

## AYURVEDIC MANAGEMENT OF A SKIN DISORDER (COMEDO NAEVUS)- A CASE REPORT

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### ABSTRACT

Ayurved is an ocean of diseases and therapies. Some diseases are come under the category of *shudra roga*. This is a very rare variety. It is the group of disease described in *Charak Samhita* and *Sushrut Samhita* also. *Kushta*, *visarpa*, *pidika*, *nilika*, *Tilkalak*, *nyach vyang* this all disease come under *shudra rog*<sup>2</sup> as well as *rakta pradoshaj vyadhi*.

A case of a male age 35 years having a skin discoloration as a patch of small lumps and black spots over it on the skin of right shoulder, and right anterior surface of chest. This may be since childhood. Among the multiple black spots, one of big size lump was operated at outside but the post-operative wound not healing since around 3 months. On examination it found the case of skin disorder "comedo naevus".<sup>1</sup> It is rare, benign, cutaneous anomaly consisting of grouped, dilated follicular openings containing soft, dark keratin that resemble comedones. As it not harmful so treatment may be considered for cosmetic reasons or for complications such as cysts and abscess. The modern treatments like curettage and dermabrasion may be used or laser therapy<sup>1</sup> which may be painful and costly to do. If we correlate this disease with Ayurved we didn't find same symptoms and disorder but we can correlate it with "*Tilkalak*"<sup>3</sup> among the group of *shudra roga*. *Tilkalak* is a disease where black spots are found on the skin due to vitiation of *vaat*, *pitta* and *kapha doshas*. Shape of black spot is like shape of black sesame, they are painless discoloration spots situated at skin

level called Tilkalak,<sup>3</sup> It is formed by the pigments and pigments cells. Sometime in adult it may convert into malignancy. Treatment of *Tilkalak* is as it is *raktpradoshaj vyadhi*, *raktashodak aushadhi* and *raktavsechan* (bloodletting). It may remain silent and harmless throughout lifetime of an individual. So, we treat this patient with Ayurveda perspective and we use Para surgical measures(*anushastra*) like leech application (*Jalokavacharan*) along with oral medicine.

**Keywords:** - *Shudra Roga*, comedo nevus, *Tilkalak*, *Jalokavacharan*,

## INTRODUCTION

Some authorities consider comedo nevus is to be a hamartoma arising from pilosebaceous follicles.

Others consider it to be epidermal naevus involving hair follicle they are usually solitary but may be part of comedo naevus syndrome with associated skeletal, central nervous system, ocular and other cutaneous abnormality.

It is very rare disease no sex or ethnic difference, approximately 50% of cases may have symptom since birth or may be present before 10 years of age. In some cases, adult onset also described usually following trauma or a dermatosis such as herpes zoster, lican planis and pyoderma.

### Causes of comedo naevus

It is a mosaic disorder (it occurs when a person has two or more genetically different sets of cells in his body.), resulting somatic mutation in embryonic development means some cells have abnormal genes whilst other do not.

### Clinical features of comedo naevus:

Usually present as a single group dark hyperkeratotic papules and horny plugs with honey comb appearance most commonly found on face, trunk, knee and upper extremities but can affect any part of the body. It can be associated with cyst, pustules and abscess

Complication of comedo naevus often manifest during adolescents like large cyst formation, chronic inflammation, bacterial infection and scarring. It is easy to diagnose clinically. Comedo naevus remain unchanged for lifetime unless treated, in modern medicine it is treated with some topical steroids, tretinoin and other topical retinoid and antibiotics for secondary infection.

Procedural therapy like Curettage and dermabrasion may be use for small lesions. Laser therapy may be effective but large defects may need skin grafts. We correlate this disease with Ayurvedic pathology where we found it is related with the *Twak vikara* and *shudravikra* like *Tilkalak* which can be treated with shaman *chikista*(*Oral medicine*) and local treatment.(leech therapy).

### Ayurvedic treatment for skin disorder:

त्वग्दोषा ग्रन्थयः शोफः रोगः शोणितजाश्च ये। रक्तमोक्षणशीलीनां न भवन्ति कदाचन।।

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In this shloka *Raktamokshan* is the ideal treatment for skin disorders<sup>2</sup>, the symptoms of comedo naevus can be correlate with *shudra vikara Tilkalak*. So, we decide to treat this patient with leech application.

### Personal History

Name – KG	Age – 35 years	Sex – Male
Marital status – Married	Occupation – Auto rickshaw driver	Diet – Veg Non-Veg Mix
Addiction – None	Sleep – Adequate	Appetite – Good
Pulse – 72/min	BP – 120/80 mm Hg	Weight – 65 Kg
G.C. – Fair	Temperature – Afebrile	

### Chief complaint: -

- 1) Recurrent tiny cyst formation over skin of right shoulder and right side of chest (from childhood.)
- 2) Multiple Black spots on that cyst and by age the patch is increasing in size.
- 3) Blackish powdery discharge seen on and off.
- 4) One of that cyst get enlarged which got operated and at the post-operative wound is now non healing in nature.
- 5) All the area looking like a patch on shoulder and chest area.

**Past history:** - no any other major illness

**Family history:** - Nil

**Drug history:** - Nil

**History of addiction:** - Nil

**Allergic history:** - Nil

**K/C/O:** - No HTN, DM, TB, BA or any other illness seen.

**S/H:** - Excision of lump 2/3 times

### O/E: -

Pulse-72/min

BP: - 120/80mmhg

Temp: - Afebrile

Respiratory rate: -20/ min

### Systemic examination: -

Central nervous system: - Conscious and oriented

Cardiovascular system: - S1 and S2 present, No murmur

Respiratory system: - bilateral Clear air entry

Per abdomen: - Soft, Non tender, No rigidity, No guarding

Lymphatics system: - No lymphadenopathy

**Ashtavidh Pariksha –**

<i>Nadi – Pittapradhan Vaat</i>	<i>Shabda – Spashta</i>
<i>Mal – Prakrut (Normal)</i>	<i>Sparsha – Anushnasheet</i>
<i>Mutra – Prakrut (Normal)</i>	<i>Druk – Prakrut (Normal)</i>
<i>Jeevha – Niraam</i>	<i>Akruti – Madhyam</i>

**Local Examination –**

- 1) Patchy Discoloration on Right Shoulder Posterior aspect- (4inch × 2.5inch), Multiple black punctum (30-40) post-operative wound on patch around (2×2 cm) with red granulation tissue on floor and edematous edges, Tenderness present.
- 2) Patch on Right shoulder anterior aspect: - (6×3 inch) Multiple punctum's (20-30) with stretched skins and skin folds also present.
- 3) Patch on anterior surface of right chest region: - (4×2 Inch) with multiple punctum (25-30) with stretched skin.
- 4) Blackish powdery discharge from all punctae on pressing.

**Hetu (Causes) –**

Dosh vikruti, Sahaj vyadhi

**Lakshana (Clinical Features) –**

1. Skin discoloration
2. Multiple punctum
3. Tenderness
4. Post-operative wound

**Vyaadhi Vinishchay (Diagnosis)-**

Twak vikar- Tilkalak, comedo nevus

Dosh- vaat pitta

Dushya- twacha, Rakta

**Treatment Principle –**

- 1) *Medicinal Treatment*
- 2) *Para surgical Procedure- Jalokaavcharan*

### Treatment Given –

Medicine	Dose	Route	Anupaan
<i>Sukshma trihala vati</i>	500 mg twice a day	Oral	With Luke warm water
<i>Gandak rasayan vati</i>	250 mg twice a day	Oral	With Luke warm water
<i>Kanchnaar guggul</i>	500 mg twice a day	Oral	With Luke warm water
<i>Triphala guggul</i>	500 mg twice a day	Oral	With Luke warm water
<i>Mahamanjisthaadi kwath</i>	20 ml twice a day	Oral	With Luke warm water

Duration – 2 months., Follow Up – Every 7 Days.

### Procedure-

*Jalokaavcharan Leech* application procedure.

Date	No. of <i>jaloka</i> used	Site of <i>Jaloka</i> administration
10/08/2022	3	Right shoulder posterior aspect, Right shoulder anterior aspect, Right chest region
23/08/2022	4	Right shoulder posterior aspect, Right shoulder anterior aspect (2 <i>Jaloka</i> ) Right chest region
06/09/2022	4	Right shoulder posterior aspect, Right shoulder anterior aspect (2 <i>Jaloka</i> ) Right chest region
20/09/2022	4	Right shoulder posterior aspect, Right shoulder anterior aspect (2 <i>Jaloka</i> ) Right chest region

### Grading criteria for assessment –

Clinical Feature	Grade 0 (normal skin)	Grade 1	Grade 2	Grade 3
1) <i>Skin discoloration</i>	Absent	Mild	Moderate	Severe (large scale)
2) <i>punctum</i>	Absent	Mild	Moderate	Multiple
3) <i>Post-operative wound</i>	Absent	No wound	May be present	Present
4) <i>cyst/pustules/abscess</i>	Absent	Cyst	Pustules	Abscess

Clinical Feature	Before Treatment	After Treatment			
	5/08/22	10/08/22	23/08/22	06/09/22	20/09/22
1. Skin discoloration	3	2	2	2	2
2. Multiple punctum's	3	3	3	2	2
3. Post-operative wound	3	2	1	0	0
4. Cyst/pustules/abscess	3	2	1	0	0

## DISCUSSION-

Comedo naevus has treatment in modern medicine like curettage which may be painful.

Another option is laser therapy which is costly. Patient already done excision of one of big sized lump from that. But after excision the wound is not healing since around three months.

So, he has tenderness around wound and feeling of irritation always when clothes touches the wound. So we consider this condition as a *rakta doshas vyadhi and dushta vran*.

For *rakta dushti* we give *rakta shodhan dravya* and for the non-healing wound and discoloration and black spot, which is due to obstruction we done leech therapy.

Leech therapy-

Leeches (*Jaloka*) found in water. It is used as a treatment to suck the impure blood. It is also called *Hirudinaria*,<sup>4</sup> it is olive-green in color on the dorsal surface. At the end of the body it has hollow muscular sucker. Leech not only sucks the impure blood but secret her saliva in the area where it sucks, and saliva has the well-known compound is the anticoagulant agent "Hirudin" which has a capacity to dissolve the clots or any obstruction present over there. Leech saliva has another content histamine which is vasodilator, prolongs the bleeding times and allow the impure blood to go out. Also contains antibacterial, antiviral, which helps to heal the wound and some local anesthetic agents which minimize the pain of non-healing wound.

And in the shaman *chikista* we gave *sukshma triphala vati*, *gandak rasayan* etc. which helps to relieve above said symptoms.

## CONCLUSION-

- 1) Comedo naevus is non painful and non-harmful disease, so no one wants to treat it unless any complication occurred.
- 2) Curettage is the treatment which can remove the obstructed punctum; which is big sized but this may be painful and can't remove many black spots.
- 3) Laser therapy seems to be cost effective but again not change all discoloration and black spots.
- 4) Ayurved treatment that is *raktashodak dravya*, *granthinashak dravya* along with leech therapy showing good improvement of symptoms.
- 5) The post excisional non healing wound healed fast and completely, and pain relieved from the site.
- 6) The obstruction at the punctum relieved which cause to improve the discoloration

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