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Role Of *Vaman Karma* And *Shaman Chikitsa* In The Management Of Seborrheic Dermatitis- A Case Study

Dr. Ritesh Poonia¹, Dr. Arun Gupta²

1- PG Scholar, Panchakarma Department, CBPACS, Khera Dabar, New Delhi

2- Professor, HOD, Panchakarma Department, CBPACS, Khera Dabar, New Delhi

ABSTRACT: Seborrheic Dermatitis is a common skin disease manifests as itchy rash with flaky scales and light patches on darker skin and redness on light skin. The exact cause is still unknown. It is also known as Seborrheic Eczema. In Ayurveda, Seborrheic Dermatitis shares the resemblance with *vicharchika*, for which *Vaman Karma* is the choice of treatment.

Background: A male patient of 32 years, presents with complaint of scaly patches, red skin, stubborn dandruff, scaling on face and around the nose, along with eyebrows, eyelids, behind the ears with Itching and burning sensation.

Intervention and outcome: For the present case *Vaman Karma* with *Madanphala Yoga* and *Shaman Chikitsa* with *Mahatikta Ghrit* and *Aarogyavardhini Vati* was given.

Results: After complete treatment and 6 months of follow up there was controlling of dermatitis and an improved quality of life.

Keywords: Seborrheic Dermatitis, *vicharchika*, *vaman karma*.

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Corresponding Author : Dr. Ritesh Poonia, PG

Scholar, Panchakarma Department, CBPACS,
Khera Dabar, New Delhi

.Email-drpoonias1992@gmail.com

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INTRODUCTION

According to modern view, Seborrheic dermatitis affects the outer layer of skin called epidermis. Dermatitis though can be acute or chronic or both. Contact dermatitis is a form of eczema that develops after coming in contact with an irritant, allergen or toxic substance. It can develop anywhere on the body but mostly developed on exposed body parts like hands, face, feet, arms, legs and neck. Possible allergens can be poisonous ivy, cosmetics, wool, chlorine, soap or latex. Symptoms include flaky, dry or scaly patches of skin, swelling and redness of skin, hives, itching or burning sensation and tightness of skin¹.

According to Acharya Charaka², it is a skin disease in which eruptions over the skin present along with itching, dark pigmentation and profuse discharges. According to Acharya Sushruta, in this

condition skin has rough and linear lesions with intense itching, pain, dryness and burning sensation³. According to Acharya Vagbhatta, blackish eruptions over the skin along with itching and watery discharge, is known as Vicharchika⁴. As per the above-mentioned symptoms Acharya Charak and Acharya Vagbhatta describes wet type of eczema which is usually seen in acute cases and Acharya Sushruta describes the dry types of eczema which is seen in chronic cases. According to Acharya Charaka and Vagbhatta *Kapha Dosha* is dominant in *Vicharchika*⁵. According to Acharya Sushruta the dominant Dosha is *Pitta*⁶. Acharya Charaka⁷, said that *Kushtha* can never be caused without the Sapta Dushyas (7 elements) being involved in making pathogenesis. The 3 *Doshas*- *Vata*, *Pitta* & *Kapha* are vitiated first then vitiated *doshas*

effects the *dushyas*, due to *dosha dushyas samurchana* causes *kushta vyadi*. *Hetu* of *vicharchika*, *Aharaj Hetu*: Intake of *Virudha Ahara*, excessive *Guru* and *Snigdha Ahara*, *Adhyashana*⁸, *Nav Anna*, curd, fish, salt and sour food items, black gram, raddish, rice floor, madhu, *Vidahi Anna*, excessive use of milk and oily greasy items⁹. *Viharaj Hetu*: *Vegadharana* of *chardi, mala and mutra*. To do physical exercise and take sunbath after heavy meals, to take meals after avoiding the sequence of *sheet, ushna* or *laghana*, to perform intercourse during indigestion or after *Snehapana* or *Vamana*, to have regular day sleep, sudden change from cold to heat or vice versa, entering into cold water after exhaustion or sunlight exposure, improper *Snehapana*, not following *Pathya* during *Panchkarma*¹⁰, *mansik hetu*: stress, depression, envy. *Acharaj Hetu*: Sinful activities, insulting respectable people¹¹.

Samprapti Ghataka

Dosha: Vata, Pitta, Kapha

Dushya: Twaka, Rakta, Mamsa, Ambu (Lasika)

Agni: Jathargni and Dhatwagni Mandya

Strotodushti: Sanga and Vimargamana

Sanchara: Through Tiryaka Sira Udbhava

Sthana: Amashaya

Adhishthana: Twaka

Rogmarga: Bahya

Sadhyasadhyta: Krichasadhya

Svabhava: Chirkari

Treatment

Ayurveda emphasizes on three-fold management viz. *Nidana Parivarjana* (Avoiding causative factors)¹², *Sanshamana* (Pacification)¹³ and *Sanshodhana* (Bio-purification), for almost all the disease including skin disease. *Sanshodhana* is required in condition of *Bahudoshavastha*¹⁴ and *Tiryagagat doshas*¹⁵. *Sanshodhana* removes excessive morbid *doshas* and break the *Samprapti* (pathogenesis) of disease. Diseases Cured with *sanshodhana chikitsa* have *apunrabhava* (reoccurrence) effect of disease, and cleansing the channels which helps in better absorption and action of *Shamana Aushadha* and correcting the sluggishness of *mana, budhi*, and *indriya* thus the person lives longer and healthy life, also enhances repair and regeneration of tissues as it increases digestion and immunity¹⁶. According to Acharya Charaka, *Kustha Vyadhi* is *Tridoshaj* so, *Chikitsa* of *kustha* according to *dosha balabla*¹⁷, i.e. *Snehapana* for *Vata Dosha*,

Vamana for *Kapha Dosha* and *Virechana* and *Raktamokshana* for *Pitta Dosha*¹⁸. Acharya Sushruta advised *Nasya Karma* on every third day, *Vamana Karma* on every 15th day, *Virechana Karma* every month and *Raktamokshana* in every 6 months for the management of *Kushtha*¹⁹. Repeated *Sanshodhana* is required in skin diseases.

According to Acharya Charaka after *Kaphapittarakta hara chikitsa*, *Shaman chikitsa* should be given with *Tikta* and *Kshaya dravyas*²⁰ and the main function of *Shamana chikitsa* is to turn skin healthy and *Raktavaha strotasa shudhi*. *Nidana Parivarjana* is must for prevention of recurrence and to control the disease's progression.

Case presentation

Patient's name: ABC

Age: 32y/M

Address: Delhi.

Chief complaints: White scaly skin with redness, itching, burning, tightness and dryness on face, shoulder, hand and scalp, since 4 years.

H/o present illness: According to patient he was asymptomatic 4 years ago then he gradually developed scaly patches, red skin

and stubborn dandruff followed with Scaling on face around the nose, eyebrows, and eyelids and behind the ears with Itching and burning sensation. He also had habit of intake of spicy and junk food like Chinese food. It aggravates in rainy and winter season. Then he took allopathic treatment for 2 year for where he was given steroids but he did not get permanent relief, and due to which he goes under mental stress. After that he came to Panchkarma O.P.D. of Ch. Brahm Prakash Ayurved Charak Sathan Khara Dabar Delhi for the further treatment.

H/o past illness; No significant history

Family history

Father: K/C/O HTN,

Mother: Healthy

Personal history

Nadi: Pitta Kaphaj

Mala: tanu, pichhili

Mutra: Samyaka

Nidra: disturbed

Sparsha: ushna

Drika: Samyaka

Jivha: Saam

Akriti: Krish

Agni: Mandya

Koshtha: Mirdu

Allergy: None

Addiction: None

Prakriti: Vata Kaphaj

Diagnosis: *Vicharchika*

Grading For Assessing Subjective And Objective Parameters²¹

***Vaivarnya:* (Discolouration)**

- Normal skin colour – 00
- Reddish discolouration – 01
- Reddish black discolouration- 02
- Black discolouration - 03

***Raji:* (lines/thickening of skin)**

- No Thickening of the skin - 00
- Mild thickening of the skin but no crisis cross marking -01
- Thickening with cross markings - 02
- Severe Lichenification - 03

***Srava:* (Discharge)**

- No discharge – 00
- Watery discharge - 01
- Pus discharge - 02

- Pus mixed discharge- 03

***Kandu:* (Itching)**

- No Itching – 00
- Mild Itching no disturbing normal activity – 01
- Occasional Itching disturbing normal activity–02
- Itching present continuously and even disturbing sleep – 03

***Pidakas:* (Eruptions)**

- No Eruption in lesion – 00
- Scanty Eruption in few lesions -01
- Scanty Eruption in at least half of the skin lesion – 02
- All the lesion full of Eruption – 03

***Rukshata:* (Dryness)**

- No *Rookshata* - 00
- *Rookshata* present without cracks – 01
- *Rookshata* present with superficial cracks – 02
- *Rookshata* present with deep cracks – 03

***Daha:* (Burning sensation)**

- Absence of *Daha* – 00
- *Daha* present but not frequently – 01
- *Daha* present frequently – 02
- *Daha* present continuously
- Moderate- 02
- Severe – 03

Ruja (pain)

- Absent - 00
- Mild - 01

Treatment: *Shodhana (Vamana Karma), Shamana Chikitsa, Nidana Parivarjana and Pathya Sevana.* Patient was given Vamana in February 2020 followed by *Shamana Chikitsa* for 6 months.

Table 1- Purvakarma

Procedure	Medication	Dose	Duration
<i>Deepana – pachana aushadhi (appetizer)</i>	<i>Mahashakh vati</i>	250 mg twice a day	3 days
<i>Snehapana (drinking medicated ghee)</i>	<i>Panchtikta ghrith gugglu</i>	Day1-30 ml Day 2-50ml Day3-70ml Day4-90ml Day5-110 ml Day6-130 ml Day 7-150ml	7days
<i>Sarvanga abhyanga (whole body oil massage)</i>	<i>Brihat Marichadi taila</i>	30 min	3 days
<i>Sarvanga vashpa swedana(sudation therapy)</i>		5 min	3 days

Table-2 Pradhanakarma (main procedure)

Procedure	Medication	Dose	Duration
<i>Vaman karma</i>	<i>Madanphala yoga</i>	2 litre milk 5 gm <i>madanphala pippli churna</i> 2 litre <i>madhuyasti phant</i> 2 litre <i>lavanodak</i> 2 litre plan water	45 min

Table 3 - Pashchat karma

Procedure	Medication	Dose	Duration
<i>Sansarjana karma</i>		<i>Peyadi karma acc to pravar sudhudi</i>	7 days

Apathya advised to the patient – milk and milk items, maida, besan, peanuts, almonds, refined sugar, sweet items, urad pulse, kidney beans, potato, green leafy vegetables, guava, mango, tea, coffee, carbonated drinks, buffalo milk and milk items, red chili, sour items.

Pathya advised to the patient – wheat, barley, raisins, moong pulse, soyabean, masoor pulse, methi, mooli, petha, carrot, bottle gourd, bitter gourd, beans, beetroot, apple, pomegranate, papaya, peach, lukewarm water, vegetable stock, clarified butter, lough, shonth, elaichi, rock salt.

Follow up & Result

After the treatment, patient's symptoms got reduced gradually were pain, itching, burning, irritation, stiffness, redness and dryness. Scales were considerably reduced

with minimal scaling left for which patient was asked to apply only Mahatikta ghrít. His digestion got proper. No relapse was found even after 6 months of treatment. (Can be seen in figures 1-4)



Figure 1 - Before Treatment scaly skin on face **Figure 2**- Before Treatment scaly skin on hand



Figure 3 - After *vaman karma*

Figure 4 - After 6 months of *vaman*

RESULTS

The features of cellulites improved by 5 days and eczematous changes improved by 1 month leaving some amount of hyper pigmentation on over face, nose, scalp.

With a follow up for a period of 6 month, the patient didn't show any signs of

recurrence. Meanwhile, he was prescribed oral medication viz *Arogyavardhini vati* two tablet thrice in a day daily for six month and *mahatikta ghrita* 10 ml twice daily, i.e., in morning at 7 a.m. and in evening 7 p.m. at least 1 hour before food with hot water in sips for 6 month.

SYMPTOMS	B.T.	A.T.
<i>Vaivarnya</i>	02	01
<i>Raji</i>	02	00
<i>Srava</i>	02	00
<i>Kandu</i>	03	01
<i>Pidakas</i>	01	01
<i>Rukshata</i>	02	00
<i>Daha</i>	02	01
<i>Ruja</i>	01	00

DISCUSSION

Probable mode of action of *shodhana*

Vicharchika is caused due to seven elements (*sapta dhatu*). These elements were vitiated due to intake of *virudha aahar and vihar*, mental stress and contact with some irritant.

This disease occurs in *Bahya Rogmarga-Twak*²². *Twacha and Rasa Dhatu* are synonymous to each other. So, *Rasa Dushti* leads to *Twak dushti*. *Kapha dosha prakopa* leads to *Rasa Dushti*. Also, *kustha* is *raktaprdoshaj vyadhi*²³. *Pitta Prakopa* leads to *Rakta dushti* and vice versa. Hence,

vitiating of *kapha* and *pitta* doshas causes *Rasavaha* and *Raktavaha Strotodushti*. *Doshas sanchaya* in *Amashaya* and *pakwashaya* so that is the *Udbhava Sthana* of this disease. So *Koshtha Shodhana* is advised first in this disease and later on *Shamana Chikitsa* is advised.

Mode of action of Vamana Karma:

Before *pradhana Karma*, *poorvakarma* done to digest *Ama*, due to *snehana* and *swedana* bring dosha *sakha* to *koshtha*. According to ayurvedic text *Madanaphala* *Vamana Yoga* acts as the emetic and help to eliminate *Kapha Dosha* which is predominant dosha in *Vicharchika*. The *Vamana* drugs have *Krimighna*, *Kushthaghna*, *Kandughna*, *Varnya* and *Raktashodhaka* properties. *Vamana Karma* helps to expel out toxic materials present in the *Koshtha* and in *rasadi dhatu*. Then purified *Koshtha* leads formation of *Prakruta Rasadi Dhatu*. *Vamana* eliminate *Sanga* in the *Rasavaha*, *Mamsavaha*, *Raktavaha*, *Swedavaha* and *Udakavaha Srotasa* thus all paths get cleared, which offer nourishment to the body. *Vamana Karma* act on skin and *bahyaroga marg* so the *khavaigunya* present in skin gets removed. *Vamana Karma* decreases

recurrence of skin disease due to improves *Indriya Bala* of *Twacha*.

Probable mode of action of Shamana aushadha

After *Shodhana*, usually *Vata Prakopa* occurs that causes stiffness, scaling and dryness. This is cured by *Snehapana*²⁴ and local application of oil as *Sneha* has *Guna* which are opposite to *Vata Dosha*. Hence, after *Shodhana*, intake of *Mahatiktaka Ghrita* is advised.

*Mahatiktaka ghrita*²⁵ has been prescribed in classics to effectively combat skin diseases as due to *Tikta Dravya* it pacifies *Pitta* and purifies *Rakta* and *Snigdha Guna* of *Ghrita* does *Snehana* of internal tissues and skin. Thus, it pacifies *Vata* and *Pitta Dosha* without increasing *Kapha Dosha*. It acts as an effective detox remedy and also helps in removing stress by nourishing all the tissues. It provides a soothing effect to the skin by relieving dryness, burning, irritation and pain. Due to *Sanskara Anuvartana* property, *Ghrita* possesses qualities of all the *Dravyas* added to it without losing its properties thus making it more effective.

*Aarogyavardhini vati*²⁶ – Main ingredient is *kutaki* (22 parts) with *eranda*, *guggulu*,

shilajatu. Kutki *properties ras-tikta, gunalaghu, ruksha, veerya-shita, vipaka-katu, and kapha pitta dosha samak. It acts as Deepana, Pachana and Vata Anulomaka.* It also enhances metabolism and corrects hormonal imbalance too. The abundance of *triphla* in this formulation is very effective in removing Ama or free radicals from the body. It is the choice of drug for *pittaja vikara, medodosh, kushtha.* It also has anti-pruritic activity helping in skin disorders. Thus, it cleanses remaining *Doshas from Rasavaha and Raktavaha Strotasa.*

CONCLUSION

The present case study, depending on the *Nidana and Lakshana,* was diagnosed as Vicharchika. This case study is a

documented evidence for the successful management of *Vicharchika by Shodhana Chikitsa followed by Shamana Chikitsa, Nidan Parivarjana and Pathya sevana.* There were no adverse effects found during the course of the treatment.

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