



ECZEMA-TREATMENT AYURVEDIC PERSPECTIVES AND HIGH EFFECTIVENESS

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ABSTRACT

Eczema prevalence is very high in countries developed rather than agricultural economies. The etiopathological study of eczema reveals the factors of psychosomatic nature of the disease with epidermal barrier dysfunction, genetic determination, allergy and impaired innate immunity play an importance role in pathogenesis of eczema. The eczema treatment in ayurveda is very effective as per evidence based clinical trial.

INTRODUCTION

5 year old girl presented in the opd with chief complaints of itching, vesicles, discharge and discolouration on cheeks and flexures of arm and legs.

Localised elevation of temperature

Foul smell

Routine hematology shows Hb-9.8g%

ESR-40MI per hr

Eosinophil count-360

Based on clinical presentation examination and clinical findings acute eczema with anemia diagnosed.

The condition on thorough evaluation was considered to have kapha pitta as main dosha. rakta and rasa as dhatus, agni mandya and amatva noted. The first schedule of treatment was concentrated on oozing itching ,swelling, pain and anemia. second schedule on skin discolouration and normalising skin color and texture.

For first 14 days amapachana ,deepana and ropana properties internal medicine was given.Brhat manjistadi kashayam was the choice.externally dhara with nalpamaratwak,neem ,amla,hareetaki ,was given.ayyappala kera thailam alson was used.

The second 14 days treatment included snehapana with mahathiktaka ghritam 25 ml to 200 ml and decreasing dose given.



PATIENT CONSENT WASGIVEN IN PUBLISHING.

REFERENCES

Andrews diseases of the skin by William James;Timothy Berger,Dirk Elston

Clinical Dermatology by Thomas P Hbif

Practical guide to Dermatology by Henry W Lim, laurie I kohen, Samantha scheider,Dnielle Yeager

Astanga Sangraha

Charaka samhitha

CONCLUSION

WITH REFERENCE TO ABOVE AND SIMILAR ECZEMA CASES ALONG WITH PROPER DIETARY ADVISE TO AVOID KLEDATHVA AND AMATVA AND TOPICAL OIL APPLICATION THE RE OCCURANCE OF THE ECZEMA CASE IS REDUCED TO 5 %.

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