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Twak Vikara Chikitsa in Ayurveda: A Case Report on Lipodermatosclerosis with Venous Ulcer

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Abstract

Lipodermatosclerosis (LDS) is a chronic inflammatory disorder primarily affecting the lower limbs, characterized by skin fibrosis, induration, and pigmentation changes. This case study explores the *Ayurvedic* management of a 44-year-old male diagnosed with Lipodermatosclerosis with venous ulcer (*Twak vikar*), who visited Jeena Sikho Lifecare Limited Hospital, Gorakhpur, Uttar Pradesh, India. He presented with bilateral foot wounds, constipation, pain, and dilated veins in the left lower leg. Despite undergoing allopathic treatment, his symptoms had worsened, prompting a shift to *Ayurvedic* care. Following a detailed assessment, a diagnosis of *Twak vikar* was made, and treatment was initiated. The *Ayurvedic* protocol involved both *Shodhana* (purificatory) and *Shamana* (palliative) therapies. *Panchakarma* interventions included *Lepam* with *Tankan Bhasma*, *Sphatik Bhasma*, and *Jatyadi Taila*, alternated with *Apamarg Kshar* and *Jatyadi Taila*, along with *Prakshalan* (wound cleansing) using *Panchavalka Kashaya*. These therapies aimed at *Vrana Shodhana*, *Kleda Shoshana*, and *Meda Dhatu Shodhana*, addressing the underlying *Dosha-Dushya Sammurchana*. The patient experienced wound healing, reduction in pain, and overall well-being, reflecting the efficacy of *Ayurvedic* interventions. In conclusion, this case highlights the potential of integrated *Ayurvedic* approaches in the successful management of Lipodermatosclerosis with venous ulcer. Holistic therapies tailored to *Dosha* and *Dhatu* involvement not only relieved symptoms but also improved the patient's quality of life. Such evidence supports further research and integration of *Ayurveda* with conventional management for chronic dermatological vascular conditions like LDS.

Keywords: Lipodermatosclerosis, *Twak vikar*, Venous Ulcer, *Dushta Vrana*, Chronic Venous Insufficiency, *Ayurveda* and *Panchakarma*.

Introduction

Lipodermatosclerosis (LDS) is a chronic inflammatory condition that primarily affects the lower extremities, marked by skin fibrosis, induration, and pigmentation changes. The condition is most common in middle-aged women with a history of venous insufficiency. LDS progresses through distinct stages, beginning with an acute inflammatory phase that involves painful erythematous plaques or nodules and advancing to a chronic fibrotic phase characterized by skin hardening and hyperpigmentation, often resulting in the classic "champagne bottle" appearance of the lower legs [1]. Histologically, LDS is noted for necrotic adipocytes, basophilic elastic fibers, and minimal inflammation, resembling features seen in pseudoxanthoma elasticum [2].

The condition may often be misdiagnosed as cellulitis due to its early presentation [3].

Management of LDS primarily focuses on addressing venous insufficiency through compression therapy, leg elevation, and, in some cases, oral medications like pentoxifylline. Compression therapy remains the cornerstone of treatment, with additional pharmacological interventions, such as stanozolol and oxandrolone, showing promise in reducing inflammation and fibrosis [4] of chronic leg ulcers [5].

Previous Studies on LDS have highlighted the pathogenesis, clinical features, and management approaches, particularly in relation to chronic venous insufficiency (CVI). Histopathological examinations of LDS reveal adipocyte necrosis and abnormal elastic fiber accumulation in the

dermis, with minimal inflammatory infiltrate [2]. Venous ulcers, often a complication of LDS, result from prolonged venous hypertension, leukocyte activation, and microvascular dysfunction [5]. Compression therapy remains the mainstay of treatment, with adjunctive therapies like topical growth factors, skin substitutes, and surgical interventions being explored for refractory cases [6].

From an *Ayurvedic* perspective, *Twak vikara* (skin disorders), such as *Kushta*, are attributed to the vitiation of *Tridosha*—*Vata*, *Pitta*, and *Kapha*—and their interaction with the *Dhatus* (tissues) like *Rasa*, *Rakta*, *Mamsa*, and *Lasika*. According to the *Charaka Samhitā*, *Kushta* involves an imbalance in the *Doshas* that leads to the accumulation of toxins (*Ama*) and localized inflammation, resulting in chronic skin and tissue changes [7]. In the context of LDS, this *Ayurvedic* framework aligns with the fibrosis, swelling (*Shotha*), discoloration (*Rakta Dushti*), and fat involvement (*Meda Dhatu Dushti*) seen in the condition. *Srotorodha* (channel obstruction) due to chronic circulatory disturbances, as seen in LDS, can lead to localized inflammation and fibrosis, correlating with the *Ayurvedic* principles of *Kleda Shoshana* (fluid loss) and *Rukshata* (dryness) in the affected area [8, 9].

The *Ayurvedic* treatment for LDS involves *Shodhana* (detoxification) and *Shamana* (palliative) therapies.

Raktamokshana (bloodletting) and *Virechana* (purgation) are key treatments in *Ayurvedic* medicine for conditions involving chronic inflammation and deep tissue involvement, aimed at cleansing the body of toxins and restoring *doshic* balance. Herbs like *Manjistha* (*Rubia cordifolia*), *Punarnava* (*Boerhavia diffusa*), and *Triphala* are commonly used to purify the blood (*Raktashodhana*), reduce *Meda Dushti*, and promote circulation. Turmeric and Ginger, with their anti-inflammatory properties, may further support treatment by improving blood flow and reducing swelling [10].

Ayurvedic management can complement modern treatments by addressing both the root causes and manifestations of LDS. *Shodhana* therapies like *Virechana* and *Raktamokshana*, combined with *Ayurvedic* treatments and dietary modifications, may offer additional relief, especially when conventional therapies are insufficient. When integrated with compression therapy and pharmacological interventions like pentoxifylline, *Ayurvedic* approaches could provide a more holistic and synergistic treatment plan for lipodermatosclerosis [5]. This integrated approach not only aims to alleviate symptoms but also restores balance in the body's deeper tissues, potentially improving long-term outcomes for patients with LDS. The *Samprapti ghataka* [11] of lipodermatosclerosis is mentioned in Table 1.

Table 1: The *Samprapti Ghataka*

Samprapti Ghataka	Details
Dosha	Vata-Pitta-Kapha Tridosha involvement (with predominance of Vata and Pitta)
Dooshya	<i>Rakta</i> , <i>Mamsa</i> , <i>Medas</i> , <i>Twak</i> , <i>Ambu</i> (interstitial fluid)
Agni	Dhatvagni Mandya (especially <i>Raktagni</i> , <i>MedoDhatvagni</i>)
Ama	<i>Samata</i> in <i>Rasa-Rakta</i> , presence of <i>Srotorodha</i> due to <i>Ama</i>
Srotas	<i>Raktavaha Srotas</i> , <i>Medovaha Srotas</i> , <i>Mamsavaha Srotas</i> , <i>Twakvaha Srotas</i>
Srotodushti	<i>Sanga</i> (obstruction), <i>Atipravrutti</i> (excess flow), <i>Siragranthi</i> (varicosity)
Udbhavasthana	<i>Pakvashaya</i> (colon) - origin of Vata vitiation
Sanchara Sthana	Circulation through <i>Raktavaha</i> & <i>Medovaha Srotas</i>
Adhishthana	Lower limbs, especially medial ankle and calf region
Vyakta Sthana	<i>Twak</i> (skin), <i>Medas</i> (fat layer) – leads to induration, pigmentation, and fibrosis
Roga Marga	<i>Bahya Roga Marga</i> (external pathway), involving <i>Twak</i> , <i>Mamsa</i> , <i>Medas</i> , <i>Rakta</i>

अथातो द्विद्विणीयचिकित्सितं व्याख्यास्यामः॥१॥
इति ह स्माह भगवानात्रेयः॥२॥ [12]

Ayurvedic treatment for lipodermatosclerosis (LDS) and venous ulcers (VUs), both of which are complications of chronic venous insufficiency, focuses on restoring the balance of *doshas*, improving circulation, and promoting tissue healing [13]. According to *Ayurvedic* principles, these conditions may be correlated with *Raktavaha Srotodushti* (vitiation of the blood channels), *Vata-Pitta Pradhana Tridoshaja Vyadhi*, and *Dushta Vrana* (chronic wounds) [14]. Management involves both internal and external therapies. Internal medications include *Ayurvedic* formulations with anti-inflammatory, antioxidant, and circulatory stimulant properties, such as *Guduchi* (*Tinospora cordifolia*), *Guggulu* (*Commiphora mukul*), *Haridra* (*Curcuma longa*), and *Manjishtha* (*Rubia cordifolia*) [15], which help purify blood (*Raktashodhana*) and reduce inflammation. *Panchakarma* procedures, especially *Raktamokshana* (bloodletting), may be indicated for systemic detoxification and improving venous tone [16]. Local treatments play a vital role, including *Lepa* (*Ayurvedic* pastes), *Dhara* (decoction pouring), and *Vrana Chikitsa* using medicated oils like *Jatyadi Taila* or *Nimbadi*

Taila, which aid in wound healing and tissue regeneration [17]. Regular *Abhyanga* (oil massage) followed by *Swedana* (sudation) using anti-inflammatory oils like *Dashamoola Taila* helps relieve stiffness and skin hardening seen in LDS [18]. In the case of venous ulcers, *Ayurvedic* wound care includes cleaning with *Triphala Kashaya*, dressing with *Madhu* (honey), and application of *Panchavalkala* decoction for its astringent and healing properties [19]. Dietary modifications and lifestyle changes that support *Rakta Dhatu* and promote *Agni* (digestive fire) are also emphasized. This study deals *Ayurvedic* management of lipodermatosclerosis in a 44-year-old male patient.

Materials and Methods

1. Case Report

A 44-year-old male visited Jeena Sikho Lifecare Limited Hospital, Gorakhpur, Uttar Pradesh, on March 17, 2025. His evaluation included a thorough medical history, physical examination, and diagnostics. There was no relevant family history. He came with wound in B/L foot, constipation and pain. He had dilated veins in the left lower leg. He was taking allopathic medicines. After getting the symptoms worse with pain and inflammation he came for *Ayurvedic* treatment. He

was diagnosed with lipodermatosclerosis with venous ulcer (*Twak vikar*). The *Ashtastana Pareeksha* with vitals during the visits are mentioned in Table 2. During the treatment period the patient underwent *Panchakarma* therapies like *Lepam* with *Tankan Bhasma*, *Sphatik Bhasma* and *Jatyadi Taila* and *Lepam* with *Apamarg Kshar* and *Jatyadi Taila* in alternate days and *Prakshalan* with *Panchavalkala*.

Table 2: The *Ashtastana Pareeksha* during the visits.

Parameter	Findings	
	(17-03-2025)	(18-04-2025)
Nadi	Vataj Pittaj	Vataj Pittaj
Mala	Badha	Avikrit
Mutra	Ishat peet varna	Ishat peet varna
Jiwha	Saam	Niram
Shabda	Spashta	Spashta
Spashta	Anushna sheeta	Anushna sheeta
Drik	Avikrit	Avikrit
Akriti	Madhyam	Madhyam

An accurately designed *Ayurveda* Diet was provided to the patient to complement the *Ayurvedic* treatments administered for lipodermatosclerosis with venous ulcer (*Twak vikar*)^[20]:

2. Treatment Plan

I. Diet Plan:

Dietary Guidelines from Jeena Sikho Lifecare Limited:

- Avoid wheat, refined foods, dairy, coffee, tea, and packaged foods.
- Do not eat after 8 PM.
- When eating solid foods, take small bites and chew each bite 32 times.

मिथ्याहाराचारस्य [१] विशेषाद्गुरुविरुद्धासात्म्याजीर्णाहिताशिनः
 स्नेहपीतस्य वान्तस्य वा व्यायामग्राम्यधर्मसेविनो
 ग्राम्यान्पौदकमांसानि वा पयसाऽभिक्षणमश्रुतो यो वा
 मज्जत्यप्सूष्माभितप्तः सहसा छर्दिं वा प्रतिहन्ति, तस्य पित्तश्लेष्माणौ
 प्रकुपितौ परिगृह्यानिः प्रवृद्धस्तिर्यगाः सिराः सम्प्राप्य समुद्धूय
 बाह्यं मार्गं प्रति समन्ताद्विक्षिपति, यत्र यत्र च दोषो विक्षिप्तो निश्चरति
 तत्र तत्र मण्डलानि प्रादुर्भवन्ति, एवं समुत्पन्नस्त्वचि दोषस्तत्र तत्र च
 परिवृद्धिं प्राप्याप्रतिक्रियमाणोऽभ्यन्तरं प्रतिपद्यते धातूनभिदूषयन् ॥३॥^[21]

Hydration

- Sip 2 liters of hot water throughout the day and consume DAP tea twice daily. To prepare 750 ml of DAP tea, combine 2 cloves, 5 cardamom pods, 25 black pepper seeds, 2 cinnamon sticks, and a spoon of fennel seeds with hot water.
- Drink alkaline water (750 ml/day), made with ½ cucumber, ½ lemon, ginger, turmeric, tomato, 3 green chilies, coriander, mint leaves, and Tulsi.
- Drink black or green tea without milk or sugar.

Meal Timing and Structure:

“पथ्यं स इति गदर्थस्य
 किमूषधहा निशेवनिहि!!”

पथ्या असति गदर्थस्य किमूषधहाः
 निशेवनिहि!!” ९. [22]

- **Early Morning (5:45 AM):** Chew 2 cloves, crushed garlic, and curry leaves.
- **Breakfast (9:00 AM):** Seasonal fruits like pomegranate, cucumber, tomato, or guava (Weight × 10 Kg).
- **Morning Snacks (11:00 AM):** *Mugda yusha*, red juice, and 4-5 soaked almonds.
- **Lunch (12:30 PM - 2:00 PM):** Plate 1: salad (Weight × 5 Kg) and Plate 2: millet recipes with proper hydration.
- **Evening Snacks:** Green juice (100-150 ml).
- **Dinner (6:00 PM):** Salad and fermented millets with chutney made from five leaves, onion, tomato, garlic, and green chili.

अस्थदशागुने तोये श्रुतो युषस्तु शिम्भिजैहि !! [23]

Fasting:

- Fast once a week with coconut water.

Special Instructions:

- Sit in sunlight for 1 hour, morning and evening, with feet soaked in lukewarm water while chanting LUM, VUM, RUM, YUM, HUM, OM, and AUM in *gyan mudra* position.
- Offer thanks to the divine before eating or drinking.

II. Lifestyle Recommendations:

- Practice meditation for stress relief.
- Perform Yoga (*Sukshma Pranayama* and *Sukhasana*) for 40 minutes daily.
- Do oil pulling every day.
- Ensure 6-8 hours of restful sleep each night.
- Follow a structured daily routine for balance and organization.

III. Panchakarma procedures administered to patients

- Lepam* with *Tankan Bhasma*, *Sphatik Bhasma* and *Jatyadi Taila* [24, 25]

Procedure

- *Tankan Bhasma* (1-2 grams) and *Sphatik Bhasma* (1-2 grams) were thoroughly mixed.
- *Jatyadi Taila* (5-10 drops) was added to the mixture, and a few drops of water were incorporated to form a smooth, thick paste.
- The affected skin area was cleaned with lukewarm water and mild cleanser.
- The *lepam* was applied evenly onto the affected area, ensuring complete coverage.
- Drying and Absorption:
- The *lepam* was left undisturbed for 10-15 minutes to allow it to dry and absorb into the skin.
- After the *lepam* dried, the area was washed with lukewarm water to remove any excess paste.
- The process was repeated 2-3 times a day as required for further healing and relief.

Physiology and Mode of Action

- Balances *Pitta* and *Kapha doshas*, addressing skin issues caused by excess heat and moisture. It acts as an astringent, anti-inflammatory, and antimicrobial agent, helping to dry up excess moisture, reduce inflammation,

and prevent infections, thus aiding in conditions like eczema, rashes, and skin irritation.

- Possesses cooling properties that pacify excess *Pitta*, soothing irritated skin. It reduces redness, irritation, and burning sensations, promoting faster skin healing by restoring balance and calming inflammation, which helps in the recovery of damaged skin.
- Nourishes and heals the skin by enhancing tissue regeneration. With its deeply penetrating properties, it hydrates the skin, prevents infection, and promotes rejuvenation, thereby accelerating healing, reducing dryness, and improving the overall health of the skin.
- The synergy of *Tankan Bhasma*, *Sphatik Bhasma*, and *Jatyadi Taila* targets skin disorders by balancing the *doshas* and providing both cooling and healing effects. This combination reduces inflammation, prevents infections, accelerates healing, and restores the skin's integrity and health.

ii). *Lepam with Apamarg Kshar and Jatyadi Taila* ^[24, 25, 26] Procedure

- 1-2 grams of *Apamarg Kshar* was mixed with 5-10 drops of *Jatyadi Taila* to form a smooth, thick paste, with a few drops of lukewarm water added.
- The affected skin area was gently cleaned with lukewarm water.
- The *lepm* was evenly applied onto the affected area, followed by a gentle massage.
- The *lepm* was left on for 10-15 minutes. Afterward, it was washed off with lukewarm water.
- The process was repeated 2-3 times a day as required for optimal results.

Physiology and Mode of Action

- The combination of *Apamarg Kshar* and *Jatyadi Taila* helps balance *Pitta* and *Kapha doshas*, addressing skin issues caused by excess heat, toxins, and moisture. It promotes healing of skin conditions like eczema, acne, and rashes.
- *Apamarg Kshar* is known for its astringent and anti-inflammatory effects, which help reduce swelling, redness, and irritation. *Jatyadi Taila* enhances the soothing effect, calming the affected area and reducing burning sensations and inflammation.
- *Apamarg Kshar* exhibits antimicrobial properties, helping to prevent infections in the affected skin area. *Jatyadi Taila* further supports this by providing natural antiseptic benefits, aiding in the prevention of bacterial or fungal growth.
- The deeply penetrating properties of *Jatyadi Taila* nourish and hydrate the skin, while the *Apamarg Kshar* enhances tissue regeneration. Together, they speed up the recovery process, promote faster healing, and improve skin texture and integrity by repairing damaged tissues.

iii). *Prakshalana with Panchvalkal* ^[27, 28] Procedure

- Equal quantities of barks (*Kutaja*, *Bilva*, *Chirata*, *Haritaki*, and *Amalaki*) were indirectly boiled in water to form a concentrated decoction.
- The affected area was cleaned, and the cooled decoction was applied using a cotton ball or clean cloth, gently massaging the skin.

- The decoction was left for 10-15 minutes and then rinsed off with lukewarm water. The process was repeated 2-3 times a day for effective results.

Physiology and Mode of Action

- The combination of the *Panchvalkal* herbs (*Kutaja*, *Bilva*, *Chirata*, *Haritaki*, and *Amalaki*) works synergistically to detoxify the body, particularly in cases of skin disorders. These *Ayurvedic* herbs possess potent antioxidant, antimicrobial, and anti-inflammatory properties, helping to purify the skin and remove accumulated toxins from the external layers.
- The *Ayurvedic* herbs in the *Panchvalkal* decoction, such as *Kutaja* and *Bilva*, help reduce inflammation by balancing *Pitta* and *Kapha doshas*. These *dosha* imbalances often lead to skin conditions such as rashes, acne, and other inflammatory skin issues. The decoction reduces redness, irritation, and burning sensations, soothing the affected skin area.
- The healing properties of *Haritaki* and *Amalaki* promote tissue regeneration. These are rich in Vitamin C and tannins, which help in collagen formation and wound healing, accelerating the repair of damaged skin and improving skin texture.
- The astringent action of *Chiraita* and *Bilva* helps to contract the tissues, reducing excess moisture and pus formation in the affected areas. This enhances the skin's ability to resist bacterial infections and promotes quicker recovery from skin irritation or infections.

Medicinal Interventions

The *Ayurvedic* treatment employed in this case included Udar vikar powder, Maha Charam Rog Har Vati, Chandraprabha vati, Arogya Vati tablet, Blood Purifier Syrup, Rakt Shodhak and Aarogyavardhini Vati along with *Panchakarma* therapies. The medications prescribed for the patient during the treatment is outlined in Table 3. The details of the medicine prescribed are described in Table 4.

Table 3: The medications prescribed for the patient during the treatment

Date	Medicines	Dosage with Anupana
17/03/2025	Udar vikar powder	Half teaspoon BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Maha Charam Rog Har Vati	1 TAB BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Chandraprabha Vati	1 TAB BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Arogya Vati tablet	1 TAB BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Blood Purifier Syrup	15 ml BD (<i>Adhobhakta</i> with <i>saraswa rasna kosha jala</i>)
18/04/2025	Rakt Shodhak	1 TAB BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Maha Charam Rog Har Vati	1 TAB BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Aarogyavardhini Vati	1 TAB BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Rakta Prasadan Tonic	15 ml BD (<i>Adhobhakta</i> with <i>saraswa rasna kosha jala</i>)

Table 4: The details of the medicine prescribed during the treatment

Medicine	Ingredients	Therapeutic Benefits
Udar vikar powder	<i>Hing (Ferula asafoetida), Ajwain (Trachyspermum ammi), Jeera (Cuminum cyminum), Saunf (Foeniculum vulgare), Dhaniya (Coriandrum sativum), Amla (Phyllanthus emblica), Bala (Sida cordifolia), Pippali (Piper longum), Chitrak (Plumbago zeylanica), Shunthi (Zingiber officinale), Triphala (Phyllanthus emblica), Terminalia chebula, Terminalia bellirica), Saindhav</i>	Agni deepana, Balancing doshas, Shoola nivarana, Snehana, Vatanuloman and Hridshoola shamana
Maha Charam Rog Har Vati	<i>Gandhak (Sulfur), Chhoti Elaichi (Elettaria cardamomum), Dalchini (Cinnamomum verum or Cinnamomum cassia), Tejpatra (Cinnamomum tamala), Nagkesar (Mesua ferrea), Guggulu (Commiphora wightii), Haridra (Terminalia chebula), Bibhitaki (Terminalia bellirica), Amalaki (Phyllanthus emblica), Haritaki, Baheda, Amla</i>	Balancing doshas, Vatahara, Shothahara, Deepan and Pachan
Chandraprabha vati	<i>Camphor (Cinnamomum camphora), Vacha (Acorus calamus), Nagar motha (Cyperus rotundus), Bhumi Amla (Phyllanthus niruri), Giloy (Tinospora cordifolia), Turmeric (Curcuma longa), Devdaru (Cedrus deodara), Dhaniya (Coriandrum sativum), Haritaki (Terminalia chebula), Baheda (Terminalia bellirica), Amla (Phyllanthus emblica), Vidanga (Embelia ribes), Ginger (Zingiber officinale), Kalimirsch (Piper nigrum), Sendha Salt, Gokhru (Operculina turpethum), Tejpatra (Cinnamomum tamala), Cinnamon (Cinnamomum cassia), Cardamom (Elettaria cardamomum), Shilajeet</i>	Helps in Agnimandya, Mutrakris, Raktashodhana, Rasayana and managing vrana
Arogya Vati tablet	<i>Kajjali, Abhrak Bhasma, Loha Bhasma, Tamra Bhasma, Triphala (Terminalia bellirica, Terminalia chebula, Phyllanthus emblica), Vibhitaki (Terminalia bellirica), Haridra (Curcuma longa), Lasuna (Allium sativum), Katuka (Picrorrhiza kurroa), Nimb Patti (Azadirachta indica)</i>	Rasayana, Agnideepana, Vata-Kaphahara, Pramcha, Raktashodhaka, Pitta shamana, Swedakara and Raktashodhana
Blood Purifier Syrup	<i>Khair Chal (Acacia catechu), Babchi (Psoralea corylifolia), Devdaru (Cedrus deodara), Darv Haldi (Curcuma aromatica), Haritaki (Terminalia chebula), Bhera (Terminalia bellerica), Amla (Phyllanthus emblica), Mahamajishtha (Rubia cordifolia), Dhamasa (Fagonia cretica), Sariva (Hemidesmus indicus), Amba Haldi (Curcuma amada), Kutki (Picrorhiza kurroa), Chiraita (Swertia chirata), Rasont (Rubia groenveltsa), Satyanashi (Cissampelos pareira), Madhu (Honey) and Shaker (Saccharum officinarum)</i>	Manages Raktashodhana, Pitta shamana, Rasayana, Kandughna and Pramcha
Rakt Shodhak	<i>Mahamanismadi Kwath (Rubia cordifolia), Nimb Twam (Azadirachta indica), Gorakhimundi (Sphaeranthus indicus), Kalmegha (Andrographis paniculata), Bhumiamla (Phyllanthus niruri), Chandan (Santalum album), Khadirashishtha (Acacia catechu), Pitapapda (Ficus carica), Gandhak Rasayan (Psciada mayana), Kishor Guggulu (Picrorhiza kurroa), Shunthi (Zingiber officinale), Pippali (Piper longum), Chitrak (Plumbago zeylanica), Shudh Shilajeet (Asphaltum punjabianum), Mirchi (Piper nigrum, Piper longum, Zingiber officinale)</i>	Yakrit shamana, Pitta shamana, Rakta shodhana and Agni deepana
Aarogyvardhini Vati	<i>Shothari, Kutki (Picrorhiza kurroa), Gandhak (Sulfur), Lasun (Allium Sativum), Bher (Daucus carota), Tamra Bhasma (Copper oxide), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellirica), Amalaki (Embelia officinalis), Shuddha Shilajeet (Asphaltum), Kajjali, Guggul (Commiphora wightii), Chitra (Plumbago zeylanica), Katuki (Picrorhiza kurroa), Nimb (Azadirachta indica)</i>	Pitta Shamana, Amla Pitta Nivarana, Agni Deepana, Vata-Pitta Shodhaka and Rakta Shodhana
Rakta Pradan Tonic	<i>Khair Chal (Acacia catechu), Babchi (Psoralea corylifolia), Devdaru (Cedrus deodara), Darv Haldi (Curcuma aromatica), Haritaki (Terminalia chebula), Bhera (Terminalia bellirica), Amla (Phyllanthus emblica), Mahamajishtha (Rubia cordifolia), Dhamasa (Woodfordia fruticosa), Sariva (Hemidesmus indicus), Amba Haldi (Curcuma amada), Kutki (Picrorhiza kurroa), Chiraita (Swertia chirata), Rasont (Plumbago zeylanica), Satyanashi (Cissampelos pareira), Honey (Apis mellifera)</i>	Rakta shodhana, Pitta shamana, Amla pacha-ka, Twak vikar and Rasayana

Result

Effectiveness of Ayurvedic Treatments: The patient underwent 2 months of Ayurvedic regimen, after the treatment he experienced noteworthy development in symptoms, which denotes the interventions used in the study are effective against lipodermatosclerosis with venous ulcer (*Twak vikar*). After the treatment he was well oriented and got relief from symptoms like constipation and pain which shows that the Ayurvedic interventions used in the case study are effective for this *Twak vikar*. The wound in the leg of patient also got

better healing (Fig 1). The conditions before and after treatment is mentioned in Table 5.

Table 5: The conditions before and after treatment

Conditions	Before Treatment	After Treatment
Weakness	Severe weakness	Mild weakness
Stool	Constipation	Relieved
Pain	8/10	3/10
Wound	Severe	Healing stage



Fig 1: The improvement of patient during treatment

Implications for Future Research

This study focused on a *Twak vikar*, yielding promising results. However, due to the small sample size, further research with randomized controlled trials and larger cohorts is needed to confirm the safety, efficacy, and reliability of integrated *Ayurvedic* treatments, helping to establish standardized therapeutic guidelines.

Discussion

Ayurvedic treatment integration for *Twak vikar* offers a viable substitute for conventional medical methods. This case study describes the application of several *Ayurvedic* treatments to a 44-year-old man who has been diagnosed with *Twak vikar*. *Samprapti* [29, 30] of this case study is illustrated in Fig 2.

हेतुं द्रव्यं लिङ्गं कुष्ठानामाश्रयं प्रशमनं च।
शृण्वन्निवेशः। सम्यग्विशेषतः स्पर्शनघ्नानाम्॥३॥ [31]

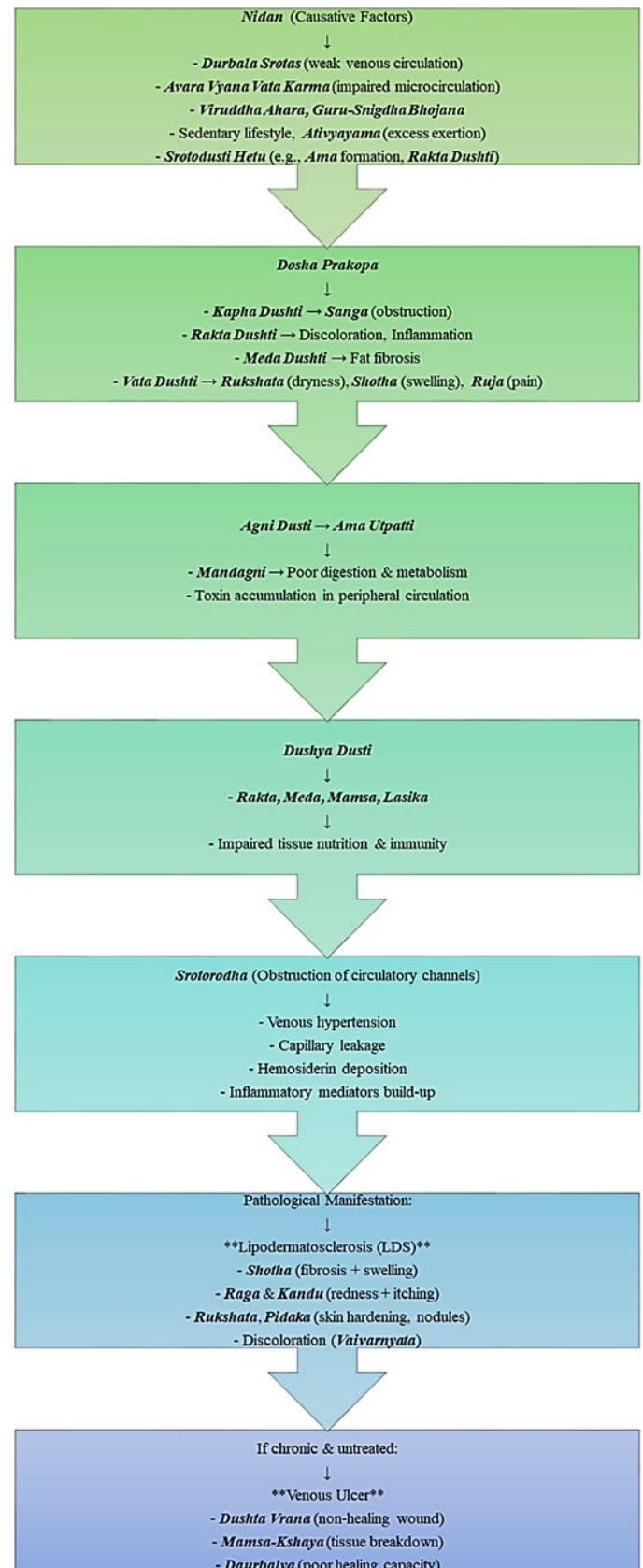


Fig 2: *Samprapti* of this case study

During his two months of *Ayurvedic* treatment, he underwent *Ayurvedic* therapy regimen. To address this pathology, specific *Ayurvedic* formulations are employed. Udar Vikar Powder acts as *Deepana-Pachana*, reducing *Ama* and correcting *Mandagni*, thus targeting *Meda* and *Rasa Dushti*.

Maha Charam Rog Har Vati is effective in chronic skin disorders due to its *Kusthaghna* and *Rakta Shodhaka* properties, supporting wound healing (*Vrana Ropana*). Chandraprabha Vati balances *Vata* and *Kapha*, purifies channels (*Srotoshodhana*), and enhances microcirculation. Arogya Vati Tablet has *Tridosha* balancing effects and supports *Deepana* and *Rakta Shodhana*. Blood Purifier Syrup and Rakt Shodhak specifically act on *Rakta Dushti* and reduce *Pitta*-associated inflammatory responses. Aarogyavardhini Vati plays a crucial role in improving liver function (hepatoprotective), enhancing digestive fire (*Agni*), purifying the blood (*Rakta Shodhana*), and nourishing the skin (*Twak Poshana*) while promoting wound healing (*Vrana Ropana*). Together, these formulations help in *Ama Nirharana*, *Dosha Shamana*, *Srotoshodhana*, *Vrana Shodhana*, and *Ropana*, thereby effectively breaking the pathological process (*Samprapti Vighatana*) of LDS with venous ulcers.

To counter the pathogenesis, *Panchakarma*-based local therapies were employed. *Lepam* with *Tankan Bhasma*, *Sphatik Bhasma*, and *Jatyadi Taila* provided *Kleda Shoshana* (absorption of moisture), *Shothahara* (anti-inflammatory), *Vrana Shodhana* (cleansing), and *Ropana* (healing) actions. *Tankan* and *Sphatika* offer antimicrobial and astringent properties, while *Jatyadi Taila* supports tissue regeneration. On alternate days, *Lepam* with *Apamarg Kshar* and *Jatyadi Taila* was done, targeting *Granthi* (induration) and aiding in *Lekhana* (scraping) of excessive *Meda* and *Rakta Dushti*, particularly effective in chronic fibrotic tissue. Furthermore, *Prakshalan* (cleansing wash) with *Panchavalkala Kashaya* provided *Vrana Shodhana* and *Ropana*, being *Kashaya* Rasa dominant, *Tridosha Shamaka*, and *Tvachya* (beneficial to skin). This regimen helped in *Dosha Shamana*, *Srotoshodhana*, *Dhatu Shuddhi*, and accelerated *Vrana Ropana*, thereby achieving *Samprapti Vighatana* of LDS with venous ulcer from an *Ayurvedic* perspective.

This case study highlights the potential benefits of *Ayurvedic* therapy for managing lipodermatosclerosis with venous ulcer (*Twak vikar*). *Ayurvedic* treatment, offer a more accessible, cost-effective approach, addressing underlying imbalances. While promising, further research is needed to confirm the effectiveness, safety, and reliability of *Ayurvedic* treatments in lipodermatosclerosis with venous ulcer (*Twak vikar*) management.

Conclusion

This case study evaluating the treatment of lipodermatosclerosis with venous ulcer (*Twak vikar*) through *Ayurvedic* interventions yields the following findings:

Symptoms: Upon the first visit, the patient presented with General weakness, Constipation and pain with severe wound. After *Ayurvedic* treatment, significant improvements were observed. The patient reported relief from weakness and constipation and the wound also seems to be healed, with no new symptoms emerging, suggesting a marked improvement in overall health.

Vitals and Investigations: There was a notable reduction in general weakness, constipation and pain with wound healing reflecting positive changes in both lifestyle and diet.

In summary, holistic *Ayurvedic* therapies for lipodermatosclerosis with venous ulcer (*Twak vikar*) showed promising results, including improvements in laboratory test results, vital signs, and symptoms. The integration of *Ayurvedic* treatments appears to alleviate lipodermatosclerosis with venous ulcer (*Twak vikar*) symptoms, and improve overall health.

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