

ROLE OF MALKANGANI APAMARGA KSHARA TAIL IN SIDHMA KUSHTHA (PITYRIASIS VERSICOLOR)

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Case Report

Role of *Malkangani Apamarga Kshara Tail* in *Sidhma Kushtha* (Pityriasis Versicolor) : Case Report

Keywords

Skin Disorders

Sidhma Kushtha

Pityriasis Versicolor

Malkangni Apamarga Kshara Tail

Abstract

Our Skin is the organ that comes into contact with the rest of the world. It holds body fluids in preventing dehydration and keeps the harmful microbes out. Without it we would get infections. Our skin is full of nerve endings that helps us to feel like cold, hot, pain etc. If we couldn't feel these things, we could get badly hurt and not even know it! Since our skin plays such an important role in protecting our body, we should keep it as healthy as we can. The major concern about the skin disease is that it cause psycho effect on the mental health

when especially disease occurs on face neck or we can say the exposure parts of our body. Pityriasis Versicolor is one such disease which is characterised by the hypopigmented macules which cause cosmetic issue to the person. Itching, scaling and mild white spots are the symptoms of this fungal infection. Ayurveda plays a major role in the management of skin diseases. In our classical text such as Ashtang Hridya mentioned that there is a treatment for all types of Kushtha Rogas. Sidhma kushtha is one of them. Pityriasis Versicolor has the same symptoms like sidhma kushtha has as mentioned in Ayurvedic Classics like Kandu (itching), rajo ghrishtum vimunchati (branny or furfaceous scales), Alabupushpa varna (hypopigmented macules), coppery macules (Tamra Varna). In the case study patient was managed with Malkangni Apamarga Kshara Tail mentioned in Ashtang Hridya.

Introduction

Skin disease are conditions that affect our skin. These disease may cause rashes inflammation, itchiness or other skin changes. Some skin

conditions may be genetic , while lifestyle factors may cause others . Skin disease treatment may include medications , creams , ointments and lifestyle changes. *Kushtha* is a collective term of skin disorders mentioned in *Ayurveda*. It is a *Tridoshaj Vyadhi* which includes all the three doshas i.e. *Vata*, *Pitta* and *Kapha*, where as the *Dushyas* are *Twaka*, *Rakta*, *Mamsa* and *Ambu*. *Acharya Charaka* described *Sidhma Kushtha* under *Mahakushthas*[1] where as *Acharya Sushruta* and *Vagbhata* mentioned it under the heading of *Kshudra Kushtha* [2] It is characterised by the presence of *Shweta varna* (hypopigmented macules), *Rajo Ghrishtma Vimuchyati* (Furfuraceous scales), *Tamra Varna* (coppery macules). *Alabupushpa varna* (hypopigmented macules) and *Kandu* (itching). The site of the disease described by *Acharyas* is mainly upper part of the body especially chest. It mainly occurs due to the vitiation of *Vata* and *Kapha Dosha*. In modern dermatological texts, these features may be correlated with the features of Pityriasis versicolor i.e. Hypopigmented and slightly erythematous macules, discrete lesions with Branny scales having mild irritation on the trunk, arms and neck. It is a superficial fungal infection of the skin caused by *Malassezia furfur*. [3]

Patient Information

A 34 year old male Hindu patient from Baijnath (Himachal Pradesh) India with no history of any

chronic illness and no history of any addiction approached to O.P.D. No. 715 of R.G.G.P.G. Ayurvedic College & Hospital Paprola (H.P.) presented with the chief complaints of itching over back with few lesions on back for last 1 year. The other bowel habits and appetite of the patient were normal. He had already undergone the treatment for Pityriasis Versicolor. He had already used Karpine Lotion but patient had no significant results and patient was not satisfied with the treatment .

Clinical Findings

In the dermatological texts it is mention that the morphology of the lesions of the Pityriasis Versicolor is as same as the patient was presented with like the lesions are hypopigmented with satellite lesions present over back and multiple discrete hypopigmented macules present over B/L arms and chest. Branny scales were present.

Timeline

S.No.	Symptoms /Investigations	Remarks
1.	Hypopigmented Macules	++++++
2.	Itching	+++
3.	Scaling	+++
4.	Cosmetic Issue	+

Diagnostic Assesment

Before starting the treatment patient was examined thoroughly . Compared with all other similar diseases and Wood's Lamp examination was also done which is very helpful to rule out the Vitiligo and other fungal infections [4]. There was no specific enhancement found on the all lesions present over back and B/L arms .KOH mount was done to rule out the fungal infection and sample was specifically taken from the back and slide was made seen under microscope . KOH mount was found positive and final diagnosis was made on the basis of these examinations .

Therapeutic Intervention

Patient was advised to use the *Malkangni Apamarga Kshara Tail* [5]for local application twice a day for atleast one month. The amount of oil depend on the distribution and severity of the lesion. Patient was also advised to use the morning application of oil after bath .

The ayurvedic drug (*Malkangni Apamarga Kshara Tail*) is made by the combination of two drugs one is *Apamarga* and other is *Jyotishmati*. The part used of former drug is *Panchanga* and of later drug is seed. The rough idea of the dose of drug is given in A.P.I[6]

Follow up and outcomes

Follow up (during trial):-15 days

Follow up (after the compeletion of trial):- after 15 days

There was no history of Adverse Event at all and patient was fully satisfied with the treatment.

Results

Whether the patient is recovered from the disease is particularly base upon the following things :-

1. Releif in the sign and symptoms
2. If KOH mount found negative.
3. If there is no lesion found on the sites of the body.
4. Phtotography of the lesions before and after the treatment.

Patient's Lesions Before Treatment





Discussion

Determination of conclusion established by the examine the patient and disease in various ways . Various conclusions can be drawn on the basis of present study.

Skin is count as the mirror of the internal strength of our body which is absolutely on the basis of the cells , tissues and purity of blood , the diet we take . Any impairment can cause cosmetic disfigurement.[9]

Acceptance of good lifestyle, good diet and fluids intake is the key point for the healthy and glowing skin.

But some bad dietary and lifestyle habits leads to the skin disorders and most of the skin disorders become the cosmetic issues for that person especially when the recurrence of the disease happens .

In our classical texts , there is already mentioned about the nature of every skin disease and also with the satisfactory management.

Due to the use of *Ushna Virya* medications to improve *Pittaja* elements like *Pachaka Agni* and *Bhrajaka Pitta*, which are directly related to pigmentation, *Sidhma Kushtha* is a disorder in which *Bhrajaka Pitta*, which is present in *Twak*, is implicated.

It has been found in the case study that there is relief in the symptoms like *vaivarnya*(color of

Lesions After Treatment



lesion),*kandu*(itching),*rajoghrishtam vimunchati* (furfuraceous scales). There is no relapse found in the patient even after the medication has been stopped . So , here we can conclude in such a way that in this case study the patient has moderately improved.

The one take away lesson that I have learned from this case study is that , there is a great value of *Ayurveda* and *Ayurvedic classics* in our life whether for a normal and healthy person or for a diseased one . With regards to *Ayurveda* there is lot more research needed so that we can enhance our knowledge and skills and will be helpful for the society.

Patient's Perespective

It was a very satisfactory movement for the patient as he was shared , because he was already taken the treatment for the same disease. But for this time he was fully recovered from all the symptoms of the disease and was happy to use *Ayurveda* in future

Informed Consent

Patient's informed consent was taken.

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