

डॉ. सुनंदा व डॉ. सुभाष रानडे प्रतिष्ठान पुरस्कृत लेख

Ayurvedic Management of Acquired Ichthyosis - A case study



Vd. Karishma Shankar Karde
P.G. Scholar, (Kayachikitsa)
R.A. Podar Medical (Ayu.) College,
Worli, Mumbai - 400 018.



Vd. Arti Datye

Assistant professor, (Kayachikitsa) R.A. Podar medical (Ayu.) College, Worli, Mumbai 18

Vd. Raman Ghungralekar
Professor and HOD,
(Kayachikitsa),
R.A. Podar Medical (Ayu.)
College, Worli, Mumbai - 400 018.



Abstract: Skin (Twacha) is one of the imperative Presentable organs of the body. Ichthyosis is the disease of skin. It can be genetic or acquired, results from excess keratin production or increased adherence of corneocytes which disrupts the normal development of the epidermis. It is characterized by brownish-black discolored, dry, scaly, rough and itchy skin [1]. Skin diseases are explained in kushtha vyadhi. There are aparisankhyey (innumerable) types of Kushtha vyadhi according to dosha anshansh Kaplanas, vedana, varna, sthana etc.[2] Thus by using yukti praman we can treat the Acquired ichthyosis by its Doshadhikya i.e vata-kapha pradhan. In this case report Patient with Acquired ichthyosis is treated with abhyantar mahatiktak ghruta and locally Shweta malahar according to its Doshadhikya and beneficial result was seen.

Keywords - acquired ichthyosis, vata-kaphaj kushtha, mahatiktak ghruta, shweta malahar

Introduction- Skin (Twacha) is one of the imperative Presentable organ of the body. It has a certain role in one's personality. So, disorders of skin (twacha) distress not only on somatic level but also on psychological level too.

The prefix "Ichthys-fish" is taken from the Greek word where Scales somewhat resembles to fish. The disease can be present at birth, or within the first year, and continues to affect the patient throughout their life time. Or it can be acquired with an estimated incidence of 1 in 250-300 people. The scaling worsens in winter. The scale is white or fine brown colored, small, flaky with pasted on appearance distributed predominantly on extensors of extremities and trunk with sparing flexors.[3] Due to poor skin defenses and dryness, patients are prone

to develop pyodermas, fungal infection, eczemas and folliculitis.

The modern treatment modalities include hydration, lubrication and application of moisturizing agents to relieve the dryness and itching and to reduce the tendency of skin fissuring. Regular emollient application may be in the form of aqueous cream for mild to moderately affected patient or in the form of paraffin based or cetyl and stearyl alcohol containing emollients and oils for severely affected ones[4].

In Ayurveda, Twak vikara is described in the context of kushta. Due to environmental factors (winter season) and mithya ahara(mal-nourished, poor diet), The three doshas- Vata, Pitta and Kapha get vitiated, in turn vitiate the Twak, Rakta, Mamsa and Ambu which constitute the seven fold pathogenic substance of kushta[5]. There are aparisankhyey type of kushtha. ichthyosis can be correlated with vata-kaphapradhan kushtha according to dosha pradhanta. This can be type of kshudra kushtha. The symptoms of Ichthyosis that is brownish-black discolored, dry, scaly and rough, itchy skin lesions are similar to vata kaphapradhan kushtha.

In Charaka Samhita Kushtadhikara, the prime treatment methodology mentioned for Vata dosha is sarpipanam[6] and Mahatikthaka ghruta does the amapachana and improves the Agni. Ingested Ghruta suppresses Pitta and Vayu by Removing Kapha avrodh. Malahar is mainly indicated in vata-kapha pradhan avastha of kushtha because of its snigdha and ropan gunas. So the present study is a search of finding effective palliative treatment for acquired Ichthyosis.

Case History: A male patient Mr. ABC of 46 years age visited the OPD of our hospital With the

Advetorial



GLOW AND Grow With MATRUJ JEEVAN Shatavarin Why MATRUJ JEEVAN SHATAVARIN NO.8?

1) Can Ayurveda prevent IUGR, oligohydromnia, polyhydromnia in third trimester
Yes, Shatavari, Jeevanti, mudgaparni, maashparni, from Matruj Jeevan Shatavarin no.8 help achieve intra uterine growth, provide proper nutrition of growing foetus. The herbs act as rich source of micronutrients proteins, vitamins, ca, fe, zn etc in natural form.

Hence Foetal weight is increased and healthy growth outcome achieved, reducing chances of IUGR and reducing chances of anaemia in pregnancy.

Also the amniotic fluid is well maintained by ikshumool, patol, shatavari so that there are less chances oligohydramnios or polyhydramnios in pregnancy .

2) Tones up mammary glands

Ikshumool, shatavari, Mudgaparni, maashparni, jeevanti from Matruj Jeevan Shatavarin no. 8 help tone up mammary glands preparing them for lactation ahead and also their size starts increasing.

3) Progressive lung development and respiratory strengthening

Matruj jeevan shatavarin no.8 contains bruhati, kantakari which help development of lungs of foetus impart strength for its first respiration in future post delivery.

Advetorial



GLOW AND Grow With MATRUJ JEEVAN Shatavarin

4) Can Ayurveda Prevent infections

Herbs like bruhati, kantakari, patol, Shatavari, from Matruj Jeevan Shatavarin no.8- Prevent infections in pregnancy and increase immune power in pregnancy.

Research data available proves Anti fungal Anti viral Anti bacterial Anti inflammatory, Anti allergic behaviour of the herbs mentioned.

5) Can Ayurveda help reduce chances of gestational diabetes

Yes, Matruj Jeevan Shatavarin no.8 contains Patol, bilwa, shatavari which help regularise pancreas and digestive system, maintains balance of endocrine glands of body in pregnancy, thus reducing chances of gestational diabetes.

6) Can Ayurveda help reduce mental stress?

Yes Shatavari, Bala herbs are Rasayan as per Ayurveda, are best female tonic that help reduce anxiety, mood swings, depression thereby reducing mental fatigue of would be mother.

Matruj Jeevan Shatavarin no.8 act as BALYA, BRUHAN, RASAYAN, JEEVANEEYA.

SO THAT THE WOULD BE MOTHER CAN REALLY GLOW AND HER FOETUS GROW MAKING IT HAPPY PREGNANCY FOR 8 MONTH OF PREGNANCY!!!

By-

Ayurvedacharya Shri. V.S. Deshpande

following complaints since 7days which presented in winter season.

1. Krushna-Arun Twak-vaikal(fine brown scale on bilateral upper limb and lower limb) 2. Twak rukshata, parushata (dryness) 3. Kandu (Itching)

History of present illness: Patient was asymptomatic 7days back. Gradually in winter season, as cold increases he noticed increasing White, fine brown scales on both upper limb and lower limb with severe Dryness and Itching.

Investigation: Routine hematological and urine investigations were carried out to rule out systemic Pathology.

General Examination

Moderately built

K/C/O HTN (on treatment Tb Telma H 10D

Tb Defidin-A IHS

Systemic Examination: -Skin examination done

Type:- white, fine brown coloured scales over both extensors of upper limb and lower limb with severe dryness and roughness of skin

Treatment protocol: 1) At the initial days of treatment pachan and raktashodhan was donewith a) Arogyavardhini vati 250 mg BD with lukewarm water. b) Mahamanjishthadi kwath 30ml BD with lukewarm water. 2) Mahatiktak ghruta 5ml morning and evening with lukewarm water. 3) Application of Erand tel+kokum butter+paraffin wax malahar thrice in a day.

Advised to avoid excess matsya sevan, biscuits, oily and madhur, amla katu rasatmak ahar.

Observations: Criteria of assessment before and after treatment according to WHO gradation[7]

1) Twak vaikal (scaling)

Grade	Scaling
0	No scaling
1	Mild scaling by rubbing or by itching
2	Severe scaling by rubbing or itching
3	Scaling without rubbing or itching

2) Twak parushya/ rukshata(dryness)

Grade	Twak parushya/ Rukshata
0	No dryness
1	Occasional dryness

2	Mild dull white streaks after scratching on the skin
3	Dryness/ roughness and criss-cross visible cracking of skin

3) Twak kandu (itching)

Grade	Itching
0	No itching
1	Mild itching
2	Severe itching which doesnt disturb sleep
3	Severe itching which disturbs sleep and routine activities

As observed: 1) **Extent of scales:** A) Before treatment: Grade 3 all over extensors of upper limb, lower limb and foot B) After treatment: absence of scales at upper limb, lower limb and foot 2) **Dryness:** A) Before treatment: Grade 3 B) After treatment: Grade 1. 3) **Itching:** A) Before treatment: Grade 3 B) After treatment: Grade 0

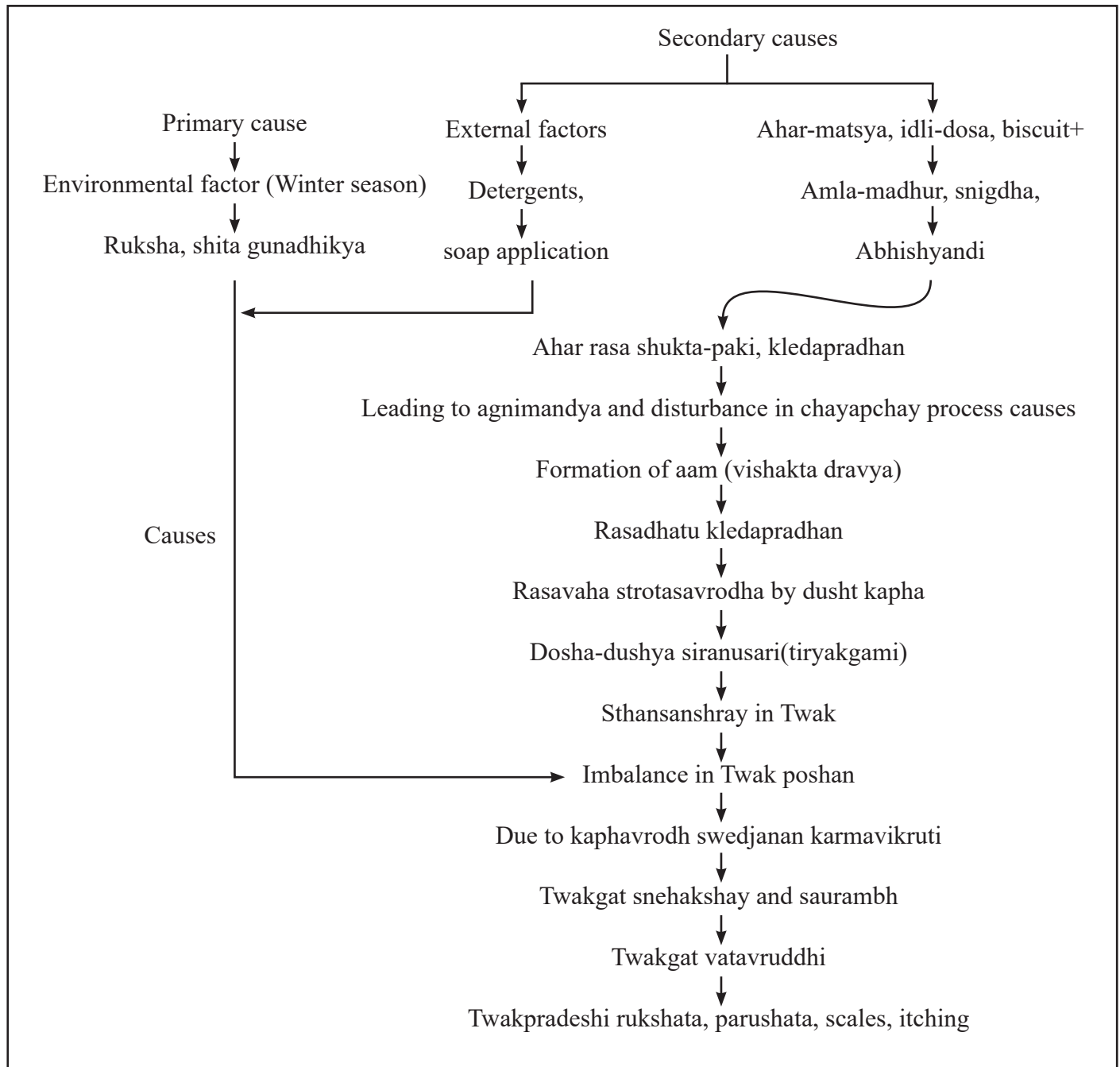
Pre Treatment Mid-Treatment After Treatment



Result: The line of treatment mentioned above showed a significant improvement in sign and Symptoms of patient before and after treatment. Patient was satisfied with result after 45 days and on

regular follow up complete resolution occurred.

Pathophysiology:



Discussion: Obstruction of twak with dushta kapha and vata vrudhhi causes increase in scales and dryness of skin. In order to achieve sampraptibhang we used deepan, pachan and raktashodhan, abhyantar snehan with local application as follows.

A) Pachan and raktashodhan 1) Sukshm agni dushti nirharan with Arogyavardhini which act at the microlevel and bringout cellular level metabolism correction and regulation. It causes pachan and

kledahar. (Tamra, kutki, guggul, shilajit + Abhrak, Loha bhasma etc. brings chayapachay niyaman) 2) Mahamanjishtadi kwath (Pitta, Rakta shodhak and shamak, Kapha shodhak) B) Abhyantar snehapana given with tikta rasa i.e. mahatiktak ghruta which removes kapha obstruction at skin level and decreasing vata by snigdha guna C) Local application- Malahar of Erand tel, kokum butter and paraffin wax

It Has greater holding capacity. And it has

ropan(healing) properties and gives moisture to skin

Drugs	Contents	Rasa	Uses
Arogya- vardhini Vati	shilajit Para, gandhak, loh bhasma, tamra bhasma, abhrak bhasma, triphala, kutki, , chitakmul, guggul, nimbdal swaras	Tikt ras,	deepan, pachan Tridosh shaman, krumighna, Kledahar, hrudya, Vishghna, rasayan.
Maha- manjishtha- di kwath	Manjishtha, musta, kutaj, guduchi, kushtha, shunti, Haridra, bharangi, nimba, vacha, triphala, patol, kutki, murva, vidang, chitrak, haridra bhringraj, khadir, chandan, trivrut, sariva, ananta, parpat	tikta, katu, kashay	Pitta, Rakta shodhak and shamak, Kapha shodhak
Mahatiktak ghruta	Nimba, patol, guduchi, saptaparna, ativisha, kutaki, patha, musta, usher, parpat, dhamaasa, chandan, pimpali, padmakashtha, haridradvaya, shatavari, sariva, indrayava, yasthimadhu, kirattikta, triphala, goghruta	Tikta, kashay, madhur,	Pitta-rakta pachan, tridosh shaman, deepen pachan ghruta is vatashamak, Krumighna, kledahar, raktashodhan,
Malahar	Erاند tel, kokum butter and paraffin wax	Kashay madhur Tikshna, ushna, snigdha	Twak Sneha vrudhnikar, having greater holding capacity, ropan

CONCLUSION: By using basic principles of Ayurvedic management the patient having aquired ichthyosis is Successfully treated and result was seen. This is safe and effective treatment

Reference: 1] By Uday khopkar, skin disease and sexually transmitted infections, seventh edition(2018), cbs publishers and distributors Pvt Ltd, chapter 22, pg no-249 2] vd y. g jshi, charak Samhita(2015), shri chakrapanidatta virachit, aayurveddipikavyakhya, yashwant tikesaha, vaidyamitra prakashan-pune, nidan sthan 5/4 tika pg no 468 3] by Virendra Sehgal, textbook of clinical dermatology, fifth edition, Jaypee publisher(2011), chapter 36, pg no-186 4] by Virendra Sehgal, textbook of clinical dermatology, fifth edition, Jaypee publisher(2011), chapter 36, pg no-188 5] by y. g jshi, charak Samhita(2015), shri chakrapanidatta virachit, aayurveddipikavyakhya, yashwant tikesaha, vaidyamitra prakashan-pune, nidan sthan 5/3, pg no 467 6] by vd y. g jshi, charak Samhita(2015), shri chakrapanidatta virachit, aayurveddipikavyakhya, yashwant Tikesaha, vaidyamitra prakashan-pune, chikitsa sthan 7/39 tika pg no194 7] by prof. m.s. baghel and dr rajgopala s, WHO-DFC sponsored project on, developing guidelines fo clinical research methodology in Ayurveda, Gujrat Ayurveda university, Jamnagar (2011)

• • •

आयुर्वेद विज्ञान मंडळ, मुंबई यांचे साठवे
पारितोषिक व श्रीलंका येथे इंदुजीत शर्मा
आंतरराष्ट्रीय ग्रंथ पुरस्कार प्राप्त मराठीतील
पहिले पंचकर्म विषयक परिपूर्ण पुस्तक वैद्य
नचिकेत वाचासुंदर (एम्.डी.) लिखित

व्यावहारिक पंचकर्म विज्ञान

(नवीन सुधारित तृतीय आवृत्ती)

एकविसाव्या शतकातील स्मार्ट वैद्यांच्या पंचकर्म प्रॅक्टीससाठी व
विद्यार्थ्यांसाठी अत्यंत उपयुक्त व दर्जेदार पुस्तक

किंमत - रू. ७५०/-

आजच M.O. D.D. किंवा NEFT करा.

::: सुखायु फाऊंडेशन :::

दि कराड अर्बन को.ऑप.बँक, गुरुवार पेठ, कराड शाखा

A/c No. 1001016006151

IFSC code - KUCB0488036

द्वारा - वैद्य नचिकेत वाचासुंदर, ३५ ब, मंगळवार पेठ,

कराड, जि. सातारा - ४१५ ११०.

फोन - ०२१६४ - २२०३४३, ९४२२०३९३५३