

# Case Report On Themal- Reference Based Management

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**ABSTRACT:** Themal is one of the skin disease in siddha comparable to Pityriasis versicolor in modern medicine. It is one of a common fungal skin infection. This fungal interferes with normal pigmentation of skin resulting in small discoloured patches may be lighter or darker in colour than normal skin. When they appear on face and neck it affects the beauty of the skin. It most frequently affects the young adults than children and affects men than women. More common in hot and humid climates. This report speaks about the effectiveness of karbogi paste a herbal preparation on themal.

**Keywords:** Themal, pityriasis versicolor, tinea, karpogi paste, skin infection.

## INTRODUCTION

Themal is correlated with tinea versicolor. The clinical features of themal is skin becomes shiny and while rubbing produces scaling. Further the skin becomes red and has a foul smell resulting in paleness and rough bumpy skin. [4][5] Pityriasis versicolor is a chronic fungal disease, located on upper trunk, neck and upper arm. In modern, tinea versicolor is a common yeast infection caused by the growth of fungi *Mallassezia* a normal skin microbiota. If they grow more actively on skin, lightening skin colour due to Azelaic acid, which has bleaching of skin [1][2][3]

## DESCRIPTION OF PATIENT

A 27 years old patient came with a complaints of white small patches on upper back of trunk for 6 months with slight itching and scaly on sweating. Had no history of diabetes mellitus, hypertension, asthma, allergies. On examination no other parts of the body is affected, there is no loss of sensation on the patches, on scrubbing light scaly observed. Siddha clinical assessment Naadi and Neikuri is seen. Naadi is pitha vaatha. Neikuri indicate vaathaneer [9]. Only one single external Medicine karbogi paste prescribed to the patient as a treatment. [5]

## TREATMENT METHODS and PROCEDURES

### Karbogi Paste Ingredients [6]

S.No	Ingediants	Botanical Name [7][8]
1.	Karbogi arisi	Psoralea corylifolia
2.	Kasa kasa	Papaver somniferum
3.	Badam	Prunus dulcis
4.	Koparai thaengai	Cocos nucifera
5.	Neeradimuthu	Hydnocarpus pentandrus
6.	Karunjeeragam	Nigella sativa
7.	Kaatujeeragam	Vernonia anthelmintica

## METHOD OF PREPARATION [6]

All ingredients are properly collected and purified. These ingredients are grinded using gadineer and made into paste.

## METHOD OF APPLICATION OF MEDICINE [5]

The patient is advised to apply the karbogi paste on the area of patches and should stand on sunlight for 3 hour. Later advised to take bath using green gram powder in warm water, then coconut oil should be applied over the patches. Patient advice to follow the hygienic methods and wearing cotton fabric, do not allow much sweating and follow up the treatment

## OBSERVATION:

The skin with white patches completely turned into normal skin colour after the application of karbogi paste for 10 days. There is no itching and scaly on upper back (Previously affected area) fully come as normal skin colour.

## CONCLUSION :

From this case study, concluded as the karbogi paste is highly effective to treat themal without internal medicine, for treating themal.

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