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Ayurvedic Management of Chronic Psoriasis- A Case Study

Case Study

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Abstract

Today, Modern medical science, have lots of facilities and upgraded technologies for treatment portion of patient, even though many diseases may still in progressive phase in the society. Psoriasis is one of such kind of disorders, which has substantial psychological and social impact on a patient's life. Being skin manifestations psoriasis goes beyond a cosmetic problem.

Psoriasis is a non-infectious, chronic inflammatory disease that produces plaques of thickened, scaling skin. Psoriasis is commonly affecting the skin of elbow, knees & scalp. Some people may have severe Psoriasis is involving their entire body. The quality of life of patient with Psoriasis is often diminished because of the appearance of skin. However the treatment options available in contemporary system of medicine are not much satisfactory.

Psoriasis is a disease difficult to cure by its nature, so it is a difficult task for the patients as well as 'chikitsaka' in ayurveda. It can be co-related with kitibha kushta / ekkushta /vata-kaphaj kushta. All these skin changes can be prevented as well as curate by some Ayurvedic measures e.g. Bahaya snehan, Avgahan, Vaman, Virechana, Basti, Taktadhra & Siravedha etc.

In Ayurved system of medicine numbers of drugs /preparation are mentioned. Various herbal drugs and Herbo-mineral act as an rejuvenator for skin. The present work has been under taken to study-Ayurvedic management of chronic Psoriasis- **A case study**.

Key Words: Psoriasis, Ayurvedic management, A case study

Introduction:

Psoriasis is chronic disorder which is commonly encountered in day to day's clinical practices. It is one of the burning problem having social importance. Increased stress and life style are main predisposing factor which is accounting for wide spread prevalence of this disease.

The word "Kushtha" is derived from - 'Kus nishkarshane' + 'Kta' which implies to destroy, 'to scrap out' or to deform, by adding the suffix 'kta' which stands for firmness or certainty. Thus the word *kushtha* means that which destroys with certainty. It killed patient physically as well as psychologically.

In Ayurveda, almost all skin disease can be taken under generalized term “*Kushtha*”. Psoriasis is consider as type of *kushtha* and may be well correlated to various varieties of *kushtha* among them *ekkushta*, *kitibha*(1, 2) are the commonest due to the resemblance of signs & symptom. Treating various types of *kushtha* are challenges, psoriasis is not on exception due to remission & excecation nature of psoriasis. It has become even divesting challenge for treatment. Ayurveda has given remedy for such burning disease.

Ayurvedic management in chronic psoriasis involve medicaments like some combination of herbal choorna. With medicine *virechana*, *takradhara*, *siravedha*, *awagah*, *nadi-sweda*, also advised.

A case report as follow:

A 35 year old male patient came to us with chief compliant of –

- 1) Reddish patch all over body & head.
- 2) Scaling of skin.
- 3) Itching all over body.

Patient had above complaints since 5 years.

H/O *Amalpitta*.

No H/o Dm / HTN, Asthma

History of personal illness:

The patient was normal 5 year back. Since then patient have been suffering from Reddish patch all over body & head, Scaling of skin, Itching all over body. For this patient took treatment from different Allopathy doctors but got no relief, then he came to our hospital – Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department opd. For better management we admitted patient in Ipd.

Personal History:

Occupation: Auto-driver.

Bad Habits: Chronic alcoholism, Tobacco Chewing.

O/E:

Nadi (pulse) = 74/min.

Mala (stool) = *Vibandha*

Mutra (urine) = Normal.

Jeeva (tounge) = *Eshatha saam*.

Agni = *Kshudhamandya*.

Shabda (speech) = Normal.

Sparsha (skin) = *Khar, Raktawarniya*.

Druka (eyes) = Normal.

Akruti = *Madhyama*.

Bala = *Madhyama*.

Raktadaaba (B.P) = 110/80 mm/Hg.

Material and Method:

Method -

- Centre of study: S.S.N.J. Ayurvedic Rugnaayan, Solapur.
- Simple random single case study.

Material with Daily treatment & prognosis:

CHART.NO-1

SR. NO	DRAVYA	DOSE	DURATION	ANUPANA
1.	Manjishta	500 mg	1 pack TDS	Luke warm water
2.	Daruharidra	500 mg		
3.	Amalaki	300 mg		
4.	Hingwashtak	500 mg		Luke warm water

5.	Trikatu	300 mg	1 pack at night.	
6.	Pachak vati	250 mg	1 BD	Luke warm water
7.	Aragyawardhini	250 mg	1 BD	Normal water
8.	Mahagandhaka rasayana	250 mg	1 BD	Normal water
9.	Suwarna makaradhwaja	125 mg	1 HS	Normal water

CHART.NO-2

PANCHKARMA

Avagahana	triphalala + khadir +nimba
Avagahana pashyat Somya nadi sweda	
Sarwanga snehana	karanja tail + nimba tail
Basti	triphalala+til tail+sendhawa
Takra Dhara	2lit. Takra + 30 gm Amalaki
Virechana	¼Abhyadi-modak + 1 glass Triphaladi Kwath
Siravedhana	40 ml blood

CHART.NO-3

DAYS	1 ST .	2 ND	3 RD	4 TH	5 TH
T R E A T M E N T	All above treatment as it is.	All above treatment as it is. + Siravedhana (Nearly 40 ml blood)	All above treatment as it is.	All above treatment as it is. + Virechan (1/4 Abhyadi- modak + 1 glass Triphaladi Kwath)	All above treatment as it is. + Takrtdhara. (2lit. Takra + 30 gram Amalaki)
Symptom					
Reddish patch	++++	++++	++++	++++	++++
Scaling of skin.	++++	++++	+++	+++	++
Itching	++++	+++	++	++	++

DAYS	6 TH	7 TH	8 TH	9 TH	10 TH	11 TH	12 TH
T R E A T M E N T	All above treatm ent as it is.	All above treatme nt as it is.	All above treatmen t as it is. + Siraved h. (nearly 40 ml blood)	All above treatme nt as it is.	All above treatme nt as it is.	All above treatment as it is.	All above treatme nt as it is.
Symptom							
Reddish patch	+++	+++	+++	++	++	++	++
Scaling of skin.	++	++	++	+	+	0	0
Itching	+	+	0	0	0	0	0

Clinical examination of the patients revealed regression of symptom due to our Ayurvedic management.

Hetu(3) of psoriasis as -

1) Ahar :

- Improper and irregular diet Causes the disturbance of vatadosha.
- Dairy product like Dadhi in daily diet.
- Grains: Navadhanyak.
- Anupa mamsa : Matsya sevan (once in week)

2) Vihar :

- Supresion of natural urga (*chhardi vega dharan*).
- Ratri jagran.

3) Manasika nidan- Chinta, bhaya, and vegavrodha causes vata vrudhi.

SANPRAPTI GHATAK:

Dosh : Tridosha

Dushya : Rasa, Rakta.

Adhishtana : Twaka.

Action of drug & other procedure in management of psoriasis:

- Manjista(4)- *Varnya, Shothhar, Kushtaghana, Raktaprasadan, rasayana, Sonithsthapan.*
- Daruharidra(5)- *Kandughana, Pittaghana, Dipan, Yakruttejak, Vrana.*
- Aamalki(6)- *Pittaghana, kledaghna, Rasayana, Agnidiapn & Aampachan.*
- Hingwashtak –*Aampahachartha, Agnivardhana.*
- Trikatu – *Vatavaha nadi shamak, Kaphgna*
- Pachak vati –*Pacchana mainly Amadosa nasaka & Agni vardhaka*
- Aarogyavardhini vati(7) – *Grahanishodhak, Diapan, Pachan, Pakwashyadushti nashka.*
- Suwarnamakardhwaja(8) –*Psoriasis is an autoimmune disorder. Gold is ingredient in this kalpa which*

enhance immunity of patient, which prevent further recurrent.

- Maha gandahk rasayana(9)-Raktashodhak, Kandughana, rasayana
- Snehana with karanja tail(10) & nimbi tail(11) –Vata shaman, kandughna, Decreases scaling & dryness
- Avagahana pashyat Somya nadi sweda: In avagahana we use triphala, khadir, nimba kwatha(12) which is kandughna, tridoshghna, vranya, raktashodhaka. This procedure brings sweat on the skin through hair follicle by opening the pores of the skin due to nadi sweda agni is incenses & the fatty tissue get mobilised. While throwing out waste as Ama (toxin) through the skin it also helps liquefy aggravated doshas, dilating all body channels for cleaning.
- Basti – (triphala+til tail+sendhawa) = for Vatanulomana, Malavibandhanashk, Grahanidoshnashaka
- Takra Dhara – This useful for reducing plasma cortisol which is a stress Harmon.
- Virechana: Although in psoriasis (kitibha kushta) is vata-kaphaj but all kushta are tridoshghna so there is dushti of pitta which is with rakta dhatu so role of virechana panchakram as shodhana is imp. Virechana mainly pitta dosha nashak property it also suppress vata & kapha dosa
- Siravedhana: For rakta dhatu shodhanartha this panchakarma done.

Result:

The patient had started improving during hospital stay & at end of 12 days, the Reddish patch all over body & head, Scaling of skin nearly get disappear.

Conclusion:

Since the therapy for psoriasis has limitation in Allopathies, Ayurvedic management of chronic psoriasis can be effective therapy.

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Image 1: BEFORE



Image 2: AFTER