Abstract
Skin diseases are affecting human beings since time of immortal. Skin diseases have been a major concern of Physicians, Dermatologists and General practitioners since last few decades because of rising trends of different skin diseases. In Ayurveda all skin diseases are described under Kushta Rogadhikara and classified as 7 Maha Kushta and 11 Kshudra Kushta. Due to altered life style, changes in the dietary practices, unhygienic atmosphere, skin diseases are observed. Visphota is one among the types of Kshudra Kushta which is characterized by transparent blisters with thin skin covering. Management of Visphota though Ayurveda is rarely reported. This is a case report of a 7-year old boy with complaints of itching and scaling of the skin under the foot associated with pain since 7 months which got significant result by treating with Ayurvedic line of management.

Key words – Kushta, Kshudra Kushta, Visphota.

INTRODUCTION
Skin is the largest organ of the body with its size and external location makes it susceptible to a wide variety of diseases. WHO has classified skin diseases as psycho-cutaneous disease. Any disease related to skin disturbs physical and mental health of an individual. Patient may experience physical, socio-economic and psychological embarassement in the society. In Ayurveda all skin diseases are described under Kushta Rogadhikara and classified as 7 Maha Kushta and 11 Kshudra Kushta. Nidana of Kushta Roga are said to be changes in the dietary practices, altered life style, unhygienic conditions and unknown causes. Visphota is one among the Kshudra Kushta which is
characterized by transparent blisters with thin skin covering. In India prevalence of psoriasis varies from 0.44-2.88% \(^5\). In modern science the condition is managed with corticosteroids and immune modulators but chance of recurrence is common. In Ayurveda skin diseases are managed with the entire purification of the body, ie; \textit{Shodhana} and afterwards with different \textit{Shamana Aushadhi} according to the condition of the patient.

\textbf{Case Report}

A 7-year-old boy along with parents came to OPD of Alva’s Ayurveda Medical College with complaining of itching, scaling of the skin under the bilateral soles since 7 months. The Patient was also associated with pain and occasional discharge from the wound. The condition was progressive and the child was found discomfort while walking and go to school due to this condition. The patient has taken certain medication for the same. Since the condition was reoccurring he approached our hospital for further management.

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textbf{Table No: 1. Investigation} & \\
Hb\% & 11.8\% \\
Total WBC & 20,700 \\
PCV & 34.17 \\
MCV & 65 \\
MCHC & 22.6 \\
\hline
\end{tabular}
\end{table}

\textbf{Skin Examination}

Site – Plantar aspect of bilateral foot

Distribution – Bilater foot. Plantar aspect only

Nature – Scaling of skin, occasional appearance of blisters.

Size – 2-3 cm

Discharge – Present

\textbf{Treatment Given}
Table No: 2. Internal Medication

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dosage</th>
<th>Anupana</th>
<th>Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triphala Guggulu</td>
<td>1-1-1</td>
<td>Luke Warm Water</td>
<td>After Food</td>
<td>1 Month</td>
</tr>
<tr>
<td>Gandhaka Rasayana</td>
<td>1-1-1</td>
<td>Luke Warm Water</td>
<td>After Food</td>
<td>1 Month</td>
</tr>
<tr>
<td>Khadirarishtam</td>
<td>5 ml -0- 5 ml</td>
<td>-</td>
<td>After Food</td>
<td>1 Month</td>
</tr>
<tr>
<td>Maha Manjishtadi Kashayam</td>
<td>10 ml -0- 10 ml</td>
<td>Luke Warm Water</td>
<td>Before Food</td>
<td>1 Month</td>
</tr>
</tbody>
</table>

**External Medication:** Application of Danthapala Taila externally

**Treatment Outcome**

Regular follow up were done for a period of 2 years. The patient made a visit hospital at an interval of every one month. There was reduction in the complaint of itching and new blister eruptions observed in patient, however discontinuation of the treatment done by the patient lead to reoccurrence of the clinical condition.

**Treatment Discussion**

The treatment given in this patient was in accordance with the following properties of Dravya. The patient was in Balavastha so any of the Shodhana therapies were not done in this case. Among the Shamanoushadhi, Triphala is a best drug of choice in skin conditions due to its therapeutic effects. Triphala have anti-inflammatory, anti-microbial properties. Gandhaka Rasayana is indicated in all Kushta Roga. Gandhaka Rasayana have the properties of anti-inflammatory, anti-bacterial, anti-viral which acts well on the skin diseases. Khadira is said to be Agroushada in Kushta and have the potency to rejuvenate Raktha Dhatus and also have anti-secretory, anti-ulcer, anti-bacterial, anti-fungal, anti-microbial properties. Maha Manjishtadi Kashaya is indicated in all skin diseases and it is a best Raktha Shodhaka and Kushtahara Dravya. Manjishta also possess of anti-inflammatory, anti-microbial, anti-ulcer, anti-viral and wound healing properties. In Dhanthapala oil ingredients are Shwetha Kutaja and
Nimba, both have very good result in skin diseases. Shweta Kutaja is a best Raktha Shodhaka Dravya which contains chemical constituents like Beta Sitosterol, Beta Amyrin, Cycloartenone. Shweta Kutaja also have properties of anti-psoriatic, anti-inflammatory\(^\text{12}\). Nimba also have the anti-inflammatory, anti-bacterial, anti-viral, anti-microbial, anti-fungal properties\(^\text{13}\). So all combination of these drugs has the property to heal the wound, protect from further progress of the condition and reduces the severity of the disease.

**Conclusion**

The single case study can be concluded that by the anti-psoriatic action of all the drugs, the approach of Ayurveda is effective in the management of Visphota. The patient gradually improved over the period of treatment and has witnessed a prolonged period of relief. Ayurvedic treatment helps to relieve symptoms of the disease with lack of adverse effects.

**References**


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