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Ayurvedic Management Of *Sidhma Kushtha*– A Case Study

Dr. T. VIJAYARAGHAVA THANVANTHRI¹, Dr. SUVENDU ROUT²

¹ (Phd Scholar & Professor, Kayachikitsa Department, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai & Nandha Ayurveda Medical College and Hospital, Erode, Tamil Nadu, India)

² (Professor, Kayachikitsa Department, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, Tamilnadu, India)

Abstract

Kayachikitsa is one of the *Astangas* of Ayurveda. The *Kayachikitsa* includes core principles and methods pertinent to the treatment process and practice of internal medicine. The primary focus of the branch of *Kayachikitsa* is the care of the body (*Kaya*) through Ayurvedic medicines and principles.¹ Skin, the largest organ in the human body, acts as a robust barrier against external threats and plays a crucial role in various inflammatory processes, including immune responses to infections, autoimmune reactions, and allergies. In Ayurveda, any disease impacting the skin is categorized under the term *Kushtha*. *Kushtha* is mainly divided into two groups: *Mahakushtha* and *Kshudra Kushtha*.² *Sidhma Kushtha* is one of the *kushtha* types within the *Mahakushtha* category. It is distinguished by its Alabu pushpa varna on the Urapradesh (chest area) and produces a dust-like powder when rubbed.³ This Article describes about a case study of *Sidhma kushtha* which is managed with *Snehapana*, *Vamana*, *Bahya prayogas*, and *Samana Aushadhas*

Keywords: *Sidhma kushtha*, Psoriasis, *Vamana*, *Samana*

Introduction

As per *Amarakosha*, the term *Kushtha* is etymologically linked to the root 'Kush' which signifies something that originates from within. This meaning can be interpreted through the condition of the affected skin, resulting from the disruption of elements such as *Rakta*, *Lasika*, *Ambu*, and the three *doshas* in the body.⁴ *Sidhma Kushtha* is one among *Sapta Mahakushtha*. It is a *Tridosha*-related disease characterized by the involvement of *Rakta* and *Kleda*.

According to WHO, Psoriasis is a chronic, autoimmune, non-communicable, disfiguring, and disabling disease characterized by sharply defined erythematous papulo-squamous lesions. Psoriasis is identified by the unusually fast and excessive growth of the skin's outer layer, known as the epidermis. This condition results from abnormal skin cell production, particularly during the healing process, which leads to an excess of skin

cells. The pathological process of psoriasis is believed to begin with an initiation phase triggered by factors such as skin injury, infection, or medication, followed by a maintenance phase that involves the ongoing progression of the disease.⁵

They range in size from tiny spots to large, sore plaques and can appear as localized or widespread, predominantly symmetrical pustular eruptions typically topped with white or silvery scales resembling dandruff. The lesions can cause itching, stinging, and at times, burning discomfort.

It typically affects the outside of the elbows, knees, or scalp, though it can appear in any location. Almost 60% of individuals with psoriasis indicated that their condition significantly impacts their daily lives.

There are two types of Sidhma Kushtha: *Sidhma* and *Pushpikasidhma*. *Pushpikasidhma* represents the initial stage of *Sidhma Kushtha*, characterized by a weak *Dosha-Dushya Sammurchhana* and strong local immunity, preventing the *samprapti* from affecting the *Dhatus*. However, if *Pushpikasidhma* remains untreated and the *nidana* continues, the *Dosha-Dushya Sammurchhana* can become formidable, leading to an invasion of the successive *Dhatus*, which manifests various symptoms. Consequently, the *samprapti* gains strength, resulting in the development of *Sidhma Kushtha*.⁶

Case Report

A male patient, aged 28 years with chief complaints of reddish thickened silvery exfoliating scaly lesions with severe itching all over the body especially over the chest, hands, and back of the body associated with powdery discharge, itching, and burning sensation over lesions since 10 years.

Patient was apparently normal 10 years back and gradually developed reddish thickened silvery exfoliating lesions on chest region associated with severe itching. Then the lesions starts to spread over both the hand and back of the body. On itching, he used to get powdery dust and burning sensation over the lesion.

After consulting with both Allopathic and Siddha medication, the patient found no relief and continued to experience further aggravation of symptoms. So, he approached Ayurvedic Treatment for further management.

Examination of patient shows *Shareerika pravruthi* was *Vata Kapha* with *Madhyama bala* and *Madhyama satva*. No history of Diabetes mellitus, hypertension. No as such relevant related family history related to disease was noted.

Integumentary Examination

Site of lesion- Chest, both hands and back of the body

Shape- Circular with irregular boundaries

Size - Smaller to bigger one

Color- Reddish silvery white **Touch-** Rough, dry, hard **Discharge** - Whitish powdery **Candle Greece test-** Positive **Auspitz sign-** Positive

Management

1) Deepana & Pachana

Date	Medication	Dosage
5/12/2023 – 7/12/2023	<i>Shatdharanam Choornam</i>	5gm TID

2) Snehapana

Date	Medication	Dosage
8/12/2023 – 13/12/2023	<i>Guggulu tiktakam Ghritam</i>	<i>Aarohana Matra</i> 1 st day- 30 ml 2 nd day- 60 ml 3 rd day- 90 ml 4 th day- 120 ml 5 th day- 150 ml 6 th day- 180 ml

Visrama kala

Date	Treatment	Medication
14/12/2023	<i>Sarvanga Abhyanga Bashpa Swedana</i>	<i>Ayapaala keram +</i> <i>Jeevantyadhi yamakam</i>

3) Vamana

Date	Treatment	Observation
15/12/2023	After Abhyanga and Swedana, Vamana Dravya was administered. Aaganda paana – Ksheera Vamana Dravya - Madanapippali choornam + Madhu Vamanopaga Dravya – Yashtimadhu Kashaya	Samyak Vamana with Madhyama Suddhi was observed. Vegas- 10 vegas Anthiki- Pittanta Vamana Slight throat irritation was observed after procedure. Kavala with sukooshna jala was advised

Samsarjana krama

Date	Procedure	Observation
16/12/2023 – 17/12/2023	Samsarjana krama with Kanji was given	Tiredness after procedure was reduced. Proper appetite was observed

4) Shamana Aushadhis

Date	Medication	Dosage
18/12/2023-18/01/2024	1) Nimba Amrutha Panchatiktakam Kashayam (Kottakal)	15ml+ 45ml lukewarm water BID Before food
	2) Guggulu Tiktakam Gritham	½ tsp BID After food
	3) Panchanimbadhi Gulika (AVN)	1 tablet TID After food
	4) Aarogyavardhini Vati	1 tablet TID After food

5) Bahya prayogas

Date	Procedure	Medication
8/12/2023- 18/01/2024	<i>Sarvanga Abyanga</i> <i>Prakshalana</i>	<i>Ayapaala keram + Jeevantyadhi yamakam</i> <i>Nalpamaradhi Kashayam</i>

Result

Before Treatment



After Treatment



Treatment Outcome

Features	Before Treatment	After Treatment
1.Itching	Severe	Absent
2. Lesions	Severe	Absent
3.Powdery Discharge	Severe	Absent
4.Burning sensation	Severe	Absent
5.Sleep	Disturbed	Sound sleep

Discussion

This condition was identified and treated following the management protocols for *Kustha*, as it is considered a *Kleda Pradoshaja Vyadhi* involving the *Sapta Dravya Sangraha* in its development. In this case, it is a *Vata Kapha Pradhana Kushta*. The predominance of *Vata dosha* causes pain, drying and silvery scalings of the skin and the predominance of *Kapha dosha* causes exudation, itching etc.,

As there is involvement of *Kapha dosha*, due to the *Ashraya Ashrayee Bhava*, it vitiates *Kleda*. *Kleda* is arisen due to the *Snighdhata, Slakshna Guna* of *Kapha* and it can be eliminated by *Vamana Karma*.⁷ This facilitates the monitoring of the frequency of disease recurrence and its potential for further spread.

For *Deepana* and *Pachana*, *Shatdharana Choorna* was given. *Shodhananga Snehapana* using *Guggulu Tiktaka Ghrita* in *Aarohana Matra* for 6 days followed by *Abyanga* with *Ayapaala Keram* and *Jeevantyadhi Yamakam*. After the *Visrama kala*, *Vamana karma* is done with *Madanapippali choorna* mixed with honey and *Samyak Vamana* with *Madhyama Suddhi* was observed. After *Samsarjana Krama*, *Shamana Aushadhis* like *Nimba Amrutha Panchatikta Kashayam*, *Guggulu Tiktaka Gritham*, *Panchanimbadhi Gutika* and *Arogyavardhini Vati* was given.

Shadharana Choorna contain *Indrayava*, *Katutki*, *Ativisha*, etc., that help in body detoxification, kindles digestive fire and relieve skin conditions.⁸

Guggulu Tiktaka Ghrita is a mixture of *Guggulu*, *Nimba*, *Amritha*, *Vrisha*, *Patola*, and various other components that serve as blood purifiers, aiding in the reduction of inflammation and the fight against infections. *Guggulu*, a proven anti-inflammatory herb, accelerates the healing process. Meanwhile, *Nimba* possesses antibacterial and fungicidal properties that aid in curing infections.⁹

Ayyappala Kera tailam, used for treating psoriasis, chronic exfoliating dermatitis, allergic dermatitis, dermatophytosis, eczema, fungal infections etc. which is used by external application.

Jeevantyadhi Yamakam is used in various skin ailments - eczema, psoriasis, contact dermatitis, hives and allergic rashes etc.¹⁰

Nimba Amrutha Panchatikta Kashayam is the combination of *Panchatiktakam* (*Nimba* – *Neem*, *Amruta* - *Tinospora cordifolia*, *Vrisha Vasa* - *Adhatoda vasica*, *Patola* - *Trichosanthes dioica*, *Kantakari* - *Solanum xanthocarpum*). Most of them are *Ushna virya* (hot potency) and *Raktashodhaka* (blood purifier), *krimighna* (killing of worms / parasites), antibacterial, anti-

infective, bactericidal and immunomodulator in action . They are given in various *kapha pittaja* diseases and skin diseases.

Panchanimbadhi Gutika effectively manages skin disorders like eczema, psoriasis, and acne by detoxifying the blood and reducing toxins that contribute to skin issues. It has anti- inflammatory properties that soothe inflamed tissues and promote faster healing, while also boosting immunity to prevent recurrent infections. Additionally, it helps balance the *Pitta Dosha*, addressing heat-related disorders affecting the skin and other tissues.

Arogyavardhini Vati containing *Abhraka bhasma*, promotes health and supports natural metabolism. *Amalaki* offers antioxidant, antihepatotoxic, and antibacterial properties, while *Haritaki* aids digestion and relieves liver disorders. *Bibhitaki* serves as a laxative and is beneficial for conditions like hepatitis and bronchitis. *Shuddha Shilajathu* has strong antioxidant effects, helping with digestive, liver, and kidney issues. *Guggulu* aids in reducing excess fat and helps balance cholesterol levels, while *Chitraka* addresses digestive issues such as loss of appetite and indigestion. Overall, *Arogyavardhini vati* primarily targets the digestive system and enhances metabolic activities.¹¹

Conclusion

In conclusion, the Ayurvedic treatment of *Sidhma Kustha* offers a holistic and time-tested approach, addressing not just the symptoms but the root cause of the disease. By balancing the *tridoshas* — *Vata*, *Pitta*, and *Kapha* — and focusing on detoxification, rejuvenation, and strengthening of the immune system.

Ayurveda ensures long-term relief and overall well-being. Traditional therapies like *Panchakarma*, along with the administration of herbal formulations such as *Khadirarishta*, *Manjisthadi Kwatha*, play a crucial role in purifying the blood and nourishing the skin.

Moreover, lifestyle modifications and a disciplined dietary regimen are integral parts of Ayurvedic treatment, helping to prevent the recurrence of *Sidhma Kustha*. Practices like yoga, meditation, and pranayama further support the healing process by reducing stress and promoting harmony within the body and mind.

Thus, Ayurvedic management of *Sidhma Kustha* stands as a comprehensive and effective strategy, embracing natural remedies and mindful practices to restore skin health and enhance the quality of life in a sustainable and balanced way.

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