

A SINGLE CASE STUDY TO EVALUATE EFFICACY OF SADYOVAMANA IN MANAGEMENT OF ATOPIC DERMATITIS

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ABSTRACT

Ayurveda is the oldest existing medical science; whose principles of treatment proves effective even in today's changing era. In this sedentary life style that too in metropolitan cities ladies or girls give more attention to their beauty. As said "beauty is the illumination of soul". In their busy schedule they give more importance to maintain their glamour and beauty.

Atopic dermatitis is also known as atopic eczema is a type of inflammation of the skin which results in itching red swollen and cracked skin.

The paper discusses about a single case study where in patient developed reddish rashes over forehead and gradually spreaded over face associated with itching which affected her day to day work life. Patient was diagnosed as Atopic Dermatitis and treatment like sadyo vamana karma was performed for treatment of avarana and treatment of kapha dosha. This paper also discusses ayurvedic principles held true in the samprapthi vighatana

The efficacy of the treatment before and after will be discussed.

KEYWORDS-avarana, atopic dermatitis, sadyo vamana karma, samprapthi vighatana,

INTRODUCTION

The term eczema and dermatitis are synonymous. Eczema can be acute or chronic and there are several causes. Acutely, epidermal oedema (spongiosis) and inter-epidermal vesiculation (producing multiocular blisters) predominate, whereas with chronicity there is more epidermal thickening (acanthosis). Vasodilation and T-cell lymphocytic infiltration of the upper dermis occur¹.

Cause of atopic eczema is remain unclear, but are likely to be multifactorial in nature, involving genetic, socioeconomic and environmental factor. Recently prevalence the increase in the prevalence of atopic dermatitis. Small family size, increased income, education, migration from rural to urban environments, and increased use of antibiotics may all be associated with rise in atopic dermatitis. Recent reports demonstrated that indoor air pollution, outdoor exposure to allergens and environmental

tobacco smoke are considered to be some of the environmental factor.

Atopic Dermatitis is a major global public health problem, affecting 1-20% of people worldwide. The prevalence of atopic dermatitis in adult is about 1-3%, and 10-20% in children².

In Ayurveda this disease can be correlated to kotha and here in this case patient was treated with sadyo vamana.

CASE REPORT

A female patient aged about 31years complains of rashes on face since 2years. Present history of the patient was described as- 31years female patient was apparently normal 2 years back. later she observed rashes over face associated with sever itching, then she notices macule and papule over face, and in scalp region. Itching sensation used to increase when

patient is stressed out. Itching relives when she is calmed down. Patient also gives history that she had shifted to hostel 2 and half years back and since then she started this itching sensation was noticed. Later developed macule and papule over face which was

blackish brown color discoloration associated with itching sensation. Later she noticed same type of macule and papule in scalp also. For the above said complain patient had underwent various medical system treatment in which her condition worsened.

INVESTIGATION

ESR	140mm/hr
IgE	977.70 Ku/L

EXAMINATION

- SYSTEMIC EXAMINATION
CVS- nothing significant
RS-no added sounds
CNS-conscious oriented to time place and person
Nothing significant
SKIN EXAMINATION

Inspection

- - > or = 0.5 cm circumscribed elevation of skin
- Brownish black discolouration
- Irregular distinct boarded
- Distribution – distributed over face and scalp

Palpation

- Rough texture

NIDHANA

असम्यग्मनोदीर्णपित्तश्लेष्मात्रनिग्रहैः | (M.N50/6)³

- Hina or mitya yoga of vama results in kotha according to Madhava nidhana

Rupa

मण्डलानिसकण्डूनि रागवन्तिबहूनिच | (M.N 50)⁴

SAMPRAPTHI GHATAKA

- दोष-वात, कफ
- दूष्य-रस
- स्रोतस्-रसवह
- स्रोतोदुष्टिप्रकार-विमार्गगमन, संज्ञ
- अग्नि-जाठराग्नि, रसधात्वग्नि
- आम-धातुस्थ
- उद्भवस्थान-पक्वाशय
- संचारस्थान-सर्वशरिर
- व्यक्तस्थान-मुखशिरस्
- व्याधिअवस्था-चिरकारि
- साध्यासाध्यता-साध्य

DIAGNOSIS

- Atopic dermatitis
- It can be correlated to kotha in Ayurveda as explained symptoms above which was predominantly present in patient.

TREATMENT PROTOCOL

Vangasena while explaining kotha has explained vamana as choice of treatment.

PURVAKARMA

- SADYO SNEHAPANA ON 1/02/2019 with 100ml moorchita gritha+ 10gms bharjita tila+ 15gms guda
- 2/02/2019- Dadhipatya

PRADHANA KARMA

- 3/02/2019- sadyovamana with 4 gms vacha + madhu+ Saidhava lavana
Vamanopaga dravyas used- ksheera, yastimadhu phantha, lavanodhaka

TIME	INPUT	VEGA	OBSERVATION
6:30AM	1 GLASS MILK	----	----
6:35AM	1GLASS MILK	----	----
6:37AM	1GLASS MILK	-----	----
6:40AM	MEDICINE	----	----
6:50AM	1 GLASS YASTI MADHU PHANTA	-----	-----
6:53AM	1 GLASS YASTI MADHU PHANTHA	1 VEGA	CURDLINGS
6:56AM	1 GLASS YASTI MADHU PHANTHA	1 UPAVEGA	YASTIMADHU PHANTHA + CURDLINGS
7:00 AM	1 GLASS YASTHIMADHU PHANTHA	-----	-----
7:03AM	1 GLASS YASTIMADHU PHANTHA	1 VEGA	YASTIMADHU PHANTHA + CURDLINGS
7:05AM	1GLASS YASTHIMADHU	1 UPAVEGA	CURDLING + YASTIMADHU PHANTA
7:10 AM	1GLASS LAVANODHAKA	1 VEGA	YASTHIMADHU PHANTHA
7:15AM	1 GLASS USHNAJALA + SAIDHAVA LAVANA	----	-----
7:18AM	1 GLASS USHNA JALA + SAIDHAVA LAVANA	1 VEGA	YASTI MADHU + WATER
7:20	1GLASS USHNA JALA + SAINTHAVA	1 VEGA	MEDICINE + CLEAR WATER

PASCHAT KARMA

Vamana performed on 3/2/2019
Maniki- Input:8910 output:9000ml extra:90ml
vegiki- 5vegas 2 upavega
Shudhi-Madyama
Antiki- Kaphanta

Samsarjana krama-5 Days

SHAMANOUSHADHI

1.KARAPPAN KASHAYA 3TSP TID

2.HERBOLAX 3 HS

3.ALLERIN 1TID

RESULT

- Symptomatically patient was relieved.
- ESR level 120mm/hr reduced to 40mm/hr
- Macule and papule which was predominantly on face reduced.

DISCUSSION

After examination of patient it was found that she had predominance of kapha and vata (madalani – round in shape, kandu- associated with sever itching). Patient was having predominance of kapha so sadyo vamana was selected as line of treatment as considering aptavachana it can be used in atyaeka chikista. Also in jwara chikista there is mentioning of sadyovamana. Patient was given sadyo Sneha paana with 100ml moorchitha gritha + brharjitha tila+ 20gm guda. One day dadhipathya for kaphotklesha. 3rd day vamana was conducted. Where in patient had madhyama shudhi and antiki was kaphatha. Samsarjana krama was asdvised for 5 days after that shamanoushadi was advised for a month. She had relief from this.

CONCLUSION

Atopic dermatitis had impact on body and affected the patient phycological. As the kapha dosha was in aggravated state, stana of kapha dosha was uras, as an atyaeka chikista sadyovamana was conducted. When ashaya is treated rogopashanathi is expected. In this case rogopashanthi was seen. Patient had much relief, macule and papule was decreased. There was no iching. Hence vanna helped in removing apava pitta and kapha, and help in reducing the disease.

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