

**EFFECT OF AN AYURVEDIC FORMULATION IN THE MANAGEMENT OF
DOOSHIVISHAJANYA TWAKVIKAR-A CASE STUDY****Dr. Sonal T. Ramteke^{*1}, Dr. Kalpana R. Chavhan² and Dr. Shama S. Suryavanshi³**¹PG Scho. Department of Agadanttra, Government Ayurved College, Nagpur, Maharashtra.²Assistant Professor, Department of Agadanttra, Government Ayurved College, Nagpur, Maharashtra.³Professor & HOD, Department of Agadanttra, Government Ayurved College, Nagpur, Maharashtra.***Corresponding Author: Dr. Sonal T. Ramteke**

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ABSTRACT

Agadanttra is one of a Important branch of Ashtang Ayurveda which deals with the study of poisons.^[1] According to Agadanttra, there are two main types of poison natural and artificial. Natural poison further divided into two types-Sthavar and Jangam. The poisons are of two types one is from plant origin i.e. Sthavara and other is animal origin i.e. Jangam.^[2,3] In modern era, we use various types of detergents for washing our cloths & utensils. Our body gets closely exposed to this allergens (dooshivisha). Skin is the largest organ of the body. It's exposure to such pollutants is very high resulting in various types of allergic reactions. A 61 years old female patient came to OPD of Agadanttra in Government Ayurved College and Hospital, Nagpur complaining of blackish discoloration, itching, scaling, crakles present over the plantar aspect of palm of hands and feet with moderate burning and pain at that site was treated by local application of champaka Agada lepa described in Ashtanghridaya Uttarsthana.^[4]

KEYWORDS: Dooshivisha, Twakvikar, Ayurvedic formulations, skin diseases etc.**INTRODUCTION**

As Agadanttra is a branch of toxicology of Indian system of medicine. It deals with the overall aspect regarding poisoning. Dooshivisha is unique concept of agadanttra that is cumulative toxicity, a slow accumulating poison.^[5] It can be applied to various hypersensitivity reactions of the body. Dooshivisha is a low potent poisonous substance which accumulate in the body and vitiates dhatus when favorable conditions occur. This favorable conditions we can say when someone regularly consumes virudhahara i.e. incompatible food. In Modern era, various pollutants (poisonous substance) are produced due to Industrialization and Agriculture. Our body gets exposed to such allergens (Dooshivisha) through air, water and food. Skin is the largest organ of the body. It's exposure to such pollutants is very high resulting in various types of allergic reactions.

Agada literally, gada means a disease and agada means any agent which makes the body free from disease,^[6] however the term agada is used specifically for the branch of medicine dealing with toxicology, the description of the different types of the different of types of poisons, and their antidotes. Ashtang ayurveda contributes many agadas regarding the treatment of Dooshivishajanya vikara, sarpadansha, vrischika dansha, kitdansha etc. Champkadi agada as per reference mainly useful in the treatment of kitadansha, lutadidansha.^[7]

A 61 years old female patient came to OPD of agadanttra in Government Ayurved College and Hospital, Nagpur diagnosed with Dooshivishajanya Twakvikar was treated by local application of Champaka Agada Lepa described in Ashtanghridaya Uttarsthana. The detailed case history findings and the observed results discussed in the article.

AIM

To study the effect of Champkadi agad as local application in Dooshivishajanya twakvikar.

OBJECTIVE

1. To study the properties and effectiveness of Champkadi agad.
2. To study the effect of Champkadi agad in Dooshivishajanya Twakvikar.

MATERIALS AND METHOD**Place of study**

Agadanttra OPD, Government Ayurved college and hospital Nagpur. Maharashtra, India. 440024

CASE REPORT

The present case study is successful Ayurvedic management of a case of Dooshivishajanya twakvikar. A 61 years old female patient with registration no. 11555

came to Government Ayurved college and hospital Nagpur, Maharashtra, India.

Chief complaints

1. Blackish discoloration over plantar aspect sole and palm (*krushnavairanya*).
2. Itching over plantar aspect of sole and palm (*Kandu*).
3. Scaling over plantar aspect of sole and palm (*kharata*).
4. Crackles over plantar aspect of sole and palm (*Twakdaran*).

Associated complaints –Mild constipation.

Patient had above complaints since 6 months.

History of present illness

The patient was normal before 6 months. But since then patient has been suffering from Blackish discoloration,

Personal history

Table 1: Personal history.

Name-XYZ	Bala: Madhyam(average)	Prakriti: Vata Kapha
Age: 62 years	Sleep: Inadequate	BP:130/90mm of Hg
Sex: Female	Addiction: None	Weight:65 kg
Material status: Married	Bowel habit: Irregular	Height:153cm
Occupation: Housewife	Appetite: Poor	

Table 2: Ashtavidha Pariksha.

Nadi (Pulse): 78/min	Shabda (Speech): Clear
Mala (Stool): Constipation	Sparsh (Tongue): Normal
Mutra (Urine): Normal	Druka (Eyes) : Normal
Jivha (Tongue):Alpasaam (Coated)	Akruti (Built): Madhyama

Treatment plan: Patient was treated in OPD basis.

A) Selected Internal Ayurvedic Drugs

Gandhak Rasayan and Arogyavardhini, Gandharva Haritaki were selected for oral administration.

Table-3.

Name of medicine	Dose	Route	Kal	Anupan
Gandhak rasayana	250mg three times a day	Oral	Adhobhakta(After meal)	Jala
Arogyavardhini	250mg twice a day	Oral	Purvabhakta(before meal)	Koshna jala
Gandharva Haritaki	At bed time	Oral	Nishakal (Bed time)	Koshna jala

Duration: 15 days

Criteria for selection of Internal medicines: Oral medicines were selected on the basis of their properties useful in pacifying vitiated dosha in sign and symptoms of Twakdushti and ability to relieve signs and symptoms of twakdushti.

B) Selected External Ayurvedic Drugs

According to Vagbhat Samhita, in Uttarsthan Champkadi Agada Lepa is explained.^[1]

Drug: Powder of –

- 1) Champaka
- 2) Haridra
- 3) Daruharidra

Itching, scaling, crackles over plantar aspect of palm of foot and hand. The patient was also psychologically upset since 6 months. She had used various local and oral allopathic medicines. But there was no any significant relief. Beside this there is worsening the symptoms when she had became in contact with the detergents. Hence she came to Government Ayurved college and hospital Nagpur, Maharashtra, India for management.

Past history: No history of Any major illness / Not significant.

Pathological Investigations done: HIV, HBsAg, CBC etc.

- 4) Patang
- 5) Manjishta
- 6) Nata (Tagar)
- 7) Keshar Honey ghee
- 8) Honey
- 9) ghee

Dose: Application over affected area once a day.

The mixture was advised to apply on the area affected once or twice daily; left for 20-30 minutes and then washed with warm water.

Duration:

Follow up: After 15 days.

Selection of external medicines Criteria for Table-4.

Sr. No.	Drug Name	Latin Name	Rasa	Virya	Vipak	Guna	Part Used
1	Champaka	Magnolia champaka	Tikta Katu Kashay	Shita	Katu	Laghu Ruksha	Bark Flower Fruit
2	Haridra (wanharidra)	Curcuma Aromatic	Tikta, Katu	Ushna	Katu	Laghu Ruksha	Laghu Ruksha
3	Daruharidra	Berberis aristata	Tikta kashaya	Ushna	Katu	Laghu Ruksha	Kanda Mula Phala
4	Patang	Caesalpinia Sappan	Kashaya Tikta Madhur	Shita	Katu	Ruksha	Saar
5	Manjistha	Rubia cordifolia	Tikta Kashay Madhur	Ushna	Katu	Guru,Shit	Madhur
6	Nata (tagar)	Valeriana wallichii	Tikta Katu Kashay	Ushna	Katu	Laghu Snigdha	Mula
7	Keshar	Crocum Sativas	Katu Tikta	Ushna	Katu	Snigdha	Kukshi (Stigma)
8	Honey	Apes Carena	Ruksha			Kashay Madhur	
9	Ghee					Snigdha Sanskaranuwartan	

Preparation of lepa

Ahar and vihar (diet and mode of life) advised during treatment

Pathya (Regiman to be follow)

Ahar- Vegetables, fruits, etc.

Vihar- Adequate sleep at night (8hrs).

Apathya (Regiman to be restricted)

Ahar- Curd, bread, toast, oily spicy foods like chips, nonveg, fast food, Ice cream, cold drinks, etc.

Vihar- Diwaswap, Ratrijagan, excessive exposure to allergens i.e.detergents.

Counselling- As patient was psychologically upset hence proper Counselling was done. She was made aware about the apathyakar ahar viharas. Patient was made confident that this condition is treatable.

Follow up 1st-After 7 days first follow up done.

Duration:

Follow up 2nd-After 15 days.

Signs and symptoms of the patient regarding this twakvikar were assessed during each follow up and results were drawn after last follow up.

OBSERVATION AND RESULTS

Sign and symptoms	Before treatment	1 st follow up	2 nd follow up
Blackish discolouration	3	2	1
Itching	4	3	1
Scaling	2	1	0
Crakles	2	1	0

DISCUSSION

In Ayurvedic samhitas that is in Vagbhat Samhita in Uttarsthan Champkadi Agada Lepa is explained. And this agada is Indicated for Kitdansha Chikitsa. I had used in the case of Dooshivishajanya twakvikar. According to modern it is a Plantar Psoriasis. This patient has tried out all these allopathic measures but no relief. After that patient comes in Agadatantra OPD, along with internal medication such as gandhak rasayan, aarogyavardhini vati and panchtikta ghrita. External Application of

Champakadi Agad given to patient. As the Lepa contents contains Anti-inflammatory, Antimicrobial, Healing etc properties the patient was treated successfully.

CONCLUSION

As from the above study there is remarkable results seen with this champkadi agada in Plantar Psoriasis along with the Internal medicine.

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