

dosha- vyana, samanavata, bhraja, ranjaka, sadhaka pitta.

dushya- rasa, rakta, sweda

srotas – rasa, rakta

srotodusti – vimargagamana

ama -dhatwagnijanyaama

RESULTS ;

Table -3 Assessment Scale(5-D Pruritus Scale)¹⁸

BEFORE TREATMENT	AFTER TREATMENT
1. BSA – 6/16 = 37%	1. BSA – 4/16
2. DERMATOLOGY LIFE QUALITY INDEX (DLQI) ¹⁹ – 18/30	2. DERMATOLOGY LIFE QUALITY INDEX (DLQI) – 10/30

5-D Pruritus Scale

1. **Duration:** During the last 2 weeks, how many hours a day have you been itching?
 Less than 6hrs/day 6-12 hrs/day 12-18 hrs/day 18-23 hrs/day All day

2. **Degree:** Please rate the intensity of your itching over the past 2 weeks
 Not present Mild Moderate Severe Unbearable

3. **Direction:** Over the past 2 weeks has your itching gotten better or worse compared to the previous month?
 Completely resolved Much better, but still present Little bit better, but still present Unchanged Getting worse

4. **Disability:** Rate the impact of your itching on the following activities over the last 2 weeks

	Never affects sleep <input type="checkbox"/>	Occasionally delays falling asleep <input type="checkbox"/>	Frequently delays falling asleep <input type="checkbox"/>	Delays falling asleep and occasionally wakes me up at night <input type="checkbox"/>	Delays falling asleep and frequently wakes me up at night <input type="checkbox"/>
Sleep					
Leisure/Social	N/A <input type="checkbox"/>	Never affects this activity <input type="checkbox"/>	Rarely affects this activity <input type="checkbox"/>	Occasionally affects this activity <input type="checkbox"/>	Frequently affects this activity <input type="checkbox"/>
Housework/Errands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work/School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. **Distribution:** Mark whether itching has been present in the following parts of your body over the last 2 weeks. If a body part is not listed, choose the one that is closest anatomically.

Head/Scalp <input type="checkbox"/>	Present <input type="checkbox"/>	Soles <input type="checkbox"/>	Present <input type="checkbox"/>
Face <input type="checkbox"/>		Palms <input type="checkbox"/>	
Chest <input type="checkbox"/>		Tops of Hands/Fingers <input type="checkbox"/>	
Abdomen <input type="checkbox"/>		Forearms <input type="checkbox"/>	
Back <input type="checkbox"/>		Upper Arms <input type="checkbox"/>	
Buttocks <input type="checkbox"/>		Points of Contact w/ Clothing (e.g waistband, undergarment) <input type="checkbox"/>	
Thighs <input type="checkbox"/>		Groin <input type="checkbox"/>	
Lower legs <input type="checkbox"/>			
Tops of Feet/Toes <input type="checkbox"/>			



Before Treatment



After Treatment

Follow up

DIFFERENTIAL DIAGNOSIS:

- arunakushta
- parisarpa
- ✓ **DIAGNOSIS : PARISARPA**

TREATMENT

1. Snehapana with panchatiktaghrita for 5 days
2. Abhyanaga with nalpamaraditailandniragnisweda with guru prvarana and ushnajalasnana was done on vishrama kala
3. Virehana with trivritvaleha, katukich and drakshaphanata was given
4. Samsarjanakrma for 5day

Table -4Oral Medications :

Drug	Dose	Frequency	Route And Special Instruction
1. Giloy churn-2gm + patola churn- 2gm + vaasa churn-2gm + usheera churn-2gm +Kapurkachri-500-kwatha	30 ml	TID	Oral,Empty Stomach
2. Mahatiktakaghrita	2tsp	OD	Oral,Empty Stomach
3.Chandanasava	30 ml	BID	Oral,After Meal
4. Chandrakala rasa	1 Tablet	BID	Oral,After Meal
KaranjBeej-Powder+ Nariyal Oil	For L/A	L/A	Twice a day

DISCUSSION :

Ayurveda is the science and art of healing that deals with all aspects of an individual. In Ayurveda, psychological factors have been given equal importance as physical & physiological factors in the etiopathogenesis of various skin(dermatological)disorders. The Kushtha is generally described as TridoshajaVyadhi but type of the Kushtha depends upon predominance of particular Dosh. KushthaRoga is also considered as a PapakarmajaVyadhi and a KulajaVikara (a hereditary disorder) in Ayurvedic system of medicine .^{20,21}

Acharya Charak mentioned that Kushtha may be seven, eighteen or innumerable (Aparisankhyeya) types²². But almost all authors including Charaka divided Kushtha into two categories, Mahakushtha and KshudraKushtha. The present article deals with As per the view point of susuratKshudraKushthaare classified into eleven types .Parisarpa is a subtype of KshudraKushtha . KshudraKushthaPurvarupa- rakta-arunavarnaangaand

Lakshna

शनैः शरीरे पिडकाः स्रवन्त्यः सर्पन्ति यास्तं परिसर्पमाहुः ॥(s u. Ni. 5/12)²³

ParisarpahKshudra-kushtha - Exuding pustules gradually extend over the surface of the body. It is

characterized by clinical features such as *aashu- daha* (burning sensation), *vedana* (pain)*jwara* (fever). Natures of *pidika* (vesicles) are so specific that it is described as *agnidagdhat* (with intense burning sensation).²⁴In kushtha disease, first of all predominant dosha should be treated. After that, other doshas can be treated. Skin disease is treated with medicated ghrithpana with predominance of tikta (pungent) and kashaya (astringent) drugs in taste.²⁵ Ayurveda give special importance on three fold therapeutic management of the disease viz. Samshodhana(~bio- purification), Samshamana(~pacification) and Nidanaparivarjana (avoiding causative factors) for all types of disease including skin diseases.

The condition of the patient when assessed was dominant with *pitta-vatadoshas*. And the *nidana* of the disease was found to be related to *shonitadushti*.Therefore the *chikitsa sutra* of *raktapitta* was adopted according to the guidelines given in *vidhishonitiya adhyaya*²⁶. *Kwathaprepared* out of vasa, *patola*, *guduchi* was administered twice a day as the drugs are *rakta-pitta shamaka*. *Dipanapachana* was done for 3 days with *mustachurna* and *shadangapaniya*²⁷ which are *pitta hara* and *dipana*. *Snehapana* was carried out with *panchatikta ghritha*²⁸as the formulation does

haranaofkushta caused by all 3 *doshas*. Followed by *virechana* with *sukhavirechya dravya*²⁹ – *trivritavaleha* considering the *koshtaandbala* of the patient. After the procedure of *virechana* and 5 days of *samsarjana* according to *madhyamashuddhi*, patient was started on oral medications. Again the *kwatha* preparation was continued along with *chanadanasava*³⁰ in the dose 15ml bd after food as both of the formulations are *madhura-tiktapradhanapittahara*. *Shamanaushadhi* also contained *chandrakala rasa* 1 tab bd after food which is *ishita* in nature and *dahahara*³¹ which is *hastapadadahara* was also administered along with *godantibhasma*. At last *mahatiktaka ghrita*³² was given *shamanrtha* as it is indicated in *raktapitta, parisarpaandkushta*.

CONCLUSION

In above discussion and result we can say that this Ayurvedic treatment is very effective in *parisarpa* skin disease and it will be done in large population with more objective criterias. *Kushtha* is one of the oldest known diseases to mankind. Ayurveda described a wide range of skin disorders including its classification, etio-pathogenesis, clinical presentation, prevention and management. In the present era, stress and altered immunity are the major factors responsible for the manifestation of a wide range of skin disorders. This case study not only gives us confidence and better understanding for treating such cases in ayurvedic hospital but also leads in the direction of further clinical trails to establish cost effective and safe Ayurvedic treatment. This case report shows that the patient had been treated with *Snehapana* (*panchatiktaghrita*) for 5 days, *Abhyana* (*nalpamaraditaila*) and *Virehana* (*trivritavleha, katuki churn and drakshaphanata*) along with Oral medicines was given. In 1 months treatment was continuously the patient physically and mentally feels in good health. Finally patient is satisfied with ayurvedic medicine. There were no adverse effects found in combined Ayurvedic medicines.

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