

CASE STUDY

# A Case Report on Ayurvedic Management of Childhood Atopic Dermatitis

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## ABSTRACT

**Introduction:** Atopic dermatitis is an itchy, chronic or chronically relapsing inflammatory skin disorder predominantly affecting children & young adults. It is characterized by papulovesicular eruption which gets lichenified with typical flexural distribution. Atopic dermatitis can be correlated to *Charmadala* described in *Kashyapa Samhitha*.

**Objective:** To treat Atopic dermatitis with *Nithya Virechana Karma*.

**Materials and Methods:** The subject was a 7 year old girl with dry, itchy & scaly skin associated with reddish black excoriated lesions & oozing. She visited OPD of SDM Ayurveda Hospital, Udipi. She was treated with *Nithya Virechana* & *Shamanaoushadi*'s along with dietary modification. The efficacy of the treatment was assessed using SCORAD(Scoring atopic dermatitis scale).

**Conclusion:** Atopic dermatitis is well manageable with appreciable results through *Ayurveda*.

**Key Words** *Atopic dermatitis, Virechana, Ayurveda*

Received 16<sup>th</sup> December 23 Accepted 14<sup>th</sup> January 24 Published 10<sup>th</sup> March 2024

## INTRODUCTION

Atopic dermatitis is a chronic, highly pruritic inflammatory skin disease commonly seen in children. It affects about 10-20% of children & 1-3% of adults. It often starts in early infancy; approximately 45% of cases begin within 6 months, 60% during the first year & 85% before 5 years of age. Although the pathogenesis of the disorder is not completely understood, it appears to result from the complex interplay between defects in skin barrier function, environmental & infectious agents & immune abnormalities. In *Ayurvedic* literature, *Acharya Kashyapa's* description of "*Charmadala*" which closely

resembles with that of Atopic dermatitis. It is characterized by *Kandu, Rakta Varnata of Twak, Charma Avadarana & Twak Rukshana* with *Pidaka* formation.

## CASE HISTORY

A female patient aged 7 years 2 months came to *Balaroga* OPD of SDM Ayurveda Hospital, Kuthpady Udipi complaints of severe itching, dry skin with excoriations of both the lower limbs since 8 months. The child said to be born through normal vaginal delivery was apparently normal till 6 years of age. Later it was noticed that erythematous lesions first appeared on posterior aspects of both the thighs associated with severe itching. In due course of time

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lesion got spread over both the lower limbs gradually in symmetrical fashion with intense itching, dryness & excoriation. Child had disturbed sleep due to intense itching at night.

### On Examination:

**Integumentary System:** Erythematous lesions with scales & excoriations were present over both the lower limbs. Crusts & lichenification along with serous exudates in some lesions of the lower limb was observed which were irregular in shape & distributed in symmetrical fashion.

### Diagnostic Criteria:

The diagnosis was based on history, clinical presentation & SCORAD rating based on intensity of skin lesion.

### Intervention:

**Table 1** The patient was subjected to following line of management

SHODHANA	SHAMANA
<b>Sarvanga Abhyanga with Psora oil for 7 days.</b>	Tab Gandhaka Rasayana 1 TID Tab Triphala Guggulu ½ TID
<b>Karanja Nimba Patra Kashaya Parisheka for 7 days.</b>	Mahamanjistadhi Khada 10ml TID
<b>Nitya Virechana with Trivrithavaleha 5gm with 200ml of milk OD for 7 days.</b>	Avipatikara Churna 5gm OD with 200ml of Milk  Mahathikthaka Lepa for Local Applications

## RESULTS

There was encouraging result by 7<sup>th</sup> day of Treatment. There were significant reduction in the complaints.

**Table 2** SCORAD rating based on Intensity of skin lesion.

SCORAD Rating based on Intensity of Skin Lesion	Before Treatment	After Treatment
Redness	Score 3	Score 0

Crusting	Score 2	Score 0
Swelling	Sore 1	Score 0
Skin Thickening	Score 2	Score 1
Dryness	Score 3	Score 1

## DISCUSSION

Children with Atopic Dermatitis have a history of Pruritus & dry skin. Affected children often have a lowered itch threshold, resulting in increased levels of cutaneous reactivity in response to stimuli. Pruritus stimulates a bout of scratching which in turn, increases skin inflammation & triggers a greater sensation of itching.

In *Ayurveda* while treating *Charmadala*, the drugs alleviating *Vata*, *Pitta*, *Kapha dosha*, which are having *Kushtaghna*, *Raktashodhaka* & *Kandughna* property as well as *Dravya's* which are having *Tikta*, *Katu rasa* & *Ushna veerya* should be selected. Though *Tridoshas* are involved in the manifestation of *Charmadala*, the characteristic feature of Xerosis & Pruritus is attributed to *Vata* & *Kapha dosha* respectively. The treatment should aim at reducing dryness & pruritus which cause much discomfort to patient. *Sarvanga Abhyanga* with Psora oil was advised to the patient. Psora oil contains *Shwetha Kutaja* as a main ingredient which help to relief from itching & redness. *Shwetha Kutaja* contains flavonoids, beta sitosterol, saponin etc exhibit antifungal properties & hence impede the inflammation of skin, there by it acts as *Raktaprasadaka*. Drug also helps to modulates immune reaction on acting towards humoral immunity existing at the zone of lesions.

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*Karanja Nimba Patra Parisheka* is one among the type of *Swedana* specially administered in *Vata pradana vyadhi* due to its *Vatashamana* nature. *Karanja & Nimba patra* are *Kushtahara & Kandughna* in nature. *Katu, Thiktha rasa & Ushna veerya* of *Karanja & Nimba patra* acts as *Vatakapha shamaka*, resulting in reduction of dryness as well as itching in this case. *Nimba & Karanja* possess antimicrobial, anti inflammatory properties.

*Nithya virechana* with *Trivrithavaleha* was advised. *Dushita Pitta dosha & Rakta dathu* responsible in manifestation of *Twak Roga*. Based on *Ashraya-Ashrayee Bhava Rakta & Pitta dosha* are interrelated. *Virechana* is the best line of Management to treat *Pittaja Vikara*. *Nithya virechana* with *Trivrithavaleha* helps to eliminate *dushita Pitta dosha & helps to do Amapachana*.

*Shamana Yoga's* are mainly prescribed based on *Vatakapha Shamaka, Rakta Prasadaka, Kushtahara & Kandugna* property. *Mahamanjistadi kashaya* are having *Rakta Prasadaka & Pitta Shamaka* property. *Gandhaka Rasayana & Triphala Guggulu* are having anti inflammatory property & is best for skin disorders.

Altogether the synergistic action of medicinal preparations prescribed have helpful in reduction of dryness, itching & excoriation in this case.

## CONCLUSION

The present case study reveals that though Atopic dermatitis is a chronic relapsing dermatitis condition depending on the *dosha* involvement it can be

managed based on *Tridosha Sidhantha* through *Shamana & Shodhana* procedures. The quality of life can be improved, hypersensitivity reactions of the skin were reduced & immune response can be slowed down with *Ayurveda*.

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