



Case Study

CHARMADALA: VIRUDHAAHAR JANYA KUSHTHA - A CASE STUDY

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ABSTRACT

In the midst of movement and chaos of life, we forget to pay heed to our health and as a result of which susceptibility to various allergens is increasing day by day. Allergens can be dust, smoke, fumes, pollen and even food. A person can either be allergic to certain allergen right from his birth or can acquire hypersensitivity in later stage of his life. Food allergy is quite common in present era and is affecting the lives of many people. Although there are a number of manifestations of food allergy like nausea, vomiting, diarrhoea, headache etc, most commonly seen are skin manifestations like blisters, itching, redness, burning sensation, oozing, discolouration etc. Acharyas have also mentioned *Virudhaahar* as one of the most prominent cause of *Kushtha*. *Virudhaahar* is any food that causes sensitivity reactions in a person. In contemporary sciences, there are no such permanent cures for hypersensitivity induced skin diseases. But in Ayurveda, through *Shodhana* and *Shamana*, these can be treated effectively and occurrence can also be avoided to some extent. This case report is of 38 yrs old male who visited our OPD with itching, oozing, blisters with intense burning sensation in palms and redness and itching in groin areas. The disease was diagnosed here as *Charmadala*. The treatment protocol opted was *Virechan* and *Shamana*. The patient was assessed every 7 days for a month and showed significant relief. This case thus proves that Ayurveda has the potential for curing *Virudhaahar janya Kushtha* which is often unresponsive to the contemporary treatment protocol.

INTRODUCTION

Skin manifestations of food allergy are abnormal immune response to food. The symptoms of the allergic reaction may range from mild to severe. They may include itching, burning sensation, blisters, redness etc. This typically occurs within minutes to several hours of exposure. Common food allergens are cow's milk, peanuts, eggs, soya bean, sesame etc. Risk factors include family history of allergies, vitamin D deficiency, obesity, high levels of cleanliness^[1]. IgE mediated reactions account for most of the well characterized food allergic reactions although non IgE mediated reactions are also seen occasionally.

In western countries people are aware of food allergies but in India not much concern is shown to food related allergies and people tend to ignore if any of the signs and symptoms arise because of food.^[2]

There's a unique concept in Ayurveda called *Virudhaahar*, which is supposed to be the cause of many diseases.^[3] The concept of *Virudhaahar* has been mentioned in all the *Brihatrayis*. *Acharya Charaka* has mentioned *Virudhaahar* as any food that dislodges *Doshas* from their respective places but do not remove them^[4]. *Acharya Sushruta* has also mentioned *Virudhaahar* as *Sanyog Virudha*, *Maan virudha*, *Karma virudha*, *Rasa*, *Viryra*, *Vipaka virudha* in *Hitahit adhyay*.^[5] Similarly *Acharya Vagabhatta* has also mentioned *Virudhaahar* as food that vitiates *Doshas* without expelling them from body^[6]. There are many diseases caused due to the intake of *Virudhaahar* like impotency, erysipelas, ascites, bullus, fistula in ano, intoxication, stiffness in neck, abdominal distension various skin diseases, fever swelling etc^[7]. Among all the manifestations, most commonly seen are skin diseases. *Acharya Charka* has mentioned the *Nidaan* of *Kushtha* as "*Virodhiannapanani Dravsnigdha guruni cha*"^[8]. Thus it can be conferred that *Virudhaahar* is one

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of the causative factors of *Kushtha roga*. Presented here is a case of *Virudhahar janya kushtha roga* whose symptoms are similar to that of *Charmadala kushtha* i.e., *Sphota, Kandru, Ruja* etc. The patient is allergic to *Amla* (sour) and *Sheeta* (cold) foods. Since *Vata* plays an important role in producing the symptoms of allergy, the treatment protocols begins with subsiding the effects of *Vata dosha* by using *Eranda taila* for *Virechana*, followed by *Shamana aushadhi* with appropriate *Pathya- Apathya's*.

Case Report

A 38yrs old married man, Peshkar at civil court by profession, came to OPD of Kayachikitsa with Reg no:- 9234 Cr.no:- A49116 Govt. Ayurvedic Hospital, Patna with c/o severe itching, blisters, rashes, intense burning in palmar aspect of hand and inguinal region. The symptoms started all of a sudden in 2018. Then he went to several govt. and non-govt. institutions for his treatment. Used to get symptomatically relieved but again the symptoms would occur. Then he went for skin allergy test where it was found that he's allergic to a number of food items like spinach, soya bean, garlic, cardamom, almond and even dust. After knowing the probable cause of disease the patient again went to several institutions, got relieved and again symptoms would relapse. He then visited our OPD for treatment. He had no H/O of DM2, HTN, asthma etc. On examination his vitals were normal and he was a *Mridu kosthi*.

MATERIALS AND METHODS

Single Case Study: Consent was obtained from patient prior to the treatment.

Treatment Protocol

Patient was managed in OPD. Initially patient was given *Eranda taila* for *Virechana* for 3 days at bed time and was advised to follow *Samsarjana karma* for next 4 days. After that from next week onwards internal medications (*Samshamana*) were advised along with some external application for 21 days. Follow up was done every 7th day for a period of one month.

Aushadh	Matra	Sahpana	Kaal	Duration
<i>Eranda Taila</i>	25ml	<i>Go dugdha</i>	Bedtime	3 days

Samshamana chikitsa

- 1) *Panchnimabadi churna*- 2gm
Gandhaka Rasayana- 125mg
Haridra Khanda- 5gm
BD with lukewarm water
- 2) *Panchtikta ghrut guggulu*- 250mg
Aarogyavardhani Vati- 500mg
BD with lukewarm water
- 3) *Khadirarishtha*- 20ml
Mahamanjistarjshtha- 20ml
BD With equal quantity of water
- 4) *Somraji Taila* for local application

RESULTS

Before Treatment



(a)



(b)



(c)

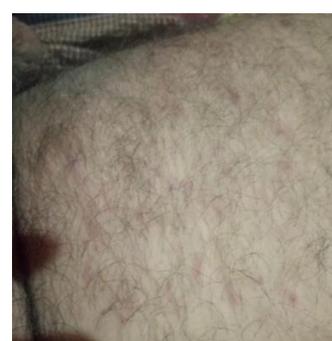
After Treatment



(A)



(B)



(C)

DISCUSSION

This case's symptoms are more like *Charmdala kushtha* which is a *Kapha Pitta pradhan tridoshaj kushtha*. *Kaphaja* symptoms like *Kandu*, *Srao* and *Pittaja* symptoms like *Daha*, *Raaga*, *Sphota* etc are present. *Virechana* is the best method to expel *Pitta dosha* out of the body as well as *Anulomana* of *Vata dosha*. Since patient was a *Mridu kosthi virechana* was carried out for three days followed by 4 days of *Samsarjana karma*. For *Shamana chikitsa*, *Panchnimbadi churna*, *Gandhak rasayana*, *Haridra khanda* was given in combination. *Panchnimbadi churna* is *Kushtaghna* and *Raktaprasadaka* and acts like a blood purifier.^[9] *Haridra khanda* has *Kaphagna*, *Kandughna* and *Agneedeepaka* properties^[10] and consists of ingredients having properties to control allergic condition and are immunomodulators.^[11] *Gandhaka rasayana's* purview is *Rakta* and *Twaka*. It is specially used when intense burning is present along with redness^[12]. *Aarogyavardhani vati* acts on all the three *Doshas*, but is primarily *Kaphagna* and *Pitta shodhaka*^[13]. *Panchtikta ghrut guggulu* is *Tikta*, *Katu* and *Madhura rasa pradhan* and *Ushna virya* thereby combating *Kapha* and *Pitta*^[14]. *Rakta dushti* and *Kleda* is most prominent component of *Kushtha* and *Nimba patra* used in *Panchnimbadi*, *Aarogyavardhani vati*, *Panchtikta ghrut guggulu*, *Mahamanjistharishta* is a marvelous *Kledaghn dravya*^[15]. *Khadirarishta* has *Khadir* as its main component which is *Krumighn* and *Kandughn* with *Kapha* and *Pitta shamaka* properties. It is helpful in subsiding the symptoms of itching, rashes and sensitivity^[16]. *Somraji taila* has *Kushthaghna*, *Krimighna*, *Kaphagna* and *Kushtha roga nashak* properties as is used for external application^[17].

CONCLUSION

From the above discussions it can be concluded that Ayurvedic therapy of *Virechana* and *Shamana* can be useful in providing significant relief in signs and symptoms of *Virudhahar janya charmdala kushtha*. Since this is a single case study and showed significant results but further more trials are needed to be conducted out on a larger sample size in order to establish this as a fact.

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