



Effect of *Shodhan chikitsa* in Photosensitivity w. s. r. *Vatanubandhi Kitibh: A case Study*

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Abstract:

Background: Photosensitivity is an extreme sensitivity to ultraviolet (UV) rays from the sun and other light sources. The most common symptom is an exaggerated skin rash or sunburn with or without itching. In some cases, sunburn can be so severe that blistering develops. Weeping of your skin and peeling can also occur in severe cases.

In the current case 40 years male patient complaining of dryness, cracks, itching, blackish discoloration on body parts that were exposed to sunlight for the last 20 years. It was leading to sleep disturbances. Different medications could not relieve him including homeopathy, Allopathic, steroids,

and some Ayurvedic formulation. A detailed history is taken in view of diet patterns, personal and family illnesses. After being diagnosed as *Vatanubandhi Kitibh* (Photosensitivity) Treatment plan was *Shodhan* followed by *Shaman Chikitsa*. *Dipan*, *Pachan*, *Ghritapan*, and *Raktamokshan* (*Siravedha* and *Jalaukavacharan*) were carried. Followed by *Shaman Chikitsa*, *Vaman* and *Virechan* followed by *Samsarjan Krama*. *Upashay* was accessed on each follow-up. Itching, Dryness was relieved. Skin texture improved but not completely. After one year patient has moderate upashay. Further treatment is needed for complete relief

Keyword: Photosensitivity, *Raktamokshan*, *Vaman*, *Vatanubandhi Kitibh*, *Virechan*

Introduction:

Photosensitivity is an extreme sensitivity to ultraviolet (UV) rays from the sun and other light sources. Most people are at risk of developing sunburn during long exposure to sunlight^[1].

Symptoms of photosensitivity vary from mild to severe. The most common symptom is an exaggerated skin rash or sunburn. Rashes may or may not cause itching. In some cases, sunburn can be so severe that blistering develops. Weeping of your skin and peeling can also occur in severe cases.

Kitibh Kushtha characterized by skin which is blackish brown in colour (*shyawatwa*), rough in touch (*kharatwa*) & scaly (*Khartwa*), hard to touch (*parushatva*) & dry (*Rukshtwa*)^{[2][3][4]}.

Material and Method :

In current case 40 yrs male patient having complaints of dryness, cracks and itching, blackish discoloration on body parts which were exposed to sunlight since last 20 years. It was leading to sleep disturbances. Patient had taken many homeopathy and allopathic medications which could not relieve him from complaints. He has also taken steroids and self medication

intermittently for same. He has taken some Ayurvedic medication as a *Shaman Chikitsa* which could not give him relief.

History :

Ahar : Mostly irregular diet, Hotel food, Oily, Spicy, Fast food, tobacco and Gutakha and intermittent alcohol.

Vihar : Excessive motorcycle riding without covering of body parts.

Family History : Father having *Vipadika*.

Ashtavidh Pariksha:

- Nadi : Vat kaphaj,
- Mutra : Sam
- Mala : Sam
- Jivha : Sam
- Shabda: Spashta
- Sparsha : Khara
- Druk : Aarakta

Akruti : Madhyam

Local Examination :

Rough blackish, Scaly hard rashes with itching all over body which is exposed to sun

Samprapti :

Due to irregular, *Vidahi Vidagdhaahar* and *vihar* and irritation of skin causing vitiation of *Kapha* and *Pitta* leads to *Sthan sanshraya* and presentation of disease at *Twacha* i.e. Skin which is exposed to sunlight for long time and presented with above symptoms

Diagnosis :

Patient was diagnosed as *Vatanubandhi Kitibh* and Photosensitivity

Treatment :

Treatment plan was *Shodhan* followed by *Shaman Chikitsa*^[5]

Obervation and Result :

Dipana, Pachan with *Amapachak Vati* and *Chitrakadi Vati* with *Erand Haritaki* was given for 3 days

Ghritapan with *Mhatiktak Ghrita* 30 ml for 5 days^[6]

Raktamokshan with 18 G scalp vein set was attempted but as skin was too hard to penetrate only few ml of bloodletting was possible.

Table no 1, showing effect on symptoms before & after treatment

S.N.	Symptoms	Before Treatment	After Treatment
1	<i>shyawatwa</i>	5	2
2	<i>Parushatwa</i>	5	1
3	<i>Kandu</i>	5	0
4	<i>kharatwa</i>	5	1
5	<i>Rukshatwa</i>	5	0

Upashay :

Some extent of *Upashay* (*Alpopashay*) was observed

Raktamokshan was repeated which was *hinayoga* and then after gap of one day *Jaluakavacharan* was done on forehead and face which was *samayoga*

Upashaya :

Itching and dryness over forehead was relieved and *Malapavrutti* was *samyak*.

So medication for 15 days was continued

Then *Samirpannag* (5 gm) + *Rasamanikya* (10 gm) + *Gulvel Satva* (50 gm) divided into 80 doses given 1 BD after meal

Vaman: *Vaman* was planned

Snehapan with *Mahatiktak Ghrita* for 5 days with *sarvanga Snehana* and *Swedan* and *Basti*

Vaman with Milk was given

Followed by *Samsarjan Krama*.

Upashaya :

Itching and dryness was increased after restarting (*Samirpannag* (5 gm) + *Rasamanikya* (10 gm) + *GulvelSatva* (50 gm)) yoga. So it was stopped and Patient was prescribed *Amapachak Vati* with *Kamdudha* and *Argawadhadi Kashay* and *Mahatiktakghrita* 30 ml daily with cap Allert 2 HS

Which relieved dryness, itching and bowel moment was improved.

Then after 15 days patient was treated with *Raktadoshantak Syp* and *Aragwadh Kapila Vati* 2 HS for 5 days

Virechan

Snehapan was started with *Mahatiktak Ghrita* for 3 days associated with *Snehana* *Swedan* and *Pachana*

Virechan with *Ichchhabhedi Vati*

Samyak Yoga was observed

Upashay :

Itching was relieved with *Niram Jivha*.

Then *Rasamanikya yoga* with *Sukshma Trifala* and *Raktadoshantak Syp* for 7 days Followed by *Aarogyawardhini*, *Aampachak* and *Amrutadi Guggul* for 7 days.

Discussion :

After starting of treatment symptoms were decreased in 1 month. In the period of 3 months, the patient showed significant improvement with no signs of recurrence. Patient had irregular dietary habits mostly irregular diet, Hotel food, Oily, Spicy, Fast food, tobacco and Gutakha and intermittent alcohol and Excessive motorcycle riding without covering of body parts. This might have been the causative factor for developing *Kitibha Kusta*. The main complaints of the patient were dryness, cracks and itching, blackish discoloration on body parts which were exposed to sunlight since last 20 years. After examining the patient depending on the *Nidana* and *Lakshanas* the treatment was planned i.e. Shodhan karma specially raktamokshan followed by *Shamanoushadis* along with *Nidana Parivarjana*.

Here initially *Amapaachana* was achieved with the administration of *Deepana Pachana dravyas*, like *Ampachan vati* and *Chitrakadi*

Vati. Then *Snehapana* with *Mahatiktaka Gritha* followed by *Raktamokshana* and then *Snehapana* with *Mahatiktaka Gritha Sarvanga Abhyana* and *Parisheka Sweda* was administered to achieve *Dosha Shithilikarana* and bringing the doshas from *Shaaka* to *Kosta*. *Vaman* was administered to expel the *Dooshitha dosha* from the *Koshta*. Followed by *Samsarjan Krama*. Then after 15 days patient *Snehapan* was started with *Mahatiktak Ghrita* for associated with *Snehan Swedan* and *Virechan* After *Shodana* followed by *Samsarjana karma*, the patient was administered with *Samirpannag Rasamanikya*, *Gulvel Satva*, *Sukshma Trifala* and *Raktadoshantak Syp* Followed by *Aarogyawardhini*, *Aampachak* and *Amrutadi Guggul* significant improvement of the clinical symptoms.



Fig I Before Treatment



Fig II After Treatment

Conclusion :

Itching, Dryness was relieved. Skin texture was improved but not completely.

After one year patient is having moderate *upashay*. Further treatment is needed for complete relief.

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