

Clinical efficacy of *Shodhan* and *Shaman* in *Mandal Kushtha* (Psoriasis) - A case study.

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ABSTRACT

In India an assessed 0.8 % of the people are suffering from Psoriasis. It is a papulo-squamous illness of skin characterized by sharply defined erythematous-squamous lesions. This disorder is comparable with Mandal Kushtha in Ayurvedic scheme of medicine. Shodhan procedures are reliable to control the disease.

Here an effort made to treat female of age 45 yrs. using Ayurvedic treatment. At the end of treatment, Panchkarma procedure (Shodhan) along with internal medicines (Shaman) resulted in the improvement of overall symptoms.

KEYWORDS

Mandala Kushtha, Psoriasis, Shodhan, Shaman, local application.

INTRODUCTION

In Ayurveda, entirely the skin infections are classified under kushtha. Mandala kushtha a type of maha kushtha of chronic kind. The characteristics of Mandala Kushtha are similar to

Psoriasis. Hence Mandala Kushtha can be compared with Psoriasis. Psoriasis is a non-infective inflammatory skin sickness characterized by raised silvery scaly lesions with slight to moderate itching, lesions vary from few millimeters to several centimeters and most commonly seen on elbow, knee, lower back. According to Acharya, the Mandala Kushtha is caused by ingestion of salty, sour, hot foods, navannpan, viruddha aahar, aadhyashan, diwaswap, etc. due to which kapha and vata doshas get vitiated leading to dhatuvaishmya causing Mandala Kushtha. In Ayurveda, the management includes internal medicines and Panchkarma procedures. To avoid analgesics drug therapy which has destructive side effects, Ayurvedic management practice was followed.

In ancient texts, kushtha is the illness where shodhan is directed first and vaman & virechana is the best therapy for it.

MATERIAL & METHODS

Review of literature of concepts related to Mandala Kushtha and Psoriasis.

Interpretations of the symptoms along with successful Ayurvedic management of a patient were done.

AIM AND OBJECTIVES

To study the clinical efficacy of internal Ayurvedic medicines and Panchkarma (Vaman procedure) in the management of patient suffering from Mandala Kushtha (Psoriasis) admitted in the Ayurvedic hospital.

CASE REPORT

Basic information of patient-

Name of patient - XYZ

Age - 45 yrs.

Sex - Female

Religion - Hindu

Socio – Economic status – Middle class

PRADHAN VEDNAVISHESH (CHIEF COMPLAINTS)

Itching and discoloration of skin

Rounded and irregular patches

Dandruff

Acid reflux mostly after food

CLINICAL FINDINGS– No similar family history was found. Patient was very much depressed with the symptomatic manifestations. On examination, the skin lesions were blackish- brown, spread onto scalp, breast, abdomen, back, upper and lower limb and hip region.

VARTAMAN VYADHIVRITTA

Six years ago the patient was asymptomatic. After that she develops

above symptoms. She took medicines from private hospital but did not get relief. So for further management she got admitted in our hospital.

PURVAVYADHIVRITTA (HISTORY OF PAST ILLNESS)

NAD

KULAJVRITTA- None

VAIYAKTIK VRITTANTA

Aaharaja - She took sour, salty diet frequently, curd, pickle every day. She drinks water every day after tea intake. Patient consumed non veg diet every after one week.

Viharaja - Patient does moderate work at home.

She does physical exercise daily.

Vyasan - She takes half cup of tea daily 3-4 times.

Diwaswap - Daily for 1 hour

GENERAL EXAMINATION

General condition – Fair, Afebrile.

Pulse - 76/min

BP - 130/80mmhg

RS – AE=BE

CVS - S1 S2 Normal

CNS – Conscious, well oriented.

Vitals are normal.

ASHTAVIDH PARIKSHAN

Nadi - 76/min

Mala - one time per day

Mutra - 3-4 times /day

1-2 times /night

Jivha - Saam

Shabda - Spashta

Druk - B/L Normal

Aakruti - Madhyam.

TREATMENT

POORVA KARMA-

DEEPAN AND PACHAN-Trikatu churna 2 gram, chitrakadivati 2tablet TDS with lukewarm water for three days.

SNEHAPANA – Panchtiktaghrit (150ml) mix with Goghrita (350 ml) taken early in the morning as per Koshta and Agni in increasing manner of 25 ml each day i.e. from 50 ml to 150 ml for five days.

ABHYANGA AND SWEDAN – Bala tail along with Dashmool kwath nadi swedan all over the body on last day of snehapaan on vishram day and after samyak snehpaan and on the day of Vamani.e day 5,6, 7.

PRADHAN KARMA–1) Yavagu after that

2) koshnadugdha 4 liters then

3) Yashtimadhuphant3-4 liters

4) Madanphala + Saindhav with madhu for leaking after aakanthapana.

5) lavanjala

PASCHATKARMA- After the completion of vaman patient was kept on close observation and special diet and behavioral restrictions called as

SHAMAN CHIKITSA -

paschatkarma for few days till achieving proper agnideepti and bala.

DHUMPAN AND GANDUSH – After the proper completion of procedure the patient was advised to inhale the medicated smoke, gargle and wash mouth and advised to take rest.

BEHAVIOURAL AND DIETETIC RESTRICTIONS–Patient was advised to avoid excessive sitting, standing, walking, talking, exposure to cold, heat, wind, day sleep etc. frequently salty, heavy, sour diet were also avoided for long time.

SAMSARJANA KARMA- It has to be planned on the basis of type of purification achieved by vaman procedure.

PROBABLE MODE OF ACTION-

Agni Deepak aushadhi advances the digestive capability and enriches the metabolic action and thus improves the state of GIT.

Snehapana helps to eradicate toxins from body and offers greasiness to body.

Sarvang snehan – It helps to bring the doshas from all over body to the koshta.

Swedan helps to eliminate the waste and doshas from body.

Vaman- It is the process by which contents of the belly along with kapha and pitta are removed from body via mouth. The core site of kaphadosha is stomach so exclusion of kapha from stomach by vaman is top method to cure disease.

DRUG	DOSE	ANUPAAN
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<i>Aarogyawardhinivati</i>	<i>2 tab TDS</i>	<i>Koshnajala</i>
<i>Gandhak Rasayana</i>	<i>2 tab TDS</i>	<i>Koshnajala</i>
<i>Raktashodhakkadha</i> (<i>Sariva, Manjistha,</i> <i>Haridra, Daruharidra,</i> <i>Raktachandan taken in</i> <i>same quantity prepared by</i> <i>our hospital as per</i> <i>Sharangdhar Samhita)</i>	<i>20 ml TDS</i>	-
<i>Sutshekhar + kamdudha</i>	<i>1 tab each BD</i>	<i>Koshnajala</i>

LOCAL APPLICATION – Gandhak churna mix with coconut oil is applied on affected area.

DIET- Plain diet, avoidance of spicy,oily foods, fermented foods, curd, pickles.

Meditation for mental stress.

RESULTS – Red patches lightened, itching decreases, dandruff reduced.

CONCLUSION

This case report shows that combined Ayurvedic treatment is potent and effective in the management of Mandala Kushtha (psoriasis). There were no adverse effects found in combined Ayurvedic treatment.

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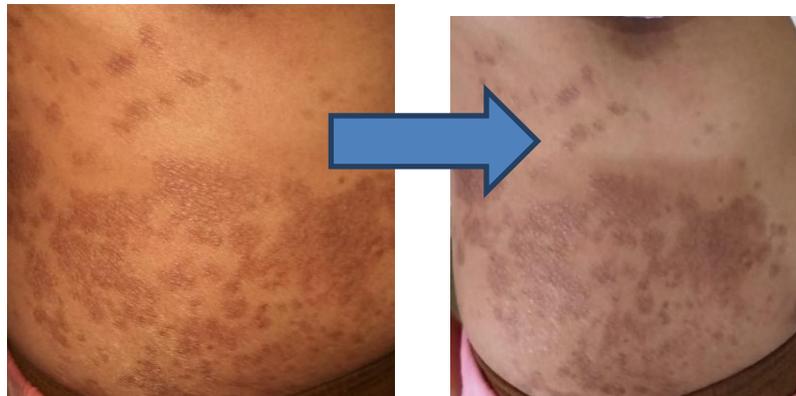
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