



AN AYURVEDIC APPROACH TO ATOPIC DERMATITIS - A CASE REPORT

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ABSTRACT:

Skin conditions are estimated to affect 1.8 billion people at any point of time according to WHO, which not only cause physical discomfort, but it affects psychologically also. Skin diseases are discussed in detail across Ayurveda treatises as *Kushtha*, which is further divided into *Maha Kushtha* and *Kshudra Kushtha*. Here, A male patient complaining of blackish discoloration along with pustules and mild discharge was diagnosed as Atopic Dermatitis-*Vicharchika* based on the signs and symptoms and was treated with *Vidangadi Churna* orally and *Vidanga Patra* for external application for a period of 21 days with dietary and lifestyle modifications.

Keywords: Ayurveda, *Vicharchika Kushtha*, Atopic dermatitis, *Vidangadi Churna Prayoga*, *Vidanga Patra Lepa*.

INTRODUCTION:

According to WHO, Skin conditions are estimated to affect 1.8 billion people at any point in time. As a result of lifestyle changes, poor personal cleanliness, inappropriate or inconsistent eating habits, exposure to environmental pollution, irregular sleep patterns, stress, and other factors, leads to manifestation of Skin Diseases ^[1], which not only results in bodily suffering but also has psychological effects. Emollients and topical corticosteroids are the mainstay in the treatment of atopic dermatitis. These medications have several side effects, which are further classified as Local Side Effects, such as epidermal thinning, atrophy, purpura, rosacea, melanocyte inhibition, premature ageing of the skin, easy rupture on trauma, Contact Allergy, as well as Systemic Side Effects ^[2]. In Ayurveda, Skin diseases are described as *Kushtha / Twaggamaya* defining as the one with causes *Vaivarnya* (~Discoloration) and *Dushana* (~Deformity/ Impairment) of *Twacha* (~Skin) ^[3]. This case report's primary goal is to address one such condition.

CASE REPORT:

An 18-year-old male patient working as general merchant visited the OPD, was said to be apparently normal before a year, gradually started developing itching sensation over

bilateral legs (ankle and dorsum of foot region), bilateral hand (elbow and wrist regions), successively with blackish discoloration over the same regions, he also noted colorless discharge on scratching. So, he consulted some allopathic hospital, from which he got temporary relief. Therefore, for the same reason he visited our hospital for further management.

Aggravating Factors- aggravates in rainy and winter seasons and on consumption of spicy, oily, fried, sour food articles.

Personal history:

Appetite: Diminished

Food: Irregular food consumption, Intake of egg, spicy, sour, oil fried items.

Sleep: Irregular & Disturbed.

Bowel: Irregular evacuation.

Micturition: Regular 4-5 times a day.

Personal Hygiene: Bathing and changing the clothes once in two days.

Other factor: Exposure to dust, prefers to sleep with thick blankets even on summer days.

Familial history: Nothing significant.

Allergies: Nill.

Based on *Nidana* (~etiological factors) and *Lakshana* (~Signs and Symptoms), the case was diagnosed as *Vicharchika* ^[4] [ED-4.3.10] (~Atopic dermatitis) which is one of the *Kshudra Kushtha*, and it was successfully

managed by *Vidangadi Churna Prayoga* [5] internally and *Vidanga Patra Lepa* externally with lifestyle modifications.

Clinical Findings:

Kandu (~ Itching), *Pidaka* (~Papule), *Shyava Vrana* (~ Blackish discoloration), *Srava* (~Discharge)

Nidana:

Excessive intake of *Amla* (~Sour) - *Katu* (~Pungent) *Rasa Ahara*, *Dadhi* (~Curd), *Taila Bharjita Ahara Sevana* (~Fried food articles), *Shoka*, *Chinta*, *Anidra*, *Viruddha Ahara Vihara*.

Samprapti:

Resulting from excessive consuming of *Amla-Katu Rasa Ahara*, *Dadhi*, *Taila Bharjita Ahara*, *Viruddha- Ahara & Vihara*, *Chinta*, *Anidra*, *Kaphapradhana Tridosha Prakopa* takes place in the person and moves towards the *Triyaggata Siras* and gets *Sthanasamshrita* in

Twak, Rasa, Rakta, Lasika and does *Dushana & Shitilata* of same *Dhatus*, resulting in *Stotodushthi*, *Srotosanga*, *Angimandya*, *Amotpatti*. By this *Dosha-Dushya Smmucharana*, the *Vicharchika* is manifested with *Lakshanas* like *Kandu*, *Pitika*, *Shyava Varna & Srava*.

Local examination:

Inspection: Blackish Discoloration of skin over bilateral ankle and Dorsum of foot, anterior aspect of wrist and elbow of bilateral arm.

Papules present over the Discolored area along with mild scaling.

Discharge- Colorless, Scanty, present only on scratching.

Distribution: Ankles, Dorsum of Foot of bilateral lower limbs and anterior aspect of wrist and elbow of bilateral upper arm. (Figure 1A,1B,1C and 1D represents the same)



Figure 1 (A, B, C, D) Denotes the Lesions Before Treatment: where **Fig 1A-** Lateral aspect of Dorsum of Left Foot, **Fig 1B-**Dorsum of left Foot, **Fig 1C-** Anterior Aspect of Right Elbow, **Fig 1D-** Anterior Aspect of Right Wrist.

Aims and Objectives:

To know the efficacy of *Vidangadi Churna* in the management of *Twak Vikara*.

- Photographs were taken before and after the treatment.

Assessment criteria:

Objective Criteria:

- Clinical Signs and Symptoms like Distribution of lesions, *Ptikita* (~Papules), *Shyava Varna* (Blackish Discoloration), and appearance of papules and discharge.

Subjective criteria:

- Grading Analog Scale was used to assess *Kandu* (~Itching) on before treatment (0th day), mid treatment (10th day) and on 21st day. Table 1 depicts the same.

Table 1: Grading Analog Scale (GAS) for Kandu(~Itching) [6]

Sl No	<i>Kandu</i> (~Itching)	Grading
1	No <i>Kandu</i> (~Itching)	0
2	<i>Ishatkandu</i> (~mild itching) Which comes occasionally, does not disturb the mind, duration is 2/3 min; usually scratching is not required	1
3	<i>Bahukandu</i> (~moderate itching) Which occurs frequently disturbs the mind, lasts for longer time, scratching every time is essential, recurs 3/4 times in 12 hours	2
4	<i>Ugrakandu</i> (~severe itching) Frequently occurs, disturbs mind and sleep, lasts for 20/30 min, scratching very essential, recurs 8/10 times in 12 hours	3
5	<i>Atyugrakandu</i> (~excessive itching) continuous itching, scratching marks present on body, drastically disturbs mind, sleep not possible.	4

Treatment Protocol:

Table 2: The table denotes the treatment protocol.

Treatment	<i>Dravya</i>	<i>Anupana</i>	<i>Matra</i>	<i>Avadhi</i>
Internally	<i>Vidangadi Churna</i>	<i>Madhu</i>	1 tsp-TID	21 days
External Application	<i>Vidanga Patra</i>	-	Quantity Sufficient-OD	21 days

Follow up: 10th day, 21st day

Drug free follow up: 30th day.

Table 3: The table denotes the botanical names and family of *Vidangadi Churna Dravyas*.

Sl no	Dravya	Botanical name	Family
1	Vidanga ^[7]	<i>Embelia ribes</i> Burm.F	Myrsinaceae
2	Haritaki ^[8]	<i>Terminalia chebula</i> Retz	Combretaceae
3	Vibhitaki ^[9]	<i>Terminalia bellirica</i> Gaertn.	Combretaceae
4	Amalaki ^[10]	<i>Emblca officinalis</i> Gaertn.	Euphorbiaceae
5	Pippali ^[11]	<i>Piper longum</i> Linn.	Piperaceae

Table 4: The table denotes the Rasapanchaka of Vidagandi Churna Dravyas.

Dravya	Rasa	Guna	Virya	Vipaka	Karma		Rogaghnata	
					Dosha Karma	Any Karma		
Vidanga ^[7]	Katu	Tiksha Ruksha	Ushna	Katu	Vatahara	Vanahikara, Shleshmahara	Krimi, Shula, Adhmana, Udara, Vibhandha	
Vara	Haritaki ^[8]	Lavana- Varjita Kashaya- Pradhana Pancharasa	Ruksha Laghu	Ushna	Madhura	Tridosahara	Brahmana Anulomana	Kushtha, Krimi, Shwasa, Kasa, Prameha, Rsha, Shotha, Udara,
	Vibhitaki ^[9]	Kashaya	Ruksha	Ushna	Madhura	Kapha-Pitta hara	Bhedana, Keshya	Kasa, Krimi, Vaiswarya
	Amalaki ^[10]	Lavana Varjita, Pancharaa	Ruksha	Ushna	Madhura	Tridosahara	Vrishya, Rasayana,	Rakapitta, Prameha,
Pippali ^[11]	Katu,	Laghu	Anushna	Swadu	Vata Shlemaha	Dipana, Vrishya, Rasayana	Kushtha, Shwasa, Udara, Jwara,	

was managed with *Vidangadi Churna Prayoga* internally and *Vidangapatra Lepa* externally.

Mode of Action of *Vidangadi Churna*:

Vidanga [7] through its *Katu Rasa*, *Tikshna-Ruksha Guna*, *Ushna Virya* and *Katu Vipaka* does *Agnivardhana*, *Kleda Shoshana* and *Kapha Shamana*. *Triphala-Haritaki* [8], *Vibhitaki*[9], *Amalaki* [10] with its *Dipana-Rochana* and *Kapha-Pittagha Karma* helps in tackling the pathophysiology of *Kushtha*. Through *Katu Rasa*, *Laghu Guna*, *Anushna Virya*, *Madhura Vipaka*, *Pippali* [11] does *Vata-Kapha Shamana*, *Agni Deepana*. *Vidanga*, *Haritaki*, *Vibhitaki*, *Amalaki* have the pharmacological properties like Antimicrobial and anti-fungal, *Pippali* possesses properties like Appetizer, Digestant, Carminative and Vermifuge. Through the virtue of the Guna-Karma and pharmacological activities *Vidaganadi Churna* helps in tackling the pathophysiology of *Vicharchika* when given internally.

Mode of action of *Vidanga Patra Lepa*:

As discussed earlier, all kinds of *Kushtha* arises as a consequence of involvement of *Tridosha Prakopa* and *Krimi*. Thus, *Vidanga* [7] is best known for its *Krimighna Karma*, does the *Prakriti Vighatana* by its *Katu, Rasa, Tikshna Ruksha Guna* and *Ushna Virya*, there by maintaining the *Swasthya* of *Twacha*.

CONCLUSION

Vidangadi Churna Prayoga with *Madhu* as *Anupana* and *Vidanga Patra Lepa* is effective treating the case of Atopic dermatitis/*Vicharchika* as seen in this case the symptoms like Itching, Discolorations and Papules had reduced to 50% On 10th day and on 21st day the skin color had almost turned to normal with occasional itching and no papules. On Drug free follow up there was no complaints. Further this *Yoga* should be used in a greater number of samples size in other types of *Kushtha* to know its applicability and utility.

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