

## MANAGEMENT OF VISPHOTA THROUGH AYURVEDA A SUCCESSFUL CASE STUDY.

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### Abstract

Skin diseases are affecting human beings since time of immortal. Skin diseases have been a major concern of Physicians, Dermatologists and General practitioners since last few decades because of rising trends of different skin diseases. In Ayurveda all skin diseases are described under *Kushta Rogadhikara* and classified as 7 *Maha Kushta* and 11 *Kshudra Kushta*. Due to altered life style, changes in the dietary practices, unhygienic atmosphere, skin diseases are observed. *Visphota* is one among the types of *Kshudra Kushta* which is characterized by transparent blisters with thin skin covering. Management of *Visphota* through Ayurveda is rarely reported. This is a case report of a 7-year old boy with complaints of itching and scaling of the skin under the foot associated with pain since 7 months which got significant result by treating with Ayurvedic line of management.

**Key words** – *Kushta, Kshudra Kushta, Visphota.*

### INTRODUCTION

Skin is the largest organ of the body with its size and external location makes it susceptible to a wide variety of diseases<sup>1</sup>. WHO has classified skin diseases as psycho-cutaneous disease. Any disease related to skin disturbs physical and mental health of an individual. Patient may experience physical, socio-economic and

psychological embarrassment in the society<sup>2</sup>. In Ayurveda all skin diseases are described under *Kushta Rogadhikara* and classified as 7 *Maha Kushta* and 11 *Kshudra Kushta*<sup>3</sup>. *Nidana* of *Kushta Roga* are said to be changes in the dietary practices, altered life style, unhygienic conditions and unknown causes. *Visphota* is one among the *Kshudra Kushta*<sup>4</sup> which is

characterized by transparent blisters with thin skin covering. In India prevalence of psoriasis varies from 0.44-2.88%<sup>5</sup>. In modern science the condition is managed with corticosteroids and immune modulators but chance of recurrence is common. In Ayurveda skin diseases are managed with the entire purification of the body, ie; *Shodhana* and afterwards with different *Shamana Aushadhi* according to the condition of the patient.

### **Case Report**

A 7-year-old boy along with parents came to OPD of Alva's Ayurveda Medical College with complaining of itching, scaling of the skin under the bilateral soles since 7 months. The Patient was also associated with pain and occasional discharge from the wound. The condition was progressive and the child was found discomfort while walking and go to school due to this condition. The patient has taken certain medication for the same. Since the condition was reoccurring he approached our hospital for further management.

**Table No: 1. Investigation**

Hb%	11.8%
Total WBC	20,700
PCV	34.17
MCV	65
MCHC	22.6

### **Skin Examination**

Site – Plantar aspect of bilateral foot

Distribution – Bilateral foot. Plantar aspect only

Nature – Scaling of skin, occasional appearance of blisters.

Size – 2-3 cm

Discharge – Present



### **Treatment Given**

**Table No: 2. Internal Medication**

Medicine	Dosage	Anupana	Time	Duration
Triphala Guggulu	1-1-1	Luke Warm Water	After Food	1 Month
Gandhaka Rasayana	1-1-1	LukeWarm Water	After Food	1 Month
Khadirarishtam	5 ml -0- 5 ml	-	After Food	1 Month
Maha Manjishtadi Kashayam	10 ml -0- 10 ml	LukeWarm Water	Before Food	1 Month

**External Medication:** Application of Danthapala Taila externally

### Treatment Outcome

Regular follow up were done for a period of 2 years. The patient made a visit hospital at an interval of every one month. There was reduction in the complaint of itching and new blister eruptions observed in patient, however discontinuation of the treatment done by the patient lead to reoccurrence of the clinical condition.

### Treatment Discussion

The treatment given in this patient was in accordance with the following properties of *Dravya*. The patient was in *Balavastha* so any of the *Shodhana* therapies were not done in this case. Among the *Shamanoushadhi*, *Triphala* is a best drug of choice in skin conditions due to its therapeutic

effects. *Thriphala* have anti-inflammatory, anti-microbial properties<sup>6</sup>. *Gandhaka Rasayana* is

indicated in all *Kushta Roga*<sup>7</sup>. *Gandhaka Rasayana* have the properties of anti-inflammatory, anti-bacterial, anti-viral which acts well on the skin diseases<sup>8</sup>. *Khadira* is said to be *Agroushada* in *Kushta* and have the potency to rejuvenate *Raktha Dhatu* and also have anti-secretory, anti-ulcer, anti-bacterial, anti-fungal, anti-microbial properties<sup>9</sup>. *Maha Manjishtadi Kashaya* is indicated in all skin diseases and it is a best *Raktha Shodhaka* and *Kushtahara Dravya*<sup>10</sup>. *Manjishta* also possess of anti-inflammatory, anti-microbial, anti-ulcer, anti-viral and wound healing properties<sup>11</sup>. In *Dhanthapala* oil ingredients are *Shwetha Kutaja* and



*Nimba*, both have very good result in skin diseases. *Shweta Kutaja* is a best *Raktha Shodhaka Dravya* which contains chemical constituents like Beta Sitosterol, Beta Amyrin, Cycloartenone. *Shweta Kutaja* also have properties of anti-psoriatic, anti-inflammatory<sup>12</sup>. *Nimba* also have the anti-inflammatory, anti-bacterial, anti-viral, anti-microbial, anti-fungal properties<sup>13</sup>. So all combination of these drugs has the property to heal the wound, protect from further progress of the condition and reduces the severity of the disease.

### **Conclusion**

The single case study can be concluded that by the anti-psoriatic action of all the drugs, the approach of Ayurveda is effective in the management of *Visphota*. The patient gradually improved over the period of treatment and has witnessed a prolonged period of relief. Ayurvedic treatment helps to relieve symptoms of the disease with lack of adverse effects.

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