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## Ayurvedic Treatment in Tinea Versicolor W.S.R Sidhma-Case Study

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### Abstract

The human skin is the outer covering of the body and is the largest organ of the integumentary system. Due to change in the habits, burst out of many skin diseases and one of them is Tinea Versicolor. Tinea versicolor (also pityriasis versicolor) is a condition characterized by a skin eruption on the trunk and proximal extremities. It is more common in hot and humid climates. According to sign and symptoms it is correlated with *Sidhma Kushta* in *Ayurveda*. A patient of age 24 years came to the hospital with complaints of white, small, irregular patches on the trunk which spread to bilateral hands, there is no itching in this. We diagnosed him a case of tinea versicolor. Treatment regimen includes *shamana* medicine and local application.

**Keywords:** Skin, tinea, *kushta*, humid

### Introduction

Pityriasis versicolor, also known as tinea versicolor, is a frequent, benign, superficial fungal infection of the skin. It belongs to *Malassezia*-related diseases. Clinical features of pityriasis versicolor include either hyperpigmented or hypopigmented finely scaly macules. The most frequently affected sites are the trunk, neck, and proximal extremities [1]. The disease occurs worldwide but is most prevalent in humid and warm tropical regions. PV tends to be more active in summer seasons [2, 3]. In cases of tinea versicolor caused by the fungus *Malassezia furfur*, lightening of the skin occurs due to the fungus's production of azelaic acid, which has a slight bleaching effect. Topical and oral anti-fungal medicines are recommended for this but these medicines having side effects and chances of reoccurrence.

**Sidhma Kushta:** *Sidhma* is a type of *kushtaroga*. *Acharya Charaka* explained *Sidhma* among *Sapta Mahakushta* [4]. *Acharya Sushruta* and *Vagbhata* explained it under *Kshudra Kushta*. In *Charak Samhita*, *Sidhma Kushta* is described as *vaat kaphaj* disease, which possess signs and symptoms such as *shweta* (white), *tamra* (copper color), *tanu* (thin), *alabu pushpa varnit* (similar to flower of *Alabu*), *yadrajo ghrishtam vimunchyati* (on scrubbing, sheds like dust), *sidhma prayen cha urasi* (usually happens in upper body parts) [5]. It is commonly seen in all seasons; aggravation of symptoms can be seen in greeshma ritu and also in the humid climate. According to *Acharya sushruta*, *sharnghadhara*, *Bhavprakash-*

*sidhma* occurs in the first layer (*Avabhasini twacha*) of skin but *charaka* explain it in *triteeyaka* layer. *Sidhma* is itching, white, painless & thin patch generally found in the upper portion of the chest [6].

### Case Study

#### Materials and Method

**Selection and Source of Patient:** For this study, diagnosed patient was taken from the OPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute Bhopal MP.

**Complaints of the Patient:** A patient of age 24 years came to the hospital with complaints of white, small, irregular patches on the trunk which spread to bilateral hands, there is no itching in this.

**History of Past Illness:** No

**Surgical History:** No

#### Personal History

Addiction-tea+ milk

Dietary habits-vegetarian

Sleep-normal

Bladder and Bowel-Normal

No history of Hypertension, DM, Tobacco

#### Examination of Patient

##### Ashtavidha Pariksha

- Nadi (Pulse)-Pitta-kapha, 74/min.

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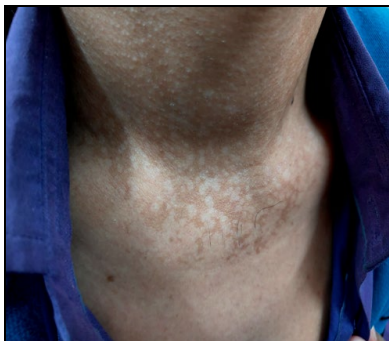
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- Mootram (Urine)-Normal
- Malam (Stool)-Normal
- Jivha (Tongue)-Normal
- Shabdham (Voice)-Normal
- Sparsham (Touch)-Normal.
- Drika (Eyes)-Normal
- Aakriti (Built)-no deformities

**Local Examination:** patches are seen around the neck and on the bilateral hands more on the lateral surface between elbow and wrist. Small white coloured and most of them are round in the shape.



**Fig 1:** Patches on the Hands



**Fig 2:** Patches around the neck

### Treatment Regimen

- Aragvadadi Kashaya* 10ml BD after food.
- Kaishor Guggul* 500 mg BD after food
- Arogyavardhini vati* 250 mg Twice a day
- Nalpamaradi Taila* + *Manjishtadi taila* for local application
- Ayurvedic* ointment once a day time

**Result:** Patient took the treatment for 4-5 months and got relief. Severity of patches and their number decreased on each visit. We have changed the treatment and dose of medicines as prescribed in initial.

On the 2<sup>nd</sup> visit, Patient complaint of itching, we advised him to took bath from water mixed with *nimba*.

On the 3<sup>rd</sup> visit, we stop the *kaishor guggul* and advised him to take *panchiktika ghrut guggul* 500 mg twice a day.

On the 5<sup>th</sup> visit, we advised him to take decoction of *takra*, *mushta*, *nimba* at home once a week. Patient got almost 90% relief.

### Discussion

*Kushta* is a *tridoshaja vyadhi*. Due to *Nidana sevana* aggravated *doshas* vitiated in *tavaka*, *rakta*, *mansa*, *lasika* and produces *Kushta Roga*. *Sidhma* is *vata kapha* disease. And described by many *Acharyas* in the classical texts. Symptoms of the disease are similar to *Tinea Versicolor*.

### Discussion on the Treatment Regimen

In *Ayurveda* many formulations are given in *kushta roga chikitsa*. We gave some of medicines to patient according to the disease and availability.

*Aragwadadi Kashaya* having ingredients like *Aragvadha*, *Patolamoola*, *Guduchi*, *Bhunimba* etc. which possessing the property of *vata hara*, *Ushna virya* and *Katu vipaka* acts as *Krimighna*, *Kandughna*, *Kledahara*.

*Nalpamaradi Taila* is effective in *Pitta* vitiated *Kushta*. It has *Kushtaghna*, *Kandughna*, *Daha Hara* properties. It is *Rakta* and *Varna Prasadaka*. It contains *Ksheerivriksha* Dravya which are *Kashaya Rasa Pradhana*, *Pitta* and *Kaphahara* and contains tannins as their main chemical constituents which inhibit bacterial growth<sup>[7]</sup>.

*Manjishta* can prevent burning, itching and other fungal or bacterial infection and promotes skin healing by local action on skin and promotes collagen formation. Due to property of *Ropana*, *Shothahar*, promotes wound healing. *Kandughna* and *Vishagna* properties prevent skin from secondary infection of skin due to itching. *Pittashamak* and *Varnya* property promotes skin texture, colour and luster<sup>[8]</sup>.

*Kaishor guggulu* is classical *Ayurveda* formulation which has been considered as prime ayurveda formulations amongst many others due to its enormous therapeutic benefits. The formulation mainly offers anti-allergic, antibacterial, anti-inflammatory, analgesic and blood purifying properties<sup>[9]</sup>

- Arogyavardhini Vati* is indicated in *kushta*, *medo-dosha* (obesity), *yakritvikara* (liver disorders) and *jirna jwara* (chronic fever)<sup>[10]</sup>. Major ingredients of *Arogyavardhini*
- Vati* are *Gandhaka* (Sulfur), *Triphala*, *Katuki* (*Picrorhiza kurroa*), and *Nimba* (*Azadirachta indica*), which are the versatile drugs for all type of skin diseases. *Triphala* is anti-inflammatory astringent.
- Nimba* is an antiseptic helpful in shedding of the scales of the skin and preventing secondary infection<sup>[11]</sup>. It is helpful in *Pachana* (metabolism) of *Ama Visha* (toxins) and corrects vitiated *rasa dhatu* in the body.

### Conclusion

*Tinea versicolor* is a disease of hot and humid place. It is common seen in our skin OPD. Patient surprisingly seen this mostly on the trunk region and came to the doctor for the treatment. As you all know skin is the sensitive part of our body and patient wants permanent and complete result. Due to taking of modern medicine chances of remission of disease are more. So, there is more burden on us for the treatment for better standard livings of the patient.

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