

**SELECTIVE AYURVEDA TREATMENT MODALITY FOR LICHEN PLANUS  
(VISHAJA KUSHTHA) – A CASE STUDY**

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Lichen planus is common inflammatory disorder of the skin. It is estimated to effect 0.5% to 2.0% of the general population. It is an autoimmune disease affecting mucosal and cutaneous tissue. This condition associated with purplish colored pruritic lesions or bumps with flat tops and thin white lines over the rash. Lesions develop and spread over the body. In allopathic system of medicine steroids have been the drugs of choice for this condition. Nonsteroidal anti-inflammatory drugs also have less beneficial effects. Steroidal drugs have so many side effects and contraindications. In Ayurveda treatments, there are various treatment modalities that have been designed to treat effectively for *Vishaja Kushtha*. This case study developed to evaluate the efficacy of a sequential combined purification therapy (*Vamana* and *Virechana*) with *Shamana* treatment in order to control this condition without adverse effects. A case detail was taken from the Gampaha Wickramarachchi Ayurveda Teaching Hospital. The patient was 42 years of age female. She had been suffering with generalized pruritic popular rash for one month and had been diagnosed as Lichen Planus in 2016. According to Ayurveda, this skin condition diagnosed as a type of *Vishaja Kushtha* and treatments started with body purification procedures along with *Raktashodhaka* and *Vishaghnacikitsa* internally and externally. Photographs of the affected skin were taken at the time of initiation of the treatment and subsequently on every week. When compared the before and after treatment photographs, shows a considerable improvement in the skin lesions. Sequential combined internal and external medications along with Ayurveda *Shodhana* therapy completely managed the Lichen Planus without adverse effects.

**Keywords:** Lichen Planus, *Vishaja Kushtha*, Ayurveda, *Vamana*, *Virechana*