

Management of *Alasak Kushta* (Plaque Psoriasis) with combination of *Panchakarma therapies* -a case study

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Abstract: A healthy skin is an asset to the body; your skin health says a lot about you. Nowadays society is more conscious about external beauty compared to internal beauty and also some professional fields they require good looking and charming beauty. Psoriasis is chronic disorder which is one of the burning issues having social importance. And it also has a negative impact on the physical, emotional and physiological well-being of the patient. The role of alternative medicines in psoriasis is for the shorter period of time with symptomatic relief only and they have their own side effects too. The *Ayurvedic* diagnosis is considered as *Alasak Kushta*, which is a *Vata- Khapha* predominant *Kushta*, having sign and symptoms similar to plaque psoriasis. Due to relapsing nature of this disease it needs long duration treatment. *Panchakarma* Therapies provides long lasting results by treating the disease and preventing reoccurrence. As the principle

of treatment of all types of *Kushta* is *Samshodhana* along with *Samshamana* drugs, in this study, *Vaman & Virechana* was given followed by *Samshamana* drugs were given. Assessment of skin lesions were done at the end of treatment.

KEY WORDS: *Alasak Kushta, Vata-Khapha, Samshodhana, Vaman & Virechana.*

INTRODUCTION: Psoriasis is one of the commonest skin diseases characterized by scaly papules and plaques. Prevalence of psoriasis in different parts of the world varies from 0.1 to 3%. Psoriasis occurs with almost equal frequency in males and females^[1]. Second to fourth decade of life is one of the most common period of onset of psoriasis and may occur just after birth or at an old age. Psoriasis is considered as a genetic, immunological, systemic disorder.^[2,3] *Kushta* divided into *Maha*

Kushta and *Kshudra Kushta* in which all skin diseases in *Ayurveda* involved^[4]. *Kushta* mentioned in *Ashtamahagad* i.e. difficult to treat by *Acharya Charaka*^[5]. Here in the present case study *Ayurvedic* diagnosis is considered as *Alasaka kushta*^[6], a *Vata –kapha* predominant *kushta* presenting with *Twak Aarkta*, *Rookshata*, *Raja Mochan*, *Kandu* and *Daha lakshana*. All the sign and symptoms of Plaque psoriasis similar with *Alasaka Kushta*. The principle of treatment of all the *kushta* types is *Samshodhana* followed by *samshaman* drugs. For treating root cause of disease in *Bahudoshavastha* of *Kushta Shodhana* is necessary for elimination of aggravated *Doshas* from the body as given in *Samhita*^[7]. So in this case study *Alasaka Kushta* is managed with *Vamanaa*, *Virechan* long with *Shamana Chikitsa*.

Case Report: A 29 years old female patient approached with complaints of *Ubhaya pada pradeshi*, *ubhaya hasta pradeshi va kati pradeshi twak Aarkta*, *Rookshata*, *Raja Mochan*, *Kandu*, *Daha*, *Agnimandya*, *Malavibhandha* since 1-2 years.

Brief history of the Patient:

Presenting complaints:

- Pt. was having the h/o psoriasis since last 10-12 yrs, for this pt had taken Allopathic treatment.
- This treatment mainly includes Oral steroidal dose along with the Topical Applications.
- All this gave a symptomatic and short term relief to the pt. but not the complete relief.
- From last 1-2 yrs. all above mentioned symptoms are re – appeared. So for the further treatment pt. came to our Hospital.

H/O past illness:

- a) h/o Psoriasis 10 -12 yrs
- b) h/o Thyroid (Pregnancy induced) in 2016 had taken treatment for that
- c) No h/o DM, HTN
- d) No h/o any other major illness.

Family History:

- Maternal – HTN 3 yrs
- Paternal – Nil
- Self – Nil

Surgical History:

- LSCS: in 2016
- Female child 3 yr old (2019) (G1P1L1A0D0)

Personal History:

1. Food habits: Mixed
2. Appetite: Loss of appetite
3. Sleep: 8-10hrs daily
4. Addiction: no any addiction of smoking/alcohol/tobacco.
5. Nature of Work: Sitting (8-10 hrs / PC work)
6. Urine: Normal
7. Defecation: Unsatisfactory.
8. M/H: 4-5 days/28-36 days, Regular-Painful-Moderate (LMP: 16/02/2019)

Astha Vidha Parikshana:

1. *Nadi* – 80/min
2. *Mala* – *Malavibandha*
3. *Mutram* – *Pita varni*; 4-5times/day
4. *Jivha*- *Saam*
5. *Shabda* – *Spastha*
6. *Sparsha* –*Ruksha*
7. *Drik* – *Upanetra*
8. *Aakruti* – *Madhyam*.

LOCAL EXAMINATION:

Skin (Overall)

1. Color: Normal skin tone
2. Character: Size – Large
Color - *Aaraktavarni* (Red in color)
Shape – Asymmetric

Individual Lesion:

1. Extensor surface
- a) Scales: present
- b) Nature: Dry flake
- c) Itching: Present
- e) Discharge from lesion: Absent
- f) Superficial sensation of lesion: Normal

Sign:

- A} Candle grease Sign: Positive
B} Auspitz Sign: Positive

Vyadhi Vyavached: Table 1

Vyadhi	Alasaka	Mandal	Sidhma	Charmadala
Vyapti	Ekanga	Ekanga/Sarvanga	Ekanga/Ura Pradeshi	Ekan
Twak swaroop	Ruksha	Snigdha , Utsedha	Aalabupushpa (Raised slivery scaly)	Dalati (Erosion / Cracks)
Kandu	Present	-	-	Present
Vaivarnya	Shweta, Tamra	Shweta , Rakta	Shweta, Tamra	Rakta
Srawa	No	No	No	No
Swaroop	Kanduyukta, Saraaga	Sansrushta Mandal	Ghrushta Rajo munchati	Kanduyukta , Sparsh asahvtwa, Sphotyukta

Samprapti ghatakas:

1. Dosh: vata; kapha
2. Dushya: Twak , Rakta , Mamsa
3. Srotas: Rasa , Rakta , Aana
4. Srotodusht: Aatipravrutti
5. Adhistana : Twacha
6. Vyaktastha: U pada, U hasata , Kati .
7. Rogamarga: Bahya
8. Vyadhisvabhav: Chirkari

Vyadhi Vinischaya: Alasaka**Sadhyasadhyata: Sadhya**

Modern Diagnosis: Plaque psoriasis

Chikitsa Siddhanta: Shodhana –Vaman, Virechana, followed by Shaman Chikitsa

Chikitsa Sutra: Kushta Chikitsa

MATERIALS AND METHODS:**Treatment Plan given:**

Shodhana Chikitsa and Shamana Chikitsa were given to the patient.

Shodhana Chikitsa:

ShodhanChikitsa was given with Vamana and Virechan Karma in proper sequence of Purvakarma, Pradhankarma, Paschatkarma (Tables 2&3).

Shamana Chikitsa:

Arogya Vardhini Vati, Gandhak Rasayan, Kaishor Guggulu, Gandharva Haritaki, Syp. Blood Purifier, Panchatikta Ghrita (Table No 4)

Paschyat Karma:

After Samyaka Vamana Lakshana Dhoompan was given for 5 minutes by each nostril with Aguru stick ⁽⁸⁾. Then Sansarjana Karma was advised for 5 days in the form of Peya, Vilrpi, Akrut Mudga Yusha, Krut Mudga Yusha, normal diet. After virechana same regimen is followed except the dhoompana karma ⁽⁹⁾.

Table No 2:

Treatment planned	Drugs used	Mode of Action
Deepan –pachana	Mustha Shunthi vati 2 TDS for 5 days Shankha vati 2 TDS for 5 days	Ama Dosha Nashak Increase in Aagni
Snehapana	Mahatiktak ghrita Vajrak ghrita.	Vata Dosha Shamak Shakha Koshta Gati of Dosha Reduction in scaling & Dryness
Abhyanga	777 oil & Psorolin Oil	Removal of Dryness Reduction in Scaling
Sarvanga swedana	Bashpa Sweda	Srotasa Shodhana
Vaman	Mandanphal Yoga	Kapha Dosha Shodhan Reduction in Itching
Virechan	Hrudya Virechan	Pitta Dosha Shodhan Reduction in Itching & Burning sensation, Discolouration of skin & Scaling



Table No 3:

PROCEDURE	VAMANA 27/02/19	VIRECHANA 11/03/19
Shodanartha Snehapana	Mahatiktaka Ghrita	Vajarak Ghrita
Matra Of Snehapan	30-60-90-120-150	30-60-90-120-150
Bahya Snehana	777 oil + Psorolin Oil	777 oil + Psorolin Oil
Sweda	Bashpa	Bashpa
Aushadhi Yoga	Madanphala, yashtimadhu, saindhav & Madhu 120 ml	Hrudhya Virechan Avaleha 100 gm
Antiki Parikshan	Pittanta	Kaphanta
Vaigiki Parikshan	6	20
Laingiki Parikshana	UdarLaghav , Daurbalya	Aangha Laghav
Samsarjan Karma	Madhyam Shuddi for 5 days	Madhyam Shudhi for 5 days

Table No 4:

AUSADHI KALPA	MATRA	ANUPANA	KALA
<i>Arogya Vardhini Vati</i>	2-2	<i>Koshana Jala</i>	<i>Bhojan Pachat</i>
<i>Gandhak Rasayan</i>	2-2	<i>Koshana Jala</i>	<i>Bhojan Pachat</i>
<i>Kaishor Guggulu</i>	2-2	<i>Koshana Jala</i>	<i>Bhojan Pachat</i>
<i>Gandharva Haritaki</i>	5 gm	<i>Koshana Jala</i>	<i>Ratri</i>
<i>Syp. Blood Purifier</i>	20 ml – 20 ml	<i>Koshana Jala</i>	<i>Bhojan Pachat</i>
<i>Panchatikta Ghrita</i>	10 ml – 10 ml	<i>Koshana Jala</i>	<i>Kusha Bhod Paschat, Bhojan Poorva</i>

RESULT:**Table No 5:** Changes in signs and symptoms

Signs and symptoms	Before treatment	After treatment
Dryness	Present	Absent
Itching	Present	Absent
Scaling of skin	Present	Absent
Excessive sweating	Present	Reduced
Discoloration of skin	Present	Absent





PROBABALE MODE OF ACTION:

1. Poorva karma:

-In *purvakarma Dipan pachana* was given with *mustha shunthi vati* and *shankha vati* for 5 days which mainly acts as an *Agni Vardhaka*, *Amadosha Nashaka*.

- *Abhyantar snehapana* was given in increasing order with *PanchatiktaGhrita* for 5 days which pacify *Vatadosha*. It subsides *Rukshata*, *Parushtas* and *aarkta varna* in *Alasaka*.

- *Bahya snehan* was given with 777 oil. The main contain in it is *Shewat kutaja* (*wrightia tinctoria*)

It reduces dryness and provides hydration to the skin and improves the blood circulation.

- After *Sarwangsnehana*, *Sarvanga bashapa swedana* was given which removes *Srotrodha*, liquefies *dosha* and came from *shakha* to *kostha* for easy elimination with the help of *shodhan*.

2. Pradhan karma:

- In *Pradhan Karma Vaman* was given with *Madanphal Yoga*⁽¹⁰⁾ Followed by *Samsarjan Krama*. For diseases of *Kapha Dosha Vamana* is useful as it given in *Samhitas*. Due to predominance of *Kapha Dosha* in *Alasaka Kushta*, *Vamana* was given. *Vamana* purifies body through therapeutic emesis, increase *Agni*, and prevents relapsing nature of disease by strengthening Immune system of body. *Samsarjana Krama* works on *Agni Dipana*. After *Vamana* procedure *Vata Prako* occurs, so for *Vata Shamana Panchatikta Ghrita* was given as *Abhyanter Shaman Snehapana* which is indicated in *Kushta*. *Kushta Roga* came under *Raktapradoshaj Vikara* cording to *Acharya Charaka*. *Vasa*, *Nimba*, *Patola* and *Guduchi* breaks pathogenesis of *Kushta*, due to potent hepatoprotective action.

- In *pradhan karma Virechan* was also given with *Hrudya virechan Yoga*⁽¹¹⁾ followed by *Samsarjan krama*.

The *Virechana dravya* spreads throughout the body in cellular level due to its pharmacological properties. *Vyavayi* property of *Virechana dravya* is responsible for quick absorption, while *Vikasi guna* causes softening and loosening of the bond by *Dhatu shathilyakarana*. Due to *Ushna guna dosha sangata* is liquefied. *Tikhshaguna* of *Virechana dravya* produces *Chedana* of *dosha* which are already softened due to

Snehana and *Swedana* so liquefied *Dosha* dragged to *Koshta* and eliminate from the body.

-*Bahudoshavastha* is a condition where *shodhana karma* is indicated, In *Kushta* when individual *Dosha* predominance is seen, *Shodhan* should be administered by inducing *Bahudoshavastha* considering the predominant *Dosha*. *Acharya charaka* has highlighted the role of *panchakarma* therapy by stating that the disease treated by *Shodhan* will never recur, whereas the treatment with *shaman* therapy may recur in due course of time⁽¹²⁾. When a disease condition is associated with *Bahudosha Lakshanas* it can be considered to have bad prognosis, where *Shodhan* is the only line of treatment along with its repetition.

3. Paschat Karma:

-it includes reducing all the foods and activities that increase the *doshas* and highly recommended i.e. *Pariharya vishay*⁽¹²⁾

DISCUSSION:

According to *Ayurveda*, *Alasaka* is a *Vata kapha pradhana kushta* and the principle of treatment of all types of *Kushta* is *Samshodhana* followed by *Samshamana* drugs. There was significant reduction in skin lesions after *Vaman* and *Virechana*. To expel the remaining *Dushti*, *Shaman oushadhis* possessing *Tikta* and *Snigdha guna* was administered.

Main purpose of the *Chikitsa*:

1. Purification to clear excess body toxins
2. Rejuvenation with nutritive massages
3. Healthy diet and Lifestyle
4. *Shamana*- Internal Medications
5. *Nidana Parivarjana* – Avoid the Causative Factors

CONCLUSION:

This case study is a documented evidence for the successful management of Psoriasis i.e

Alasak kushta through *Shodhana* and *Shamana chikitsa*. By nature, *Kushta* is a difficult disease to cure, hence called '*Duschikitsya*'. But by the application of *Shodhana* therapy, cure of the disease becomes easier due to removal of the root cause. Hence *Shodhana* has great importance in

Bahudoshaavastha. *Acharya Sushruta* opines repeated *Shodhana* for complete cure of the disease⁽¹³⁾.

Therefore patient is asked to undergo the same treatment in order to avoid recurrence and to achieve complete cure.

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