

## Integrative Management of Kushtha: Raktamokshana, Shamana & Bahiparimarjan Chikitsa

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### Abstract

In Ayurveda, it is believed that one's health and illness are reflected by their skin. In today's era skin disease is very commonly found. As there is no specific and permanent treatment available in modern science therefore people are attracting towards Ayurvedic treatments for skin related issues and diseases. All the skin diseases in Ayurveda have been discussed under the broad headings of Kushtha. This short communication explores the synergistic benefits of combining Raktamokshana, Shamana Chikitsa and Bahiparimarjan chikitsa in the treatment of Kushtha to restore dosha balance, alleviate symptoms, and accelerate healing. The involvement of Rakta as the main Dushya signifies the importance of therapies like Raktamokshana. Shamana and Bahiparimarjan Chikitsa help soothe symptoms and promote external healing in Kushtha. Ayurvedic chikitsa is a complete treatment in which so many types of chikitsa are describes according to disease and patients' condition. Here in this study 3 types of treatment were used, that is, Shaman chikitsa, Shodhan Chikitsa and Bahiparimarjan Chikitsa. Shodhan means detoxification, it cleanses the body as well as nourishes the dhatus too. Shaman chikitsa means internal medicines which was given according to dosh dushti. Bahiparimarjan improves skin health externally.

### Aims & Objectives

To propose the role of Shamana Chikitsa, and Bahiparimarjan Chikitsa to treat Kushtha, focusing on their effectiveness and benefits for improving skin health.

**Keywords:** Ayurveda, bahiparimarjan, kushth, raktmokshan, shaman

### Introduction

Skin is one of the most exposed parts of the body and can be vulnerable by exposure to diseases and injury. Generally, most of the skin conditions are treated symptomatically by steroids or topical ointments. But getting rid of the root cause is most important as it reduces the chances of reoccurrence. In Ayurveda, the primary goal of treatment is to address the root cause and cure the disease from its origin. In Ayurveda, skin is correlated with Twak, and all Twak vikara (skin disorders) have been discussed under the broad heading of Kustha.<sup>3</sup> Two main types are Mahakushta and Kshudrakushta. For kushtha (skin disorders), treating the root cause and preventing recurrence involves a comprehensive treatment protocol. This includes raktamokshana as sanshodhana chikitsa (purification therapy), along with shaman chikitsa (palliative treatment) and bahiparimarjana chikitsa (external therapies). In classical Ayurvedic texts, various Acharyas emphasize Shodhana therapy as the primary line of treatment.<sup>3</sup> Among these, Raktamokshana holds special significance due to the predominance of Rakta (blood) as the main target tissue in Samprapti Ghataka. Acharya Sushruta, in particular, provides practical guidelines for bloodletting. There are different methods of bloodletting such as Prachhanna Karma, and Siravedhana Karma,

Jalaukavacharana Karma (leech therapy) for safe and effective expelling of vitiated blood. Patients get relief after letting out the vitiated blood.<sup>2</sup> With a combination of Shaman Chikitsa and Bahiparimarjan Chikitsa, one can cure Kushtha with Ayurveda. With this, it is important to follow the pathya-apathya of Ahar (diet) and Vihar (lifestyle) as Ayurveda gives immense importance to it for the successful cure of disease.

### Raktmokshan

Raktamokshana, made of two words "Rakta" meaning blood and "Mokshana" meaning to leave or combining, signifies "to let out blood." Raktamokshana treatment is very effective for blood purification. And it plays a crucial role in treatment of twakvikar.<sup>7</sup>

### Shaman chikitsa

Shamana Chikitsa in Kushtha uses medicines and lifestyle changes to calm skin problems and improve overall health.

### Bahiparimarjan chikitsa

Applying tail (oil) and ghrith (ghee) is a traditional Ayurvedic method used to help heal Kushtha, or skin disorders, by nourishing the affected areas and supporting natural skin healing processes.

With the combined use of Raktamokshana, Shamana Chikitsa, and Bahiparimarjan Chikitsa, Kushtha can be effectively managed.

### Material and Methods

The study utilized a comprehensive approach, including case taking, 4 general and systemic examination,

Dermatological examination, and Ashtavidh Parikshan (eightfold diagnostic examination) to assess and treat Kushtha. The treatment regimen employed a comprehensive approach, including Siravedhana (bloodletting) as Raktamokshana therapy, where a combination of Shamana Yog comprising Suvarnamakshik Bhasm, Krumimudgaras, Vidang, Panchatikta Ghrit Guggul, and Amlaki with Nimbadi Kashay and khadirarisht was administered internally. Additionally, Bahiparimarjan Chikitsa was implemented using Savarnikaran Ghrit for topical application to affected areas and Vranshodhak Tel for wound cleansing and promoting healing externally.

### Methods

A 22-year-old patient presented with complaints of psoriatic lesion on bilateral limbs (ubhay paad kushtha vran), characterized by dark mandala lesions on both feet. The lesions were dry and cracked in nature, with significant associated kandu (itching). The study utilized a comprehensive approach, including case taking, general and systemic examination, dermatological examination, and Ashtavidh Parikshan (eightfold diagnostic examination) to assess and treat Kushtha. Case taking involved detailed patient history, including symptoms, medical history, and lifestyle factors. General examination focused on overall health assessment, while the systemic examination targeted specific organs or systems related to Kushtha.<sup>(4)</sup> Dermatological examination assessed skin lesions, texture, color, and associated signs. Ashtavidh Parikshan, consisting of Nadi (pulse), Mutra (urine), Mala (stool), Jivha (tongue), Shabda (voice), Sparsha (touch), Drik (eyes), and Akruiti (appearance), provided a comprehensive understanding of the patient's constitution and dosha imbalances.

The treatment regimen employed a comprehensive approach, including Siravedhana (bloodletting) as Raktamokshana therapy.<sup>(4)</sup>

**Procedure:** Raktamokshan (blood Letting) was done in aseptic condition by scalp vein of 20g.

30 ml blood was drawn from each popliteal fossa of both legs. 3 sittings were done in an interval of 15 days.

Blood observed: 1st sitting – blackish slimy (गडद कृष्ण वण व पिचिल)

2nd and 3rd sitting- only blackish not slimy (कृष्ण वण अपिचिल)

Also, a combination of Shamana Yog comprising:

1. Panchatikta Ghrit Guggul- 250mg tablet BD
2. Suvarnamakshik Bhasma- 125 mg
3. Krumimudgaras- 250mg
4. Vidang churna- 250mg
5. Amlaki churna- 250 mg

(Mix all the churna (powder) make 60 equal packets and take each packet thrice a day.)

with Nimbadi Kashay- 10ml

Khadirarisht- 10ml (Both mixing with 40ml water) administered internally.

Additionally, Bahiparimarjan Chikitsa was implemented using **Savarnikaran Ghrit** for topical application to affected areas and **Vranshodhak Tel** for wound cleansing and promoting healing externally. The integrated approach of these therapies targeted the root cause of Kushtha while soothing symptoms and promoting skin wellness externally. Regular check-ups during treatment helped evaluate therapy effectiveness and track the patient's progress for better outcomes.<sup>(8)</sup>

### Results

The treatment resulted in raktaprasadana by eliminating the associated doshas. A significant reduction in symptoms was observed, including a decrease in the number and size of mandala lesions on both legs. The dark color of the lesions faded, dryness was reduced, and kandu (itching) significantly decreased. Overall, there was a notable improvement in skin complexion. This approach demonstrates the effectiveness of Ayurvedic treatment in managing twachavikar (skin disorders) and restoring skin health.

### Discussion

Raktamokshana Karma provides 'Ashu Vyadhy Shanti' as mentioned by Acharya Sushruta as diseases do not get pacified so quickly and fully by therapeutic management resembling to Lepan etc. as by Siravedhana or Raktamokashana.<sup>(14)</sup> Combinedly, raktamokshana, shaman chikitsa, and bahiparimarjana chikitsa act as an overall cure for kushtha (skin disorder) treatment. Raktamokshana's designation as Ardha Chikitsa highlights its dual role in addressing both the source and manifestation of ailments like Kushtha, particularly targeting Pitta dosha imbalance.<sup>(2)</sup> Acharya Sushrut has quoted that the individual who repeatedly follows bloodletting will not be suffered by Shopha, Twak Dosha, Visarpa, Granthi etc. disorders.<sup>(14)</sup>

It has also provided normalization and improvement of capillary as well as collateral blood circulation, expressed anti-inflammatory effect, immune stimulation, and immunomodulating effect, and early wound healing effect.<sup>(2)</sup>

Vidanga (*Embelica ribes*): Of all herbs used in worm infestation. Vidang is the best. It is an essential ingredient in all the anti-microbial medicines. It detoxifies blood and is used in wide range of skin diseases.

Wound healing activity of embelin is a chemical constituent of Vidang.

#### Krumimudgaras: by Rasendra sara sangraha Krumi chikitsa 14-15<sup>(13)</sup>

Sr. No	Ingredient	Amount
1	Shuddha parad (purified mercury)	3 gm
2	Shuddha Gandhak (purified sulphur)	6 gm
3	Ajamoda ( <i>Trachyspermum roxburghianum</i> )	9 gm
4	Vidanga ( <i>Embelia ribes</i> )	12 gm
5	Suddha Kuchla ( <i>nux vomica</i> )	15 gm
6	Palasha ( <i>Butea monosperma</i> )	18 gm
7	Honey	

This is effective against worm infestation due to its Krimighna property and aids in skin disease control by purifying blood, reducing toxins.<sup>(13)</sup>

**Suvarnamakshik Bhasm's** role in Kushtha healing is attributed to its Raktashodhaka (blood purifying) property aiding in curing Kushtha<sup>(4)</sup>.

**Khadiraristha** has Shothahara (anti-inflammatory) and Shodhana (detoxification) properties, which help purify the blood and reduce various skin problems.<sup>4</sup> It directly works on the blood, detoxifies it, and digests Ama.

**Panchtiktak ghrit guggul** acts by it katu and tikt ras acting as raktashodhak. Its uses give relief in Vrana, Raaga, Puyastrava, Kotha, Kandu, Pama, and similar skin diseases.

Ref- Ashtanga hridaya, Chikitsasthana.21/57-59, as per AFI

1. Nimba 480g
2. Guduchi 480g
3. Vasa 480g
4. Patola 480g
5. Kantakari 480g
6. Water for decoction 12.288lt
7. Ghrita (Go ghrita) 768g
8. Kalka Dravya

Each of the following herbs should be taken in 12gm doses: Patha, Vidanga, Suradaru (Devadaru), Gajapippali, Yavakshara, Sarjikshara, Shunti, Haridra, Mishi, Chavya, Kushta, Tejovati, Maricha, Kutaja, Dipyaka, Chitraka, Katuka, Bhallataka Suddha, Vacha, Pippalimool, Manjishta, Ativisa, Yavani.

9. Guggulu- Shudda 240g<sup>(15)</sup>

**Vranshodhak Tel** and **savarnikaran ghrit**, with its Vrana Ropana (wound healing) and Tvachya (skin rejuvenation) properties in Ayurveda, supports skin health. Vranshodhak

Tail is made by combining various herbs and oils known for their medicinal properties. These ingredients have anti-inflammatory, antimicrobial, and wound-healing effects. When applied topically, Vranshodhak Tail helps to reduce inflammation, control infection, and promote faster healing of skin wounds.

#### Conclusion

Kushtha is described as one of the oldest and most chronic diseases known to mankind in the Ayurvedic system, causing significant suffering. So, With Ayurveda and treatments like Raktamokshana, Shaman Chikitsa, and Bahiparimarjan, combined with a healthy physical and mental lifestyle, one can cure Kushtha, fight its relapsing nature, and achieve overall wellness.

As the sample size was small, the results cannot be interpreted with high accuracy. However, if the same research is conducted on a larger sample size, it could yield more accurate results. Kushtha is described as one of the oldest and most chronic diseases known to mankind in the Ayurvedic system, causing significant suffering. So, With Ayurveda and treatments like Raktamokshana, Shaman Chikitsa, and Bahiparimarjan, combined with a healthy physical and mental lifestyle, one can cure Kushtha, fight its relapsing nature, and achieve overall wellness.

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