

## Role Of Panchkarma In Managing Atopic Dermatitis

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### Abstract:

Atopic Dermatitis (AD) is a chronic and relapsing disease that affects approximately 5-25% of the childhood population around the globe. It is seen to be more prevalent in early decades of life and in urban localities. Although AD may occur at any age, in Infants, most commonly face and extensor surfaces are typically involved whereas in children and adults, flexor surfaces are often affected with dry, scaly and irritated skin. It badly affects the quality of life of patients. A years old Male patient, came to O.P.D of Government Ayurvedic Medical College, Jammu with the complaints of rashes and severe itching all over body. He was diagnosed as Atopic Dermatitis since past 3 years from Allopathic Systems of Medicine and was undergoing allopathic treatment during these years. Patient was not responding much to allopathic medication during these years. After therapeutic Purgation (Virechana Karma), the patient was given Aarogyavardhini Vati and Mahatiktak Kashayam Tablets along with Takra dhara (Pouring of medicated buttermilk all over the body from a certain height and for a continuous period of time) a for 21 days. Significant improvement was noticed during and after this regimen.

**Keywords:** Atopic Dermatitis, Extensor surfaces, Flexor surfaces, Takra dhara, Virechana Karma.

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### I. Introduction:

Many skin conditions present with itching. Atopic dermatitis is one of them. Atopic Dermatitis is the most common chronic inflammatory skin disease characterised by the itching, scaly plaques, lesions may exude in the acute stage and are dry scaly and lichenified in the chronic cases. Commonly seen in face, hands, feet and flexor surfaces. Person with itching can never be comfortable in any situations due to severe itching, oozing, and later discoloration. Atopic dermatitis makes the patient suffer a lot of mental agony. Prevalence varies from 15 to 20%. Similar features are seen in Vicharchika. Vicharchika is one among the Kshudra Kusta. It is characterised by Kandu(itching), Pidaka(vesicles), Shyava varna, Bahusrava(discharge).The main line of treatment in Ayurveda is to eliminate the Doshas (Shodhana).

### II. Case Report:

A 35 years male patient came to the opd of GAMC wit main complaints of intense itching, dryness, and blackening & thick eczematous lesions on the skin of forearms, legs and back 3 years. The lesions were seen on both the forearms and neck region at first associated with itching. There is no known family history of any severe skin condition and no any significant dietetic history and no known allergy in the patient. The patient took the modern medicines like steroids, ointments for local application but did not get any relief.

**On examination, patient presented with these figures (Before Treatment)**



**Skin Examination:**

Erythematous lesions on the back, dorsum of legs and flexor surface of forearms, and severe itching and dryness were seen all over the body scaly lesions were also seen.

**Personal history:** His appetite and thirst were normal, sleep was disturbed due to severe itching, his bladder and bowel habits were also regular. The patient had no history of any addiction. There was no past history of any major illness. No history of trauma and surgery was found.

**Dosha-Dushya included as follow**

Dosha – Tri Dosha (Vata – Pitta dominant)

Dhatu – Rakta & Rasa

Agni – Mandagni

Adhishthana – Twaka

**Table 1:** Dashavidha Pareeksha (ten-fold examination of patient)

S.No.	Patient's Examination	Status
1.	Prakriti (constitutional status)	Pitta-Vata
2.	Vikriti (morbidity)	Tridosha along with Rakta
3.	Satwa (psyche)	Madhyam
4.	Sara (excellence of tissues)	Raktsara
5.	Samhanana (compactness of organs)	Pravara
6.	Ahara shakti (digestive power)	Pravara
7.	Vyayama shakti (capacity of exercise)	Madhyam
8.	Satmya (suitability)	Pravara
9.	Pramana (body proportion)	Sama
10.	Vaya (age factor)	Jeerna

Based on clinical presentation and examination the case was diagnosed as Vicharchika (eczema)

**Intervention Plan**

Treatment	Drug of Choice	Anupana	Duration
Lepa & Abhyanga (for Local application)	Aragvadha Patra Lepa Nimba+Karanj Taila Abhyanga	-	✓ 15 days ✓ 15 days
Deepan and Pachana (correction of digestion and metabolism)	Panchkola Churna (2 gm BD)	Lukewarm Water	For first 3 days
Snehapana	Tikta Ghrita (Guduchi Kand +Nimba Patra + Vasa Patra) – (30,50, 80,100, 120, 150ml accordingly)	-	For 6 days
Snehana (Oleation) & Swedana (Fomentation)	Sarvang Abhyanga with Dashmool Taila Peti Sweda	-	For 3 days
Virechana	Trivrita Avaleha (70 gm) Tarunikusumakara Phanta (20-25ml)	For Avaleha – lukewarm water	✓ 21 Virechana Vega ✓ Madhyam

			shudhi
Peyadi Sansarjana Karma (Dietary prescriptions)	Peya-manda-vilepi-akrita yusha-krita yusha  Laghu Ahara	-	For 5 days
Shamana Chikitsa	1Arogyavardhini Vati 250mg BD (before meal)  Mahatiktak kashyam 20 ml (after meal) Takra dhara. (These medicines were given after discharge)	1. Lukewarm water  2. Lukewarm water  For 21 days	For 15 days (Follow up)

Treatment Schedule

Table 2:

After treatment patient present with thses pictures



At the time of discharge, the patient got complete relief in his previous complaints like- itching, dryness, swelling etc. After that some medicines were given him during the follow up period as mentioned in table no. 2

**Adverse Effects: During the entire course of treatment no adverse reactions were noted clinically.**

### III. CONCLUSION

According to Ayurveda, Vicharchika is a Raktpradoshaja Vikara with three Doshas engaged with Kapha as the dominant Dosha. It is listed as among the “Ashta Mahagada” under the broad umbrella of Kustha roga. The clinical picture of Atopic dermatitis or eczema resembles with Vicharchika. Present case study showed that Vicharchika (Eczema) could be treated with Virechana karma, Takra dhara along with herbal and herbo-mineral medicines orally as well as topically. This study also revealed that Pathya-apathya has vital role in the management of skin disorders especially in Vicharchika.