



CASE REPORT

KAPHAJA TWAK VIKARA –A CASE STUDY

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Summary:

Now a day's occurrence of skin diseases are more because of the altered life style consisting of taking the incompatible foods , mixed foods , lack of exercise ,exposure to unhealthy environment etc.,. Skin diseases are manifested because of the bacterial infection, viral infection, fungal infection, parasitic infection and causing different skin manifestations like dermatitis, folliculitis, erysipeles, etc., though modern science has been established as a major medical system and having controlling the emergency conditions. Ayurveda (the life science) having role not only in the prevention of diseases but also helpful in curing the chronic iseases especially like skin disorders. In this study a single clinical trial with pre test follow up and post test assessment was done with shodana and shamana treatment which include sadyovamana and sadyovirechana. Internally Arogyavardini vati ,khadirarista, combined churna yoga and mahamarichyaditaila with healthy life style was also advised. In the present study it can be concluded that shodana and shaman therapy with life style modification helps in curing. It is a safe and effective treatment for kaphajatwak vikara.

Keywords: skin disease, *kaphajatwakvikara*, *shodanachikitsa*, *shaman chikitsa*, life style modifications.

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INTRODUCTION

Increasing modern food technology and advancement of civilization are taking people to change life style and causing life style related skin diseases. Most of the skin disorders are developed from abnormal functioning of the agni, Faulty dietary habits like incompatible foods , irregular meals pattern and habits like smoking ,alcohol, psychological stress and also by the infection etc., . In ayurveda all the skin disorders are explained under the heading of *kushta* in which *hetu*, *lakshana*, and *chikitsasiddhanta* has been narrated. The *kaphajatkavikara* is one of the major disease caused by the *mityaahara* and *vihara* (kapha aggravating factor) and it is increasing day by day. So in this *vikara*, *shodana* and *shamanaushadichikitsa* with life style modification was also advised.

CASE HISTORY

A 21 year old male patient complaining of *kandu*, (itching sensation over groin region, penis, buttock region, and below the umbilicus), *twakvaivarnya* (reddish discoloration with mild discharge), and other associated symptoms like *anidra* (loss of sleep) was also present since 18 months. The patient life style history was also taken regarding the food habits, exercise, sleep etc., exhibited altered life style , patient was visited many modern hospitals and took medicine but was

not satisfied by the treatment hence to get solution for his problem he approached to SVPRAMC & H BADAMI.

Diagnostic criteria

kandu, (itching sensation over groin region , penis, buttock region , and below the umbilicus), *twakvaivarnya* (reddish discoloration with mild discharge).

Method of collection of data analyze

The general kayachikitsa case sheet Proforma was preferred which contains lifestyle of the patient and who comes under the diagnostic criteria were collected. Pre and post test assessment was done based on the symptom gradation.

Intervention

Shodana

Sadyovamana- *yastimadhuphanta* and *nimbaphanta*.

Sadyovirechana – *gandarvahastaerandataila* with *sukoshnajala*.

Again after 15 days *Sadyovamana-* *yastimadhuphanta* and *nimbaphanta*.

Sadyovirechana – *gandarvahastaerandataila* with *sukoshnajala* was repeated.

Shamana

Arogyavardinivati 1tid with *sukoshnajala*

Khadirarista 3tsp with Luke warm water

Mahamarichyaditaila application at night

Yashtyadi churna yoga with *gomutra*

Table 1 Yashtyadi yoga ingrediants

DRAVYA	PRAMANA
<i>Yastimadhuchurna</i>	10gram
<i>Nimbachurna</i>	10gram
<i>Triphalachurna</i>	10gram
<i>Haridrachurna</i>	5gram
<i>Trikatuchurna</i>	5gram
<i>Manjistachurna</i>	5gram

Table 2 Assessment criteria

SL NO	Lakshana	BT	AT
1	<i>KANDU</i>	1	0
2	<i>TWAK VAIIVARNYA</i>	1	0

Discussion

Table 3 Shodhana drugs used

Sl.n o	Dravya	Rasa	guna	virya	Vipaka	karma	Form
1	<i>Yastimadhu^[1]</i>	<i>Madhura</i>	<i>Guru,sn igda</i>	<i>sheet a</i>	<i>Madhura</i>	<i>Tridosh ahara,r asayan a</i>	<i>Phanta</i>
2	<i>Nimba^[2]</i>	<i>Tikta,kashaya</i>	<i>Laghu,r uksha</i>	<i>sheet a</i>	<i>Katu</i>	<i>Kapha pitta hara, krimign a</i>	<i>Phanta</i>
3	<i>Gandarva</i>	<i>Madhura,</i>	<i>Snigda,</i>	<i>ushna</i>	<i>Madhura</i>	<i>Kaphav</i>	<i>Taila with</i>

	<i>hasta eranda</i> ^[3]	<i>kashaya, katu-anurasa</i>	<i>tikshna, sukshma</i>			<i>atahara</i>	<i>sukoshnajala (15:15ml)</i>
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Table 4 Shamana drugs used

Sl.no	Dravya(churna)	Rasa	guna	Virya	vipaka	karma	Dose
1	<i>Yastimadhu</i> ^[4]	<i>Madhura</i>	<i>Guru,snigdha</i>	<i>Sheeta</i>	<i>madhura</i>	<i>Tridosahara,rasayana</i>	10 grams
2	<i>Nimba</i> ^[5]	<i>Tikta,kashaya</i>	<i>Laghu,ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha pithahara, krimigna</i>	10grams
3	<i>Haridra</i> ^[6]	<i>Tikta, katu</i>	<i>Laghu,ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara, varnya,lekhana</i>	5grams
4	<i>Manjistha</i> ^[7]	<i>Madhura,tikta</i>	<i>Guru,ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha pithahara, varnya</i>	5gms
5	<i>Triphala(haritaki, vibitaki,amalaki)</i> ^[8]	-	-	-	-	<i>Tridosahara</i>	5gms
6	<i>Trikatu</i> ^[9]	-	-	-	-	<i>Kaphavatahara</i>	5gms
7	<i>Khadira</i> ^[10]	<i>Tikta ,kashaya</i>	<i>Laghu,ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha pithahara</i>	3tsp with water
8	<i>Maricha</i> ^[11]	<i>Katu</i>	<i>Laghu,ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>	External

							applicat ion- req.qty
9	<i>Gomutra</i> ^[12]	<i>Madhura</i>				<i>Kinchitdo sagna, kandugn a, kushtagn a.</i>	

Arogyavardini vati

Katuki, chitraka, shuddashilajatu, triphala, shuddaparada, shuddagandaka, lohabhasma, tamrabhasma, abhrakabhasma

In this study observation was done before and after treatment based on the symptoms gradation and the obtained results are – the *kanduta* before treatment it was grade1, after treatment reduced to grade0. *Twakvaivarnyata* before treatment it was grade1, after treatment becomes grade0. Associated *lakshana* i.e *anidra* before treatment it was grade1, after treatment becomes grade 0.

So above results shows the significant reduction in the symptoms. The effect of *shodanachikitsa, shamanachikitsa* and life style modifications which was advised during the course of treatment will be discussed.

In this study the effect obtained by the *sadyovamana* might be due to *dosapratyanikashodana* i.e *vamana* is always

for kapha. the drugs used in *sadyovamana* are *yastimadhuphanta and nimbaphanta*. The *yastimadhuuphanta* is act as a *vamanopaga&tridosahara& nimbi phanta* is a *vamakadravya* and is having *tikta,kashaya rasa, laghu,rukshaguna, sheetavirya, katuvipaka, and kaphahara*.

The effect obtained by the *sadyovirechana* might be due to *kostasuddi* .the drug used in *sadyovirechana* is *gandarvahastaerandataila* with *ushnajala* as *anupana*.the *eranda* is having *snigdatikshnasukshmaguna, madhurakasaya rasa & katu* as *anurasa, madhuravipaka, ushnavirya&kaphavatahara..*

The combined *churna* yoga containing all the drugs are having *tiktakashaya rasa, laghurukshaguna,katuvipaka&kaphahara ,varnya*.

Khadirarista^[13] is having *tiktakashaya rasa, laghurukshaguna, sheetavirya, katuvipaka, kapha pitta hara& act as a kushtagnaprabhavidravya*.

Mahamarichyaditaila^[14] used as external application and is having *katurasa, laghutikshnaguna, ushnavirya, katuvipaka &kaphavatahara*.

Gomutra^[15] is used as *anupana* and is having *madhura rasa &kincitdosagna, kustagna, kandugna*.

The life style modification consists of the *patya&apatya* explained in *kushtachikitsa* of *charakasamhita* was advised. These dietary rules might be benefited due to easily digestible regularised food habits, *tiktashakas*, avoiding *guru &kaphavardakaaharas&viharas* like exercise & avoiding *divaswapna* was advised.

CONCLUSION

The *sadyovamana, sadyovirechana, combined churna yoga, arogyavardinivati,khadirarista*, helps in reducing the symptoms and the life style modification containing *aharavihara* also helps in decreasing the symptoms and maintaining the healthy life style. Hence the multiple approach treatment was benefited due to multiple actions.

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