



ROLE OF ANTAH-BAHIRPARIMARJAN CHIKITSA IN CHARMA KUSHTHA- A CASE STUDY

Dr. Shweta Katkar^{*1}, Dr. Maya Gokhale² and Dr. Sushrut Deshpande³

¹MD Scholar Panchakarma, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

²H.O.D., Department of Panchakarma, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

³Assistant Professor, Department of Panchakarma, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

***Corresponding Author: Dr. Shweta Katkar**

MD Scholar Panchakarma, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

Article Received on 11/05/2023

Article Revised on 01/06/2023

Article Accepted on 22/06/2023

ABSTRACT

Skin being the outermost layer, serves as an important component in terms of protective as well as cosmetic purpose. It acts as a mechanical barrier between body and environment. As *Kushtha* occurs due to vitiation of *tridosha*, treatment must be done according to predominance of one *dosha*. Any abnormality at skin is termed as *kushtha*. According to *Charaka Chikitsa sutra* of *kushtha*, *Vata* dominant skin disease must be treated with *Snehapaaan*, *kapha* with *Vaman* and *Pitta* dominant firstly *Raktamokshan* and then *Virechan*. A case of age 26 years male diagnosed as *Charma Kushtha* came to *Panchakarma* OPD, *Antah-bahirparimarjan Chikitsa* was given and all the symptoms were subsided, results were analysed as per PASI score.

KEYWORDS: *Charma kushtha, antahbahirparimarjan chikitsa, Shodhan, Shaman, chikitsa, Vaman, lepa.*

INTRODUCTION

In *Ayurveda*, the term used for skin is *twacha*. The word *twacha* is derived from *twac*-meaning the cover. The origin of skin is due to combination of *shukra* and *artava* in intrauterine life just like a cream on the surface of boiled milk. Skin is responsible for sensation of touch. *Kushtha* is caused by *tridosha* imbalance^[2] and impairs functioning of *twack*, *rakta*, *mansa* and *ambu* leading to 18 types^[3] of skin disease. This *tridosha* imbalance is caused^[1] by *viruddha annapaaan*, *drava snigdha guru ahar*, *mala- mutra-vayu veg dharan*, exercise immediately after having meal, consuming cold and hot foods in ample quantity, too much fasting, sweating, exertion and anxiety, consuming food after indigestion, curd, salt and non-veg diet, *amla rasa* in ample quantity, day sleep and disrespecting teachers.

Skin disease require *shodhana* prior to *shaman chikitsa*. The treatment of *kushtha* is stated as *snehapaaan* in *Vaat* dominant, *Vaman* in *kapha* dominant and *Virechan* and *Raktamokshan* in *pitta pradhan kushtha*.^[5] *Charma kushtha*^[4] is a *vaata kapha* dominant skin disease in which discolouration of skin is seen followed by thickening and scaling of skin resembling to that of elephant skin and itching. Accordingly treatment should be done.

A 26 yr old male patient visited OPD of Panchakarma presenting complaints of itching at right hand, right leg,

right thigh and right buttock region, discolouration, thick and scaly dry skin since 2 years.

In this case patient was treated with *Antahbahirparimarjan chikitsa*.

The medicine which is consumed orally and acts internally and hence cures the disease is called *Antahparimarjan Chikitsa*. It includes *shodhan*(*Vaman*, *Virechan*, *Basti*, *Nasya*, *Raktamokshan*) and *Shaman*(*Pachan*, *Lekhan*, *Bruhan*, *Rasayan*, *Vajikaran*).The medicine which is applied externally, skin is the mediator and hence cures the disease is called *Bahirparimarjan Chikitsa*.It includes *abhyang*, *swedan*, *udvartan*, *dhara*, *lepa*, *kaval*, *gandusha* etc.

Patient was given *Vaman* treatment initially. After *vaman*, internal medicines and local application of *Lepa* were given. The results were analysed with PASI(Psoriasis Area and Severity Index) score.^[6] PASI score is a tool used to measure the severity and extent of psoriasis. A representative area of skin is selected, the intensity of redness, thickness and scaling of the psoriasis is assessed as none(0), mild(1), moerate(2), severe(3), or very severe(4). PASI score of 5 to 10 is considered moderate disease, and a score over 10 is considered severe.

MATERIALS AND METHODS**Case Report**

A 26 yr old male patient visited OPD of Panchakarma, presenting complaints of -

1. Itching at right hand, right leg, right thigh and right buttock region.
2. discolouration of skin
3. Thick and scaly dry skin since 2 years

History of present illness

Patient was apparently alright 2 years ago, after which he had a gradual onset of white discolouration, thick and scaly skin over right hand, right thigh, right buttock and right leg along with itching. Patient had taken homeopathic and allopathic steroidal treatment but had no relief hence he came to Ayurvedic hospital for treatment.

History of Past illness

Pt had fungal infection in rainy season 2 years ago.
Herpes zooster 1yr ago

On Examination

Blood Pressure- 120/70mmHg
Pulse- 82/min
Central Nervous System- conscious and oriented
Cardiovascular system - S1 S2 (Normal)
Respiratory system- Air entry bilateral clear
Per abdomen- soft

Ashthavidha pariksha

Nadi-pitta pradhan vata
Mala- samyak
Mutra- samyak
Jivha- niram

1. Shodhana- VamanTable no.1^[21]

Therapy	Drug	Dose	Days
Purvakarma			
<i>Pachan</i>	<i>Musta churna</i>	2gm	3 days vyanodan
<i>Snehapan</i>	<i>Goghrit</i>	D1-30ml D2-60ml D3-90ml D4-120ml D5-150ml	5 days
<i>Sarvang snehan</i> <i>Sarvang swedan</i>	<i>Til tail</i>	100ml	2 days <i>Sneha Vishram Din</i>
Pradhan karma			
<i>Vaman Day</i>	<i>Akanthapan-Godugdha</i> <i>Vamakyoga-Madanphal phant</i> <i>Vamanopag-Yashti kwath</i>	1000ml 100ml As per requirement	1 day
Paschatkarma			
<i>Sansarjan</i> <i>Kram</i>	<i>Peya</i> <i>Vilepi</i> <i>Akrut yush</i> <i>Kruta yush</i> <i>krushara</i>	As per patient's requirement	5 days

Patient was advised for follow up after five days of *sansarjan kram*.

*Shabda-spashta**Druk-prakrut**Akruti- sama***Dashavidha pariksha**

Prakruti- vata pitta
Vikruti- rasavaha, raktavaha
Satwa- madhyam
Saar- madhyam
Samhanan- madhyam
Praman- madhyam
Satmya- sarva rasa
Aharshakti- madhyam
Vyayamshakti- avar
Vaya- tarun

Purvarupa

- White discolouration at right hand, right buttock, right leg
- Itching

Rupa

- Dryness of skin
- Increased itching
- Thickening of skin at right hand, right buttock and right leg
- Increased white discolouration at right hand, right buttock and right leg

Diagnosis- Charma kushtha**Treatment***Antahparimarjan Chikitsa*

2. *Shaman Chikitsa* (1month)

Table no.2.^[22]

Sr.no.	Drug	Dose & kaal	Anupan	Pharmacy
1.	<i>Rasapachak</i>	250mg <i>Vyaodan</i>	<i>Koshna jal</i>	Rasamrut pharmacy
2.	<i>Sariva churna + Manjishtha Churna + Daruharidra churna</i>	2gm each <i>Vyaodan</i>	<i>Goghрут</i>	Sane Guruji Arogya Kendra dispensary
3.	<i>Shaman Sneha- Shatavari Ghрут</i>	20ml (<i>Rasayane</i>)	<i>Koshna jal</i>	Rasamrut pharmacy
4.	<i>Mahamanjishthaadi Kwath</i>	20ml (<i>Vyanodan</i>)	<i>jal</i>	Rasamrut pharmacy

Bahirparimajan Chikitsa

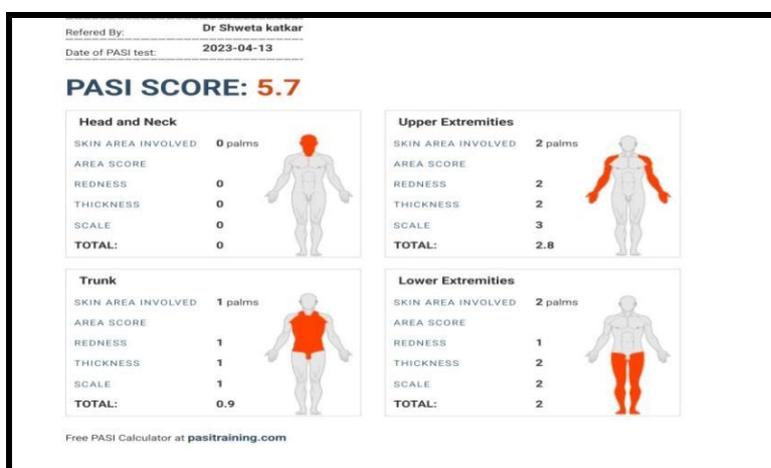
1. *Lepa*

Chandan 2gm+ *Sariva* 2gm + *Musta* 2gm with cow milk twice a day.

OBSERVATION AND RESULT

The PASI score^[6] of this patient was calculated 5.7 which is considered as moderate disease. PASI score before treatment is shown in table no.3

Table no.3.^[23]

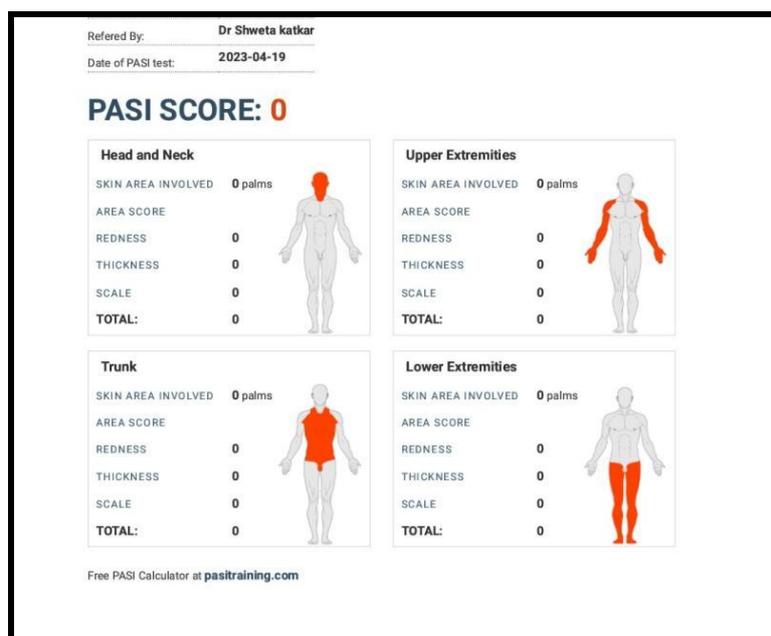


After *Vaman* and 1 month of *Shaman Chikitsa* patient came for follow up. It was observed that patient was

absolutely cured had no any fresh complaints regarding skin. The PASI score was 0.

After treatment PASI score is shown in table no.4.

Table no.4.^[24]





a. Before Treatment



b. after treatment

The results were analysed by PASI score.

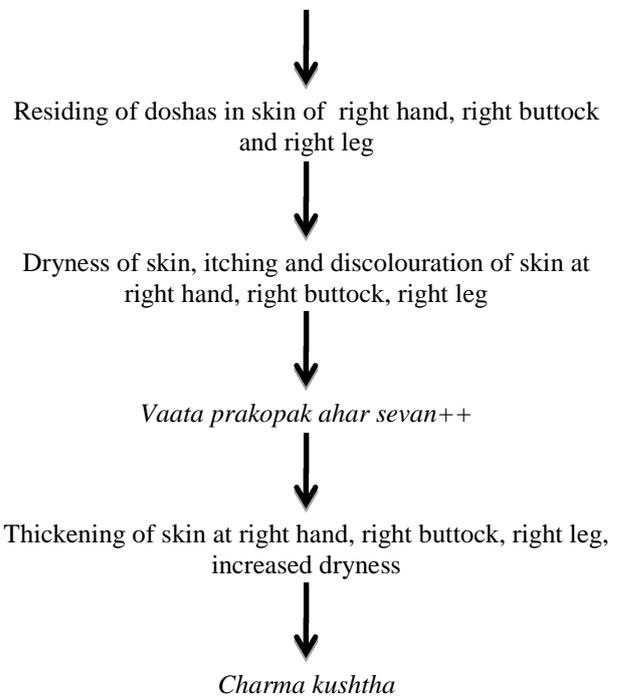
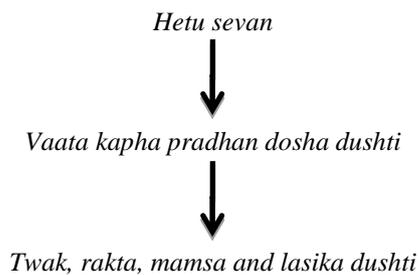
DISCUSSION

In *Charma kushtha* there is dominancy of *vata* and *kapha* doshas.

The *hetu* and *samprapti* seen in patient was-

Hetu and Samprapti

Sr no.	Hetu	Dosha dushti
1.	exertion	Vaata
2.	anxiety	Vaata
3.	stress	Vaata
4.	curd	Pitta kapha
5.	chinese food, fast food	Pitta Vaata
6.	atap seva	Vaata Pitta
7.	Frequent fungal infections	Kapha



According to *Chikitsa sutra*, treatment was given. Initially the extent of disease was calculated on PASI score calculator, it was 5.7.

Antahbahirparimarjan chikitsa was given. After complete treatment of about 1.5 month i.e. *shodhan (Vaman)*, *shaman* and *lepa* again PASI score was calculated, it was 0. That is no any skin lesions, thickening of skin and itching was noted.

Mode of action of *Vaman karma*^[20]

Vaman is a procedure which expels the *doshas* through vomiting. The effect of *Vaman* on patient was observed as follows. The *ushna*, *tikshna*, *vyavayi* and *Vikasi guna* of *Vamanopag* drugs such as *Madanphal pippali phant*, *saindhav*, *madhu* and *Yashtimadhu phant* increase absorption rate and aid in reaching heart it travels to *dhamani* from heart and reaches all *sthula* and *sukshma*

strotas there. It works at the cellular level eliminating all toxins from the body. In *Vamak dravyas* the *agini* and *vayu mahabhutas* are more prevalent. As a result it possesses the *urdhwabhaaghar prabhav* which causes the *doshas* to be expelled from the mouth in an upward direction. *Vaman* eliminates accumulated secretion along with *kapha* thus opens *strotas* and improve better circulation and detoxification. It clears *khavaigunya* present in *twacha*. This treatment is particularly for removing vitiated *kapha dosha* in *charma kushtha*.

Mode of action of *Shaman Chikitsa*

The drug action is as below

Table no. 5.^[25]

Drug	Rasa	Vipak	Veerya	Doshagnata
1.Sariva ^[12]	Madhur, tikta	madhur	sheet	Vaataghna, pittaghna
2.Manjishtha ^[14]	Tikta, kashay, madhur	katu	ushna	Tridoshaghna, raktaprasadan, varnya
3.Darharidra ^[18]	Tikta kashay	katu	ushna	Kandughna, kaphapittaghna
4.Shatavari ^[19]	Madhur tikta	madhur	sheet	Pittaghna, vaataghna
5.Chandan ^[11]	Tikta katu	katu	sheet	Pittaghna, vaataghna
6.Musta ^[15]	Tikta, katu, kashay	katu	sheet	Kandughna, Kaphaghna, pittashamak, varnya
7.Rasapachak vati				
Patol ^[13]	tikta	madhur	ushna	Tridoshaghna, raktaprasadan
Indrayav ^[16]	tikta	katu	ushna	Kaphaghna, Deepan, pachan
Kutki ^[17]	katu	katu	sheet	Kaphagna pittaghna, Rasa rakta dhatu prasadan
8.Mahamanjishthadi kwath ^[26]	Beneficial for all 18 types of <i>kushtha</i>			

As mentioned above *Shatavari* is of *madhur rasa* hence it enhances skin complexion by its action of *raktapitta prasadan*. *Sariva*, *Manjishtha*, *daruharidra*, *chandan*, *musta*, *patol* and *indrayav* these are of *tikta rasa* hence acts as *rakta shodhak* and works on *twak* and *mamsa dhatu* by expelling *kapha dushti* and *pitta dushti*. *Manjishtha*, *daruharidra*, *chandan*, *musta*, *indrayav* and *Kutki* work as *kaphaghna* and *kledaghna* because of their *Katu vipaka*. Hence these drugs help reduce itching, skin thickening and improving the skin complexion.

The drugs used are majorly of *tikta rasa* hence acts as *pitta*, *kapha shamak*, *rakta shodak*, *kledmedoshoshan* and *vaata shamak* due to *madhur rasa* and *snigdha dravyas*. *Mahamanjishthadi kwath* helps in purification process of blood that helps reduce toxins from blood hence improves skin complexion.

Mode of action of *Lepa*

Drugs used for *lepa* were *chandan*, *sariva* and *musta*.

Drug	Key ingredient
1. chandan	Alpha-santalol ^[27]
2. Sariva	2-hydroxy benzaldehyde, 4-methoxybenzaldehyde, saponin, resinic acid, b-sitosterol, a & b- amyryns, tetracyclic triterpene alcohols ^[28]
3. Musta	Cyperene1, Cyperene2, b-Selinene, a-Cyperone ^[29]

The active principles in these drugs are absorbed transdermally. These drugs act on *bhrajak pitta* and helps in improving skin complexion and reduce *kleda* and itching on body parts.

CONCLUSION

The *Charma kushtha* can be successfully treated by *Antabahirparimarjan chikitsa* as mentioned in the case study. Hence it can be concluded that *Antabahirparimarjan chikitsa* is highly effective in treating *Charma kushtha*.

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