

ROLE OF AYURVEDA THE HOLISTIC MANAGEMENT OF ACUTE ITCHING (KANDU): A CASE STUDY

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ABSTRACT

Introduction-In Ayurveda, Kandu refers to itching or pruritus, a common skin discomfort that urges one to scratch the affected area. Although it may seem minor, persistent or severe itching can significantly impact one's quality of life. Ayurveda views Kandu not just as a skin disorder but as an imbalance of the body's doshas—Vata, Pitta, and Kapha—along with Rasa Dhatu (body fluids) and Rakta Dhatu (blood tissue). **Material and Method**- A 28-year-old girl came to Ptkls hospital, Kayachikitsa OPD with complaints of acute itching in the whole body with pruritis since 2 days, for that, an ayurvedic medicine was given for 7 days. **Result**- itching reduces in 3 days, and pruritus also resolved in 6-7 days. **Discussion**- Ayurvedic medicine is significantly effective in acute itching (kandu).

KEYWORDS: Acute itching, Kandu, Ayurvedic medicine.

INTRODUCTION

In Ayurveda, Kandu refers to itching (pruritus in modern medicine), a sensation that causes the desire or reflex to scratch the skin. While commonly experienced, persistent or intense itching can be a sign of deeper imbalances within the body. Ayurveda considers Kandu not merely a superficial skin irritation but a symptom of internal doshic imbalance,

particularly involving Kapha and Pitta doshas.

Kandu is often associated with or seen as a part of Kushta Roga (skin disorders), where it reflects the vitiation of the skin and blood tissues (Twak and Rakta dhatu). According to classical Ayurvedic texts, the accumulation of toxins (ama), improper diet and lifestyle, and weakened digestive fire (Agni) contribute to the development of itching. The condition may present with redness, inflammation, dryness, or oozing, depending on the dominant dosha involved.

Itching can occur as a standalone complaint or as a symptom in various conditions like eczema, fungal infections, allergic reactions, or systemic diseases. Ayurveda aims to treat Kandu by addressing its root cause through detoxification (shodhana), pacification of doshas (shamana), and lifestyle and dietary corrections.

MATERIAL AND METHOD

A 28-year-old girl came to Ptkls hospital, Kayachikitsa OPD with complaints of acute itching in the whole body with pruritis since 2 days.

Associated complaint- Irregular bowel clearance (not satisfactory) Previous history- yes Family History – no Previous treatment history- Pt has taken allopathy medicine for 3 days but not get significant result.

TREATMENT- Pt. has given

S. no.	Name of Drug	Dose and Days
1	Arogyvardhani vati	1 BD for 7 days
2.	Marichyadi Oil	For local application for 5 days
3.	Shivakshar pachan churna	5gm HS for 7 days
4.	Tablet of combination of vamshalochanam, Bhunimba, Guduchi, Harida, Amla, Prapunada	2BD for 7 days
5.	Haridra khanda	1TSF BD for 7 days

RESULT

S. no.	Symptoms	Before treatment	After treatment Day 3	After treatment Day 5	After treatment Day 7
1.	Itching (By VRS scale)	4	2	1	0

Pruritus is decreased within 5 to 6 days.

DISCUSSION

- **Arogya Vardhani Vati** - It manages digestive problems due to its deepan and pachan properties.^[1]
- **Marichyadi oil**- It is a herbal oil. Use for skin disorders like itching, eczema, dermatitis, etc. This oil is prepared with a mustard oil base. Its ingredients are Marich, Hartal, Rktachandan, Trivirt, Musta, Devdaru, Manhashila, Vishala etc. It balances Kapha dosha.^[2]
- **Shivkashar pachan churna**- Shivakshar Pachan Churna is a powdered herbal formulation used for treating digestive disorders, loss of appetite. It has carminative properties which help in reducing flatulence. It is very useful in treating indigestion and hepatic complications. It contains Ginger (Zingiber officinalis), Ajmod (Trachyspermum ammi), Hing (Ferula asafetida), Long pepper (Piper longum), Black pepper (Piper nigrum), Krishna jeera (Nigella sativa), Saindhav (Rock salt), Cumin (Cuminum cyminum), Haritaki (Terminalia chebula), Sarjikshaar (Sodium bicarbonate).^[3]

- **Haridra khanda-** It is in granule form. Its main ingredients is turmeric. It is used widely in the treatment of allergic skin diseases, itching skin diseases. It improves skin quality and complexion. Kandu - itching skin disorders, pruritic, Visphota blisters, Dadru - fungal skin infections, Sheetapitta, Kotha allergic skin conditions, hives, Udarda - skin diseases due to skin contact with cold objects.^[4]

Tablet of a combination of Vamshalochanam, Bhunimba, and Guduchi.Harida, Amla,

Prapunada – It is an anti-allergic combination that relieves seasonal, dietary, and respiratory allergies.^[5]

CONCLUSION

In Ayurveda, itching (known as Kandu) is often caused by imbalances in the Pitta, Kapha, or Vata doshas, and may arise from poor digestion (Agni), accumulation of toxins (Ama), or external factors like allergens. Addressing the root cause through a holistic approach—diet correction, herbal remedies, detoxification, and lifestyle changes—can offer lasting relief. Herbs like Neem, Haridra (Turmeric), and Khadira, along with soothing oils and proper skin care, play a vital role. By restoring Dosha in balance and enhancing internal harmony, Ayurveda provides a natural, side-effect-free path to healing from itching and its root disturbances.

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