

To study the efficacy of Panchakarma Chikitsa in Shataru Kushta – A case study**Dr. Suchita Uttamrao Pachore.**

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babhulgaon, Yeola. Tal- Yeola, Dist. Nashik.**Abstract :**

Ayurveda is a holistic science which deals with maintenance of health of human being and preventing the occurrence of disease. Charak Samhita has beautifully elaboration of diseases like its causative factor, prodromal symptoms, Symptoms, its complications and at last, its line of treatment. Kushtha, which contains skin disease, has been mentioned in Charak Samhita and he has mentioned total 18 types of Kushtha containing 7 Mahakushta and 11 Kshudrakushta. Shataru Kushta is one of them categorised as Kshudrakushta. It shows symptoms like redness around lesion, blackish coloration around lesion, burning sensation and severe pain affecting in any part of body like hands, legs, lower back. Here I have presented a case study of female patient of 41 years having symptoms of Shataru Kushta. 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, Haridrakhanda and Panchatikta ghrita. It has been found very effective for Shataru.

Keywords : Ayurveda, Shataru, Kushta, Charaka.

Introduction :

A 41 year female patient having complaints of redness around lesion, blackish coloration around lesion, burning sensation and severe pain since 3 years. Acharya Charaka has classified Kushtha in two types namely Mahakushta and Kshudrakushta. ¹ Shataru is one of the Kshudrakushta. Acharya Charaka has mentioned the symptoms as Rakta (redness around lesion), Shyavam (blackish coloration around lesion), daha (burning sensation) and Arti (severe pain). ² Though Shataru Kushta has been mentioned as Pitta- Kaphaj vyadhi, it has predominance of Tridosha. They have symptoms of severe pain due to Vata dosha, reddish colour due to Pitta and multiple lesions due to Kapha dosha. So treatment of Shataru Kushta according to Acharya Charaka for Vatadosha Ghrutapana, Virechana and Raktamokshana for Pittadosha & Vamana for Kapha dosha. ³

Clinical presentation of Shataru Kushta is similar to that of Arterial ulcer. Leg ulcers usually occur secondary to venous reflex or obstruction, but 20 % of people with leg ulcers have arterial disease, with or without venous disorders. Between 1.5 and 3.0 in 1000 people have active leg ulcers. Prevalence

increases with age to about 20 in 1000 people aged over 80 years.⁴

Aim:

- To evaluate the effect of Panchakarma Chikitsa for Shatarubkushta patient.

Objective:

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

Material and Methods :

Case report – Patient name – A.B.C., Age – 41 year, Gender – female.

Complaints : Since 2 years

1. Redness around lesion,
2. blackish coloration around lesion,
3. burning sensation
4. severe pain

Table 1 : Symptoms on the basis of doshas

Dosha	Symptoms
1)Vata	Severe pain
2)Pitta	Reddish coloured boils
3)Kapha	Multiple lesions

Table 2 : On examination

Examination	Observation
Pulse	76/min
B.P.	130/80 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	Pitta 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	Vedana
Raktavaha Stotas	-	Ushna	Daha

Hetu : Diwaswap since last 9 years
 Past History : H/O Pulmonary Koch's 4 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
 Montoux 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 Multiple red and blackish colour present around lesion at lower lrg region, Severe pain and burning sensation since 3 years. She was first diagnosed as Arterial ulcer patient and got allopathic treatment for last 3 years, but had no relief in symptoms. Thus Symptoms gradually increased. So patient approached for Ayurvedic treatment and after taking complete history, she diagnosed as Shataru 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	Luka 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 leg region. After that on 8th day, Jaloukacharan was done on lower leg 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	+++	+++	++	+	+
Vaivar nya	+++	++	+	+	+

Discussion :

The hetu of Shataru Kushta was diwaswap since last 9 years, ati Santapa sevena as her profession was cooking and also ati navana sevana. At first, patient was complaining Daha in the lower leg region. It further aggravated and then Vaivarnya observed. Vaivarnya was like reddish colour around lesion which can be correlated with Shataru. 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, daha and Vaivarnya gets relieved. Arogyavardhani 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 Shataru Kushta. Shamana Chikitsa i.e. Arogyavardhini vati, Arogyavadhkapila vati, Krumikuthar rasa, Haridrakhandopaka and Panchatikta ghrita are very potent for Shataru Kushta.

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