



HOLISTIC TREATMENT STRATEGIES FOR ECZEMA: INSIGHTS FROM AN AYURVEDIC PERSPECTIVE

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Abstract

This case report discusses a 57-year-old female patient with a history of diabetes who was diagnosed with dry eczema, presenting with symptoms of itching, occasional burning, and skin discoloration. The patient underwent a comprehensive ayurvedic treatment protocol aimed at addressing the underlying dosha imbalances contributing to her skin condition. The treatment regimen included Khadiradi Vati, Bhunimbadi Kadha, Kandughna Akshay, and Jalaukavacharan (leech therapy). Over the course of four weeks, the patient experienced significant improvement in her symptoms, including reduced itching and improved skin texture. This case highlights the effectiveness of ayurvedic interventions in managing eczema, particularly in patients with concurrent health issues such as diabetes.

Keywords: Eczema, Ayurveda, Khadiradi Vati, Leech Therapy, Diabetes Management

Introduction

Eczema, or Vicharchika in ayurvedic terminology, is a chronic inflammatory skin condition characterized by itching, redness, and dryness. It affects individuals across various age groups and can significantly impact quality of life [1]. The pathophysiology of eczema is often linked to imbalances in the body's doshas-primarily pitta and kapha resulting in the accumulation of toxins (Ama) that exacerbate skin inflammation and irritation [2]. The 57-year-old female patient in this case report has a long-standing history of diabetes, which may complicate her skin condition due to altered immune responses and vascular changes associated with diabetes.

Ayurvedic treatment focuses on restoring balance among the doshas through a combination of herbal medications, dietary modifications, detoxification therapies, and lifestyle adjustments [3]. The selected treatment protocol for this patient includes Khadiradi Vati – a formulation known for its anti-inflammatory properties, Bhunimbadi Kadha for its detoxifying effects, Kandughna Akshay to alleviate itching, and Jalaukavacharan (leech therapy) to promote blood circulation and detoxification [1]. This holistic approach aims to not only to alleviate symptoms but also to address the root causes of eczema by enhancing the body's natural healing mechanism.

Case Presentation

Patient Profile

- **Age:** 57-year
- **Gender:** Female
- **Medical History:** Diabetes Mellitus
- **Diagnosis:** Dry Eczema

Symptoms:

- Persistent itching
- Occasional burning sensations
- Skin discoloration

Treatment Protocol:

1. **Khadiradi Vati:** 500 mg three times daily
2. **Bhunimbadi Kadha:** 15 ml three times daily
3. **Kandughna Akshay:** 15 ml three times daily
4. **Jalaukavacharan (Leech Therapy):** Once weekly for four weeks

Treatment Outcomes

The treatment commenced with an initial assessment of the patient's symptoms and overall health status. After four weeks of adhering to the prescribed ayurvedic regimen, the patient reported notable improvements:

- Reduction in itching intensity
- Decreased frequency of burning sensations
- Improvement in skin texture and reduction in discoloration



Fig.1 Before Treatment

Jalaukavacharan (Leech Therapy)



Fig. 2 First Follow-up



Fig. 3 Second Follow-up



Fig. 4 After 1st Follow-up



Fig. 5 After 2nd Follow-up

Discussion

The integration of ayurvedic treatments for managing eczema demonstrates a promising approach to addressing both symptoms and underlying imbalances within the body. The use of Khadiradi Vati helps to mitigate inflammation while Bhunimbadi Kadha aids in detoxification processes crucial for skin health. Kandughna Kashay specifically targets itching sensations, providing symptomatic relief. Jalaukavacharan enhances local blood circulation and promotes healing through detoxification.

This case reinforces the potential benefits of ayurvedic therapies in treating chronic skin conditions like eczema, especially in patients with comorbidities such as diabetes that may complicate their management. Further research is warranted to explore long-term outcomes and efficacy across diverse populations.

Conclusion

The successful management of this patient's dry eczema through a tailored ayurvedic treatment protocol underscores the importance of holistic approaches in dermatological care. By addressing both symptoms and root causes through natural remedies and lifestyle changes, Ayurveda offers an effective alternative for individuals seeking relief from chronic skin conditions while considering their overall health context.

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