



Management of Ichthyosis by an Ayurvedic regimen w.s.r. *Vipadika*: A Case Report

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Abstract

Ichthyosis is a relatively uncommon group of skin disorders characterized by presence of excessive amount of dry surface scales¹. The word itchy means- fish². It is the disorder of keratinisation cornification and is due to abnormal epidermal differentiation or metabolism³. Ichthyosis affects people of all age groups and gender⁴. Each year more than 16,000 babies are born with some or the other form of Ichthyosis⁵. Recent study shows that approximately 300 babies are born in each year with moderate to severe form of Ichthyosis⁶. Ichthyosis which presents at birth or within the first year continues throughout their life time. Specific signs and symptoms of Ichthyosis depend on the particular form⁷. Common signs include dry scaly skin, redness, blistering or excessive skin shedding. Symptoms include itching, overheating and pain. In this case classical features of Ichthyosis were on only palms and soles edges were present. He had received frequent treatment from various dermatologists, but the results were not satisfactory. Patient was treated with Ayurvedic management mentioned in *Kushtchikitsa* like *Snehan* (oleation), *Shaman* (conservative), *Raktsprasadana* (blood purifier) for 1½ month. He got significant relief from the signs & symptoms of Ichthyosis. This article presents a single case report in which Ichthyosis has been controlled by Ayurvedic means.

Keywords

Ichthyosis, Vipadika, Scales, Ayurvedic, Management, Kushtchikitsa



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INTRODUCTION

The skin is a primary deflector of body as well as dynamic organ in a constant state of change⁸. The barrier that makes up the skin has many components, which includes a barrier to excessive loss of body fluids or uptake of noxious chemicals⁹. The skin is made up of many layers but outermost layer provides the most protection and it is this where Ichthyosis patients have a defect¹⁰.

Ichthyosis refers to relatively uncommon group of skin disorder in which,

1) Excessive amount of dry surface scales on all body parts or a particular part, pain itching, overheating.

2) It is disorder of keratinisation or cornification and is due to abnormal epidermal differentiation or metabolism¹¹.

Ichthyosis may be either inherited or acquired¹². Inherited Ichthyosis is usually apparent during the first year of life often at birth and continues throughout life. Acquired Ichthyosis may occur as a result of Hormonal, Inflammatory or Malignant disorders¹³. Sign and symptoms of Ichthyosis depend on a particular type. The Ichthyosis may be classified according to clinical manifestations. These are

- 1) Genetic presentation
- 2) Histological findings

3) Ocular alteration may occur in specific subtype¹⁴.

Besides the common scaling problems patient may present with associated psychological symptoms due to disfiguring or ugly look, low self esteem and depression which are common due to appearance of their visible chronically shedding skin. At present there is no complete cure for Ichthyosis. Thus modern science has targeted managing symptomatically. This includes creams, emollients, lotions or ointment, lengthy bathing in salt water or using preparations containing salicylic acid or urea. Retinoid, creams containing lactic acid, propylene glycol are used for more severe cases.¹⁵.

According to *Ayurveda*, *Vipadika* (Rhagaede) is a type of *Kshudrakushtha* (skin disease) and is caused by imbalance of *Vata* and *Pitta dosha*. It specially affects palms and soles where cracks, itching, severe pain are the chief complaints¹⁶.

In this case discussion, the patient was suffering from multiple episodes of Ichthyosis since 1 to 1 ½ year. He received treatment from various dermatologists but did not receive complete relief. But when he visited the Shalyatantra department OPD at



GAH, Osmanabad he was offered *Ayurvedic* line of treatment mentioned in *Kushtchikitsa* by *Aacharya Charaka* in modified form.

CASE REPORTS

A 60 year old male patient, farmer by occupation (OPD registration no.- 806) visited the OPD of Shalyatantra dept. of Govt. Ayurvedic College and Hospital Osmanabad (Maharashtra) with presenting complaints as follows-

- Scales on both the palms and soles- 1 to 1½ year
- Cracks with the blood and mild serous discharge.
- Severe itching, warmth,
- Painful holding of the object and walking.
- Mental Irritation due to continuous rubbing of palms and soles.

Past history – No History of Any other medical illness

Surgical history – No History of Any operative procedure.

Personal history

Appetite – good

Bowel – normal

Micturition – straining

Addiction – tobacco chewing

Sleep – normal

Blood pressure – 130/80 mm of Hg

Respiratory system – clear, bilateral equal air entry.

Cardio Vascular system – S₁S₂ normal

No added sounds

Central Nervous System - Conscious, co-operative, oriented.

Local examination

Cracked scales on the palms, cracks on the soles edges,

Warmness over bilateral palms and soles,

Blood and serous discharge through this cracks.

Lab Investigation (Dated on 18-01-2017)

Haemoglobin – 9.9 gm%.

Bleeding Time - 1 min 4 sec

Clotting Time – 5 min 0 sec

Blood Sugar Level Random – 86 mg/dl

Urine routine and microscopy – Nil

Hepatitis B Australian Antigen – Non Reactive

Human Deficiency Virus – Non Reactive

DIAGNOSIS

The diagnosis was made on the basis of history given by the patient and the clinical findings done.

TREATMENT

Treatment is used given in TABLE-1 AYURVEDIC PROTOCOL USED.

**Table 1** Ayurvedic protocol used

Sr no	Principal	Aushadhi with anupana and matra	No of days
1)	<i>Snehan</i> (oleation) <i>Abhyantar</i> (Internal) <i>Bahyantar</i> (local application)	Godugd(h(cow milk) 100ml + Goghrit(cow ghee) 5ml <i>Sikth</i> (Wax) + <i>Haridra churna</i> (Turmeric powder) + <i>Til tel</i> (Sessamoum indicum oil) ointment (1:1:2)	45days Thrice a day-1 st 10 days & then Twice a day up to 45 days
2)	<i>Abhyantar chikitsa</i> (Internal medicine)	1) <i>Sarivadyasav</i> 30 ml + same amount of cold water 2) <i>Yshtimadhu churna</i> (Glycerhiza glabra) + <i>Ananta churna</i> (Hemidiscus indicus) 2 gm each with leuke warm water	45 days 45 Days

Treatment History

Cap. Primosa Once a day-----30 days
 Xerina cream for Local application
 Tab. Lonazep 1 Once a day -----30 days.
 Tab. melanocyl 1 Twice a day-----30 days
 Skinn – Calamine lotion for local application
 Tab. Follitrane 2.5 mg every Thursday and Friday 2 Twice a day-----30 days
 Tab. Nectolor 1 once in a day-----20 days.
 Cornisol 56 ointment for local application.
 Tab. Triliv 1 Once in a day -----20 days at night time
 Cosvate -5 ointment for local application before sleep.

Assessment Criteria and Observations

1) Lesions
 2) Pain
 3) Discharge
 4) Itching
 Mild----- +
 Moderate -----++
 Severe-----++

OBSERVATIONS AND RESULTS

The above symptoms started to regress up to Day 5 and gradual relief was observed afterwards. Symptoms were markedly reduced on 45th day of treatment. Patient was followed for 2 months. Yet up to 2 months no relapse occurred. Iron preparation

MATERIALS AND METHODS



was prescribed for another 1 month for anaemia.

Observations and results are shown in TABLE -3 ASSESMENT CRITERIA.

Table 2 *Dravyakarmuktav* (properties of dravyas)

Sr No	Dravya(drugs)	Rasa(Taste)	Vipaka(metabolic property after digestion)	Veerya(potency of drug)	Guna(quality)
1)	Godugdha(Cow milk)	Madhur(sweet)	Madhur	Sheet(cold)	Laghu(lightness) , snigdha (oiliness)
2)	Goghrit(Cow ghee)	Madhur	Madhur	Sheet	Laghu ,snigdha
3)	Sikth(wax)	Madhur	Madhur	-	Snigdha, Pichchil(sticky)
4)	Haridra churna(Turmeric powder)	Tikt(bitter) , Katu(pungent)	Katu	Ushna	Ruksh ,laghu

Table 3 Assessment Criteria

Sr No	Sign & symptoms	Before treatment start	9th day	23 rd day	45th day
1)	Lesion(area affected)	100 %	80 %	50%	15%
2)	Itching	+++	+++	++	+
3)	Pain	Moderate to severe	Moderate	Mild	No pain
4)	Discharge (blood with serous)	+++	++	+	NIL

PHOTOGRAPHS

1ST DAY OF TREATMENT



9TH DAYS OF TREATMENT



45th DAYS OF TREATMENT

DISCUSSION

Dravyakarmuktwa explained in TABLE -2
Dravyakarmuktwa

In this case we are using Ayurvedic medicines which are not mentioned as it is in the text but have been modified accordingly for the convenience. In case of Ichthyosis there are symptoms such as scales, cracks on the palms and soles, along



with burning sensation. So, internal use of *Godugdha*(cow milk) & *Goghrit* (cow ghee) which are in possession of *Madhur Rasa*, *Madhur Vipaka*(sweet metabolic property after diagestion) and *Snigdha guna*¹⁷ (oiliness). These properties helps to decrease the dryness and burning sensation. *Goghrit*, due to its *Shothahar* (which decreases edema), *Agnidipak* (appetiser), *Vranaropak* (wound healing), *Dhatuvardhak* (Increasing all body component) and *Sansakaranuvartan* (Changing the property after process) property¹⁸, increased the wound healing of Ichthyosis. Lipophilic action of *ghee* easily facilitates transportation to the target organ and final delivery, inside the cell, as the cell membrane also contains lipids. This lipophilic nature of *ghee* facilitates entry of formulation into the cell and its delivery to the mitochondria, micro some and nuclear membrane¹⁹. According to Ayurveda, *Goghrita* (cow ghee) is beneficial for *Rasdhatu* (lymph) and *Raktadhatu* (blood). It also possesses *Sheet Guna*(cold property). With these properties, *Goghrita* enhances the *Rasagni* (fire of *rasdhatu*) and *Raktagni* (fire of *Raktdhatu*) and thus increases *Ropan Karma*(wound healing work). *Godugdha* (Cow milk) produces excess sebum which

helps to maintain the *Snigdha Guna* over palms and soles which decreases dryness²⁰. External application of the formulation made by *Sikth* (wax), *Haridra* (*Curcuma longa*) and *Til tail*(*sesamum indicum* oil) was used for healing cracks. The *Vipadikahar tail* described in *Charak samhita* was included in the study. The principle was kept same but modification in contents were done. Contents of *Vipadikahar tail is Jivant*(*Ledtadenia reticulate*), *Manjishta*(*Rubia cordifolia*) *Daruharidra*(*Barberis aristata*) *Kamplaka*(*Mallotus philipinesis*), *Tutha Kalk sidhha sneha* along with *Sikth* or *Madhuchhisht*(Wax)²¹. But in this case study only *Haridra*, *Til tail*, *Sikth* were used. *Sikth* is *Madhur Rasa*(sweet taste) *Pradhan Dravyas* so act as *Vranropak*(wound healing). It is *Mrudu* (soft) in nature and *Snigdha*(oily) , so useful in wound healing²². Turmeric mainly acts as a *Kandughna*²³ (itching reducer) so useful for treatment of the symptoms like itching. It possesses *Katu Tikt Rasa*(bitter and pungent). *Katu Rasa*(bitter) has *Vranshodhan*(wound cleaner) and *Avsadan* properties²⁴(wound contraction). *Tikt Rasa*(pungent) do the *Twak mams sthirikaran* (skin and muscles stabilizer) and *Lekhana*(scrapping) thus



helping in increasing tensile strength of wound²⁵. *Haridra*(*Curcuma longa*) have Antibacterial, Anti-inflammantory, Antiseptic and wound healing properties²⁶. *Til tail*(*Sessamum indicum* oil) reduces *Rukshata*(Dryness) of *Vata* and maintain normal tone of muscle. It was used to facilitate penetration of the formulation into the cell membrane and to provide immediate relief. It is *Twakprasadak*(Skinpolisher) and *Vranashothahar*(swelling reducer) so the formulation possess *Sukshma guna*(piercing micro lavel) and helps in *Lekhana*(scrapping) so when applied externally removes debris from wound that is it acts as *Vranshodhan*²⁷(wound cleaner). It also improves skin complexion and colour. *Yashtimadhu*(*Glycerhiza glabra*) have the predominant *gunas*(property) such as *Madhur rasa*(sweetness), *Sheet Virya*(coldpotency), *Guru*(Heavyness), *Snigdha*(oilyness), *gunas*²⁸(property). It alleviates *vata* and *pitta* thus useful as *Dahprashman*(reduce burning) *Vedanasthapan*(Pain reliver) and *shothahar*(reduce edema) etc²⁹.It also possess wound healing, antibacterial and anti-inflammatory properties. *Sariva*(*Hemidiscus indicus*) have

Raktaprasadana(blood purifier) property so it promotes healing of cracks. *Sheet virya* (cold potency) regulates inflammation and specially used to reduce burning sensation. *Sariva*(*Hemidiscus indicus*) also possess *Dahprashamn*(reduce burning) *Shothahar*(reduce edema) and wound healing properties³⁰.

CONCLUSION

So from the above discussion it can be concluded that Ayurveda has better approach to treat Ichthyosis. A significant relief could be offered in signs and symptoms of Ichthyosis with the use of Ayurvedic drugs. In this case patient got relief from itching. As the continuous rubbing of both the palms and soles due to itching was reduced, he became psychologically stable. Presentation and look of both the palms and soles changed to almost like normal, which also provided him a mental satisfaction. Thus we can say that patient got relief symptomatically as well as psychologically. This approach is safe, cost effective and have no adverse effects. It is simply adaptable in regular practice.



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