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Case study

## Title of Article: Ayurvedic Management of *Audumber Kushtha* w.s.r to *Necrobiosis Lipoidica* – A Case Study

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### ABSTRACT

Skin is a shield that protects us from various external invasions. It is the largest organ of the body that can be quickly examined visually. It helps to generate an individual identity in society. All the skin diseases are discussed in Ayurveda under the vyadhi Kushtha. It is divided into two types; Mahakushtha and *kshudrakushtha*. Acharya mentioned this in the Ashtamahagad vyadhi, one which is difficult to treat. Acharya has also described Shodhan and Shaman chikitsa to treat the diseases from the root. There is a large number of drugs of herbal and mineral origin mentioned in classics regarding the treatment of *kushtha*. The Audumber *kushtha* is a *mahakushtha* that comes with pitta *pradhanyatva*. It is copper-colored, covered with copper-colored rough rows of hair, like the color of 'Ripe Gular fruit', has pus discharge, itching, moisture, burning, etc. Present case report of a 60-year-old male subject having reddish discoloration over both legs, severe itching, burning, pain resembling *Audumber Kushtha* (*Necrobiosis lipoidica*) shows encouraging results after *shodhan* and shaman chikitsa.

**Keywords:** Audumber *kushtha*, Virechana, Gandhak *rasayan*, *Necrobiosis lipoidica*.

### INTRODUCTION

Skin is the largest organ of the integumentary system. It is the link between the internal and external environment and also maintains the beauty and personality of the individual. Skin diseases have more importance and attention by medical science as well as the public. There is a definite increase in its incidence especially in tropical countries like India. Skin disease accounts for a prevalence rate of 10-20% of all consultations in general practice<sup>1</sup>.

In Ayurveda, the word *Twacha* or *Charma* is used for skin. *Twacha* is not only the outer covering of the body but is

also a *Dnyanendriya* that binds the body from within. Sushruta, Charak both have described various types of *Twacha* with diseases caused due to its vitiation.

All the skin diseases in Ayurveda are described under the broad heading of *Kushtha*. *Kushtha* is recognized as one of the *Ashta mahagada*<sup>2</sup>. Charak classified *kushtha* into two major types; *Mahakushtha* (major skin disease) and *Kshudra kushtha* (minor skin disease). *Audumber kushtha* is a type of *Mahakushtha*, having symptoms like *Lalima* (copper coloration), *Kapila varna roma* (copper color hair), *Daha* (burning), *Kandu* (itching), *Ruja* (pain). This

looks like ripe *gular* fruit (*ficus recemosa*). The *Kushtha* mentioned in the above case possibly can be correlated with *Necrobiosis lipoidica*. *Necrobiosis lipoidica* has some histological features common with *granuloma annulare*. The lesions have a characteristic yellow, waxy, atrophic appearance, violaceous edge. This typically appears on the shins and is prone to ulceration after trauma. There is a strong association with diabetes<sup>5</sup>.

For such condition, *Shodhan* and *Shaman chikitsa* is mentioned to treat the root cause of disease. This case of *Audumber kushtha* is successfully treated with *Virechan* and *Shaman chikitsa*.

### CASE REPORT

A 60-year-old male patient came to the outpatient clinic with a 2 years history of painful reddish lesions on both legs, abdomen, that had been increasing in size with uncontrolled itching, burning sensation; and sometimes bloody discharge after excessive scratching. He consulted many allopathic physicians but couldn't get adequate relief, hence he consulted our hospital OPD for treatment.

**Personal History:** The patient is a shopkeeper belonging to the middle socio-economic class, Hindu family background. The patient prefers spicy, junk food, non-vegetarian food, a lot of curd in dinner, and alcohol occasionally. Sleep is disturbed due to itching, pain. Bowel habit is irregular (sometimes constipated some times sticky, watery with bad smell)

**Family history:** No similar family history was found. Father- k/c/o type 2 DM

**Medical history:** significant for type 2 diabetes from the past 4 years. On oral hypoglycemic medication, His glycaemic control was poor.

**Physical examination:** He did not appear ill. Blood pressure 140/90mmhg. Pulse rate 80/min Respiratory rate 18 bpm Temperature 98.4 F.

**Local examination:**

**Site-** Right leg: anteriorly- big reddish lesion with a yellow, waxy appearance.

Left leg: same lesion posteriorly.

Abdomen: small circular reddish lesions.

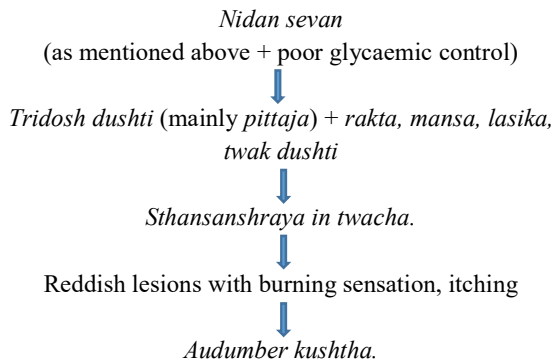
**Discharge:** watery, bloody discharge after scratching

**Thickness:** ~1mm, **Temperature-** warm to touch

**Texture:** Glossy

**Laboratory tests:** Total and differential leukocyte count, platelets, creatinine, and liver enzymes were within normal ranges.

**Samprapti:**



**Diagnosis-** Audumber *kushtha* (*Necrobiosis lipoidica*)

**Samprapti Ghatak**

**Dosha-** Tridosh (mainly pitta)

**Dushya-** Rakta, Mansa, Lasika, Twak

**Strotas-** Rasavaha, Raktavaha

**Strotodushti prakar-** Sanga

**Rogamarga-** Bahya

**Udbhavsthan-** Amashaya

**Vyaktasthana-** Twacha

**Sadhyasadhyata-** Kashtasadhyata

### MATERIAL AND METHOD

**Treatment plan:** *Aampachan*, *Snehapan*, *Virechana*, *Shaman aushadhi*, *Pathya-apathya palan*.

**Table 1: Showing treatment schedule**

Date	Treatment	Medicine
22/02/2021-28/02/2021	<i>Aampachan</i>	1) <i>Ativisha</i> , <i>Musta</i> , <i>Sunthi</i> , <i>Haritaki</i> 500mg, 7 days
1/03/2021-4/03/2021	<i>Snehapana</i>	1 <sup>st</sup> day- 30 ml 2 <sup>nd</sup> day- 50ml 3 <sup>rd</sup> day- 80 ml 4 <sup>th</sup> day- 110 ml
5/03/21 & 6/03/2021	<i>Abhyanga &amp; swedana</i>	Eladi oil, Panchatikta kwatha Parisheka
7/03/2021	<i>Virechana Vega- 8</i>	Trivruta avaleha 25 gm with triphala kwatha 100ml
8/03/2021-11/03/2021	<i>Sansarjan krama</i>	<i>Manda</i> , <i>Peya</i> , <i>vilepi</i> , <i>krushara</i> for 4 days
12/03/2021-26/03/2021	<i>Shaman aushadhi</i> 1 <sup>st</sup> follow up	1. Gandhak rasayan 500 mg Vanga Bhasma 60mg (combination <i>Vyan udankal</i> ) 2. Kamadudha 500mg ( <i>vyan udan kal</i> ) For 15 days
27/03/2021-25/04/2021	2 <sup>nd</sup> follow up	1. Gandhak rasayan 500 mg Vanga Bhasma 60mg 2. Nava kashaya 20 ml ( <i>Vyan udan kal</i> ) For 35 days

## RESULTS

### Before treatment (Right leg)



### After treatment (Right leg)



### Before treatment (left Leg)



### After treatment (Left Leg)



Table 2: Signs & symptoms

Sr. no	Sign and symptoms	Before treatment	After treatment
1.	Redness	+++	+
2.	Itching	+++	-
3.	Pain	++	-
4.	Burning sensation	+++	-

## DISCUSSION

The *Shodhan and Shaman Chikitsa* are described in the *Samhita* for the management of the *Kushtha* to cure the root cause. In the above study, both the *Chikitsa* were given to the subject. In this case, the *kushtha* comes with *Pitta pradhanyata* so *Shodhan (virechan)* was selected to eliminate *Pitta dosha* from the body.

The treatment schedule started with *Purvakarma, Pradhan karma, and Pashchat karma*.

### 1. Purva karma:

*Deepan, Pachan* medicines were given which are *Agnivardhak and Aampachak*.

**Aampachak-** For that *ativisha, musta, shunthi and haritaki* combination is used.

1. **Ativisha:** *Tikta katu rasatmak, ushna virya, laghu, ruksha. Katu vipak Deepan, Pachan, Kapha-pittahar, Vishaghna, Krimihara.*

2. **Musta:** *Katu, tikta, kashaya ras (pungent, bitter, astringent taste), shita virya (cold potency), katu vipak (pungent taste after digestion), laghu, and ruksha guna (light & dry properties).*

*Kapha-pittahar (reduces kapha and pitta dosha), Dipana (increases digestive fire), Pachan (digestion of undigested material), grahi (water absorbing).*

3. **Haritaki:** *Kashaya Pradhan lavan varjit pancha ras (5 tastes except for salt), ushna virya (hot potency), madhura vipaka (sweet taste after digestion), laghu, and ruksha guna (light and dry properties).*

*Tridosha shamak (lessens all 3 doshas), Deepan (appetizer), Pachan (digestant), vataluloman (carminative), mootral (diuretic).*

4. **Sunthi:** *Katu rasa (pungent taste), Ushna virya (hot potency), Madhur vipaka (sweet after digestion), Guru, and tikshna guna (heavy and sharp properties).*

*Vatakapha hara (reduce vata and kapha), Rochak (savor), Deepan (appetizer) & Bhedan (penetrative).*

**Snehapana:** *Mahatikta ghrta* was given in a specific increasing dose pattern for 4 days, determined according to the nature of bowels passed and the digestive power of the subject.

**Action of Mahatikta ghrta:** In the *falshruti* (benefits) of *Mahatikta ghrta* acharya has mentioned that it is a major medicine for *Kushtha*. All dravyas in the *Ghrta* are *Tikta rasatmak, Madhur vipaki, and ushna viryatmak* so they have an affinity towards *rasa and rakta dhatu* and ultimately towards the skin.

**Bahya snehan and swedana:** After achieving characteristics of adequate *snehapana (oleation) sarvang*

*abhyanga* (whole-body massage) followed by *Panchatikta kashaya parishek* (pouring of panchatikta decoction).

**Action of snehan and swedana:** By the *Snehan and swedana* procedures, *Dosha utakleshan* action is achieved. *Vridhhi* (increase in *Doshas*), *Vishyandan* (liquefaction), *Paka* (digestion of the *Doshas & Aam*), and *Strotomukh vishodhan* (penetration of the *strotas* and removal of *stroto-sanga*), these actions help to bring the *Doshas* from *Shakha to Koshtha*.

**The action of Eladi oil<sup>5</sup>:** Eladi oil has properties like *Vata kapha hara*, *Vishaghna*, *Kanduhara*. Also increases the complexion of the skin.

**Action of panchatikta Kashaya:** *Panchatikta kashaya* consists of *vasa*, *nimba*, *guduchi*, *kantakari*, *patola*. All these drugs are *Tikta rasa Pradhan* (bitter flavor), *Kapha-pitta hara*, *Rakta shodhak* (blood purifier), *Krimighna* (remove worms/parasites), and *Kushthaghna*.

## II. Pradhan karma

All the instructions regarding *Virechana karma* were explained to the subject. After general examination and assessment of *Bala* (strength) and *koshtha* of the subject, at 8 am *Trivrutavaleha* 25 gm with 100ml *Triphala* decoction was given as *Virechana yoga*. The subject was instructed to take sips of hot water frequently and write down the time of motion, smell, nature of stool. Total 8 *vegās* were observed.

### The action of Virechan

*Virechan* helps to eliminate the vitiated *Pitta dosha* through the stool. *Virechan* removes toxic materials from the body and renders purification of the body at two levels: 1) gross level, where various organs and systems of the body are thoroughly cleansed (cardiovascular and gastrointestinal tract) and 2) cellular level, where the purification and cleansing of the body are affected at cell membrane and molecules. Gut absorption improves considerably and metabolism is also corrected<sup>6</sup>.

## III. Pashchat karma-

The subject was asked to take a rest in IPD. *Sansarjan krama* was explained to him which included *Peya*, *vilepi*, *yusha*, *krushara* for 4 days as the patient got *madhyam shuddhi*.

**Role of Sansarjan krama:** After completion of *sansarjan krama* subject got a satisfactory outcome in itching, burning, and pain.

**Shaman chikitsa:** After completion of *Shodhan karma*, internal medicines were given for 45 days.

**The action of Gandhak rasayan<sup>7</sup>:** *Gandhak rasayan* mainly acts on *Rakta dhatu*. The properties are *kushthaghna*, *kandhughna*, *dahaprashaman*, *vranaropak*, *twachya*, *krumighna*, *aamvishanashak*, *raktashodhak*. It is antibacterial, antiviral, and antimicrobial. It improves digestion, complexion<sup>8</sup>.

**The action of Vanga bhasma<sup>9</sup>:** *Vanga bhasma* is *tikta rasa*, *ushna virya*, *katu vipak*, *ruksha-laghu-tikshna gunatmak*, all these properties are helpful to break *samprapti* of *prameha*. Also it acts as *krumighna and kandughna*. *Vanga bhasma* boosts up *Dhatwagni* and facilitates nourishment of all body tissue.

**Action of Kamdudha<sup>10,11</sup>:** The *kshariya* (alkaline) nature of these drugs would reduce the *amaliyata* (acidic nature) and help in *vrana ropan* (promotes wound healing). These are *shita virya* (cool potency) *dravyas* that generate *pitta shaman* and *Vrana ropan*. *Mukta* and *Pravala* have *dipan, pachan* properties which maintain the *Agni*.

**Action of Nava Kashaya<sup>12</sup>:** The ingredients of *Nava kashaya* are *Triphala*, *Nimba*, *Patola*, *Manjishta*, *Kutaki*, *Daruharidra*, and *Vacha*. It has properties like *Deepan*, *Bhedaniya*, *Vranahar*, *Mutral*, *Yakrutouttejak*, *Kandughna* etc.

**Pathya:** *Aahar- laghu anna*, *tikta shaka*, *purana dhanya*, *mudga*, *patola*, *purana shali*, *godhuma*, *siddha ghrita* *Vihar- Parishek*, *Avagah* with medicated water, proper sleep, light exercise.

**Apathya:** *Ahara- guru anna*, *amla lavan rasatmak aahar*, *dahi*, *shenga chatani*, *kullatha*, *masha*, spicy food, non-vegetarian food, excessive sweets intake, excess diet, irregular eating schedule.

*Vihara- Divaswapa*, *vyavaya*, *paap karma*, *aatap sevan*, *ratri jagaran*, *chinta* etc.

## CONCLUSION

*Mahakushthas* are difficult to treat, but if a proper diagnosis is made, we can successfully treat the disease with the help of *Shodhan* and *shaman chikitsa*. Since the disease manifestation starts from the *nidana* level, the first line of treatment should be *nidana parivarjana*. In this case, the subject has skin disease along with type 2 diabetes. Poor glycaemic control is one of the reasons for *kushtha*. So, during treatment, we need to focus on both. This stops the further progression of the disease by restricting the vitiation of *Doshas*.



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