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Management of Lichen Planus through Ayurveda - A Case Report

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ABSTRACT

Autoimmunity is a biological paradox in which the cells and tissues of the body itself, by forming auto-antibodies and auto sensitized T-cells, react against antigens of the individual's own tissue. *Lichen Planus* is also appearing to be such a disease. It is a chronic Skin disorder of unknown etiology. It is characterized by purplish or violaceous polyhedral, flat topped itchy papules, occurring mostly on the flexor surfaces and in the oral cavity. Vitiating *Doshas* destroy tissues in the Skin and produce discolouration and if not, properly treated produce disfiguration leading to Skin Diseases or *Kushta*. *Kitibha* is a type of *Kshudra Kushta* which is having *Kshudra Mula* described in Ayurvedic Classics. *Kitibha Kushta* closely resembles the clinical symptoms of *Lichen Planus*. This paper highlights a Case Study of *Kitibha Kushta (Lichen Planus Pigmentosus)* treated with the Ayurvedic Principles in particular *Shodhana Chikitsa*. A 55-year-old Male patient came to our OPD with chief complaint of *Twak Vaivarnyam* in both hands and lower abdomen with *Kandu* since 2yrs. He got better relief after a short period of treatment. Ayurvedic management involving *Shamana Poorvaka Shodhana Karma* with conducive diet and life style.

Key words: *Kitibha Kushta, Lichen Planus, Shodhana, Karappan Kashaya, Ayurveda, Case Report*

INTRODUCTION

Skin is the protective covering of the body. As a seat of complexion, it is the index of health and disease. In *Samhita* of Ayurveda, the diseases which makes the Skin and Body ugly are described particularly under the heading of *Kushta*. The signs and symptoms of *Lichen Planus* almost equalize with *Kitibha Kushta* which is a form of *Kshudra Kushta* according to Ayurvedic classics. *Kitibha Kushta (Lichen Planus)* is dominated by *Vata Kapha Dosh* together with Psycho stress factors (*Mano Vikaras*) result in deterioration of *Rasa, Rakta, Twak* and *Laseeka*^[3] and manifesting the clinical

symptoms. Due to vitiation of *Doshas and Dhatus* clinical symptoms such as constriction of channels brownish or blackish Skin lesions along with severe Pruritis appear on Skin. The primary lesion is an epidermal papule or macule. At first the papules have a regular round contour and a diameter of 1-2mm (size of a split pea) each, later they spread peripheral often attaining size, with an intensive itching and a sensation of Skin Tautness. The rash is bilateral and symmetrical. It is distributed along the front of wrist, the flexor surfaces of the forearms, the abdomen, the legs, the genitalia and the back. *Ayurvedic* texts have described general causative factors i.e., *Samanya Nidana* for all type of *Kushta*. *Viruddha Ahara, Athi Snigdha Guru Ahara, Mithya Ahara* and *Vihara, Vegarodha* are some of the *Nidanas*.^[4] A virus, drug or physical stresses also have been blamed.

The concept of *Dooshivisha*^[5] and *Gara Visha*^[6] also plays a major role in the pathogenesis of *Kitibha Kushta*. *Dooshivisha* is such a special concept of Ayurveda that is universally accepted by almost all the *Acharya*. The name itself indicates its *Dooshana Swabhava* means inside the body the main action is to vitiate *Dhatu*. It is not a type of poison rather it is a

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transformable state or latent stage which any type of poison can attain. According to *Chakrapani*, *Gara Visha* is a combination of *Savisha and Nirvisha Dravya*. According to *Acharya Charaka*, *Gara Visa* is a *Samyogaja Visha* (artificial poison) which exerts toxic effect after interval of some time. It does not kill the patient internally. *Gara Visa* have the specific property *Kalanthara-Avipaki* which means it is not to digested early. It takes long time to digest and not fatal.

Last of all, the line of treatment should be simple but sure. As it is stated to be a Metabolic Disorder probability of impairment in *Dhatwagni* is also suspected. To reverse all the *Samprapti Ghatakas* vitiated *Vata* and *Kapha* are to be brought under control and impaired *Twak* should be normalized. *Dooshita Rakta* is to be purified, *Virechana* has been adopted with *Laghu Ahara* for *Rakta Shodhana*. Keeping these principles in mind, *Samanya Kushta Roga Chikitsa*, *Koshta Shodhana*, and administration of *Shamana Oushadhis along with Pathyapathya* was selected for the present case.

CASE REPORT

Brief history of patient

A 55-year Male patient, from Hubli came to OPD with brownish circular patches over both Hands and lower Stomach region with itching over patches for 2 years. These symptoms hampered daily activities of the patient. He is a Tailor belonging to Middle Socioeconomic class, Hindu family background. He consulted one allopathic physician before, but he couldn't get any relief from the symptoms, later he consulted to our hospital OPD for treatment.

No relevant History of Past illness contributing to the current condition of the Patient.

No History of Diabetes Mellitus or Hypertension

All are said to be healthy in the family.

Clinical Findings

Site of brownish patches - flexor and extensor surface of both Hands, Lower Abdomen.

Morphology - Circular Macular Patches, Size 0.5 cm to 1cm, Brownish in colour.

Figure 1: Before Treatment



Laboratory Investigations

Hb - 12mg/dl

TLC - 6900/cu

ESR -15mm/hour

DC - P-70%, L-28%, E-2%

AEC - 250/cum

Rest other system findings also normal

Samprapti Ghataka

- *Dosha - Vata - Vyana Vayu, Kapha, Pitta - Brajaka Pitta*
- *Dushya - Rasa, Rakta, Mamsa, Lasika*
- *Ama - Jatharagnijanyama*
- *Agni - Jataragnijanya*
- *Srothas - Rasavaha, Raktavaha, Mamsavaha, Udakavaha, Swedavaha Srotas*
- *Srothodushti Prakara - Sanga*
- *Roga Marga - Bahya*
- *Udbhava sthana - Amashaya*
- *Vyaktasthana - Twacha*

- Roga Swabhava - Chirakari
- Sadhyasadhyata - Krichrasadhya

Samprapti

Nidana Sevana like Aharaja-Viharaja-Manasika (Spicy foods, junk foods, exposure to cold air, Divaswapna, Dadhi Sevana in Ushna and Vasantha Kala, stress) leads to the formation of Jataragni and Rasadhatwagni Janya Ama which vitiates Tridosha along with Twak, Rakta, Mamsa, Lasika and gets Sthanasamshraya in Twacha with Kandu leading to Kitibha Kushta.

MATERIALS AND METHODS

- Ama Pachana
- Arohana Snehapana
- Virechana
- Shamanaoushadhis
- Pathya-Apathya

Table 1: Showing Treatment Schedule/ Intervention

Date	Treatment	Medicine/Procedure
7-03-2021	Ama Pachana	Mustha Choorna ^[7] 5gms with lukewarm water morning and evening before food
12-3-2021	Snehapana	Tiktha Shadpala Ghrita ^[8] 30ml 1 st day 60ml 2 nd day 100ml 3 rd day
15-3-2021 16-3-2021	Abhyanga and Swedana	Khadirasara Taila ^[9] Abhyanga followed by Ushna Jala Parisheka
17-3-2021	Virechana Pathya: Ganji, Khichadi, Laghuahara, Snana, Shubhra Vastradharana, Taila Abhyanga, Dhyana.	Nimbamrithadi Eranda Taila ^[10] 25ml morning 7: 30 am Total - 7 Vega observed

Apathya: Tila Taila, Dhadhi, Madhya Sevana, Mamsa, Matsya Sevana, Vegadharana, Adhikavyayama.	
Shamanaoushadhis	Karappan Kashaya 4tsp BD with equal hot water Before food. Guduchyadi Kashayam ^[11] tablet 1 TID before food. For 30 days Kaishoraguggulu ^[11] 1 Tid before food for 30 days

RESULTS

Better change in brownish discolouration

No itching

Figure 2: After 15 days of treatment



Figure 3: After 30 days of treatment



Pathya Apathya described for *Kushta* was advised here.

DISCUSSION

Observations shows incompatible diet pattern, Stress and Strain factors for the provocation of the *Dosha* and the condition led to obstruction in Sweat Mechanism. To regularise this *Ghritha Pana* was done. *Ghritha* promotes the process of digestion, absorption and delivery to target organ system. Since the active ingredients are mixed with *Ghritha* they are easily absorbed. Hot water bath was suggested during the treatment. All these improved better blood circulations, Absorption and Sweat Mechanism. *Nimbamritadi Eranda Taila* is one of the best medicines to treat *Kupitavata*, *Shamana* of *Kupitavata* and *Sanchita Mala*. Ingredients of *Karappan Kashaya* have properties like *Kushtaghna*, *Kandughna*, *Krimighna* and *Raktha Shodhaka*. This all treatment normalizes the vitiated *Doshas*.

CONCLUSION

This case study demonstrated that Ayurvedic management with *Virechana* as *Shodhana Therapy* along with *Samshamana Aushadha* seems very effective for the treatment of *Kitibha Kushta (Lichen Planus)* like Skin disorders. On the basis of the result of this study, it may be concluded that *Kitibha Kushta (Lichen Planus)* is responding well with usual method of treatment based on the principles laid down in *Kushta Chikitsa Chapter*.

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Probable mode of action

- *Ama Pachana* with *Mustha Choorna* which possess both *Deepana* and *Pachana* property, helps in the maintenance of *Agni Sandeepana Karma*.
- Both *Snehana* and *Swedana* help in the movement of *Dosha* and *Dosha Shithilikarana* and bring *Dosha* from *Shakha* to *Koshta*. *Snehapana* was done with *Tikta Shadpala Ghritha* as *Tikta Dravya* are the drug of choice in *Twak Vikara*.
- The *Virechana Dravya* spreads throughout the body in cellular level due to its pharmacological properties. *Virechana* is a procedure one can practice comfortably and expect good response in *Kitibha Kushta* and also other Skin manifestation.
- Suitable *Shamanaoushadhis* was given for *Shesha Dosha Nirharanam*.
- *Nidana Parivarjana* stops the further progression of the disease, by restricting vitiation of *Dosha*.

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