

**A CASE REPORT ON CHARMADAL KUSHTHA THROUGH
AYURVEDA W.S.R. TO CHERIOPOMPHOLYX****Dr. Ruhi Zahir¹ and Dr. Iqbal Khan²**

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ABSTRACT

Charmadal is a type of Kshudrakushta characterized with symptoms such as redness, itching, pustules, pain and cracks in the skin and tenderness. Most of the symptoms of Dyshidrotic Eczema can be correlated with Charmadal as mentioned in Ayurvedic classics. A diagnosed case of Cheriopompholyx came with chief complaints of red patches on skin associated with severe itching, burning and dryness over hand and foot sole since 2 years with complaint of oozing of blood from the patches after itching. No satisfactory treatment is present except topical steroids, but in Ayurveda text line of treatment for Charmadal is present as mentioned in the Samhitas. Efficacy of oral

Ayurveda medicines in the patient of Charmadal improved the condition of patient to very much extent and Quality of life.

KEYWORDS: Charmadal, Cheriopompholyx, Dyshidrotic Eczema, Kshudrakushta, Skin Disease.

INTRODUCTION

The term Eczema refers to inflammation of the skin. More than 10 million cases in India are encountered every year. Eczema manifests as erythema, vesiculation and oozing in the acute stage, scaling and crusting in the subacute stage and lichenification (hyperpigmentation, accentuation of skin markings and thickening of the skin) in the chronic stage. Cheriopompholyx describes a vesicular pattern of eczema affecting the skin of the hands and occasionally, the feet. It is acute vesicular eczema of the hands and a type of blistering eczema affecting the palms and fingers. The thickness of the skin in these areas prevents the

pinhead vesicles from breaking and eventually the skin peels after a period of intense itching. There may be a history of allergic contact dermatitis, especially to nickel. In other cases, no specific allergen can be identified but the problem may be aggravated by sweating. The majority have no history of atopy. The condition may occur secondary to fungal infection. This may be a recurring problem. Studies report a connection between the so-called contact pompholyx and cosmetic and hygienic products. Although the condition is also known as dyshidrotic eczema, no sweat gland abnormality is seen in these patients. A locus on chromosome 18 has been identified for a rare form of autosomal dominant pompholyx. The symptoms of Cheriopompholyx can be correlated with Charmadal due to similarities in the symptoms. In Charaka Samhita, Charmadal is a type of Khudra Kushta (skin disease). Charmadal has been characterised by redness, itching, pustules, pain and cracks in the skin and tenderness. Charmadal is a Pitta-Kapha predominant disease.

CASE REPORT

A 14 year old female patient came to Kayachikitsa OPD of Govt. Ayurveda Hosital, Motichohta, Udaipur associated with MMM Govt. Ayurveda College, Udaipur with the complaint of red patches on skin associated with severe itching, burning and dryness over the palm and sole since 2 years and oozing of blood from the patches after itching. This condition had developed suddenly before 7 days on exposure of some type of leaves and grasses during playing with them. First patient felt severe dryness on her palms which developed with itching followed by oozing of blood. She had taken medicine from different skin specialist. She had exposed with topical and oral steroid named betamethasone and fusic acid as topical application and methyl prednisolone 16 mg as oral with the combination of levocetirizine 5 mg about 1tab OD and cefadroxil 500mg BD. Family history of such condition was absent.

Examination

Vital of the patient

Blood pressure- 118/76 mmHg

Pulse Rate- 78/min.

Temperature- Afebrile

Others- Oedema, pallor, icterus, lymphadenopathy absent.

Clinical findings

General Examinations: The general conditions of the patient were good without any physical asymmetry seen. She had normal bowel habits with regular normal micturition and disturbed

sleep pattern. She has Vata-pitta predominant prakriti with overload psychological stress. She had not got her menstrual cycle yet.

Local examinations

Redness, itching, pustules, pain and cracks in the skin, tenderness and oozing of blood on Palm and sole.

- Vitals signs are usually within normal limits.
- Severe pruritus –present.
- Atopic xerosis– dry skin, especially during winters.
- Constant scratching may lead to lichenification

H/O Past Illness

NAD

Drug Administration

S.No.	Drug Name	Dose	Anupaan	Days	Time	Specific
1	Aarogyavardhini Vati	250mg	Honey	60	BD	BF
2	Gandhak Rasayan	500mg	Honey	60	BD	BF
3	Ras Manikya	50mg	Honey	60	BD	BF
4	Madhuyashti Churna	1gm	Honey	60	BD	BF
5	Giloya Satva	500mg	Honey	60	BD	BF
6	Mahatikta Ghrit	10ml	Luke warm milk	60	OD	Empty Stomach
7	Pancha Tikta Ghrita Guggulu Tablet	250 mg	Luke warm water	60	TID	AF
8	Aargwadhamritadi Kashayam	10 ml	Luke warm water	60	BD	1hr. BF
9	Maha Manjisthadi Churna	for Dusting		30	TID	On Oozing lesions
10	Shatdhouta Ghrit	For L/A		30	BD	On Burning Areas

All the medicines given in combination form followed by every 15 days for 2 months. Before that we gave mild purgation with Erand oil followed by 3 days of the Snehan by Maha Tikta Ghrita.

DISCUSSION

Cheripompholyx is a chronic, relapsing, pruritis, inflammatory eczematous eruption and cause of dyshidrotic eczema remain unclear but multifactorial in nature, involving genetic,

socioeconomic, dietary, lifestyle and environmental factors are responsible. Symptoms of Cheriopompholyx were resemblance with Charmadal.

Aim of the treatment in this case was to improve quality of life improved (DLQI). It was clear that there is severe aggravation of Pitta and Kapha. Hence all the medicines used in treatment are Pitta-Kapha Shamak by nature and Kushthaghan by Prabhava. Tikta rasa pradhana drugs used for balancing Pitta-Kapha Shamaka.

CONCLUSION

Total of 82.3% relief was found in patient with SCORAD (Scoring atopic dermatitis). Charmadal is a type of kshudrakushta and can be managed successfully with Ayurveda.

For more efficacies we can add Panchakarma therapy as Shodhana in this before starting Shamak Chikitsa by medicines.

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