

**AYURVEDIC MANAGEMENT OF PSORIASIS : A CASE STUDY****Dr. Sachinkumar Sahebrao Patil<sup>1</sup>, Dr. Sneha Dnyaneshwar Hagwane<sup>2</sup>**

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**ABSTRACT**

Psoriasis is one of the most common clinical conditions encountered in clinical practice. *Kitibha* is a disease bears greater resemblance with Psoriasis. The current treatment modalities have their own limitations and the drugs have considerable side effects when using for longer period. Hence, it is need of time to find out safe and effective treatment for Psoriasis and here *Ayurveda* plays an important role. Selected *Panchakarma* procedures along with *Rasayan therapy* and *Ayurvedic* drugs have been proved valuable in these manifestations. *Ayurvedic* approach is directed towards alleviating the symptoms. Here a case report of a 34 year male presented with symptoms of Psoriasis, which was treated with a combination of *Shaman* and *Shodhan Chikitsa*. The condition was diagnosed as *Kitibha* and was treated with *Ayurvedic* drugs, *Snehapana* followed by *Virechan*. *Rasayan* therapy was done. Patient's condition was assessed before and after treatment.

**KEYWORDS:** *Kitibha Kushtha*, Psoriasis, *Shaman*, *Shodhan Chikitsa*.

**1. INTRODUCTION**

Skin is the mirror which reflects the harmony of internal functions of the body. Any change in skin color disturbs the patient both mentally and physically. Psoriasis is a non-infectious, chronic inflammatory disease of skin, characterized by well-defined erythematous plaques with silvery white scale with a predilection for the extensor surface and scalp, and a chronic fluctuating course.<sup>[1]</sup> Psoriasis is a common dermatologic disease, affecting up to 1% of the World's population<sup>[2]</sup>, both males and females suffering equally.<sup>[3]</sup> The word Psoriasis is derived from Greek word 'Psora' means 'itch' and 'sis' meaning 'acting condition'. In

Psoriasis, main abnormality is of increased epidermal proliferation due to excessive multiplication of cells in the basal layers. The transit time of keratinocyte is shortened and epidermal turnover is reduced to 5-6 days from 28-30 days.<sup>[4]</sup> Even though the etiology is unknown, the factors involved are genetic, biochemical and immunopathological.<sup>[5]</sup> Precipitating factors like trauma, infections, sunlight, some drugs and emotions may flare up the disease.

As there is no available cure for the disease it has remained a great problem for the patients.<sup>[6]</sup> Patients not only have physical problems, but also suffer mental and social distress. Diagnosis of the disease is made mainly on the basis of clinical symptoms<sup>[7]</sup> i.e.

- Erythematous sharply defined plaques, covered with silvery white scales.
- Extensor surface primarily involved such as the knees and elbows.
- Koebner's phenomenon present in the active phase of the disease
- Wornoff's ring often present in the healing phase of the disease.

Auspitz sign and Candle grease sign are other classic features of the disease. The goal of the treatment for the disease is to alleviate symptoms which interfere with the patient's life both physically and socially. In modern medicine Coal tar preparations, Calcipotriol, Retinoid, Corticosteroids and ultraviolet radiations are the local measure to manage Psoriasis. The systemic treatment commonly used is photo chemotherapy with PUVA, Retinoids, Methotrexate and Cyclosporine – A and Corticosteroids. These medicines usually provide good symptomatic control, but in long term cause a number of unpleasant side effects.

There are several types of Psoriasis which can be related to certain diseases described in *Samhitas*. Description of *Kushtha* is present since *Vedic* period. *Kitibha* is one of the *Kshudra Kushtha*.<sup>[8]</sup> *Kitibha Kushtha* manifests due aggravation of *Tridosha* especially dominance of *Vata* and *Kapha*. *Mithyahara* and *Vihara* vitiate *Tridosha* which further lead to the affliction and aggravation of *Rasa*, *Rakta*, *Mamsa* and *Laseeka*. Predominance of *Vata* can be elicited with symptoms like blackish discoloration, hardness, dryness and roughness to touch. *Kapha* predominance can be appreciated with the presence of severe itching as a cardinal symptom.

Vitiation of *Tridosha* followed by affliction of four entities viz. *Twak*, *Rakta*, *Mamsa* and *Laseeka* leads to *Kushtha*. These seven are called as the seven morbid factors (*SaptaDravyaSangraha*) of *Kushtha*.<sup>[9]</sup> No *Kushtha* manifests itself due to the aggravation of only one *Dosha*.<sup>[10]</sup>

*Kitibha* is a type of *Kushtha* characterised by skin which is blackish brown in colour (*Shyavata*), rough in touch like a scar tissue (*Kharatwam*) and hard to touch (*Parushatwam*).<sup>[11]</sup> Dry rough (*Rukshata*) and hard black skin with itching creating sound on scratching is seen in *Kitibha*. *Kushtha* characterised with discharging (*Sraavi*), round (*Vruttam*), dense (*Ghanam*), severely itching (*Ugra Kandu*) and oily black (*Snigdha Krishna*) skin is *Kitibha*.

Ayurvedic management of this ailment with *Shamana* and *Shodhana* modalities is being discussed here under.

## AIM

To study Ayurvedic management of *Kitibha Kushtha* i.e. Psoriasis.

## 2. OBJECTIVES

- 1) To study *Kitibha Kushtha*.
- 2) To study the effect of *Shaman, Shodhan, Raktamokshan* and *Rasayan Chikitsa*.

## 3. MATERIAL AND METHODS

### 4.1 Case Report

A 34 year male patient approached in *Kayachikitsa* O.P.D. presenting with the following complaints,

- 1) *Vam Hasta, Ubhaya Paad, Shirapradeshi Twaka Dushti*
- 2) *Krushnavaivarnya*
- 3) *Kandu*
- 4) *Rukshata*

All symptoms occurred since 4 years, increased from 2-3 months.

### 4.2 Past History

Patient was all right before 4 years. Then blackish discoloration, itching, dryness occurred on the skin of both palm, both legs sole and head region. He was diagnosed as Psoriasis. He had taken Allopathic and Homeopathic treatment for same complaints. There was recurrence in his complaints. Since 2-3 months all symptoms were increased. Hence he came to *Kayachikitsa* O.P.D. for treatment.

#### 4.3 History

No history of any previous surgical or medical illness.

#### 4.4 Allergy

Allergic to dust.

#### 4.5 Family History

Brother and sister having skin disorder (eczema).

#### 4.6 On Examination

Pulse – 80/min

BP – 110/70 mm of Hg

RS – B/L clear

CVS – S<sub>1</sub> S<sub>2</sub> normal

CNS – conscious oriented

P/A – soft *Sparsha - Ushna, Ruksha*

*Kshudha – Mandya*

*Mala – Asamyak*

*Mutra – Samyak*

*Shabda – Spashta*

*Akruti – Sthoola*

*Jivha – Sam*

*Druk – Prakrut*

#### 4.4 Dinacharya

Wake up at around 7-8am. Take 1 glass of cold water. Have 2-4 cup tea in a day, bakery products 4 days in a week, 1tsp of curd daily, No any physical exercise. Stress and late night sleep.

#### 4.5 Occupation

Office worker in IT sector, sitting in air conditioner room for 10 hours. Also perform shift work having night duties.

#### 4.6 Hetu

Aharaj – Bakery products, more Paneer, Yogurt, Curd 1tsp daily etc.

Viharaj – Late night sleep, no exercise

Manas – Stress

**Table 1: Shaman Chikitsa.**

Date	Symptoms	Treatment given
1-4-19	Vama and Dakshin Hasta, Ubhaypaadtal, Shirpradeshitwaktushti, Krushnavaivarnya, Rukshata, Kandu	Arogyavardhinivati 500 mg tds 2. Mahamanjishthadikwath 20 ml bd 3. Aragvadhaphalamajja 2 gm hs 4. Shodhan Taila with Camphor for Local Application (L.A.)
15-4-19	Kandu ↓ Rukshata ↓ Upashaya – 60%	Same as above with, Jatamansi + Vidanga + Haridra + Sariva each 1gm with Ghrita
29-4-19	Kandu ↓ Rukshata ↓ Upashaya – 80%	Same as above. Shodhan Taila is replaced with Kushthaghnalepa with Kanji
13-5-19	Upashaya – 90%	Same as above with Raktapachakvati 500 mg tds Nimba 500 mg added in Jatamansi+ Vidanga + Haridra + Sariva Choorna
10-6-19	Shirpradeshi new Pitikotpatti	Raktapachakvati 500 mg tds Rasamanikya 30 mg+ Nimba 500 mg+ Jatamansi 500 mg with Ghrita Kushthaghna lepa with Kanji
8-7-19	Pitikotpatti upashaya – 60%	Same as above.
5-8-19	Sarvanga kandu	Gandhakrasayana 500 mg tds Panchatiktaghritaguggulu 500 mg tds Rasamanikya 30 mg + Nimba + Haridra + Jatamansi + Vidanga each 500mg with Ghrita Veliya Aranyadi Tail for Local Application (L.A.)

**5.1 Shodhan Chikitsa**

Ghritapaan given in Vardhamanmatra till Samyaksnidha Lakshanas occurred (5 days). Then Snehaviram given for 2 days. Sarvanga Snehana with Tila Taila and Sarvanga Swedan with Bashpa Sweda given for 2 days. Gandharvaharitaki Choorna 3 grams given as Virechanopaga at night with Koshna Jala. 50 grams Trivrutta Leha with Koshna Jala used for Virechana next day. Madhyam Shuddhi achieved with 22 Vega of Virechana. Sansarjan Krama given for 5 days. Also bloodletting was done in Sharad Ritu.

**5.2 Rasayan Chikitsa**

Bakuchi Siddha Kshirapaka had given empty stomach in the morning as Rasayan Chikitsa.

### 5.3 Pathya

Avoid oily, spicy, junk food, bakery products, and fruits with milk. Avoid sleep in day time. Avoid use of soap and other cosmetics. Take healthy food. Maintain the hygiene. Do regular exercise and meditation.

**Table 2: Symptoms before and after treatment.**

	Before Treatment	After Shaman Chikitsa	After Shodhan Chikitsa	After Rasayan Chikitsa
<i>Krushnavavarnya</i>	++++	+++	+	-
<i>Kandu</i>	++++	++	-	-
<i>Rukshata</i>	++++	+++	+	-

## 6 MODE OF ACTION

**Table 3: Shaman Chikitsa –**

Drug	Action	Effect
<i>Arogyavardhini Vati</i>	Pacify Tridosha and Kleda Shoshana	<i>Kushthaghna</i>
<i>Mahamanjishthadi Kwath</i>	<i>Raktagata Kapha-Pitta Pachan</i> and Shaman by <i>Tikta, Kashaya, Madhura Rasa</i> and <i>Ruksha Guna</i>	<i>Raktaprasadan</i>
<i>Aragvadhaphalamajja</i>	Reduces <i>Raktagata Vata-Pitta</i>	<i>Raktashuddhikara</i>
<i>Shodhan Tail</i>	<i>Rakta-Mamsagata Kleda Shoshana</i> by <i>Tikta, Ruksha Guna</i>	<i>Twakroganashaka</i>
Camphor	Dilate blood vessels	<i>Swedajanan, Kandughna</i>
<i>Jatamansi</i>	Reduces <i>Twak Dushti</i>	<i>Kushthaghna</i>
<i>Vidanga</i>	Reduces <i>Twakagata Kledaka Kapha</i>	<i>Kushthaghna, Krumighna, Raktashuddhikara</i>
<i>Haridra</i>	Reduces all types of <i>Kapha</i>	<i>Kandughna, Kledaghna</i>
<i>Sariva</i>	<i>Rasa-Raktagatavata-Pitta Shaman</i>	<i>Daha Shaman</i>
<i>Kushthaghna Lepa</i>	Reduces <i>Raktagata Vata-Pitta</i>	<i>Twakroganashaka</i>
<i>Raktapacha Vati</i>	<i>Rakta-Mamsagata kleda Shoshana</i> by <i>Tikta, Ruksha Guna</i>	<i>Rakta Shuddhikara</i>
<i>Nimba</i>	<i>Rakta-Mamsagata kleda Shoshana</i> by <i>Tikta, Ruksha Guna</i>	<i>Raktashuddhikara</i>
<i>Rasamanikya</i>	<i>Tridoshaghna</i> by <i>Snigdha, Guru Guna</i>	<i>Kushthaghna</i>
<i>Gandhak Rasayan-</i>	<i>Rasayan, Raktagata Pitta- Kapha Shaman</i>	<i>Raktaprasadan, Rasayan, Dahashamak, Kushthaghna</i>
<i>Panchatikta Ghrita Guggulu</i>	Pacify Tridosha	<i>Vedanasthapan</i>
<i>Kushthaghna Lepa</i>	Reduces <i>Raktagata Vata-Pitta</i>	<i>Twakroganashaka</i>
<i>Raktapachak Vati</i>	<i>Rakta-Mamsagata Kleda Shoshana</i> by <i>Tikta, Ruksha Guna</i>	<i>Rakta Shuddhikara</i>
<i>Nimba</i>	<i>Rakta-Mamsagata Kleda Shoshana</i> by <i>Tikta, Ruksha Guna</i>	<i>Raktashuddhikara</i>
<i>Rasamanikya Rasa</i>	<i>Tridoshaghna</i> by <i>Snigdha, Guru Guna</i>	<i>Kushthaghna</i>
<i>Gandhak Rasayan-</i>	<i>Rasayan, Raktagata Pitta- Kapha Shaman</i>	<i>Raktaprasadan, Rasayan, Dahashamak, Kushthaghna</i>
<i>Panchatikta Ghrita Guggulu</i>	Pacify Tridosha	<i>Vedanasthapan</i>

After *Deepana*, *Pachana*, *Snehana*, *Swedana*, the *Dosha* should be expelled from nearest route at proper time according to the strength of *Roga* and *Rogi*. *Acharya Hemadri* commenting on it says that *Pachan* does digestion of *Ama*, *Deepana* does separation of *Dosha* from *Dhatu*, *Snehana* does *Utkleshana* of *Dosha* and *Swedana* brings the *Dosha* from *Shakha* to *Koshtha*.

### 6.1 *Virechana*

*Virechanayoga* should get absorbed and due to *Veerya*, it reaches to the *Hridaya*, then the *Dhamani* and then after it reaches to macro and micro channels of the body. The *Vyavayi Guna* of drug is responsible for quick absorption. The *Vikasi Guna* causes softening and loosening of the bond by *Dhatu Shaithilya Karma*. Due to *Ushna Guna* *Dosha Sanghata* is liquefied. Action of *Tikshna Guna* is to break the *Mala* and *Dosha* in micro form. According to *Dalhana* this action is due to quick excretion (*doshasravanakaratva*). Due to *Sukshma Guna* by reaching in micro channels, disintegrates endogenic toxic, which are then excreted through micro channels. Mainly due to *Prabhava*, *Prithvi* and *Jala* constitution and presence of *Sara Guna* *Virechana* occurs.

### 6.2 *Sansarjana Karma*

*Sansarjana Karma* is to bring resurgence to impaired *Koshthagni* and proper bowel functioning. In this process strict bland diet was maintained for 5 days.

### 6.3 *Raktamokshan*

As per *Sushruta Acharya*, *Pittadosha* plays a major role in manifestation of disease. Vitiating of *Pitta Dosha* causes *Rakta* to be *Dushti*. This shows “*Ashraya-Ashrayisam Bandha*” of *Pitta* and *Rakta*. So that treatment on *Rakta* helps in treating *Pitta Dosha* also. *Raktamokshan* eliminates impure blood. As per *Ashraya-Ashrayi Sambandha* between *Pitta* and *Rakta*, removal of impure blood eliminates local vitiated *Dosha* and subsides *Kandu*, *Ruja*, *Rukshata* symptoms. *Pitta Dosha* get provoked in the *Sharad Ritu*. Therefore *Raktamokshan* was given in *Sharad Ritu*.

*Kushtha* is disease of *Raktavaha Srotas*.<sup>[12]</sup> In *Charak Samhita*, *Virechan* and *Raktamokshan* is important *Chikitsa* on diseases of *Raktavaha Srotas*.<sup>[13]</sup>

#### 6.4 Rasayan

*Bakuchi* does *Shoshana* of *Kleda* by its *Tikta Rasa*, *Ushna* and *Ruksha Guna*. It reduces *Krimi* produced by *Rakta Dushti* and gives relief from all types of *Kushtha*. Hence used as *Rasayan* in *Kushtha Chikitsa*.<sup>[14]</sup>

#### 7 RESULT

During *Snehapana* patient has got relief from symptoms. After *Shodhana Chikitsa*, the blackish patches were reduced. Itching was completely relieved. He was advised to follow *Pathya* along with Medicines. He got complete relief after treatment.

#### 8 CONCLUSION

*Ayurvedic* line of management gives satisfactory answer as well equally beneficial for the promotion and preservation of health by removing toxic wastes, by correction of *Agni* which gives the healthy and peaceful life to patient. This case report showed that combined *Ayurvedic* regimen i.e. *Shaman*, *Shodhan*, *Raktamokshan*, *Rasayan Chikitsa* is potent and effective in treatment of Psoriasis. No adverse effect was found in the patient during and after the treatment.

#### Pictures Before Treatment:



**Pictures After Treatment :****9. REFERENCES**

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