

A Case Report on Ichthyosis

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Abstract

Skin is one among the sense organs which protects us from various external infections. Skin is the larger sense organ which is available for infection as well as exposed to injury & disease. It is the seat of complexion which depends on factors like nutrition, hygiene, circulation, age, immunity, genetic traits, psychological state etc. In Ayurveda skin is co-related to twak and all the twak vikaras have been discussed under the broad heading KUSHTA.

Mainly there are two types:

- *Maha Kushta*
- *Kshudra Kushta*

This Ichthyosis will fall under Charma Kushta and vipadika types of Kshudra Kushta's according to Ayurveda. This is one such case report about the Ichthyosis treated with the Ayurvedic Management.

Keywords: *Maha Kushta, Kshudra Kushta, Charma Kushta, Vipadika, Ichthyosis*

INTRODUCTION

In Ayurveda, Ichthyosis is falling under Charma Kushta & Vipadika. According to Ayurveda, twak roga's are known by the general name Kushta. Charma Kushta is

one of the types of Kshudra Kushta. It occurs due to the vitiation of tridosha { Vata, Pitta, Kapha } with the predominance of Vata dosha, where the individuals suffer from Twak rookshata

(dry skin), Parushata (roughness), Khara sparsha, Kandu (itching), Twak sputana- (cracks) in the skin. Ichthyosis vulgaris is also one of the major skin disease which disturbs the normal texture of the skin and creates social stigma in elderly children.

As Ayurveda describes many treatment modalities for twak vikara's & it is common to a physician to treat an adult suffering from skin disease. But it was a challenge to decide the treatment modality to a 1 and half year child. It took 1 and 1/2 month for the symptoms to get subside and the rookshata of the skin gradually subsided by snigdha dravya's & the medications are given in such a way that snigdhata is maintained in the twak.

CASE DESCRIPTION

A boy of age 1 and 1/2 year old came to the OPD of Ashwini Ayurvedic Medical College & Hospital visited along with his parents with chief complaints like Blackish discolouration of skin, rookshata & parushata of skin along with twak sputana & kandu (itching), since 6 months.

HISTORY OF PRESENT ILLNESS

Baby skin was apparently normal at birth, but within the completion of 1 year baby skin starts appearing blackish discolouration & itching initially, &

showed to clinic where some external application was administered which didn't got subsided. But later when the child started growing the symptoms also got aggravated. There was itching of the skin, later skin started to become very much dry as well as rough along with the cracks over the skin of legs & hands. So parents brought the child to our Hospital for Ayurvedic management. Thus patient was treated on OPD basis administration in our Hospital.

PAST HISTORY

Immunization was up to the date.

FAMILY HISTORY

Baby's Grandfather suffering from the same dryness of the skin & scaly skin formation which covered over back, neck region, upper & lower limbs, along with the shedding of the scaly skin with dropping of eyelids.

PERSONAL HISTORY

Bowel: - Vibandha with hard stools (3 days once)

Bladder: - 15-20 times/day

Sleep: - Disturbed due to itching

Diet: - Mixed diet

Community: - Hindu

Occupation: - Playing in soil

ASHTA STHANA PAREEKSHA

Nadi: - 90/min

Mala: - Hard stools, 3 days once Vibandha

Mutra: - 10 - 15 times/day

Jihwa: - Alipatata

Shabdha: - Prakruta

Sparsha: - Parushata, rookshata, sphutanata

Drik: - Prakruta

Aakriti: - Baby weighs 12kgs (medium built)

LOCAL EXAMINATION

Site of vikaras- over the skin of arms & legs

Distribution- Vyapti- symmetrical

Characteristics- Twak rookshata (dry skin), twak sphutana (cracks in the skin)

Itching- present, Severity- moderate

Inflammation-absent

Discharge- absent

TREATMENT

1st line of treatment Deepana-Pachana

Panchakola choorna- 1/4th tea spoon with honey for 3days

2nd line of treatment – Snehapana

4th day- Goghrita -5ml

5th day- Goghrita- 10ml

6th day- Goghrita- 15ml

7th, 8th, 9thday- sarvanga abhyanga with nalpamanadi taila and ksheerabala taila followed by ushna jala sweda

10th day- Gandharvahastaadi taila – 5ml with Breast milk

Patient had 4 vegas of loose stools.

BEFORE TREATMENT



AFTER TREATMENT



Shamanoushadhi after Virechana (Discharge Medicines)

Medicine	Dose	Duration
Patolakaturohinyadi kashaya	5ml-0-0	1 month
Aragwadaadi kashaya	0-0-5ml	1 month
Arogyavardhini vati	25mg – 0-0	1 month
Gandhaka rasayana	0- 1\2 - 0	1month

Assessment after Treatment

Signs and symptoms	Before Treatment	After Treatment
Shyavata	5	0
Parushata	5	1
Sphutanatwa	5	1
Rookshatva	5	1
Kandutva	5	0

Observation during follow up

Criteria	1 st day	10 th day	25 th day	45 th day	60 th day
Shyavata	5	4	3	1	0
Parushata	5	4	3	2	1
Sphutanata	5	4	3	2	1
Rookshata	5	4	3	2	1
Kandutva	5	4	3	0	0

DISCUSSION

After taking proper history, Nidana for the disease was identified. Depending on the lakshana and dosha's aggravated the treatment was planned, Amapachana was carried out in order to do ama nirharana, later Virechana karma is planned depending upon the rogi bala and roga bala after deciding the dose of snehapana.

The administration of Panchakola churna which is kaphagna &amahara does the amapachana in the patent & thus Amadosha nirharana took place. Later Virechana planned after snehapana by deciding the dose after looking into the rogi bala &roga bala.

Snehapana was planned with Goghrita which has snigdha guna & which reduced

the rooksha guna of vata dosha & thereby reducing the aggravated vata dosha.

Later for Virechana Gandharvahasta taila was administered as eranda is the drug of choice in reducing the vata dosha which is a predominant dosha in Ichthyosis.

Rest of the shamana dravya's which are prescribed acts as Khandugna & kushtagna properties. Application of taila over the body decreases the rookshata of the twak & imparts the snigdhatva to the twak. Abhyanga & ushna jala swedana destroyed the parushata & sphutanatwa over the skin & made the skin soft & snigdhatva helped in joining the edges of the cracking lines of the skin. Virechana Karma does pitta dosha hara & vatanulomana by reducing the signs & symptoms in the patient.

CONCLUSION

Ichthyosis is a krichraasaadhya or asadhya type of skin disease. This case study is documented evidence for effective management of Ichthyosis by Ayurvedic Protocol. Virechana helps to remove the aggravated dosha's in the body by relieving the signs and symptoms in the patient.

The early management by imparting the snehana or snigdha guna both internally as

well as externally played a vital role in making sadhya of even krichraasaadhya vyadhi.

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