

Ayurvedic management on *Kaphaja oshtha roga*- A Case Report

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ABSTRACT:

Kaphaja oshtha roga is rare but very annoying condition. Acharya Sushruta has explained many local therapies for its management. A 50-year-old female patient presented with recurrent boils and eruptions having the same colour of the lips with itching, swelling. Associated with heaviness and severe stickiness since last nine years. Patient underwent many conventional treatments but does not have any permanent relief. Here *Ostha dhupana* (~fumigation over lips), *Lepa* (~applying paste over lip), *Prakshalana* (~lavation of lips) was chosen as main treatment modalities and *Mahasudarshana Ghanvati* 500mg thrice a day with luke warm water was given internally. The study concluded that after given treatment patient got complete relief in all the symptoms. No adverse effect of treatment was observed.

KEYWORDS: *Dhupana, Kaphaja Oshtharoga, Lepa, Mahasudarshana Ghanvati, Prakshalana.*

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INTRODUCTION:

All the organs of the body can get afflicted with imbalanced *Vata*, *Pitta* and *Kapha doshas* and so does *Oshtha* (~lips). *Oshtha rogas* (~diseases of lips) are set of diseases occurring in the lips. They are part of *Mukhagata rogas* (~diseases occurring in mouth and its parts).^[1] According to Ayurveda there are 8 types of diseases occurs in *Oshtha* (~lips). Acharya Sushruta described clinical features of *Kaphaja oshtha roga* i.e. *Pidikabhi savarnabhistu chiyate* (~boils or eruptions having the same colour of the lips are formed over the lips), *Avedana* (~ not associated with pain), *Shuna* (~swollen lips), *Pichilla* (~sticky

lips), *Guru* (~heaviness in lips). On the basis this sign and symptoms patient was diagnosed as *Kaphaja oshtharoga*.^[2] In Ayurveda, treatment described for this condition is *Raktamokshana* (~blood letting), *Virechana* (~purgation), *Dhuma* (~fumigation), *Sweda* (~fomentation), *Kavala* (~gargles), *Pratisarana/Lepa*^[3] (~applying paste), *Gandusha* (~gargles).^[4]

PATIENT INFORMATION:

A 50-years-old female patient, housewife by profession visited Shalakya Tantra (Dental) OPD on 19/03/2021 with chief complaints of lesion having the same colour of lips, not associated with pain. Associated with sticky

discharge from boils, itching and heaviness over lower lip since 3 months. Patient was suffering with this condition since last 9 years and was taking allopathic medication. No satisfactory relief in symptoms was noticed with the treatment, so she opted Ayurveda for further treatment.

Clinical Findings: The patient was afebrile. Pulse was 78 beats/min. Blood pressure was 130/90 mmHg. No abnormality was noticed in the functioning of respiratory, circulatory and digestive systems.

Assessment criteria: Effect of the therapy was assessed on the basis of sign and symptoms mentioned in the Ayurvedic text. On lips examination; Upper lip was normal. Lower lip - lesion over lip with sticky discharge.

DIAGNOSTIC FOCUS AND ASSESSMENT:

Before treatment, haemogram (Hb%- 13.2 gm%, ESR- 40 mm/hr); Random Blood Sugar (RBS- 108 mg/dl) and urine analysis were within normal limits. Biopsy of lower lip was done and it was negative for malignant cells.

Dashavidha pareeksha (~ tenfold examination)

The *Shareera Prakriti* (~nature of body) patient was *Vatakaphaja*. *Vikriti* (~morbidity) was *Kaphaja*. *Satwa* (~psyche), *Sara* (~excellence of tissues), *Samhanana* (~compactness of organs), *Satmya* (~suitability) and *Pramana* (~body proportion) of the patient were of *Madhyama* (~moderate) level. *Ahara Shakti* (~digestive power), *Vyayama Shakti* (~capacity of exercise) were of *Avara* (~poor) level.

THERAPEUTIC INTERVENTION:

Assessment was done on subjective parameters. Routine investigations were carried out. The treatment regimen planned with *Ostha dhupana* (~fumigation of lips), *Lepa* (~applying paste over lips), *Prakshalana* (~lavation of lips) with internal medications i.e. *Mahasudarshana Ghanvati* (Table 1) for 23 days. After assessment of *Bala* (~strength), *Agni* (~digestive capacity) and *Koshtha* (~bowel habits), patient was advised to take *Chitrakadi vati* as *Deepana* (~digestives) and *Pachana* (~appetizers) for seven days.^[5]

Table 1: Herbo-mineral compound Ayurveda formulations used in treatment:

Intervention	Medicine	Duration	Dose	Frequency	Anupana
<i>Deepana-Pachana</i>	<i>Chitrakadi vati</i>	1 st to 7 th day	2 tablets (500 mg)	Twice a day	Luke warm water
<i>Ostha dhupana</i>	<i>Nimba churna, Daruharidra, Musta, Sarshapa, Vidanga, Trikatu churna, Arogyavardhani Rasa.</i>	8 th to 30 th day	Approx.. 14-15 gm (2 gm each)	Twice a day	-
<i>Lepa</i>	<i>Nimba churna, Daruharidra, Trikatu churna.</i>	8 th to 30 th day	Appro. 10 gm (3 gm each)	Twice a day	Mixed with <i>Gomutra</i>
<i>Prakshalana</i>	<i>Panchavalkala Kwatha.</i>	8 th to 30 th day	Appro. 15 gm	Twice a day	-
Internal	<i>Mahasudarshana Ghanvati</i>	8 th to 30 th day	2 tablets (500 mg)	Thrice a day	With luke warm water

Clinical images:

Figure-1: Lower lip having lesions with sticky discharge. (Before treatment)



Figure-2: During treatment on 15th day



Figure-3: Completely cured (After treatment)

FOLLOW-UP AND OUTCOME

After treatment of one month patient was completely cured. On examination, lips were of normal colour and appearance (Figure 2 and 3). Follow-up of the patient was done at the regular interval of 15 days for 7 months to enquire about the status of any recurrence. No recurrences were complained by the patient during the period.

DISCUSSION:

The case was diagnosed as *Kaphaja osthara* and Ayurveda treatment was planned considering the symptoms.

Deepana-pachana-

It does *Ama pachana* and *Dosha pachana* and so facilitates the entry of medicine so that we can proceed to next stage of treatment i.e. *Shodhana*/purification/detoxification. All diseases according to Ayurveda are due to vitiated *Agni* and *Ama* (~harmful toxins) is the main factor for vitiation of *Agni*. *Deepana Pachana* drugs prepare the body for next stage of treatment by removing the *Srotorodha* (~opening of channel) through digestion of *Ama* (~harmful toxins). According to Acharya Hemadri *Pachana* drugs does

digestion of *Ama* and *Deepana* (~appetizers) drugs does separation of *Dosha* from *Dhatu*. Both drugs help to bring the *Sama* condition to *Nirama* condition. Here, reason behind choosing the *Chitrakadi vati* is that it balances the *Vata* (~air) and *Kapha* (~earth and water) and improves *Pitta*(~fire and air) *Doshas* and plays a key role in effectively removing *Ama doshas* (~harmful toxins) from the body.

Oshtha prakshalana

Panchavalkala kwatha prakshalana was done twice daily (Morning and evening) before and after applying *Lepa* for 10 minutes. Ingredients of *Panchavalkala Kwatha*^[6] are *Nyagrodha* (*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashvatha* (*Ficus religiosa* Linn.), *Parisha* (*Thespesiapopulena soland ex correa*) and *Plaksha* (*Ficus infectoria* Roxb.). Here healing doesnot occurred due to discharge and slough. For the removal of slough and discharge, the drugs should have the qualities of *Laghu* (~lightness quality), *Roooksha* (~non-unctuousness quality) and *Kashaya rasa* (~astringent) and *Panchvalkala* possess all these requisite qualities. Further it possesses *Stambhana* (~checking discharges), *Kaphashamana*

(~pacifies *Kapha*), *Rukshta* (~rough quality), *Kledashoshaka* (~absorbs moisture) and *Lekhana* (~scraping property); checks the *Srava* and remove the slough. Due to all these actions *Panchavalkala* has provided significant relief in the symptoms.

Oshtha lepa

For *Lepana Nimba churna*^[7] (*Azadirachta indica* A. Juss), *Daruharidra*^[8] (*Berberis Aristata* DC.), *Trikatu churna*^[9] i.e. *Pipalli* (*Piper longum* L.), *Shunthi* (*Zinziber officinalis* Mill.), *Maricha* (*Piper nigrum* G.) with *Gomutra* was used. Gauze immersed in the same was kept on wound and over it a sterile pad was placed for 15 minutes. These drugs possess *Shophahara* (~anti inflammatory), *Kandughna* (~destroys itching), *Kushthagana* and *Kaphahara* properties. Pharmacologically these drugs are proved to be anti-inflammatory, analgesics, antioxidant and anti-microbial.

Oshtha dhupana

In the wounds above the region of neck (above neck the region of *Kaphadosha*), in *Kapha vata janya vrana*, *Shotha*, *Srava*, wounds *Dhupana karma* is indicated.^[10] Here drugs used were *Nimba* (*Azadirachta indica* A. Juss) , *Daruharidra* (*Berberis Aristata* DC.), *Musta*^[11] (*Cyperus rotundus* L.), *Sarshapa*^[12] (*Brassica juncea* Linn.), *Vidanga*^[13] (*Embelia ribes* Burm.f.), *Trikatu* i.e. *Pipalli* (*Piper longum* L.), *Shunthi* (*Zinziber officinalis* Mill.), *Maricha* (*Piper nigrum* G.), *Arogyavardhani rasa*^[14] in equal ratio. All these drugs possesses *Tikta-katu rasa* and so prevents *Vranagata kleda*, *Puya*, *Dushtasrava* from the site of lesion and helps in *Ropana* (~healing of wound). Moreover all these drugs possesses antimicrobial, antifungal and antiviral properties. The fumes helps in combating the bacterial growth on the wound and hence helps in its better recovery and healing.

Mahasudarshana ghanawati

It reduces *Ama*, which blocks the channels in the body. It also unblocks the microchannels. It pacifies Tridosha. It has variety of properties like anti-pyretic, detoxifying, anti-microbial, Haematinic, Appetizer, Anti-oxidant, Antipruritic and so thought to be effective in this disease.^[15]

CONCLUSION:

The case report demonstrates clinical improvement in *Kaphaja osthara* with Ayurvedic management. Treatment used here is effective, easily approachable, simple and economical. As this is a single case report, it may open a new path to clinicians.

DECLARATION OF PATIENT CONSENT:

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given his consent for images and other clinical information to be reported in the journal. The patient understands that names and initials will not be published and due efforts will be made to conceal identity, but anonymity cannot be guaranteed.

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