



Sidhma Kushtha-A case study

Author:

Dr Bishnupriya Mohanty.

MD(Samhita), PhD(Basic Principle)

Professor & Head.

Department of Sanskrit Samhita and Siddhanta.

Co-author:

1. Deepti Dhaku Pavane.

IV B.A.M.S.

2. Dr Sangram Keshari Das. Professor & Head; Dravyaguna Vijnana.

Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. 403103.

ABSTRACT

The disease Kustha is characterised by discolouration, loss of touch sensation, appearance of rashes, excessive or no perspiration etc. chronicity of disease develops deformity and makes the entire body ugly. Atreya Punarvasu explained the specialty of this disease is loss of characters at Sparshanenriya i.e Twacha. 18 types or Asamkheyam(innumerable).

Example Piplu, Vyanga and other disease does not included under these 18 types but affects the skin. So far such disease included skin as main area of involvement in disease

INTRODUCTION

Skin disease are a major health problem and are always a great concerned to a mankind the world health organisation has included skin disease under psycho cuteness disease they always hauntheaffected person becauseit affects the aesthetic appearance. In Ayurveda, Kushta Roga includes the wide spectrum of skin diseases and they primarily cause Vaivarnya of Twak (discolouration of skin) and in due course of time they make the body appear hideous Sidhmakushta is and among the Kshudra Kushtas per Acharya Vagbhata and it's Dosha predominance is Vatakaphaja it miserably affects the psychological status of the patient due to its hideous skin appearance and symptoms like severe itching in this case the symptoms subside by treatments but get relapsed after a while if favourable conditions develop. It is also having a chronic nature. Kushta Roga is included in Ashta Mahagadas by Acharyas due to its difficulty in management for the cure of Kustharoga a judicious blend of Shodhana(elimination therapy) Shamana(alleviation therapy) and Bahirparimarjana Kriyas(treatment on skin surface) are needed with proper Pathya Ahara Viharas Rasayana Sevana need to be

applied to prevent its relapse. This helps to relieve the remaining Doshas and make the body tissues healthy this can act as a permanent cure for the disease.

HISTORY OF PRESENT ILLNESS

10 years boy complaints out appearance of small white patches present on the arms since 1 year along with mild (mostly night time) itching on the both arms the patient has also experiencing Aruchi and Annaabhilasha since last 5 months. The patient went to the allopathy physician and since 8 to 9 month there are no effects of the allopathy medicine on the patient

PAST HISTORY

No significant suffering or any surgical intervention was obtained in past history which could contribute the pathology.

PERSONAL HISTORY

Food habits – Tea, chapati, rice, Dal, chicken, bhaji, biscuits, sweets etc.

FAMILY HISTORY

Sister is have the same problem.

NIDANA PANCHAKA

Hetu: Ahara- Guru, shita, Atiushna Ahara.

Vihara- Divaswapa.

PURVARUPA

Discolouration and appearance of rashes on the skin. Itching piercing pain physical exhaustion and tingling sensation.

UPASHAYA

Curna – Mustadicurna, Triphaladicurna, Kustadicurna.

Asava–Lodhrasava, Madhvasava, Triphalasava.

Vati – Pathyadigutika, Manduravataka, Candraprabhavati.

Ghrta – Nilinadhyaghrta, Patolaghrta, Nimbaghrta.

RUPA

Appearance of small white patches present on the arms along with mild itching on both arms, Aruchi and Annaabhilasha

SAMPRAPTI

Due to consumption of Nidana Tridosha become agitated and brings looseness in Dhatus (Tvak (Rasa), Rakta, Mamsa and Ambu). Thus the vitiated Doshas getting accommodation in those tissues, staying there in affect Tvagadidhatus morbidity leading to manifestation of Kustha due to adaptation of etiological factors there will

be a continuous involvement of localised(Sthira)Doshas for a prolonged period (Chirakari) simultaneously involving Twak(Rasa Dhatu),Rakta, Mamsa and Ambu leading to their Samurchhana at a particular site resulting into the development of 18 varieties of Kustha. Tridosha and four Dhatus.(Rasa, Rakta, Mamsa and Ambu) are considered as seven fold substances and these act as a original causative factors. Kustha manifest by involving all three Doshas and it never manifests by involving only one Dosha. Doshas brings laxity in four Dhatus; which favours the development of Kustha

SAMPRAPTI GHATAKA

Dosha: Pitta-Slesma-Vata in successive order.

Dushya: Dhatu-Rasa,Rakta,Mamsa and Lasika initially later all the seven Dhatus.

Srotas- Rasavaha,Raktavaha, Mamsavaha, Svedavaha.

Sroto Dushti- Shakha.

Agnidusti- Mandagni

Udbhavasthana- Shakha(Tvakadidhatus)

Adhithana- Tvak, Lasika, Asrik.

Vyaktasthana- Tvaca.

Diagnosis- Sidhma Kushta

TREATMENT

By analyzing the above pathogenesis of diseases in this patient following treatment plan was prescribed. syrup Sangpure, Aampachak Vati, Krumikuthar Rasa, Panchatiktaghruta, guggulu, Sariva,Manjisht .

OBSERVATIONS AND RESULT

After completion of eight days of total Ayurvedic Chikitsa the patient had found significantly relief from appearance of small white patches present on arms along with mild itching on both arms Aruchi and Annabhilasha. The patient got complete symptomatic relief no radiological investigation was carried out after completion of therapy

DISCUSSION

In Kushta Roga Virudha Aharadi Nidana vitiate Tridosha and cause Dushya of Twak, Rakta, Mamsa and Ambu. In the Samprapti process of Kustha , Rasa Raktadushti places an important role the disease are manifested in the skin in this case the lesions were seen in lower back as around brown coloured rough lesions which when get dry white powdery lesions appearance happens. Also white powdery lesions were seen on the scalp. The symptoms most closely resemble Sidhma Kushta in which lesions seems like smooth inner side surrounded by a dry part where powders have seen on scratching. White coppery coloured and usually appear in the upper part of the body it is also associated with itching the symptoms showed Vatakapha predominance

The initial treatment done were aimed at correcting the Agni and Samanaoushadhas like Sad Darana Choorna was given prior to admission to tackle the symptoms along with medication strict dietary control helped to alleviate the symptoms

Sidhmakushta a type of Kshudra Kushta which is of Vatakapha predominant considering the Dosha, Snehapana was done with Aragwadha Mahatikthaka Ghrita. Then it was followed by Vamana with Kutajabeejachoorna due

to Kapha predominance. Kutajabeeja is a Vamoushadha said in Charakasamhita and is indicated for Vamana in Kushta then Virechana was done with Vellarukuthaila after Snehapana. Proper Pathaya Aharaviharas were followed during the treatment time to get maximum result and to prevent complications due to Apathyaacharana. A wholesome diet will make a suitable substratum for the medicine to act in the body

CONCLUSION

WHO included skin disease in psycho- cutaneous disease which emphasizes the relationship between the skin and the mind. So skin diseases are given priority by the victims. Kushtaroga in Ayurveda includes the spectrum of skin disease and the worse feature is their tendency to recur. Corticosteroid therapy is adopted by Allopaths and in Ayurveda Shodhana, Shamana and Bahirparimarjana Chhikitsa is usually followed. Ayurveda always tried to achieve a complete cure rather than symptomatic relief. Sarvanga Takradhara done at the end helped to correct the psychological status of the patient and medicines used have some healing property to lesions. The study in a large sample helps to substantially prove the findings

REFERENCE

- 1) Pro. K.R SreekanthaMurthy. VagbhataAshtangaHridayam vol.2 reprinted Varanasi Chaukhamba Krishnadas Academy 2013.p.136
- 2) Dr.Ravindra Angadi Rasa Tarangini of Sri Sadanda Sharma 1st ed. Varanasi chaukhamba Surbharati Prakasan 2015.p.96
- 3) Prof. Siddhi Nandan Mishra. Rasendra Chintamani. Reprinted. Varanasi:Chaukhamba Orientalia; 2011.p.49-50
- 4) Virendra N Sehgal. Textbook of Clinical Dermatology.4thed.NewDelhi:JaypeeBrothers Medical Publications (P) Ltd;2004.p.134
- 5) Nicki R. Colledge. Brian R. Walker. Stuart H. Ralston(editors).Davidson's Principlesand Practice of Medicine.21sted.ChurchillLivingstone:Elsevier;2010.p.1260