

# Effect of Vamana Karma with Kutaja Beeja Churna in Charmakustha – A Case Study

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## ABSTRACT

Human skin (Integumentary System) is the largest organ of the body, has aesthetic importance too. Charmakushta is a dermatological disorder, lesions resembles like skin of elephant, caused due to improper food habits. It is a Kapha–Vata Pradhana Vyadhi explained as Kshudra Kushta in Kushtadhikara. This article is a case report of a 50 years old male patient suffering with clinical features of Charmakustha, spread over extensor aspects of hands and over abdomen and managed with Vamanakarma. Snehana was done with Panchatikthaguggulu Ghritha in Arohana Karma followed by Vamana with Kutajabeeja Churna. Clinical presentation of patient before and after intervention is recorded with still photography. Vamana is a prime treatment for Kaphaja and Kaphaanubandha Rogas. According to Charaka Vamana with Kutaja is indicated in Urdhwa Shareerastha Kushta.

**KEYWORDS:** Charmakustha, Vamanakarma, Kutajabeeja Churna, Panchatikthaguggulu Ghritha, Kshudrakustha

## INTRODUCTION

Linchen planus is an inflammatory disorder of skin of unknown origin characterised by thick scaly skin plaques which are flat topped polygonal papules with extremely pruritic lesions. It's a immunologically mediated mucocutaneous disease. Linchen planus derived from the Greek word Leichen means tree moss and Latin word planus means flat. First discovered by Wilson in 1869. It occurs in both sexes and at any age (usually between 30 and 60 yrs) Charma Kushta<sup>1</sup> is Vata Kaphaja Kushta in which there will be numerous lesions which resemble skin of elephant. It is explained as Vata Kaphaja type of Kshudra Kushta in Kushtadhikara.

## METHODOLOGY:

A male subject aged around 50 years complains of flaky, thick, rough silvery lesions all over the body associated with itching since around 5 years. Lesions which are of clustered configuration, first started on scalp area and then over the abdomen and lower back region. Later on the lesions are also found in both the

hands and few lesions in legs too. The condition found to be more aggravated during the evening hours and in winter season. The subject is Known case of type 2 Diabetes Mellitus since years, and on medication. Patient has taken medication for the same and didn't get any relief. Thereafter Patient Visited Panchakarma OPD of TGAMC&H Ballari. Patient was thoroughly examined and detailed history was taken and admitted for the management of the condition accordingly.

## CHIEF COMPLAINT:

Patient complains of flaky, thick, rough silvery lesions all over the body associated with itching since around 5 years. Lesions first started on scalp area and then over the abdomen and lower back region. Later on the lesions are also found in both the hands and few lesions in legs too.

## General Examination:

Vital readings of the patient were within the normal limits. Systemic examination had not shown any

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abnormal findings. Jihva was Lipta, rest of the findings of Ashtavidha and Dashavidha Pariksha were within the normal limits.

### SKIN EXAMINATION:

Type of lesion: Plaque  
Colour of scale: Silvery  
Discharge: -ve  
Distribution: Global  
Itching: +ve  
Number: Numorous  
Candle grease test: +ve  
Auspitz test: +ve

### DIAGNOSIS:

Case was diagnosed as Charmakusta based on the symptoms explained in Ayurveda classics.

### TREATMENT:

Vamana Karma was planned. Deepana- Pachana with Chitrakadivati 1 tid before food and Ajamodaadi Churna 1/4tsp tid after food is given for 3 days. Snehapana with Panchatiktha Guggulu Ghritha in Arohana Krama started with 30 ml, 70ml, 90 ml, 110ml, 130 ml based on Kosta and Agni. Snehapana was stopped after observing Samyak Snigdha Lakshana. 1day Vishrama Kala was followed. Sarvanga Abhyanga with Nalpamaradi Taila followed by Bashpa Sweda followed by Kaphotkleshakara Ahara - Curd Rice and Sweets were given. Next day morning Sarvanga Abhyanga with Nalpamaradi Taila followed by Bashpa Sweda is done followed by Vamana Karma. Akantapana is achieved with Ksheera. Kutaja Beeja Churna 12 gm, Yestimadhu Churna 6gm, Saindhava 2gm and Madhu are used as Vamaka Dravya. Yestimadhu Phanta was used as Vamanopaga. 8 Vegas were observed and attained Pravara Shuddhi. Based on Shuddhi Samsarjana Krama was advised for 7 days.

### RESULTS:

#### Before Treatment



#### After Treatment



## DISCUSSION:

Kushta<sup>1</sup> is a Dheerga Kaleena Tridosha Pradhana Vyadhi and considered as Krucchrasadhya. Charmakushta is a Vata-Kapha Pradhana Kshudrakushta. Lakshanas of Charmakusta<sup>2</sup> are 'Bahalamhasthicharmavat',

'hasthicharmakharashaarchacharma'.

*Bahalam*(Numerous) *Hasticharmavat* (Resembles the skin of elephant), *Kharasparsha*(Lesions are rough on touch). In this case Lesions are more predominant in Urdhva Shareera. If Kusta is in Bahudoshavasta<sup>3</sup>, then Shodhana Chikitsa is mandatory and if lesions are more predominant in Urdhva Shareera<sup>4</sup>, Vamana is indicated with Kutaja Beeja as quoted in Charaka Samhita. Kutaja Beeja is Kushtagna and Kaphagna<sup>5</sup>.

Chitrakadi Vati is Deepana, Pachana, Rochana, Anulomaka, Shulahara, Shothahara, Arochaka, Vibhandahara. Panchatiktha Guggulu Ghritha is mentioned as Kushtaghna, it has got Tridosahara properties also. Here Panchatiktha Guggulu Ghritha is used as Shodhananga Snehapana as a preoperative procedure for Vamana Karma. Vamana is a complete therapy for disorders caused by vitiation of Kapha Dosha. Acharya Charaka has clearly mentioned that the drugs used in Vamana Karma get absorbed due to their Virya and reaches Hridaya(heart), from there through micro circulation, Veerya of the drug reaches at the site of lesion. Drugs does the liquification of the Doshas and bring them to Kosta through Anupravanabhava. From Kosta Doshas will be expelled out through mouth by the act of Vamana.

## CONCLUSION:

Vamana with Kutaja Beeja Churna is efficient in the management of Charmakushta.

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