

**Effect of *Daruharidradi Lepa* on Syringoma- A case study****Thakare Saguna Nilkanth ^{*1}, Thakare Nilkanth Gopalrao²**

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***Corresponding author:** drsaguna26@gmail.com**Abstract**

A 36 years old female, presented with complaints of skin coloured, multiple papules on the medial / nasal side of both the upper eyelids: since 4 years diagnosed as *Kaphaja Granthi* vis- a – vis syringoma. Its treatment was successfully done by *Lepa Vidhi*.

The purpose of the paper was to justify how appropriate diagnosis of *Dosha Dushya* alone can help in total relief of a skin disorder with expensive treatment in modern medicine.

Keywords: Syringoma, *Lepa*, *Kaphaja Granthi*, *Daruharidradi Lepa*.

Introduction-

A 36 years old adult female, house maker by profession, complained of eruption of skin coloured papules on nasal sides of upper eyelids of both the eyes since 4 years. There was not any pain, itching, redness or inflammation. The papules increased gradually over the 4 years period of time.

The lesions were first observed on right upper eyelid then to the left upper eyelid. It was prominently seen on right upper eyelid.

Pathogenesis: According to modern science it is a skin tumour with benign nature. It occurs mostly around the eyelids¹. It is due to excessive growth of sweat gland cells². It mostly appears as multiple papules typically around the eyelids. Other sides that may get involved are forehead, upper cheeks, armpits, chest, genitalia or lower abdomen. They are distributed symmetrically on both sides of body. It can be mistaken for acne vulgaris, milia, sebaceous hyperplasia or lichen planus or granuloma annulare on the trunk². The condition may be familial. The lesions are asymptomatic, skin colored or yellowish of size 1-3mm.

According to *Ayurveda* it can be considered as *Kaphaja Granthi*. *Kaphaja Granthies* are hard, painless and skin coloured³. Excessive intake of curd, spicy foods, stress, excessive *Swedapravartana* due to excessive exercise leads to vitiation of *Vata* and *Kapha*. Patient was doing exercise for 1 and ½ hours daily despite



she felt tired. Also she had continuous stress past 6 years. That led to *Dushti* of *Rasa Dhatu*. The *Mala* of *Rasa Dhatu* is *Kapha*⁴. Hence *Kaphadushti* was prominently there.

The role of *Vata* in the manifestation was elicited by symptoms like the small *Granthi* size and their multiple numbers and of *Kapha Dosha* by symptoms like its skin coloured appearance and their painless nature.

According to modern science no effective treatment is available. But treatments like radiotherapy or carbon dioxide laser are mostly tried¹.

Now a days dermabrasion, cryotherapy, electrosurgery, chemical peels are also used⁵.

According to *Ayurveda*, *Kaphaja* and *Vataja Granthi* treatment is same. It is stated that there should be *Lepa* of *Teekshna Aushadhi*⁶. So the patient was advised to apply the *Daruharidradi Lepa* once daily on alternate days. Only *Lepa* was given, no other oral medication was administered.

The *Lepa* contents are *Daruharidradi*-5gm, *Shankhabhasma*-500mg, *Vacha*-250mg (daily quantity). The *Lepa* was mixed in 20ml milk and whole wheat flour was used as its base.

Probable mode of action of drugs are-

The characteristic properties of *Daruharidra* are it is very good *Lekhan Dravya* (revulsive)⁷. The normal functioning of skin and its glands is restored by *Daruharidra*. So *Daruharidra* is useful in *Gandamala*, *Apachi*, *Nadivrana*, *Bhagandara*, *Visarpa*. It is

used in the form of *Lepa* in these diseases⁸. *Daruharidra* is *Ruksha*, *Ushna* and *Tikta*. It reduces *Vrana*, *Meha*, *Karna*, *Netra* and *Mukha* diseases⁹.

Vacha is also included in *Lekhana Gana*⁷. *Vacha* has *Katu* and *Tikta Rasa*. These two *Rasas* alleviate *Vata* and *Kapha Dosha*. Also it is *Ushna* in nature. It is *Vibandhanashak* i.e. it reduces the obstruction¹⁰.

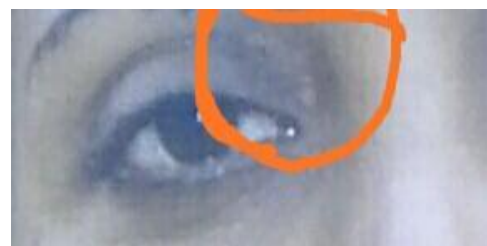
Shankhabhasma performs *Lekhana Karma*¹¹. *Shankhabhasma* cures diseases of eye, *Pitta*, *Kapha* and *Rakta*. It promotes the skin complexion (i.e. *Varnya*)¹².

The unanimous *Lekhana* effect of these three drugs helped reduce the size of the *Granthi*. Also the *Varnya Karma* of *Daruharidra* and *Shankhabhasma* promote the normal complexion. The *Vibandhanashak* property of *Vacha* helped to reduce the obstruction of *Sweda* occurred due to *Kaphadushti* and *Rasadushti*.

The total duration of the treatment given was one and half months. Patient has got complete relief after 45 days of treatment.

The pictures of the patient – before and after the treatment are below.

Before treatment



After treatment



Conclusion

Present case shows evidence based and documentary study of successful treatment of *Kaphaja Granthi* vis-a-vis Syringoma through *Teekshna Lepa*.

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