



MANAGEMENT OF LICHEN PLANUS THROUGH AYURVEDA: A SINGLE CASE STUDY

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ABSTRACT:

Lichen Planus is an Autoimmune skin disorder of unknown etiology characterized by formation of flat topped, polygonal, greyish white, purple / lilac eruption, itching on skin most commonly on flexor surfaces, arms, wrists, back and less often on some other parts of body including nails, vagina & mouth. It is an inflammatory Papulo-squamous disorder in which Tlymphocytes attack the basal epidermis, producing characteristic clinical and histological lesions. Modern medicines like topical corticosteroids creams, lotions, injections, pills etc used in this disease are not significant, unsatisfactory and not free from side effects. According to Ayurvedic classics, it resembles with *Charma Kushtha*. Lichen Planus can be treated with the principles of treatment mentioned for *Kushtha* in *Ayurveda*. A 27 Year old patient came to our hospital for ayurvedic treatment after trying other pathy treatments. According to predominance of *Dosha-Dushya*, I treated patient with *Shodhana karma* i.e., *Vamana Karma* and *Shamana chikitsa* which shows that there was reduction in the size of lesions without recurrence.

Keywords: - *Lichen Planus, Ayurveda, Kushtha, Shodhana karma, Vamana*

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INTRODUCTION:

Lichen planus is an inflammatory Papulo-squamous disorder in which T-lymphocytes attack the basal epidermis, producing characteristic clinical and histological lesions^[1]. The lesions characterized by formation of flat topped, polygonal, greyish white, purple / lilac eruption, itching on skin most commonly on flexor surfaces, arms, wrists, back and less often on some other parts of body including nails, vagina & mouth^[2]. The word lichen planus derived from word “lichen” which grows on rocks and tree barks and from Latin word “planus” means flat. It mainly occurs in middle age and women are commonly affected then men^[3]. It is a disorder of unknown etiology. However, it may either be bacterial or viral in origin. Lichen Planus is an autoimmune disorder occurs due to result of an immune dysfunction with altered surface keratinocyte antigen presentation and subsequent cytotoxic T-cell reaction. According to modern medical science treatment of lichen planus is the use of topical and systemic steroid, antifungal, antihistamines, intralesional injections, ultraviolet A therapy, immunosuppressant, etc^[4]. All these drugs are proved to reduce the symptoms temporarily and they cannot even stop progress of disease, so the cure is too far. According to Ayurvedic classics, symptoms of

Lichen Planus resembles with *Charma Kushtha*. It is a type of *Kshudra Kushtha*. *Charma Kushtha* is dominant of *Vata Dosha* and *Kapha Dosha*. Classical sign of *Charma Kushtha*, is skin over the patch becomes thick like the skin of an elephant (lichenification)^[5]. I decided to treat patient as per predominance of *Dosha-Dushya* and as per treatment mentioned in Ayurvedic Texts for *Kushtha*.

CASE REPORT:

A male patient of age 27 year diagnosed with Lichen Planus by a dermatologist, Presented in Out Patient Department (OPD) of PG Department of Panchkarma, University Hospital of Ayurved, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, India (OPD Registration Number-26419) with complaints of flat topped, polygonal, greyish white, purple / lilac eruption with itching on ankles, forearms, neck, lower back and thighs. The size of papules measuring 5-6 mm to 9-10 mm in size. The onset of disease was started before 1.5 years, at that time papules was first appear on neck and then ankle region with small size of papules. After sometime they gradually appear on forearms, thighs and lower back with increased size of papules. Patient took allopathy treatment for one year but did not get relief, only itching was subsided, but after discontinuation of medicine itching again

persist immediately. Taking details about his daily routine, patient has irregular sleeping pattern and dietary habits like taking milkshakes, chapati with milk, which is *Viruddha ahar* according to *Ayurved*. All these *hetusevan* leads to skin disease, here *Lichen Planus*.

On Examination-

General Examination-

BP- 126/84 mm Hg

PR- 86/ minute

RR-15/ minute Temp.- 35.8 °C

Bowel- Clear

Appetite- Normal

Micturition- 5-6 times/day, Normal

Sleep- Sound, sometimes disturbed due to itching

Jiwha- Madhya Sama

Bala- Madhyama

Satva- Madhyama

Prakrati- Pitta Pradhan, Vata Anubandhi

Weight- 58.7 Kg

CNS- Patients is conscious, well oriented

No relevant History of Past illness contributing to the current condition of the Patient.

No History of Diabetes Mellitus or Hypertension.

All are said to be healthy in the family.

Cutaneous Examination-

Inspection-

- *Colour/Pigmentation*- Greyish White/Purple
- *Types of Lesions*- Papule
- *Distribution of Lesions*- Asymmetrical
- *Sites*- On flexor and extensor surface of both Hands, Lower Abdomen, neck, low back and ankle region
- *Shape* – Grouped and Linear
 - *Size*- 5-10mm
 - *Border*- Demarcated

Palpation-

- *Tenderness*- Absent
- *Surface Texture*- Rough and Dry
- *Scaling*- Absent
- *Elevation*- Raised
- *Blanching*- Absent
- *Oedema*- Absent

Investigation-

The most common diagnostic test for Lichen Planus is Skin Biopsy. But it was well diagnosed case of Lichen Planus by a dermatologist.

Management-

Hetusevana like *Viruddha Aahar*, *Diwaswapna*, *Chinta* etc leads to the formation of *Ama* which vitiates *Tridosha* along with *Twak*, *Rakta*, *Mamsa*, *Lasika* and gets *Sthanasamshraya* in *Twacha* with *Kandu* leading to *Charma Kushtha*^[6]. According to predominance of *DoshaDushya* and as per treatment mentioned in Ayurvedic Texts for *Kushtha*, following treatment is selected-

1. *Shodhana karma*- *Vamana Karma*

2. Shamana Chikitsa

1.Shodhana Karma- Vamana Karma

Vamana Karma is the first procedure of *Shodhana karma* which eliminates Vitiated *doshas* from *amashaya*, where *doshas* from whole body brought to *amashaya* by specific preoperative procedure. It is carried out in three steps- *Poorva karma*, *Pradhana Karma* and *Pashchat Karma*.

A. Poorva karma-

- ✚ *Deepana-Pachana- Deepana-Pachana/Rukshana Karma* with *Panchkola churna* 5gms twice daily before food and *Chitrakadi vati* 1 tablet twice daily after food with luke warm water.
- ✚ *Arohana Snehapana-* After *Deepana-pachana karma*, *agni* of patient Vitiated and *abhyantara snehapana* was given with *Go-Ghrita* in increasing order for 7 days(shown in Table-1) and *Samyaka Snigdha Lakshan* were seen. After observing *Samyaka Snigdha Lakshan* Patient was advised to take rest for 1 day and on Rest-day *Sarvanga Abhyanga* with *Tila Taila* and *Sarvanga Swedana* with *Dashmoola* and *Erandamoola Kwath* was given. *Kaphotkleshan Aahar* (*Dahi-wada, Payasam, Bhaat* etc) was given in evening on a day before *Vamana Karma*.

B. Pradhana Karma-

- ✚ *Vamana Karma-* On day of *Vamana*, patient was advised to pass natural urges and *Sarvanga Abhyanga* with *Tila Taila* and *Sarvanga Swedana* with *Dashmoola* and *Erandamoola Kwath* done and advised to take rest for some time. Before *Vamana Karma*, Vitals like B.P., P.R., R.R., Temperature, Weight, were noted. Then, *Akantha Yavagu Pana* was done by patient. After that *Madanaphala Kalpa* i.e. *Madanaphala Pippali churna- 8 gms + Vacha- 4 gms + Saindhav lawana- 2 gms + Honey-20ml* was given. After administration of *Kalpa*, we waited for 30 minutes for self-induction of emesis. Then after *Yashtimadhu Phanta* (1.5 liters), *Lawanodaka* (approx. 2 liters) and *Ushnodaka* (approx. 1 liter) was administered till *Pittanta Vamana/Samyaka Shuddhi*.

C. Pashchat Karma-

- ✚ After *Samyaka Vegas, Dhoompana* was administered. Patient was advised to take some rest and vitals were noted. Patient was strictly instructed to follow *Samsarjana Krama* for 7 days and should avoid himself from *Ashtamahadoshikara bhava*.

Table-1 Showing Shodhana Chikitsa

Date	Karma	Treatment	Medicine/Procedures
11-09-2022 to 15-09-2022	<i>Poorva Karma</i>	<i>Deepana- Pachana/Rukshana</i>	<i>Panchkola Churna</i> -5 gms twice daily before food & <i>Chitrakadi Vati</i> 1 tablet twice daily before food with luke warm water
16-09-2022 to 22-09-2022		<i>Abhyantara Snehapana</i>	<i>Go-Ghrita</i> in increasing order 30ml, 60ml, 90ml, 120ml, 150ml, 180ml, 210ml for 7 days
23-09-2022		<i>Sarvanga Abhyanga & Sarvanga Swedana</i> On Rest Day	<i>Abhyanga</i> with <i>Tila Taila</i> & <i>Swedana</i> with <i>Dashmoola Kwath</i> , <i>Eranadamoola Kwath</i>
24-09-2022	<i>Pradhana Karma</i>	<i>Vamana Karma</i>	<i>Sarvanga Abhyanga</i> with <i>Tila Taila</i> & <i>Swedana</i> with <i>Dashmoola Kwath</i> , <i>Eranadamoola Kwath</i> , after that <i>Akantha Yavagu Pana</i> , then administration of <i>Madanaphala Kalpa-</i> <i>Madanaphala Pippali</i> <i>churna</i> - 8gms + <i>Vacha</i> - 4 gms + <i>Saindhav</i> - 2gms + <i>Honey</i> -20 ml, then <i>Yashtimadhu</i> <i>Phanta</i> -1.5 liters, <i>Lawanodaka</i> - 2 liters, <i>Ushnodaka</i> - 1 liter will be given Total= 7 vega and

			<i>Pittanta Vamana</i> Observed
24-09-2022	<i>Pashchata Karma</i>	<i>Dhoompana</i>	<i>With Dhoomvarti made up of Trikatu, Haridra, Ghrita</i> <i>For 7 Days with Peya, Vilepi, Akrita Yusha & Krita Yusha</i>
24-09-2022 to 30-09-2022		<i>Samsarjana Krama</i>	

2. Shamana Chikitsa-

Table-2 Showing Shamana Chikitsa

Sr.NO.	Ayurvedic Medicine	Doses	Anupana	Duration
1.	<i>Gandhaka Rasayan</i> ^[7]	250 mg before meal	Koshna Jala	3 Months
2.	<i>Rasa Manikya</i> ^[8]	50 mg before meal	Koshna Jala	
3.	<i>Giloy Churna</i>	3 gms before meal	Koshna Jala	
4.	<i>Arogyavardhani Vati</i> ^[9]	2 bd After meal	Koshna Jala	
5.	<i>Panchtikta Ghrita</i> <i>Guggulu</i> ^[10]	2 bd After meal	Koshna Jala	
6.	<i>Mahamanjishthadi Kwath</i> ^[11]	20ml bd before meal	Koshna Jala	
7.	<i>Triphala Churna</i>	5 gm at Night bed time	Koshna Jala	
8.	<i>Mahamarichyadi Taila</i> ^[12]	For L/A	-	

RESULTS

Photographs of Papules/lesion was taken before initiation of treatment, every follow up and after completion of treatment (shown in figure 1 &2). Clinical assessment of patient was done on every visit. The photographs which were taken on every visit when

compared to last visit, were able to reveal the changes in the lesions. Size of papules were also decreases, no recurrence and no new lesions were reported during treatment. No adverse events were reported due to *Shodhana* and *Shamana Chikitsa*. This all

shows promising and remarkable effect of treatment.

Figure- 1. Before treatment



Figure 2. After Treatment



DISCUSSION

In Lichen planus verrucous lichenification of skin occurs, in which thickening of skin occurs which looks like the skin of an elephant. In *Ayurveda*, these symptoms resemble with *Charma Kushtha*, which is classified under *Kshudra Kushtha* category of *Kushtha*. Treatment of *Kushtha* involves *Shodhana Karma*, *Shamana Chikitsa* and external

application of Medicines along with Dietary and lifestyle modification which plays an important role in the management of *Kushtha*. Lichen Planus is an Auto-immune skin disorder of unknown etiology. Current conventional treatment of Lichen Planus involves use of topical and systemic steroid, antifungal, antihistamines, intralesional injections, ultraviolet A therapy, immunosuppressant,

etc. All these drugs are proved to reduce the symptoms temporarily and they cannot even stop progress of disease *Charma Kushtha* being *Vata-Kaphaja Vyadhi* and as per predominance of *Dosha-Dushya*, patient was treated with *Shodhana Karma* i.e., *Vamana Karma* followed by *Shamana Chikitsa*.

Vamana Karma is the best Purification method for elimination of aggravated *Kapha* and many *Acharyas* had indicated *Vamana Karma* for *Kushtha*.

Shamana Chikitsa of *Kushtha* depends on involvement of *Dosha-Dushya*, on the basis of *Nidaan* and nature of disease. Formulations having *Kushthaghn*, *Kandughn*, *Krimighn*, *Vata-Kapha hara*, *Raktashodhaka*, *Rasayana* properties were used.

Gandhaka rasayana Possess *Vishaghna*, *Kushthaghn* properties which helps in cure of skin disease. *Rasamanikya* made up of *Shuddha Hartala*, *Shuddha Gandhaka*, *Parada*, *Manahshila*, *Naga bhasma*, *Tamra bhasma*, *Abhraka bhasma* etc. having antimicrobial properties, balances *Vata-Kapha Dosha*, enhances colour, complexion and integrity of skin, removes excessive toxins from body. *Giloy Churna* balances *Tridosha*, having antiviral, anti-inflammatory effect helps to treat *Kushtha*, *Vata-Rakta* etc. *Arogyavardhani Vati* having ingredients like *Katuki*, *Nimba*, *Tamra*, *Gandhaka*, *Loha* etc have *Lekhana*,

Pachana, *Vranashodhaka* action and is indicated in all types of *Kushtha*. *Panchtikta Ghrita Guggulu* consists of *tikta rasa dravyas* like *Nimba*, *Patola*, *Guduchi*, *Vasa* etc have properties like Antipruritic, Anti-inflammatory, purifies blood which helps in reducing skin lesions. *Mahamajishthadi kwath* is indicated in *Rakta dushti Vyadhis* like 18 types of *Kushtha*, *Vatarakta*, *Updansha*. *Triphala Churna* helps in *Ama Pachana*, having rich anti-oxidant property so useful in skin diseases. *Mahamarichyadi Taila* used for local application, having ingredients *Maricha*, *Trivritta*, *Arka*, *Haridra*, *Nimba*, *Kutaja*, *Shirisha*, *Gomutra*, *Gomaya* etc acts as antifungal, antiseptic and is indicated in *Kushtha*.

Conclusion-

Lichen Planus is an autoimmune disease. Due to limitations and adverse effect of conventional treatment this case study shows that *Shodhana Karma* i.e. *Vamana Karma* along with *Shamana Chikitsa* i.e. oral administration of medicines like *Gandhaka Rasayana*, *Rasa Manikya*, *Arogyavardhani Vati*, *Giloy Churna*, *Panchtikta Ghrita Guggulu*, *Mahamanjishthadi Kadha*, *Triphala Churna* with local application of *Mahamarichyadi Taila* seems very effective in the treatment of Lichen Planus or *Charma Kushtha*. On the basis of results of this study it can be said that

Charma Kushtha or Lichen Planus is responding well with treatment principles given by Our *Acharyas*. This observation endorses a step toward the practice of Ayurvedic intervention in Lichen Planus.

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CITE THIS ARTICLE AS

Parag Devadiya, Gyan Prakash Sharma, Dileep Kumar Vyas. Management of Lichen Planus Through Ayurveda: A Single Case Study. *J of Ayurveda and Hol Med (JAHM)*. 2023;11(2):219-228

Conflict of interest: None

Source of support: None