

Management of Psoriasis by Ayurveda - A Case Study

Rachana Kashyap ^{1*}, D. V. Kulkarni ²

1. PG Scholar (Dravyaguna)

2. Professor and Head of Department,

Dravyaguna Dept., Government Ayurveda College, Osmanabad, Maharashtra, India.
413501

*Corresponding author: email-rkashyap16@gmail.com

Abstract

Psoriasis is one of the diseases of skin. Skin is an organ which comes in front of everyone's eye. Every person in the world likes to look beautiful but due to some skin diseases a person has to deal with some situations like lack of confidence. In Ayurveda all skin diseases come under one banner i.e. *kushtha*. Due to vitiation of *tridosha* and *dhatu*s like *rakta* and *mansa* various types of *kushtha* are formed. Psoriasis can be related to *ekkushtha* in Ayurveda by its clinical features. In modern medicine there is no complete treatment of skin diseases but in Ayurveda psoriasis can be healed. We need to explore medication in *Ayurveda* to fight against such diseases. In this case study a male of 42 years suffering from psoriasis, since 30 years history was cured by *shodhana* and *shaman* therapy.

Keywords- *Psoriasis, kushtha, skin disease, shodana.*

Introduction

Skin is the largest organ of our body. Functions of skin are to provide biologic cover, thermoregulation, identity and beauty. It is an organ, which comes in front of everyone's eye. So, when a person suffers through a skin disease he lost his confidence to face the people around. The prevalence of skin disease in India is 10 to 12 percent of total population with eczema and psoriasis being the major contributors. The main causes for this disease are pollution, U.V light and global warming, photosensitive skin, smoking, obesity, tobacco consumption, consuming products that increase heat in our body. Psoriasis is one of the major contributors in skin diseases.

Psoriasis is a non-contagious, chronic skin disease that produces plaque of thickened, scaly skin. The dry flakes of silvery –white skin scales result from the excessively rapid proliferation of skin cells. Psoriasis commonly affects the skin of elbows, knees and scalp. According to modern medicine system

psoriasis is considered to be an incurable, long term chronic inflammatory skin condition. ^[1] Prevalence of psoriasis in India also varies from 0.44 to 2.8 % it is twice more common in males compared to females, most patient are in 3rd and 4th decade. ^[2]

According to Ayurveda it can be related to *ekkushtha*, though all the skin disease can come under heading of the *kushtha*. Acharya *charak* has described *ekkushtha* as one in which there is no sweating, extensively spread and resemble in form of scales of skin. ^[3] *Sushrut Acharya* has explained *ekkushtha* as disease in which the skin becomes black and pink colour. ^[4] As modern medicines treatment of psoriasis contains steroids and these steroids have many side effects on kidney and other organs. So, ayurvedic medicines can act as boon on the treatment of this disease. *Sushrut Acharya* in his line of treatment for *kushtha* has explained to give *vaman* once in every 15 days, *virechan* once in 30 days and *raktamoshan* once in 6 months. ^[5]

Case presentation

A 42 years old male patient came on date- 11/11/2019 with reddish scales over back, scalp, hands and legs. The affected skin had shades of pink and red with large silvery scales on it. He had complains of severe itching over the patches and these patches started from scalp. He had history of about 30years suffering from psoriasis since childhood at the age of 10years started from scalp all these years but had no relief. He had addiction of tobacco since 10 years. And also had complaints of constipation and flatulence.

- Patient name- Nandkumar Swami

- Age- 42 years
- Gender- male
- Occupation- food grocery store
- Opd no- 35327
- Hospital name- Government Ayurvedic hospital Osmanabad

Table 1 General examination

BP	130/80mmhg
Pulse	78
Aahara	Oily food, tea, tobacco
Vihara	Unhygienic environment
Appetite	moderate
Bowel	Once a day
Micturation	6-7 times a day
Sleep	Sound

Table 2. Systemic examination

Respiratory Examination	No added sounds trachea centrally placed
Cardiovascular examination	Chest bilaterally symmetrical
Per abdomen examination	Soft, non tender, no organomegaly

Table 3. Dashvidha pariksha

<i>Prakriti</i>	<i>Pitta kapha</i>
<i>Vikriti</i>	<i>Vata kapha Pradhan</i>
<i>Dushya</i>	<i>Rasa ,rakta, mansa, meda</i>
<i>Sara</i>	<i>Madhyam</i>
<i>Samhanan</i>	<i>Madhyam</i>
<i>Satva</i>	<i>Madhyam</i>
<i>Aahara Shakti</i>	<i>Madhyam</i>
<i>Jarana Shakti</i>	<i>Madhyam</i>
<i>Vyayama Shakti</i>	<i>Madhyam</i>
<i>Satmya</i>	<i>Madhyam</i>
<i>Vaya</i>	<i>Madhyam</i>
<i>Praman</i>	<i>Madhyam</i>

On examination

Nadi	Vata pittaja
Mala	Mala badhata
Mutra	Samyaka
Jivha	Saam
Druka	Spashta
Shabda	Spashta
Sparsa	Samshitoshna
Aakriti	Madhyama

Assessment criteria ^[6]

Intensity	Abse nt	Mild	moder ate	sever e	Very sever e
erythema	Score 0	1	2	3	4
induration	Score 0	1	2	3	4
desquamati on	Score 0	1	2	3	4

Treatment given

Deepana pachana and anulomana

Patient was given *arogyavardhini vati* 500mg BD before meal, *gandhak rasayan* 2 tablet BD and *kaishor guggul* for *pachana* and *sariva* and *Manjishtha churna* at 6 am morning.

For *anulomana* 20 ml *eranda tail* at night with warm water.

Local application-

Washing with below given dravya churna at the time of bathing-

1. Aragvadha
2. Khadir
3. Haritki
4. Guduchi

Winsoria oil applied twice daily on patches.

Formulations-^[7]

Snehapana

After giving deepana and pachana for 15 days. The symptoms of constipation and flatulence was relieved and therefore, snehapana was started by *panchatikta ghrut* in morning 20ml and 10 ml before meal in the afternoon with warm water.

Lifestyle and exercise

Patient was told to quit tobacco and a schedule was made by padanshik karma for it. Patient has followed all the instructions. He was advised to do suryanamaskar and jogging at the morning.

Virechana therapy

As per *Sushruta Acharya* guideline towards kushtha treatment patient was given virechana once a month. For about 3 months patient was given virechana with eranda tail and triphala kwath followed by sansarjan karma.

Raktamoshan

In the month of December patient was taken for raktamoshan. All the investigations like CBC were done previously before raktamoshan. It was done only once. As mentioned earlier sushruta has explained to do raktamoshana once in 6 months.

Internal medicine

- Khadirarishtha- 20ml BD
- Kaishor guggul- 2BD
- Gandhak rasayan -2 BD
- Jatamansi churna- 5gm at night before sleep.

Drug review

Sr. no.	Kalpa	Contents	Rogadhikar	Dose
1.	Arogyavardhini vati	Parad, gandhak, loha bhasma, abhraka bhasma, tamra, triphala, shilajatu etc.	kushtha, jwara vikara, medanashak	2-6 gunja
2.	Gandhak rasayan	Gandhak, dalchini, tamalpatra, velchi, nagkeshar, gulvel, triphala, suntha, maka.	Kandu, kushtha, vishdosha, atisara, grahnigad, somrog.	½ - 3 gunja
3.	Kaishor guggul	Triphala, giloy, lohapatra, guggul.	Sarvakushtha, vatrakta, vrana, gulma, pramehapidika, udararoga, mandagni.	1-1 shan
4.	Khadirarishtha	Khadir, deodaru, bakuchi, daruharidra, triphala, pippali, lavang, dalchini etc.	Mahakushtha, hridroga, krimi, kasa, shwasa, plihodara, sarvakusthanivarana	10-20ml

Dravya-^[8]

Sr. no.	Drug	Latin name	Family	Rasa	Vipaka	Virya	Doshaghanta
1.	Sariva	Hemidesmus indicus	asclepiadaceae	Madhur, tikta	Madhur	Sheeta	Tridoshashamak
2.	Manjishtha	Rubia cordifolia	Rubiaceae	Tikta, Kashaya, madhur	katu	ushna	kaphapittahar
3.	Jatamansi	Nordostyche jatamansi	valerianaceae	Tikta, Kashaya, madhur	katu	Sheeta	Tridosahar
4.	Aragvadha	Cassia fistula	leguminosae	madhur	madhur	sheeta	Tridosahar
5.	Khadir	Acacia catechu	leguminosae	Tikta, kashaya	katu	sheeta	Kaphapittahara
6.	Haritki	Terminalia chebula	Combretaceae	Kashaya Pradhan pancharasa, lavana varjit	madhur	ushna	Tridosahar
7.	Guduchi	Tinospora cordifolia	Menispermaceae	Tikta, kashaya	madhur	ushna	Tridosahar

Discussion-

Mode of action of Deepana and Pachana-^[9]

Acharya Hemadri explains that pachana does digestion of ama, deepana does separation of dosha from dhatu. While snehana does utklehana of dosha and

swedana brings the *dosha* from *shakha* to *koshtha*.

Mode of action of snehapana ^[10,11]

If *shodhana* is performed without doing *snehana*, the body will be broken down like a dry wood. *Sneha* looses the *doshas* which are adherent to the wall of minute channels. *Dalhana* explains that to bring the *shakhagat doshas* into *koshtha*, *snehana* is essential. *Charaka* has given saying that as from oil smeared container, the water can be easily separated without much effort, similarly the *kaphadi doshas* are easily expelled out from the oiled body.

Mode of action of Virechana ^[12,13,14,15]

Action of *virechana* can be divided into 2 ways-

1. Systemic – by which it brings down the morbid *dosha*, particularly *pitta* from *shakha* to *koshtha*.
2. Local- which is concerned with the evacuation of these *dosha* in form of *mala* from the gut by *adhobhaghara* property.

Virechan drugs are having *ushna*, *tikshna*, *sukshma*, *vyavayee*, *vikasee* properties and *adhobhaghara* prabhav.

Virechan dravya gets absorbed by its *veerya*, it reaches to *hridaya*, then the *dasha dhamani* and thereafter it reaches to macro and micro channels of the body. i.e. *sukshmati sukshma strotas*.

Ushna guna has *agneya* property and hence the *dosha sanghata* is liquefied. Hence it

facilitates movement of morbid *doshas* towards *koshtha*. Due to *vyavayee* guna these drugs spread quickly through the body and starts their action before its digestion. *Vikasi* guna of drugs causes loosening of the bond between *dosha* and *dhatu* causing *dhatu shaithilya*.

From all the above properties *doshas* are driven to *koshtha*. These drugs consist of *prithvi* and *jala mahabhutas* which are heavy in nature and *adhobhaghara prabhav* which helps in expulsion of *dosha* from *adhobhaga* (anal route).

Mode of action of Raktamokshana

In *raktamokshana* *dushita rakta* along with vitiated *doshas* are removed. Due to removal of *dushit rakta* quality of *rakta* gets improved. Vitiation of *rakta dhatu* leads to many *twak vikara* (skin diseases), *raktamokshana* helps in removing *dushita rakta* from *twacha* and *twacha* gets nourished with *shuddha rakta* which will subside all types of *kushtha*.

Internal medication-

Arogyavardhini vati and *gandhaka rasayana* due to their *ushna*, *laghu* and *ruksha* guna enhances the digestive capacity and metabolic activity of the cells and facilitates the easy digestion. *Sariva* and *Manjishtha* have *rakta prasada* property due to which they purify the blood. *Kaishor Guggul* also works by purifying the impure blood.

Before treatment



After 5 months of treatment



Before treatment



After 3 months



Before treatment



After 5 months



Healing chart

Time	Before treatment	After 2 months	After 5 months
Score	1. Erythema- 3 2. Enduration-3 3. Desquamation-3	1. Erythema -2 2. Enduration-2 3. Desquamation-2	1. Erythema-0 2. Enduration-0 3. Desquamation-0

Symptom of itching was also relieved to 100%.

Conclusion

As we know that in the present era bad eating habits and consumption of junk food stuffs is a daily routine phenomenon for people. Due to these items the blood gets impure and gives birth to certain skin diseases. For treating such patients it is necessary to stop intake of such food stuffs and bad habits. And after that comes the elimination of *doshas* from body by doing *panchakarma* with internal medication. Skin diseases are also related to *manas* (mind) therefore *yogabhyasa* like *suryanamaskar* and various *pranayama* are found to be very helpful to relieve the mind from anxiety and stress. Modern science has no such line of treatment in curing the patient of psoriasis like skin diseases and hence *Ayurveda* comes out to be relieving way for diseases like psoriasis.

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