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“A CASE STUDY ON AYURVEDIC MANAGEMENT OF ATOPIC DERMATITIS”**Dr. Divesh Patil¹, Dr. Bharat Kadalskar²**

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ABSTRACT:

Ayurveda is an old science, and its primary objective is to ensure that the body's Dhatusamya is correctly maintained. Dushti of the Tridoshas and Rakt-Dhatu, which ultimately leads to an excessive number of different forms of auto immune skin problems, are the results of many lifestyle habits that are prevalent in today's society. Due to the fact that atopic dermatitis is one of them, we will be discussing the Ayurvedic management of this condition in this post.

Inflammation, redness, and irritation of the skin are the symptoms of atopic dermatitis, which is also commonly known as eczema. This disease is chronic, meaning it lasts for an extended period of time. In spite of the fact that it is a prevalent disorder that typically manifests itself in childhood, the disease can strike anyone at any age.

KEY WORDS:- Atopic dermatitis, Autoimmune Disorder, Charmadal, Shodhan-Shaman Chikitsa.

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INTRODUCTION

The disorder known as atopic dermatitis—eczema—causes itchy and irritated skin. Common in young children, it can strike anyone at any age. Long term (chronic), atopic dermatitis often flares occasionally. Though it can be annoying, it is not communicative. Autoimmune illnesses are disorders of health when your immune system attacks your body rather than protecting it. One type of eczema, atopic dermatitis (AD), may begin as an allergic reaction and evolve into an autoimmune response, according a study in the Journal of Autoimmunity. In Ayurvedic literature, the word "Charmadala" has been used within the category of Kushta (skin diseases) that denotes all kinds of skin illnesses. The way Acharya Kashyapa describes the illness Charmadala (dermatitis) is somewhat similar to that of Atopic dermatitis. Kandu (itching), rakta varnata of twak (reddish discolouration of skin), charma avadarana (peeling of skin) and twak rookshata (dryness) with pidaka (papule) development define it.⁽¹⁾

Case history-

A female patient aged 48yrs came in Kayachikitsa OPD in M.A.Podar Ayurvedic Hospital, in the month of October 2023. She was suffering from symptoms Erythematous lesions with excoriation and serous exudates over bilateral upper and lower limbs, back and over face since 1 year.

Personal history-

Diet: 2 times / day; mixed

Sleep: 5 to 6 hours / night; disturbed

Appetite: Moderate

Bowel: once / day; Hard in consistency

Micturition: 5-6 times / day

Habits: Tea - 2-3 cups/day

Menopause: at the age of 45 years

Past illness history: Atopic Bronchial Asthama (on inhaler)

Past medical history: Patient has taken had taken other system medicine but there is no relief, hence patient visited to our opd.

Family History-Father is having Psoriasis.

1. Aharaja hetu: 1. Viruddha Ahara Sevana, Guru Bhojana Sevana.

(Intake of Tomato, Onion and Lemon mixed with Dadhi)

(i.e Raita On A Daily Basis)

2.Matsya Sevana 3-4 times in a week.

2.Viharaja hetu: Intake of cold water immediately after Sun Exposure.

Divaswap.

Samprapthi Ghataka

- Dosha - Tridosha , Pitta Pradhana, Kapha Anubandhita Vata
- Dushya - Dhatu - Twak, Rakta, Mamsa, Lasika (Ambu)
- Srotas - Rasa, Rakta, Mamsa & Udakavaha
- Agni - Jatharagni & Dhatwagni Mandya
- Sroto Dushti - Sanga & Vimargagamana
- Udbhava Sthana - Amashaya
- Sanchara Sthana - Tiryaga Sira
- Vyakta Sthana - Twak
- Rogamarga - Bahya
- Swabhava – Chirkari.

Diagnosis - Atopic dermatitis (based on Hanifin & Rajka's Criteria) and Assessment was done on the basis of the Eczema Area and Severity Index Score (EASI score).

Therapeutic intervention-

Treatment	Medicines	Days
Deepana Pachana	Aampachak vati- 2 BD	3 days
Snehapana	Mahatikta Ghrit	3 days
Sarvang Abhyang followed by Nadiswed	Karanj +Neem tail	4 days

On 4th day of Sarvang Abhyang & Nadiswed, Virechana done with kalpa-Manibhadra Avleha 80 gms.

18 vegas occurred (Madhyam Shudhhi).

Samsarjan kram advised for 5 days as per standard protocol.

After Virechana, we have done 4 settings of Raktamokshan by Siravedh method.

Blood Letting done from cubital vein, 80 ml each time in span of 1 month without any vyapadas.

Medications advised on discharged,

Arogyavardhini vati – 500mg TDS

Gandhak Rasayan -- 500mg TDS

Mahamanjishthadi Kwath – 20ml BD

Avipattikar Churna 2gm -- HS

Observation

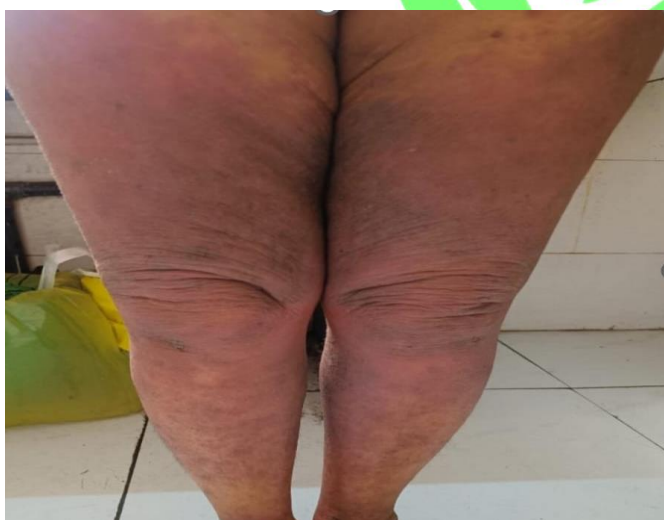
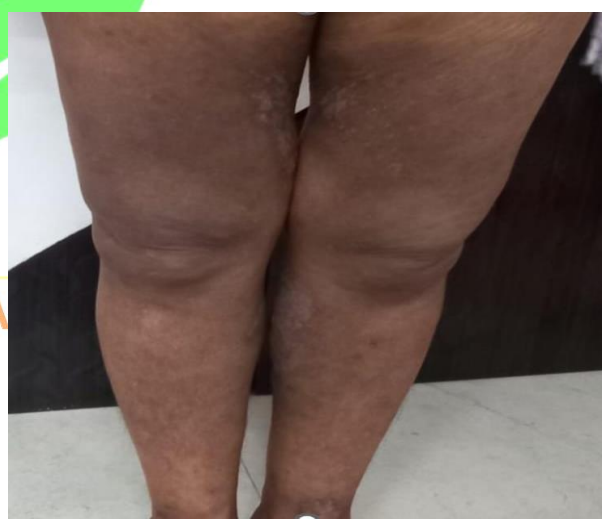
Parameters	Before Treatment	After Treatment	After Follow up
Redness	3+	1+	Absent
Swelling	1+	Absent	Absent
Oozing/Crusting	3+	1+	Absent
Itching	3+	Absent	Absent
Dryness	2+	Absent	Absent

DISCUSSION

Virechana was induced with Trivrut Avleha to expel out the Prakupita Doshas from the Koshta. When Doshas reach the Kosta, Trivrut (*Operculina turpethum*) increases the Kosta Gati, and it is Sukha. Virechana Dravya expels out Doshas from Adhobhaga in Drava form. Madhura Tikta Rasas of Trivrut are Pitta Shamaka, whereas Katu, Tikta Rasas, and Ushna Veerya of Trivrut will lead to Kapha Shamana, and it also causes Vata Anulomana; thus it is mainly Kapha PittaHara and, at the same time, Tridoshashamaka.^[2] **Siravedha** causes Srotoshuddhi results in Prakrut Rasa Nirman and Prakrut Rakta Dhatu Utpatti, which ultimately leads to Prakrit Twak Nirmitti.

One of the main drugs I used in the trial is **Arogyavardhini**. Arogyavardhini KUTAKI in **Arogyavardhini** KUTAKI is famous for its Bhedana & Rechana karma. Also, it is considered to be one of the best Dravyas, which does Pittastravana. Excessive accumulation of Malas is mainly responsible for Tridoshaprakopa, and by the virtue of its Bhedana Guna, Kutaki will break down the Grathita Mala Sanghathana and aid in the easy elimination of Malas. Similarly, TRIPHALA, being Anulomaka, will aid in normal excretion of Malas. NIMBA being Tikta Rasatmak will cause Pittashamana. AlsKandughna. , it is considered to be Kushtghna & Kandughna. TAMRA BHASMA, being Vishanashak by Guna, will alleviate Ama-Visha, formed due to the intake of Viruudha Ahara & Agnimandya, which is considered to be one of th& Ushna rsons bin Viryad Kushtha. CHITRAKA being Katu Rasa & in will mainly cause Agnideepana^[3]. One of them, the drug **Avipattikara churna**, which is used in the trial, helps in the elimination of pitta, which is responsible for the manifestation of twak roga (skin disorders) and pachana (digestion) of ama (undigested material)^[4]. Another drug I have used is **MahamanjRasatmaka; ashaya**, in which mostly all Dravyas are Tikta Rasatmakahence this formulation will act as Raktashodhaka, Dahahara, Krumighna, and Kushthaghna. **Gandhaka rasayana**, the treatment of twak roga, is inadequate without it because of their peculiarities. It mainly acts on skin and blood, and it is Rasayana in action. So, it more or less acts on all Doshas and Dhatus. Gandhak is Ushna Veeryatmaka as well as Katu Rasa Vipaki, so it acts as Kaphghna and Kledaghna. Gandhak Rasayan helps to destroy the Samprapti (pathogenesis) of Kshudra Kushtha due to its Ushnaveerya and Katukashay Rasa^[5].

Results- With the help of Ayurvedic Shodhan and shaman chikitsa patient got benefits in symptoms of intense Itching, Redness, Excoriation and oozing from lesions in significant proportion.

**Before Treatment****After Treatment****Before Treatment****After Treatment**

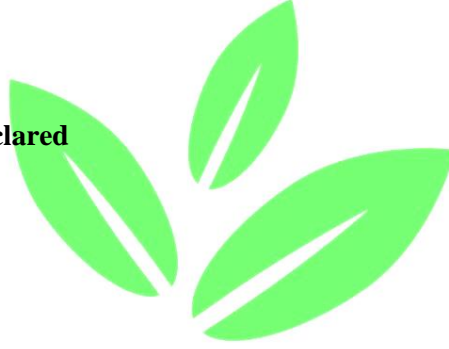
CONCLUSION

Even though Atopic dermatitis is a chronic relapsing dermatitis condition, depending on the dosha involvement it can be cured by Ayurvedic intervention. The quality of life can be improved with help Ayurveda in patients of Atopic Dermatitis.

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