



# Management of lichen planus through Ayurveda – A Case Report

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**Abstract:** Autoimmunity, a biological paradox, involves the body's cells and tissues producing auto-antibodies and auto-sensitized T-cells that react against their own tissue antigens. Lichen Planus, a persistent skin ailment, is characterised by purplish or violaceous polygonal papules with flat tops that irritate. This condition is marked by vitiated Doshas attacking skin tissues, leading to discoloration and deformities. If not treated promptly, this could progress to more serious skin disorders, collectively known as "Kushta" in Ayurveda. A case study involving a 55-year-old male patient with skin discoloration ("Twak Vaivarnyam") on both legs and the lower abdomen for two years showed relief after a brief course of Ayurvedic treatment, purification therapy ("Shodhana Chikitsa"), and the adoption of a favourable diet and lifestyle regimen.

**Key Words:** Lichen Planus, Kitibha Kushta, Purification Therapy (Shodhana).

## 1. INTRODUCTION:

Lichen planus is an inflammatory skin condition affecting the oral mucosa and rocks, originating from the latin word "planus," meaning flat.skin is the body's protective covering. It is an indicator of health and disease because it is the seat of the complexion. This condition is characterised by flat-topped, polygonal, greyish-white, purple-liliac eruptions and itching on the skin, particularly on the arms and legs. It is less common in other body areas like the nails, vagina, penis, scalp, and mouth (1). The lesion consists of violet, polygonal, pleomorphic papules that start small and enlarge to pea size. It affects people of all ages but is most common in individuals aged 30–60(2). The exact cause is unknown, but it can be bacterial or viral in origin. In the *Ayurvedic samhita*, the disorders that cause the skin and body lesions are described specifically under the topic of *kushta*. According to ayurvedic literature, the signs and symptoms of lichen planus are similar to those of *kitibha kushta*(Lichen Planus), which is a type of *kshudra kushta*(skin disease). Rasa, blood tissue(*rakta*), and other bodily processes deteriorate in *kitibha kushta* (lichen planus), which is controlled by vata kapha dosha as well as psychological stress aspects (*mano vikaras*)(3).for all types of *kushta*, broad causal elements, or *samanya nidana*, have been outlined in ayurvedic writings. Some of the *nidanans*(etiology)include *viruddha ahara*(antagonistic food),*athisnigdha*(sliminess),*guru ahara*(heavy dait), *mithya ahara*, and *vihara*(quick action) *vegarodha*(4)

## 2. MATERIALS AND METHOD:

*amapachana*

*snehapana*( internal oliation)

*virechana* ( purgation)

*pathya-apathya* (follow dait DO'S and DON'T,S)

*shamanaoushadhis*

**Table 1.1: showing treatment schedule/ intervention**

Date	Treatment	Medicine/procedure
10/03/2022	Ama pachana	<i>Mustha choorna</i> (7) 5gms with lukewarm water morning and evening before food



15/03/2022	Snehapana	<i>Tiktha shadpala ghrita</i> (8) 30ml 1st day 60ml 2nd day 100ml 3rd day
18/03/2022 16/03/2022	Abhyanga and swedan	<i>Khadirasara taila</i> (9) <i>abhyanga</i> followed by <i>ushna jala parisheka</i>
	<i>Virechana pathya:</i> <i>Ganji, khichadi,</i> <i>laghuahara, snana,</i> <i>shubhra</i> <i>vastradharana, taila</i> <i>abhyanga, dhyana.</i>	<i>Nimbamrithadi eranda taila</i> (10)25ml morning 7: 30 am total - 7 vega observed
	<i>Apathya: tila taila,</i> <i>dhadhi, madhya</i> <i>sevana, mamsa,</i> <i>matsya sevana,</i> <i>vegadharana,</i> <i>adhikavyayama</i>	
	<i>Shamanaoushadhis</i>	<i>Karappan kashaya</i> 4tsp bd with equal hot water before food. <i>Guduchyadi</i> <i>kashayam</i> (11)tablet 1 tid before food. For 30 days <i>kaishoraguggulu</i> (11) 1 tid before food for 30 days

### 3. DISCUSSION:

Observations demonstrate an incompatible eating pattern; stress and strain cause the provocation of the *dosha*; and the condition results in an obstruction in the sweat mechanism. *Ghritha pana*(therapeutic administration of ghee) was performed to formalise this *ghrita* (medicated ghee), aids in digestion, absorption, and transport to the target organ system. Because the active components are combined with *ghrita*(medicated ghee), they are quickly absorbed. During the treatment, a hot bath was recommended. All of these boosted blood circulation, absorption, and sweat mechanisms. *Nimbamrithadi eranda taila* is one of the most effective treatments for *kupitavata*(vitiated vat), *shamana* of *kupitavata*(vitiated vat), and *sanchita mala*(waste products). *Karappan kashaya's* ingredients include *kushtaghna*, *kandughna*(anti-pruritic), *krimighna*(anthelmintic), and *raktha shodhaka*(blood purification). This entire procedure normalises the vitiated doshas.

### 4. ANALYSIS:

Site of brownish patches – middle side of both thighs, lower abdomen.

Morphology - circular macular patches, size 0.5 cm to 1cm, redish in colour.

**Table 1.2 showing laboratory investigations:**

Hb - 13mg/dl
Tlc - 6800/cu
Esr -15mm/hour
Dc - p-70%, l-28%, e-2%
Aec - 250/cum rest other system findings also normal

**Table 1.3: samprapti ghataka(5)**

<i>Dosha-vata-vyanavayu</i> <i>pitta-brajaka pitta</i>	<i>Srothas - rasavaha, raktavaha, mamsavaha, udakavaha, swedavaha</i> <i>srotas</i>
<i>Dushya - rasa, rakta, mamsa,</i> <i>lasika</i>	<i>Roga marga – bahya</i>
<i>Ama - jatharagnijanyama</i>	<i>Udbhava sthana - amashaya</i>
<i>Agni – jataragnijanya</i>	<i>Vyaktasthana – twacha</i>

Srothodushti prakara – sangra

Roga swabhava – chirakari

Table 1.4: *samprapti*(6)

<i>Nidana sevana</i>	Spicy foods, cold air exposure, and stress, forms <i>jataragni</i> and <i>rasadhatwagni janya ama</i> , vitiating <i>tridosha</i> , <i>twak</i> , <i>rakta</i> , <i>mamsa</i> , <i>lasika</i> , and <i>sthanasamshraya in twacha</i> , leading to <i>kitibha kushta</i> .
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5. RESULT:

- Better change reddish discolouration
- No itching



(a) Before treatment



(b) Before treatment

Fig 1 Shows Before treatment



(a) After treatment



(b) After treatment

Figure 2 shows after treatment

6. PROBABLE MODE OF ACTION:

- The strategic use of *ama pachana*, *mustha choorna*, *snehana*(oleation),*swedana*(swedan), *tikta shadpala ghrita*, *virechana dravya*, and *nidana parivarjana*(avoidance of etiological factors), along with the application of



*pathya apathya* principles, provides a comprehensive approach to managing skin disorders like lichen planus (*kitibha kushta*). These therapies address specific aspects of the condition, promoting balance and health. The application of *snehana* (oiling) and *swedana* (steam) aids in mobilizing *doshas* and *dosha shithilikarana*, which involves relocating *doshas* from peripheral tissues to the gastrointestinal tract. *Tikta shadpala ghrita*, a medicated ghee containing bitter herbs, was administered for *snehapana* (internal oleation), aligning with the principle of using bitter (*tikta*) substances for skin disorders.

- *Virechana dravya* with its unique pharmacological qualities, deeply permeates the body and can be conducted gently for conditions like *kitibha kushta* (lichen planus) and other skin manifestations. To manage *sheha dosha* (psychological factors), appropriate *shamana* herbs were administered, and *nidana parivarjana* (avoidance of etiological factors), the avoidance of causative factors, played a pivotal role in halting the disease's progression.

## 7. CONCLUSION:

The case study yielded promising results in the *ayurvedic* management of *kitibha kushta* (lichen planus) skin disorders. The approach included *virechana* (purgation therapy) as the *shodhana* (purification) therapy and the use of *samshamana aushadha*, which effectively treated the condition. The study suggests that adhering to the principles outlined in the *kushta chikitsa* (various skin diseases treatment) chapter of *ayurveda* proved to be an effective method for addressing lichen planus.

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