

Anti-tinea versicolor therapy in *Ayurveda* with special reference to *Sidhma Kushtha*- A Case Report

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Abstract:

Tinea versicolor is a cutaneous superficial fungal infection of the skin which is also known as Pityriasis versicolor. It is caused by the *Malassezia* species of fungus which is lipophilic in nature which most frequently affects the seborrheic areas of the body such as face, neck, trunk, upper chest, back, proximal extremities. Under the heading of *Kushtha Roga*, various skin disorders have been explained in *Ayurveda*. Pityriasis versicolor can be somehow correlated with *Sidhma Kushtha*. In this case, generally medications which are being used are systemic and topical antifungals which may lead to many side effects and re-occurrence. Here is the case report of 26-year-old female who was suffering from Pityriasis versicolor from last 6 months. With due course of *Shodhana*, *Shamana* and *Bahirparimarjana Chikitsa*, satisfactory changes were observed. For *Shodhana*; *Nitya Virechana* with *Eranda Bhrishta Haritaki*, as internal medications; *Mahamanjishthadi Kwatha*, *Patolakaturohinyadi Kashaya* and as local application; *Bakuchi Taila* has been administered.

Keywords: Tinea, *Sidhma Kushtha*, *Mahamanjishthadi Kwatha*, *Bakuchi Taila*, *Nitya Virechana*.

INTRODUCTION

Pityriasis versicolor is common, frequent, mild infection of the superficial skin. It is also known as Tinea versicolor. It is seen commonly in warm and humid areas also frequently observed in young adults and children.¹ It is caused by *Malassezia* fungus species which is generally the component of the normal human skin flora. As it is lipophilic in nature, it affects the sebum rich areas of the skin such as face, neck, trunk, upper chest, back, proximal extremities. Hyperpigmented or hypopigmented scaly macules and patches which are of various in size, majorly asymptomatic are the clinical features observed in this condition.²

In *Ayurveda*, *Sidhma Kushtha* can somehow be correlated with Pityriasis versicolor. As per *Acharya Charaka*, *Sidhma Kushtha* shows features such as *Shweta* (Whitish), *Tamra* (Coppery), *Tanu* (Thin), leaves dust like powder when rubbed and shows color like *Alabu Pushpa* (Flower of Bottle gourd) which generally manifest on *Urapradesha* (Chest region).³ *Acharya Charaka* and *Acharya Vagbhata*, both explain *Sidhma Kushtha* as *Vata-Shleshmaja Vyadhi*.^{3,4}

PATIENT INFORMATION

A 26 years old female patient came to OPD No.115 at Parul Ayurved Hospital, Vadodara, Gujarat. Patient was complaining of scaly lesions from 6 months over chest and neck region which were hyperpigmented or reddish and hypopigmented or whitish, of various and increasing in size with occasional itching. Patient was asymptomatic before 6 months, later she developed white patches over neck, which started spreading gradually to chest region showing whitish and reddish patches. For the same complaints, patient has applied Aloe vera gel but showing no relief. So, for further treatment she approached our hospital. On history taking patient has

regular appetite, 8 hours of sleep, bladder evacuation 3-4 times a day and normal bowel habits. Patient had a history of irregular food habits and consumption of junk foods, sweets, chocolates. On further history taking, family history of the same was found in parents as well as cousin.

CLINICAL FINDING

On observation, patches were dry, rough and scaly skin were seen over chest and neck region with occasional itching when perspiration is more.

Patches were raised, multiple in no. varying in size, hypopigmented and hyperpigmented on chest and hypopigmented on neck.

On scrapping, skin was flaky in appearance without any discharge.

On further examination under a Woods lamp light revealed a golden-yellow fluorescence and Evoked scale sign was positive.

Considering the lesions as *Sidhma Kushtha*, treatment was planned.

THERAPEUTIC INTERVENTION

| Duration of medicine | Medicine | Dosage and frequency |
|-----------------------------|--|---|
| Nitya Virechana | | |
| May 31, 2023- June 6, 2023 | <i>Aerand BhrustaHarde</i> Tablets ⁵ | 2 tablets at night with warm water |
| Internal Medicine | | |
| June 7, 2023- July 4, 2023 | <i>Patolakaturohinyadi Kashayam</i> ⁶ | 15 ml with 45 ml lukewarm water 1 hour before food in evening |
| June 7, 2023- July 4, 2023 | <i>Mahamanjishthadi Kwatha</i> ⁷ | 15 ml with 10 ml lukewarm water 30 minutes before food in morning and evening |
| External application | | |
| June 7, 2023-July 4, 2023 | <i>Bakuchi Taia</i> ⁸ | Quantity sufficient, at night |

FOLLOW-UP AND OUTCOME

On first visit (June 7, 2023), skin was appearing less dry and scaly as compared to previous visit. Itching was not present. Patches remained the same.

On 2nd visit (July 5, 2023), skin appeared smooth with no scales and patches were reduced, minimal discoloration was observed.

A following result was seen in treatment of 35 days. Relief in sign and symptoms was observed. Itching was no longer present on 1st visit. Skin appearance was improved and very minimal discoloration was present after 2nd visit.

Figure 1a and 1b: Skin pigmentation Before treatment

Figure 2a and 2b: Skin pigmentation After treatment

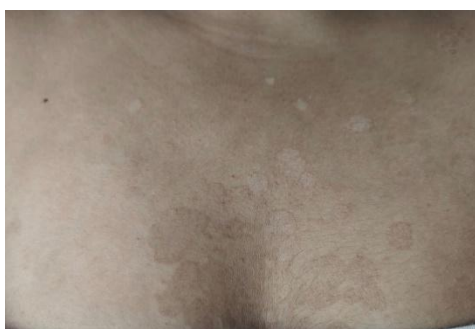


Figure 1a



Figure 1b

Figure 2a



Figure 2b

DISCUSSION

Aerand Bhrust Harde Tablet

| Sr.No. | Contents | Karma |
|--------|--------------|--|
| 1. | Haritaki | Kushtha hara, Krimi hara, Kandu hara, Tridosha hara, Anulomana |
| 2. | Eranda Taila | Twachya, Sara, Vatahara, Kushtha hara |

Patolakaturohinyadi Kashayam

| Sr.No. | Contents | Karma |
|--------|----------|---|
| 1. | Moorva | Sara, Tridosha hara, Kushtha hara, Kandu hara |
| 2. | Guduchi | Tridosha hara, Kushtha hara, Krimi hara |
| 3. | Patha | Vatashleshma hara, Kushtha hara, Kandu hara, Krimi hara |
| 4. | Patola | Krimi hara, Rakta dosha hara, Tridosha hara |
| 5. | Katuki | Kaphapitta hara, Rakta dosha hara, Kushtha hara, Krimi hara |
| 6. | Chandana | Visha hara, Shleshma, Pitta, Rakta dosha hara |

Mahamanjithadi Kwatha

| Sr.No. | Contents | Karma |
|--------|-----------|--|
| 1. | Manjistha | Shleshma hara, Rakta dosha hara, Kushtha hara |
| 2. | Musta | Kapha, Pitta, Rakta dosha hara, Jantuhurut |
| 3. | Kutaja | Kushtha hara, Vata, Rakta, Shleshma dosha hara |
| 4. | Kushta | Kushtha hara, Maruta, Kapha hara |
| 5. | Guduchi | Tridosha hara, Kushtha hara, Krimi hara |
| 6. | Shunthi | Kapha vata hara, Kushtha hara |

| | | |
|-----|----------------------------|---|
| 7. | <i>Bharangi</i> | <i>Rakta dosha hara, Vata kapha hara</i> |
| 8. | <i>Kantakari</i> | <i>Sara, Kapha anila hara, Krimi hara</i> |
| 9. | <i>Vacha</i> | <i>Jantu hara, Anila hara</i> |
| 10. | <i>Nimba Twak</i> | <i>Krimi hara, Vata hara, Pitta kapha dosha hara, Kushtha hara</i> |
| 11. | <i>Haridra</i> | <i>Kapha pitta hara, Twak dosha hara, Rakta dosha hara</i> |
| 12. | <i>Daruharidra</i> | <i>Kapha pitta hara, Twak dosha hara, Rakta dosha hara</i> |
| 13. | <i>Haritaki</i> | <i>Kushtha hara, Krimi hara, Kanduhara, Tridosha hara, Anulomana</i> |
| 14. | <i>Vibhitaki</i> | <i>Krimi hara, Kapha vata hara</i> |
| 15. | <i>Amalaki</i> | <i>Tridosha hara</i> |
| 16. | <i>Patola</i> | <i>Krimi hara, Rakta dosha hara, Tridosha hara</i> |
| 17. | <i>Katuki</i> | <i>Kaphapitta hara, Rakta dosha hara, Kushtha hara, Krimi hara</i> |
| 18. | <i>Moorva</i> | <i>Sara, Tridosha hara, Kushtha hara, Kanduhara</i> |
| 19. | <i>Vidanga</i> | <i>Shleshma vata hara, Krimi hara</i> |
| 20. | <i>Asana</i> | <i>Kushtha hara, Krimi hara, Shleshma Rakta Pitta dosha hara, Twachya</i> |
| 21. | <i>Chitraka</i> | <i>Kushtha hara, Krimi hara, Vata shleshma pitta hara</i> |
| 22. | <i>Shatavari</i> | <i>Tridosha hara, Rakta dosha hara</i> |
| 23. | <i>Trayamana</i> | <i>Sara, Pitta kapha hara</i> |
| 24. | <i>Pippali</i> | <i>Vata shleshma hara, Kushtha hara</i> |
| 25. | <i>Indrayava</i> | <i>Kushtha hara, Vata, Rakta, Shleshma dosha hara</i> |
| 26. | <i>Vasakamoola</i> | <i>Kapha pitta rakta dosha hara, Kushtha hara</i> |
| 27. | <i>Bhringaraja</i> | <i>Kapha vata hara, Twachya, Krimi hara, Kushtha hara</i> |
| 28. | <i>Devadaru</i> | <i>Rakta dosha hara, Shleshma vata hara, Kanduhara</i> |
| 29. | <i>Patha</i> | <i>Vatashleshma hara, Kushtha hara, Kanduhara, Krimi hara</i> |
| 30. | <i>Khadira</i> | <i>Kanduhara, Krimi hara, Switra hara, Pitta rakta kapha dosha hara, Kushtha hara</i> |
| 31. | <i>Chandana</i> | <i>Visha hara, Shleshma, Pitta, Rakta dosha hara</i> |
| 32. | <i>Trivruth</i> | <i>Rechana, Vata hara, Kapha pitta hara</i> |
| 33. | <i>Varuna Twak</i> | <i>Shleshma vata hara, Krimi hara</i> |
| 34. | <i>Kiratatikta</i> | <i>Saraka, Kapha pitta rakta dosha hara, Kushtha hara, Krimi hara</i> |
| 35. | <i>Bakuchi</i> | <i>Sara, Shleshma hara, Kushtha hara, Krimi hara</i> |
| 36. | <i>Aragvada Phalamajja</i> | <i>Sramsana, Vata kapha hara, Kushtha hara</i> |
| 37. | <i>Shakhotaka</i> | <i>Vata Shleshma hara</i> |
| 38. | <i>Mahanimba</i> | <i>Kushtha hara, Rakta dosha hara</i> |
| 39. | <i>Karanja</i> | <i>Kushtha hara, Krimi hara, Kapha hara</i> |
| 40. | <i>Ativisha</i> | <i>Kapha pitta hara, Krimi hara</i> |
| 41. | <i>Indravaruni</i> | <i>Sara, Kapha pitta hara, Kusthahara</i> |
| 42. | <i>Sweta Sariva</i> | <i>Tridosha hara, Rakta dosha hara</i> |
| 43. | <i>Krishna Sariva</i> | <i>Tridosha hara, Rakta dosha hara</i> |
| 44. | <i>Parpata</i> | <i>Pitta rakta dosha hara</i> |
| 45. | <i>Jaggery</i> | <i>Vataghna, Rakta prasadana</i> |
| 46. | <i>Dhataki</i> | <i>Krimi hara, Raktadosha hara</i> |

Considering that *Malassezia* species is inhabitant of normal skin flora, disease is noncontagious in nature. Also, it does not lead to permanent scarring or pigmentation. Predominance of *Kapha* and *Vata* was observed as per the analysis of the symptoms.

The whole treatment was planned as per signs and symptoms, patient's *Prakriti*, *Bala* and *Satva*. Starting with 7 days of *Nitya Virechana* with *Aerand Bhrusta Harde* Tablets. Following which Internal and external medications were given.

Owing to the *Sara* property of *Aerand Bhrust Harde* Tablet, *Dosha nirharana* was achieved. *Patolakaturhinyadi Kashayam* provides *Rakta dosha hara* property as per the *Guna* of the contents. *Mahamanjishthadi Kwatha* is indicated in all types of *Kustha Vikara*. The contents of the same acts as *Kustha hara*, *Krimi hara*, *Vata shleshma hara*, *Kanduhara*, *Twachya*. *Bakuchi Taila* *Sara*, *Shleshma hara*, *Kushtha*

hara, *Krimi hara* in its *Guna* which helps in giving relief in this condition. Following are the contents of the medications and its *Karmas* as per the *Bhavaprakasha Nighantu*.¹⁰

CONCLUSION

By this *Ayurvedic* approach, satisfaction in the treatment of Pityriasis versicolor has been achieved. All the medications are easily available. Thus, can easily be used. *Nitya Virechana* as well as internal medications have been adopted as per the *Bala* of the patient. Patient was satisfied with the treatment.

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