

An Ayurvedic Approach in Management of Psoriasis: A Case Report

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Abstract

Skin being the largest organ of the body, is the first site to get infected from various types of allergens and other environmental agents. In *Ayurvedic* texts, skin diseases are described under the heading of *Kushta Roga*. These are mainly divided in two types: *Mahakushta* and *Kshudrakushta* which are further divided in 18 types on the basis of Doshika predominance. *Ek-kushta* (Psoriasis) is described under *Kshudrakushta* having *Vata-Kapha* predominance. It is characterized by *Asvedanam* (loss of sweating), *Mahavastu* (spread on a large area) and *Matsyashaklopamam* (having scaly lesions). In present case report, a patient with complaint of itching and scaly lesions over lower leg, back of palm and back, was treated with *Shodhana (Virechana)* and *Sanshamana Chikitsa* and significant results was obtained. This showed that combination of *Ayurvedic* modalities resulted in great improvement in overall condition of the patient.

Keywords: *Kushta; Ek-kushta; Psoriasis; Shodhana; Sanshamana Chikitsa.*

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Introduction

Among the five *Gyananendriyas* described in *Ayurvedic* texts, Skin is like a mirror which reflects the internal functions of body. Psoriasis is a non-infectious chronic inflammatory skin disease with unknown etiology and relapsing in nature. It is characterized by well defined dry erythematous patches and covered with adherent silvery white scales. It most commonly affects extensor surfaces of elbows, knees, scalp, nails & sacral region. It affects 1-2% of World population. It is found that male and female are equally affected [1]. In *Ayurvedic* texts, the symptoms of Psoriasis is found similar with *Ek-Kushta* [2]. Treatment in Modern science includes PUVA & corticosteroids which causes serious side

effects like hepato & nephrotoxicity, bone marrow depletion etc. So, in this study an attempt is made to treat Psoriasis through *Ayurveda*.

Case Report

The present case study is a successful *Ayurvedic* management of *Ek-kushta*. A 50 year old female patient came to OPD of Kaya Chikitsa, Rishikul Campus, Haridwar, UAU, Dehradun on 23/03/2019, with chief complaint of red erythematous lesions with severe itching as well as scaling of skin over both legs, back of palm and back since 18-20 years.

History of Present Illness

According to the patient, she was asymptomatic 20 year back. One day she noticed some papules over lower leg with watery discharge and itching. She took allopathic medicine for this but got no relief. Her condition worsens day by day. The papules spread and become red patches with scaly skin and spread over to both legs, back of palm and back. Now she wants to take *Ayurvedic* treatment along with purification of body through *Panchkarma* procedure. So, she came here for treatment and further management.

Personal History

General condition: Average	Nadi (pulse) = 70/ min.
Mala (stool) = Vibandha (Constipated)	Mutra (urine) = Normal.
Taap-man (temp.)=98.4°F	Agni = Vishamagni
Shabda (speech) = Samanaya	Drika (eyes) = Normal.
Akriti = Madhyama	Bala = Madhyama
Raktadaaba (B.P)=110/84mmHg	Jihva (tongue) = Eshata saam (slightly coated)
Addiction: None	Nidra (sleep)- sound

Past History

No previous H/O any other severe illnesses

Treatment History

Patient took allopathic, Homeopathic and local medication for present complaint but could not get satisfactory relief.

Therapy Module

Therapy	Drug	Matra (Dose)	Duration	Anupana
Deepana	Ajmodadi churna	3 gm	Twice a day	Koshna jal
Snehapana [4]	Shudha Goghrita + Trikatu	25 ml+ 2 gm <i>Trikatu</i>	On 1 st day	Koshna jal
		50 ml+ 3 gm <i>Trikatu</i>	On 2 nd day	Koshna jal
		75 ml+ 4 gm <i>Trikatu</i>	On 3 rd day	Koshna jal
		100 ml+ 5 gm <i>Trikatu</i>	On 4 th day	Koshna jal
		125 ml+ 6 gm <i>Trikatu</i>	On 5 th day	Koshna jal
		150 ml+ 7 gm <i>Trikatu</i>	On 6 th day	Koshna jal
		175 ml+ 8 gm <i>Trikatu</i>	On 7 th day	Koshna jal
Abhyanga [5]	Tila-taila	--	Next 2 days	--
Swedana [6] (<i>Sarvanga</i>)	<i>Vaspa sweda</i> (Hot fomentation)	--	Next 2 days	--
Virechana [7]	Trivritta-avaleha + Triphala kwatha	75 gm+ 50 ml	--	Koshna jal
Sansarjana Krama [8]	<i>Manda</i> (rice water)	According to appetite	1 day	--
	Boiled Rice	According to appetite	Next day	--
	Khichdi	According to appetite	Next day	--
	<i>Daal</i> and <i>Roti</i>	According to appetite	Next day	--

Surgical History

No H/O any surgery.

Family History

Family history was negative for similar condition or skin disorder and no H/O severe illnesses.

Investigation

All routine investigation (Hb, TLC, DLC, ESR, RBS etc.) done and were within normal range.

Differential Diagnosis

According to modern science, based on the symptoms of *Ek-kushta*, it can be co-related with Palmo-planter Keratoderma, Palmo-planter Psoriasis [3] Palmo-planter Xerosis, Palmo-planter Dermatophytes.

Treatment Given

Ayurveda emphasizes on three fold therapeutic management of the disease viz: *Sanshodhana* (biopurification), *Sanshamana* (pacification) and *Nidana Parivarjana* (avoiding causative factors) for almost all type of disorders including dermatological disorders. *Sanshodhana* (*Virechana*) followed by *Sanshamana Aushadha* (to subside remaining *Doshas* after *Sanshodhana*) is the backbone of present study in the management of *Ek-Kushta* (Psoriasis).

Sanshamana Aushadha	Nimbadi churna + Shudha Gandhaka + Shudha Tankana + Haridrakhanda	3 gm + 250 mg + 250 mg + 2 gm	Twice a day	Koshna jal
	Arogyavardhini Vati	2 vati (250 mg)	Thrice a day	Koshna jal
	Maharasnaadi Kwatha	40 ml	Twice a day	--
	777 oil	Local application	Twice daily	---

Observation and Result

The improvement in the lesion of *Ek-Kushta* before *Shodhana*, during *Snehapana* and after *Shodhana* is as shown in figures.

Before treatment



During Snehapana



After Virechana



Discussion

In the present case, *Shodhana Chikitsa (Virechana)* and *Sanshaman Chikitsa (drugs)* are selected for the treatment of *Ek-Kushta (Psoriasis)* because of their ability to pacify the involved *Doshas (Vata & Kapha)* and to provide relief in symptoms. *Shodhana Chikitsa (Virechana)* is targeted to expel increased *Pitta Dosha* as well as *Kapha Dosh* [9] out of the body. Along with this, *Shamana* drugs which were given are proved drugs for skin disorders. Because of *Tikta, Kashaya Rasa, Laghu Guna, Sheeta Veerya* and *Katu Vipaka*, *Nimba* powder possesses *Pitta Shamaka, Kaphaghna, Vrana Ropana, Krimighna, Kandughna, Daha Prashamana* and *Rasayana* properties. Because of its Anti-inflammatory, Anti-bacterial and Anti-fungal properties, it is useful in treatment of skin diseases. *Gandhaka* also have the property of wound healing. As Psoriasis is an auto immune disorder, so, *Haridrakhanda* thus used helps in improving the body's immunity. Therefore, the combination thus used has various effects like *Vranaropaka, Vranashodhaka* as well as acts as blood purifier. The effect of *Arogyavardhini Vati* is that it is *Mridu Virechaka* and thus removes remaining *Pitta Dosh* from body. *Maharasnaadi Kwatha* has *Tridosha-shamaka* as well as Blood purifier action.

The Probable mode of action of the treatment given is described below:

Chikitsa	Mode of Action
<i>Deepana</i>	Enhances appetite and pacifies vitiated <i>Vata Dosh</i> .
<i>Snehapana, Abhyanga & Swedana</i>	Expels vitiated <i>Dosha</i> from <i>Shakha</i> to <i>Kostha</i> [9] and it also pacifies <i>Vata Dosh</i> .
<i>Virechana</i>	Targeted to expel increased <i>Pitta</i> and <i>Kapha Dosh</i> out of the body.
<i>Sansarjana krama</i>	<i>Agnibala Vardhana</i> (improve digestion and increases appetite)
<i>Shamana drugs</i>	<i>Sanshamana</i> to subside remaining <i>Doshas</i> after <i>Sanshodhana</i> . Selected <i>Sanshamana</i> drugs having <i>Vata-Kapha Shamaka</i> and <i>Rakta-Shodhaka</i> properties.

Conclusion

This case study demonstrated that in Skin diseases, *Ayurvedic* management (*Virechana* as *Shodhana* therapy and *Sanshamana Aushadha*) seems very effective. On the basis of the result obtained in present study, it may be concluded that the addition of *Virechana Karma* prior to administration of *Sanshamana Aushadha* increases the cure rate of *Ek-Kushta* (Psoriasis).

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