

A CASE REPORT PRESENTATION IN THE MANAGEMENT OF CHARMAKHYA KUSHTA W. S. R. OF LICHEN SIMPLEX CHRONICUS

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ABSTRACT

The skin is the most enormous organ in the human body. Its exterior placement and size render it vulnerable to a range of illnesses. Ayurveda states that all skin disorders are classified as "Kushta," which is then further split into Mahakushta and Kshudrakushta. Charmakhya kustha is one of the Kshudrakushta which was mentioned in ayurvedic literature. The medical sciences have been using a variety of therapeutic modalities for Kushta's care, yet they all have different adverse effects. An 82-year-old male patient presented to Kayachikitsa OPD with complaints of blackish discoloration with thickening of the skin and severe itching over both feet as well as multiple sites of the neck, abdomen, and back region for two years. In order to break the samprapti with Kushtaghna, Kandughana, and Krumighna properties, which aid in the removal of aggravated dosha and thereby break the samprapti of the vyadhi. The patient's chief and related problems were satisfactorily relieved after Shodhana and Shaman Chikitsa.

KEYWORDS: Charmakhya Kushta, Shamana, Shodhana, Chikitsa, kushta.

INTRODUCTION

Skin serves as a barrier against physical, chemical, and biologically harmful substances that could harm the underlying tissue. Patients with skin illnesses typically experience an impairment to their outward appearance, which interferes with their everyday lives. One of the most prevalent categories of health issues in regular clinical practice is skin disorders.

The word "kushta" in Ayurveda refers to practically all skin conditions. Changes in lifestyle, lack of exercise, poor cleanliness, mental stress, and inappropriate eating habits are generally the main causes of Twak Vikaras (diseases).^[1] Kushta can be subdivided into two main groups: Maha Kushta and Kshudra Kushta.

Charmakhya Kushta is one of the Kshudra Kushtas, which demonstrates Lichen Simplex Chronicus resemblance. Lichen simplex chronicus is a common chronic neurodermatitis that often manifests as thick, scaly, dry patches of skin. In Ayurveda, this condition has a close resemblance to Charmakhya Kushta. The most common cause of the hypertrophic epidermis is habitually rubbing or scratching a particular area of the skin. This affects Rasa, Rakta, Mamsa, Ambu, and Kapha Pradhan Tridosha. Twak Vikaras is primarily caused by Rakta Dusti.^[2] Virechana is Raktaja Vikaras' Shodhana Karma. Shamana Chikitsa, following Shodhana, is a key figure in Alpadosha management.

Lichen simplex chronicus affects around 12% of the population. The illness is twice as common in women as it is in men.

CASE REPORT

A 82-year-old male patient presented with a chief complaint of blackish discolouration that is dry, thick, rough, and scaly in appearance, with intense itching and a mild burning sensation all over both legs below the knee joint, sometimes oozing of plasma after intense itching on affected side for two years.

PAST HISTORY: - No Other Comorbidities presented.

HISTORY OF PRESENT ILLNESS: - The patient was well six years ago, but then he developed a blackish discolouration that seems dry, thick, rough, and scaly, with extreme itching and a mild burning sensation all over both legs below the knee joint. After severe itching on the afflicted side, the patient reported plasma oozing. He saw an allopathic doctor and was instructed to take antibiotics, antihistamines, and topical steroids. However, there

was no significant relief.

Over the course of two months, he witnessed the thickening of hard skin, the spread of lesions accompanied by extreme itching, and the peeling of greyish skin (powdery discharge). For these ailments, the patient visited to the Kayachikitsa OPD of Dr. D. Y. Patil College of Ayurveda and Research Centre Pimpri, Pune-18 Maharashtra, and was admitted to the hospital for further treatment.

HETU (Causes)

1. **Aaharaj** - Excessive Non-Veg (Fish), oily spicy salty food, tobacco chewing since long Time, chai 4-5 times a day.
2. **VIHAR** – Day sleep, Anger, Stress, Poor Hygiene.

PERSONAL HISTORY

Personal History Name - XYZ	Diet – mixed	BP – 130/90 mm Hg
Age –82 years	Addiction – tobacco	Pulse – 78/min
Sex -male	Social-economic status – middle class	RR- 18/min
Marital status – Married	Appetite – Good	Temperature – Afebrile
Occupation – farmer	Sleep – Adequate	Weight – 78 Kg

Ashtavidh Pariksha

Nadi – Pittapradhan Vaat	Shabda - Spashta
Mal – asamadhakaraka	Sparsha – rukshatha / samsheet ushna
Mutra – naktamutrata (2-3 times at night)	Druk – samyak
Jeevha – saam	Akruti - Madhayam

DASHA VIDHA PARIKSHA

Prakriti -Vata kapha	Satwa - Madhyama
Vikruti - Vata Kapha	Satmya -Madhyama
Sara – mamshshar	Aharashakti - Madhyama
Samhanana – Madhayama	Vyayama Shakti -Madhyama
Pramana - Weight-78kg Ht-161cm	Vaya - 82 yr

SAMPRAPTHI GHATAKA

Doshas - Tridosha (Vata (Vy, sa, uda)), Pitta (Br, pa)), Kapha(kled,)	Adhisthana - Tvacha, Rakta, mamsa, lasika
Dushya - Rasa, Rakta, Mamsa, Lasika	Udbhavasthana - Amashaya
Upadhatu – Tvacha	Sanchara sthana - Tiryaka gami siras
Agni – Jatharagni & Dhatwagni Mandya	Vyakta sthana - Tvacha

Srotas - Rasa, Rakta, Mamsavaha & swedavaha	Roga marga - Bahya
Srotodusti Prakara – Sanga	Rupa - Pidaka, shyava, aruna Varnatha, kandu, srava, ruksha
Sadhyasadyata – Krichrasadhya	Upasaya - nil
Swabhava – Chirakari	Anupasaya - During winter Season.

INTEGUMENTARY SYSTEM EXAMINATION

Colour - Blackish grey discoloration	Plaque - +
Pigmentation – Hyperpigmented	Oozing - +
Border – Irregular	Itching - ++
Shape – irregular	Scaling - ++
Haemorrhagic spots – Absent	

Diagnostic assessment – The diagnosis is based on a clinical examination. Charnmaykya Kustha presents all clinical characteristics, which are comparable to Lichen Simplex Chronicus.

TREATMENT PRINCIPLE

- 1) **Nidan Parivarjana & Doshaghna chikitsa** (kapha vaataghna).
- 2) **Mradhu virechan** (purgation) for pitta shodhanarth.
- 3) **Rakta mokshan for rakta sodhanarth.**
- 4) **Basti.**
- 5) **Saman chikitsa.**

Treatment given – 1st visit - in the OPD (25/02/2023).

Sr.	Medicine	Dose & anupana	Duration
1.	Panchtikta grita guggulu	2 tab bd with luke warmwater	15 days
2.	Aarogyavardhini vati	2 tab bd with luke warm water	15 days
3.	Raktashodhak vati	2 tab bd with luke warm water	15 days
4.	Khadiraarista	10 ml bd with Eq luke warm water	15 days
5.	Gandarvha haritaki churna	3 gm hs with luke warm water	15 days

2nd visit - admitted in the IPD (11/03/2023).

Sr.	Medicine	Dose & anupana	Duration
1.	Aarogyavardhini vati	2 tab bd with luke warm water	15 days
2.	Panchtikta ghrita	10 ml with luke warm water in the morning	15 days
3.	Karanja oil	Local application	15 days

Panchkarma Treatment**KALA BASTI – ANUVASAN BASTI WITH NIMBA TAIL - 120 ML****NIRUHA BASTI WITH RAKTA SHODHAK KAWTH - 740 ML****(Manjista+ Sariva+ Haridra+ Patol + Guduchi + Khadira) JALAUKA VCHARAN – ON 7TH AND 15TH DAY OF IPD TREATMENT. TREATMENT ON DISCHARGE (25/03/2023)**

Sr.	Medicine	Dose & Anupana	Duration
1.	Aarogyavardhini Vati	2 Tab Bd With Luke Warm Water	15 Days
2.	Panchtikta Ghrita Guggulu	2 Tab Bd With Luke Warm Water	15 Days
3.	Ras Manikya + Manjista+ Sariva + Patola + Guduchi + Khadira	125 mg + Each 3 gm = 40 ml decoction Bd	15 days
4.	Karanja Oil	Local Application in Morning	15 Days
5.	Arka Cream	Local Application at Night	15 Days

Follow up after 15 days and 1 month.

Pathya	Apathya
1) Regular Home-made food	1) Curd
2) All types of fruits except oranges and sweet lime	2) Nonveg especially fish
3) Koshna Jal	3) Chaat items; Fast food
4) All types of vegetables except tomato	4) tomato; Tamarind chutney
5) Mudga Yusha	5) Chips; wafers, pickle.

RESULT

Clinical Feature	25/02/23	11/03/23	25/03/23	25/04/23
Kandu (Itching)	3	2	0	0
Twak vaivarnya	3	3	1	1
Twaka rukshana	3	2	1	0



DISCUSSION

Skin diseases are associated with a condition called Kushta, which is mentioned in the ashtamahagada and is thoroughly detailed in Samhitas. Kushta is classified into two categories based on its level of invasion: Maha Kushta and Kshudra Kushta. Charmakhya Kushta is among the eleven Kshudra Kushtas. Lichen Simplex Chronicus is reminiscent of Charmakhya Kushta, with symptoms such as Kharasparshata, elephant-like skin (hasticharmavata), and itching. Charmakhya kushta mostly presents vata kaphja dhusti, which induces Dushti in ras and rakta dhatus. Dhatus and Srotas comprise Sroto Sangha in Twak, Rakta, Mamsa, and Lasika. Vata Sangha in twak generates kleda dushti, which leads to rukshata in Twachadi dravya. Krishna Aruna Vaivarnyata, Bahala, and Twak's Hasticharmavat Lakshana led to Charmakhya.^[3]

Patients were treated for 15 days with Panchtikta Ghrita Guggulu Aarogyavardhini vati, Rakta Shodhaka vati, Khadirarista for Rakta Shodhanaratha, Gandharva Haritaki Churna for Ama Pachan and Nitya Anulomana. after a thorough understanding of Nidana, Lakshana, Samprapti, Rogi Roga Bala, Desha, Kaala, Ritu, and Avastha of disease. Panchtikta ghrita prescribed pittashaman, raktashodhana, and abhyantar snehana for the next fifteen days. Additionally, anuvasana basti with nimba tail and niruha basti with raktashodhaka kwatha were to be done on alternate days for sixteen days along with Jaloukavacharana, lepa Shamanoushadhi and Pathya ahara vihara. Here is how procedures and medications work.

Basti- Anuvasana basti with nimba tail and niruha basti with raktashodhaka kwatha. Taila is best for shamana of vata & it does not increase kapha.^[4] Nimba is the one of the drug for Kushta roga & sneha basti is best for vata shamana. Therefore Nimba taila matra basti is helped in the treatment of Charmakhya Kushta.^[5] Niruha basti with raktashodhaka kwatha which contains Manjista + Sariva + Haridra + Patola + Guduchi + Khadira for balancing the pitta and kapha.

Raktamokshan - Jalaujavacharana was performed on 7th and 15th day of ghritapan to achieve Raktashuddhi as Rakta is one of main Dushya.^[6]

Lepa^[7] -The maximum medication concentration at the site of action, calming effects, and antibacterial qualities are offered by Lepa with Pongamia oil and Arka cream.

Panchtikta ghrita guggul - Kantakari (Panchatikta) ,Nimba and Vasa as Kanduhar. The

characteristics of Raktashodhak and Krumighna make them useful in Twachavikar.^[8] This mixture is especially useful for dry sorts of Twach Vikar. Furthermore, this combination has numerous substances that cleanse the liver and kidneys, which aid in skin clarity and post-digestive function.^[9]

Aarogyavardhini vati- Rasaratnasamucchaya mentions the medicine in the context of Kustha (skin disorder)^[10], whereas Bhaishyajaratnavali mentions it in the context of Yakritvikara (liver disorder).^[11] Rasaratnasamucchaya stated that Arogyavardhini vati is Sarvarogaprashamani (can describe all forms of disorders).^[12] Shuddha parada, Shuddha gandhak, tamra bhasma, abhraka bhasma, loha bhasma, shilajatu, guggulu, neemba, katuki, chitramool, amalaka, bibhitaki, haritaki, and have antibacterial, hypoglycaemic, stomachic, hypotensive, carminative, and astringent properties. It exhibits antioxidative, anti-hepatotoxic, and immunological modulating effects. Shuddha Shilajit, a mineral, is a powerful revitalizer. It functions like nectar and has high antioxidant effects that postpone aging. It is effective in treating liver & kidney diseases, digestive issues, and mental ailments.

Rakta sodhaka vati - It is herbal blood purifier that detoxifies the immune system and strengthens the liver. It also provides skin support. It is formulated with Manjishta Guduchi, which cools, cleanses, and detoxifies the liver and blood. - Improves cardiac function; - High in antioxidants. Haritaki, Amla, and Bibhitaki are all rich in detoxifying properties for the liver, lungs, and digestive tract. It also contains a high concentration of vitamin C, which promotes the formation of superoxide dismutase.

Khadirarishta- Khadirarishta's constituents include Khadira, Bakuchi, Devdaru, Daruharidra, Dhataki, Kankola, Bibhitaka, Amalaki, Haritaki, Jatiphala, Nagakeshar, Lavanga, Tvak, Pippali, Ela, & Twakpatra, honey, crystallized sugar lumps, and water. It is a unique herbal formulation having digestive, antioxidant, anthelmintic, antiallergenic, anti-inflammatory, hepatoprotective, antibacterial, and anti-gout effects.^[13,14]

Ras Manikya along with raktashodhka Dravya kwath- The compositions provide a calming and soothing effect, which helps lessen burning, itching, and suffering associated with skin issues. It treats blood morbidity, replenishes vitality, and lessens the effects of sunburn.

Immunosuppressive medication effects are beneficial for autoimmune skin conditions such as systemic lichen erythematosus, lichen simplex chronicus, polymorphous light eruption, etc.

The repigmentation caused by illness effects is initiated by the presence of metallic substances. The formulation's components improve erythroderma symptoms by regulating vata kaphaja Kushtha.^[15]

Pongamia oil^[16] – Also known as Karanj oil, high in triglycerides and flavonoids, is used to treat skin illnesses, wounds, ulcers, fungal skin ailments, rheumatic difficulties, scabies, herpes, and certain cases of leprosy.

Arka cream- It comprises sesame seed oil, stearic acid, glycerin, caprate, polysorbate, Edta, carbomer, kernel oil, lavender oil, aloe leaf extract, olive oil, and soya extracts. Arka cream is an ayurvedic medicine for treating itching, scabies, and eczema. It is mentioned in various classical Ayurvedic literature, such as Sharangadhara Samhita and Vangasena Samhita, as having naturally anti-inflammatory and antiseptic properties, as well as the ability to soothe sun damage and reduce scarring.

CONCLUSION

The preceding case study shows that the Charmakhya kushtha can be successfully treated with the Shodhan, Shaman, and Bahirparimarjan Chikitsa. Since this is a single case study, it is recommended that research be conducted on a larger number of patients to demonstrate the efficacy of ayurvedic treatment modalities with no adverse reactions.

Patient Perspective – After getting the disease, I struggled with a number of health issues and tried several allopathic treatments to heal, but I wasn't satisfied with the outcome. Then, I decided to start an ayurvedic treatment. The results of the *ayurvedic* examination showed that I had a number of physical health issues along with my skin disease. I started to feel better after starting the customized *ayurvedic* regimen, which included *Panchakarma* and *ayurvedic* medications. I am very appreciative of my health's steady improvement without side effects.

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Author Contributions

Anuja Jain – Conceptualisation, Methodology, Investigation, Resources, Data Curation, Writing Original Draft, Visualization.

Abhijit Shekhar – Validation, Resources, Supervision, Project administration. Abhinav Rajput

– Software, Formal analysis, Writing review & editing Vaishali Jain – Writing review & editing.

Conflict of Interest

The authors have no conflict of interests to declare.

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Ethical Statement

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Data Availability

Data will be made available upon request.

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