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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 disease can be taken under generalized term “*Kushtha*”. *Vicharchika* is one of the *Kshudrakushta* 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 *Mahatika ghrut* in the management of *Vicharchika*

Objectives:

- Literary study of *kushta*
- Literary study of *Vicharchika*
- Literary study of *Mahatika ghrut*

Materials and Methods:

15ml of *mahatika ghrut* was given orally with lukewarm water early morning with empty stomach everyday for consecutive 30days.

Case study:

Name of Patient	XYZ
Age	33yrs
Sex	Female
Height	5.2ft
Weight	68yrs
Prakruti	<i>Kafa pittanubandhi</i>
Lakshan	Itching, redness, burning
Chronicity	Since 12yrs
Intensity of pain	No pain

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:

Characteristics	Before treatment	After treatment
Itching	+++	Nil
Burning	+++	Nil
Redness	+++	Nil
Size of patch	22cmX 9cm	No patch noted

Discussion:

According to *Shabdikalpadruma*, *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 सर्वमुपाचरेत् ।

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

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

वातोत्तरेषु सर्पिर्वमनं क्षेष्मोत्तरेषु कुष्ठेषु ।
पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाग्रम् ॥

च.चि. ७/९२

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 touch³

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 ghrit in madhyam khand*.

सप्तछदः प्रतिविषा शम्याकः कटुरोहिणी ।

पाठा मुस्तमुशीरं च त्रिफला पर्पटस्तथा ॥
पटोलनिम्बमत्रत्रिजिष्ठा पिप्पली पद्मकं शठी ।
चन्दनं धन्वयासश्च विशाले द्वे निशे तथा ॥
गुडुची सारिवे द्वे च मुर्वा वासा शतावरी ।
त्रायन्तीन्द्रयवा यष्टी भुनिम्बश्चाक्षभागिका ॥
घृतं चतुर्गुणं दद्याद् घृतादामलकीरसः ।
द्विगुणः सर्पिश्चात्र जनमष्टगुणं भवेत् ॥
तत्सिद्धं पाययेत् सर्पिर्वातरक्तेषु सर्वथा ।
कुष्ठानि रक्तपित्तं च रक्तार्शांसि च पाण्डुताम् ॥
हृद्रोगगुल्मवीसर्पप्रदरं गण्डमालिकाम् ।
क्षुद्ररोगान् ज्वरांश्चैव महातित्कमिदं जयेत् ॥

शा. सं. म.ख. ९/४५-५०

In the *falashruti* of the *mahatikta ghrit acharya* has mentioned it is a remedy majorly for *kushtha*.

Upon studying properties of contents of *mahatikta ghrit*, it was selected for the treatment.

All *dravyas* in the *ghrut* are *Tikta rasatmak*, *Madhur vipaki* and *Ushna viryatmak* so they has affinity towards *Rasa dhatu* and ultimately towards skin.

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 *srotovarodha*, the *rasa dhatu* does not enter in the *srotas*. Due to loss of this *dravamsa* 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.



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