

## Subduing Photosensitive Dermatitis through Ayurveda- Clinical images

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### Abstract:

No abstract is required as this is clinical images.

**Key words:** Ayurveda, Dermatitis, *Kushta*, *Panchakama*, *Shodhana*, *Virechan*

A male patient aged 54 yrs, working as a farmer approached with severe itching sensation all over the face and neck with thick blackish discolouration since 2 yrs and with futile results with the previously taken medications [Tab Cetirizine 5 mg]. Itching is so severe that the patient always used to keep a thick napkin with him and keeps rubbing all over the face and neck only to get a little solace. History revealed that he is suffering with the above complaints since 2 years, which was less severe and only on forehead initially and later manifested all over the face and neck with intense itching. No history of any other systemic diseases noted. On local examination skin looks thick, cracked with dark discolouration. Continuous rubbing due to severe itching has led to local inflammation also which was pronounced on eyelids (Fig-1). Case was diagnosed as *Tridoshaja Kushta* with the predominance of *Vata* and *Kapha* and as photosensitive dermatitis from contemporary perspective.

### Plan of treatment:

- ✓ **Virechana followed by Shamanoushadhi:** *Deepana pachana* was done with *Amapachana Vati* 500 mg 1 TID for 3 days.
- ✓ Started *Snehapana* with *Guggulu Tikthaka Ghritha*, 30 ml on first day.
- ✓ *Snehapana* was given up to 6 days with 200 ml as maximum dose of *sneha* on 6<sup>th</sup> day.
- ✓ *Sarvanga abhyanga* with *Nimba Taila* and *Sarvanga Bashpa sweda* done for 3 days.
- ✓ Subsequent day, *Sarvanga Abhyanga* followed by *Bashpa Sweda* was administered and orally *Trivrut Lehya* 50 gms was administered for *Virechana* purpose.
- ✓ 21 *vegas* [Frequency of Purgation] were recorded, no untoward events recorded during *Shodhana*.
- ✓ Proper *Samsarjana krama* (Post virechan measures) was advised and patient discharged with the following *Shamanoushadhi* (internal medication):
  - *Arogyavardhini Vati* 250mg 2 TID [Before food with plain water].

- *Sarivadi Vati* 250mg 2 TID [After food with warm water].
  - *Mahatiktha Ghritha* 3tsp BID [After food with warm water].
- ✓ Treatment Period – 2 months.

**Observations:**

During *Shodhana* itching was reduced almost up to 70% on day second of

*snehapana* only. After *shodhana* inflammation was completely reduced especially on eyelids (Fig-2). After 2 months treatment there was no itching at all. Thickness of skin and blackish discolouration also reduced significantly (Fig-3).

**Clinical Images:**

**Fig. 1. Before treatment**



**Fig. 2. After 1 month of treatment**



*Fig.3. After 2 months of treatment*



*Fig. 4. Skin texture before and after treatment*

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