A case study to evaluate a role of Mahatikta Ghrutpaan in management of Vicharchika

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Abstract:

Ayurveda is the oldest surviving complete medical system in the world. In Ayurveda system of medicine numbers of drugs /preparation are mentioned. Various herbal drugs and Herbo-mineral act as a rejuvenator for skin. Kushtha is among the wide spread chronic, frequently re occurring diseases of the skin. In the present era skin diseases are difficult to treat and are of high cosmetic value. In Ayurveda all skin diseases are consider under Kushtha. All the skin diseases in Ayurveda have been discussed under the broad heading of Kushtha, which are further divided in Mahakushtha and Kshudrakushtha. This paper highlights a case study of Vicharchika kushtha treated with Mahatikta ghrutpaan.

Keywords:
Kushtha, Mahatikta ghrutpaan, Mahakushtha, Kshudrakushtha
Introduction:
In Ayurveda, almost all skin diseases can be taken under the generalized term “Kushtha”. Vicharchika is one of the Kshudrakushtha having the Lakshanas like Shyava, Kina, Kharasparsha, Parusha. Rukshapidika and Kandu. Vicharchika kushta manifests due to vitiation of Saptadhatus like three Dosha, Twak, Rakta, Mamsa and Lasika. Vicharchika kushta is having involvement of Vata and Kaphadosha having the Lakshanas of individual Doshas, in this article management of Vicharchika kushta is done with Mahatiktaghrutpaan.

Aim:
To evaluate the efficacy of Mahatikta ghrut in the management of Vicharchika

Objectives:
- Literary study of kushta
- Literary study of Vicharchika
- Literary study of Mahatikta ghrut

Materials and Methods:
15ml of mahatikta ghrut was given orally with lukewarm water early morning with empty stomach everyday for consecutive 30 days.

Case study:

<table>
<thead>
<tr>
<th>Name of Patient</th>
<th>XYZ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>33yrs</td>
</tr>
<tr>
<td>Sex</td>
<td>Female</td>
</tr>
<tr>
<td>Height</td>
<td>5.2ft</td>
</tr>
<tr>
<td>Weight</td>
<td>68yrs</td>
</tr>
<tr>
<td>Prakruti</td>
<td>KaPa pittanubandhi</td>
</tr>
<tr>
<td>Lakshan</td>
<td>Itching, redness, burning</td>
</tr>
<tr>
<td>Chronicity</td>
<td>Since 12yrs</td>
</tr>
<tr>
<td>Intensity of pain</td>
<td>No pain</td>
</tr>
</tbody>
</table>

Hetu |
| Stale food, Frequent intake of meat |

Sadhya sadhyatva |
| Sadhya |

Plan of treatment |
| 15ml of mahatiktaghrut was given to the patient everyday in early morning & empty stomach with warm water. |

Pathya |
| Rock salt, Ghee, Bitter guard, Elephant yam, Plantains, Green gram, Ginger, Boiled vegetables, Buttermilk |

Apathya |
| Chillies, Tamarind, Excess salt, Curd, Paneer, Cheeze, Fermented food, Cold water |

Criteria for assessment:

Subjective criteria:-
1. Intensity of itching
2. Intensity of burning

Objective criteria:-
1. Redness
2. Size of patch

Observation:

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Itching</td>
<td>+++</td>
<td>Nil</td>
</tr>
<tr>
<td>Burning</td>
<td>+++</td>
<td>Nil</td>
</tr>
<tr>
<td>Redness</td>
<td>+++</td>
<td>Nil</td>
</tr>
<tr>
<td>Size of patch</td>
<td>22cmX9cm</td>
<td>No patch noted</td>
</tr>
</tbody>
</table>

Discussion:
According to Shabdkalpadruma, Kushtha means which causes Despise and contemptible.
According to Shabdkalpadruma, the word meaning of kitibha is kesa keeta.

In Ashtang hrudayam, kushtha chikitsa adhyay acharya vagbhat has stated that

कुष्ठिनं स्नेहपानेन पूर्वं सर्ववमुपाचरेत्।

That means in all skin diseases one must give ghruṭpaan before starting any treatment.

In charak samhita, kushtha chikitsa adhyay, acharya has stated that

र्वातोत्तरेषु सर्पवर्ववमनं श्लेष्मोत्तरेषु कुिेषु।
ष्ठपत्तोत्तरेषु मोक्षो रक्तस्य ष्ठर्वरेचनं चाग्रम्।।

That means in vatapradhan kushthas snehapaan, in kapha pradhan kushthas vaman karma, in pitta pradhan kushthas virechan karma followed by raktamokshan should be done.

Acharya charak has explained about Vicharchika kushtha,

1. It is blackish brown in colour;
2. It is rough in touch like a scar tissue
3. It is hard to touch

Dark patches on skin, dryness of skin, roughness on the patches are the symptoms of Vicharchika kushtha.

Using these two references, Snehpaan was selected as a treatment in present case.

Sharandhar samhita, acharya has described Mahatikta ghrut in madhyam khand.

Conclusion:

Skin diseases are long time consuming, easily not curable and require patience to take medication for longer duration. Kushtha roga cannot occur without vitiation of tridoshas.

Since the disease manifestation starts from the nidana, first line of treatment should be nidana parivarjana. It stops in the further progression of the diseases by restricting the vitiation of doshas.

According to Acharya sharangdhara, kushtha roga occurs due to dosha bahulyata. The accumulation kleda results in strotorodha leading to vata vridhhi, because of the combined effect of vata vridhhi and srotavarodha, the rasa dhatu does not enter in the srotas. Due to loss of this dravamsha the kleda that
remains in *twacha* will be transferred into *ghanibhuta kleda*. This results in *parushata* and *khara sparsha* of *twacha* in *kitibha*.

So to pacify vitiated *vata dosha ghrut* and especially *mahatikta ghruta* plays an important role.

**Results:**

Positive results were seen in the patient during and after the treatment.

<table>
<thead>
<tr>
<th>Before Treatment</th>
<th>During Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
</table>

**References:**


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