

To study the efficacy of Panchalarma Chikitsa in Alasaka – A case study**Dr.Dnyaneshwar Machindranath Mitke,.**Assistant professor panchakarma Department,
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Yeola Tal- yeola. Dist-Nashik**Abstract :**

Ayurveda is an ancient science which deals with maintaining health of an individual and preventing the occurrence of disease. Acharya Charaka has beautifully elaborated the details of diseases like its causative factor, prodromal symptoms, Symptoms, its complications and at last, its line of treatment. Kushtha, which contains skin disease, is mentioned in Charak Samhita and he has maintained total 18 types of Kushtha. Alasaka is one of them. It shows symptoms like reddish boils, kandu, rukshata affecting in any part of body like hands, legs, lower back. Here I have presented a case study of female patient of 34 years having symptoms of alasaka. She has given a treatment according to Acharya Charaka. First Siravedha, then Jaloukacharan, then Kadunimba Pottali sweda, then Shamana Chikitsa containing Arogyavardhini vati, Arogyakapila vati, Krumikuthar rasa, Haridrakhandapaka and Panchatikta ghrita. It has been found very effective for Alasaka.

Keywords : Ayurveda, Alasaka, Kushta, Charaka.

Introduction :

A 34 year female patient having complaints of reddish boils with itching. Reddish colour is present around the boil since 4 years. Acharya Charaka has classified Kushtha in two types namely Mahakushtha and Kshudrakushtha.¹ Alasak is one of the Kshudrakushtha. The symptoms of Alasaka according to Acharya Charaka are reddish boils with itching. There are multiple boils. Reddish colour is present around the boils.² All kushtha Vyadhi have predominance of Tridosha. They have symptoms of itching due to Vata dosha, reddish colour due to Pitta and multiple boils due to Kapha dosha. So treatment of Alasaka according to Acharya Charaka for Vatadosha Ghrutapana, Virechana and Raktamokshana for Pittadosha & Vamana for Kapha dosha.³

Clinical presentation of Alasaka is similar to that of Atopic Dermatitis. The prevalence of AD is estimated to be 15-20% in children and 1-3% in adults, and the incidence has increased by 2- to 3-fold during the past decades in industrialized countries. Some of the most valuable AD prevalence and trend data have come from the International Study of Asthma and Allergies in Childhood (ISAAC). This is the biggest (close to 2 million children in 100

countries) and only allergy study that has taken a truly global approach.

The study revealed that over 20% of children are affected by AD in some countries, but that the prevalence varies greatly throughout the world. For the age group 6-7 years, data showed that the prevalence of AD ranged from 0.9% in India to 22.5% in Ecuador, with new data showing high values in Asia and Latin America. For the age group 13-14 years, data showed prevalence values ranging from 0.2% in China to 24.6% in Columbia. A prevalence over 15% was found in 4 of 9 regions studied including Africa, Latin America, Europe.⁴

❖ Aim:

To evaluate the effect of Panchakarma Chikitsa for Alasaka patient.

❖ Objective:

1. To evaluate the effect of Panchakarma Chikitsa in the management of Alasaka.
2. To observe any side effects of this Panchakarma Chikitsa.
3. Detail study of Alasaka.

❖ Material and Methods :

Case report – Patient name – X.Y.Z., Age – 34 year, Gender – female.

Complaints : Since 4 years

1. Reddish boils at lower back region
2. Kandū
3. Rukshata

Table 1 : Symptoms on the basis of doshas

Dosha	Symptoms
1)Vata	Rukshata
2)Pitta	Reddish coloured boils
3)Kapha	Kandu

Table 2 : On examination

Examination	Observation
Pulse	72/min
B.P.	120/80 mm of Hg
R.S.	AEBE clear
CVS	S 1 S 2 Normal
CNS	Conscious and Oriented
P/A	Soft

Table 3 : Ashtavidha Parikshan

Examination	Observation
Nadi	Vata Pradhan Kapha
Jivha	Saam
Mala	Samyak
Mutra	Samyak
Shabda	Prakrut
Sparsha	Anushnasheeta
Druk	Prakrut
Akruti	Madhyama

Table 4 : Dashavidh Pariksha

Examination	Observation
Dushya	Rasa, Rakta
Desha	Sadharan
Bala	Madhyama
Kala	Aadana
Anala	Agnimandya
Prakruti	Vata Pradhan kapha
Vaya	Madhyama
Satva	Madhyama
Satmya	Shadarasatmya
Ahar	Mishra Aahara

Table 5 : Srotas Parikshan

Srotas	Darshana	Sparsha	Prashna
Rasavaha Srotas	Lal Varni Vaivarnya	Ruksha	Kandu
Raktavaha Srotas	-	Ushna	Daha

Hetu : Diwaswap since last 11 years

Past History : H/O Pulmonary Koch's 6 years back

Received allopathic treatment for Pulmonary Koch's for 1 year.

▪ **Investigations:**

All routine investigations of blood and urine were done for all the cases. Along with this, few specific investigations were also performed.

A. Blood examinations

CBC with ESR

BSL (R)

B. Urine examination : routine and Microscopic

C. Some specific Investigations

IgG for tuberculosis

Monteux test

Biopsy for fistulous tract on suspected case of tubercular fistula.

HIV for AIDS

D. Radiological investigations

X ray chest PA view

Disease History :

Patient was suffering from symptoms Twak Vaivarnya at lower back region, kandu, rukshata, since 4 years. She was first diagnosed as atopic dermatitis or eczema patient and got allopathic treatment for last 4 years, but had no relief in symptoms. Thus Symotoms gradually increased. So patient approached for Ayurvedic treatment and after taking complete history, she diagnosed as Alasaka Patient.

❖ **Treatment :**

Table 6 : Shodhana Chikitsa:

Therapy	Dravya	Duration of study	Period of therapy
Siravedh	-	-	Only One time
Jalouka application	-	-	Only One time
Kadunimba Patra Pottali sweda	Kadunimb patra, tila taila, haridra	15 minutes	7 days

Table 7 : Shamana Chikitsa

Kalpa	Dosage	Kala	Anupana
Arogyavardhini vati	250 mg	2 times in a day after food (2 tablets)	Luka warm water
Haridrakhanda paka	2 gm	2 times a day after food	Milk

Krumikuthar rasa	250 mg	2 times a day after food	Luke warm water
Arogyavadhkapila vati	250 mg	At bed time	Luke warm water
Panchatikta ghrita (Shamana sneha)	10 ml	1 time at morning	Luke warm water

In the treatment, first Siravedh was done at the lower back region. After that on 8th day, Jaloukacharan was done on lower back region. After these, Kadunimba Patra pottali sweda was given for 7 days. Shamana Chikitsa was given for 1 month period.

Kadunimba Patra pottali sweda preparation –

1. 400 gm Kadunimba patra was taken and cleaned neatly.
2. Kadunimba patra was crushed.
3. A pan heated on hot plate.
4. 10 ml tila taila was added in hot oan.
5. Kadunimba patra and haridra added and mixed it properly.
6. The mixture was collected in porous cotton cloth and then tied the cloth with a rope and made as pottali.
7. Pottali was dipped in the hot tila taila and pottali was applied at lower back region.

Table 8 : Observation and Results

Symptoms	Before treatment	After siravedh	After Jaloukacharan	After pottali sweda	After 1 month Shamana chikitsa
Kandu	+++	++	+	-	-
Rukshata	+++	++	+	+	+
Vaivarnya	+++	++	+	+	+

❖ Discussion :

The hetu of alasska was diwaswap since last 11 years, ati Santapa sevena and also ati navana sevana. At first, patient was complaining Kandu in the lower back region. It further aggravated and then Vaivarnya observed. Vaivarnya was like reddish boils which can be correlated with alasaka. In this due to causative factors, Rasa and Rakta dhatu dushti was observed. The Siravedh causes relief in the Rakta dushti. ⁵ It

promotes the survival rate of cells and induces cytokine production. It mitigates the adverse effects of endotoxin during infection. Jaloukacharan is advised for Pittaj vyadhi and Twak sthit vyadhi. ⁶ It acts as antibiotic and anti inflammatory in action. Kadunimba patra causes Rakta dhatu prasadan. ⁷ Haridra causes Rakta dhatu shodhana. ⁸ Tilataila causes Rakta shodhana, rakta prasadan and Twak Vaivarnya nash. ⁹ By this, kandu and Vaivarnya gets relieved. Arogyavardhan vati causes pachana. Krumikuthar rasa and Panchatikta ghrita acts as Kleda nashaka and krumi nashaka. Haridrakhandopaka, Arogyavardhini vati act as Rakta dhatwagni vardhak. By these shamana Chikitsa, kandu and vaivarnya gets relieved.

❖ Conclusion :

Siravedh, Jaloukacharan, Kadunimba Pottali sweda are helpful for alasaka. Shamana Chikitsa i.e. Arogyavardhini vati, Arogyavadhkapila vati, Krumikuthar rasa, Haridrakhandapaka and Panchatikta ghrita are very potent for alasaka.

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