



## A CASE STUDY ON PSORIASIS

## Ayurveda

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## ABSTRACT

*Psoriasis* is one among skin conditions which is commonly encountered in clinical practice. Even after taking Medicines in other systems there was not satisfactory results seen and was also held up in some side effects. Now a days patients in search of no side effects drugs and to get effective treatment and good results come to Ayurvedic system of medicine. In the same way this patient who is 33 year old person presented with symptoms of Psoriasis which was diagnosed as *vicharchika* and was treated with Shamana dravyas, then Snehapana, Abhyanga, Nadisweda, *Virechana* is done and given *Rakta mokshana* Therapy also followed by again Shamana dravyas. Patient condition was assessed before and after Treatment. In which there was considerable improvement with out any adverse effect. At the end of Treatment Pt was satisfied with the Ayurvedic treatment and became happy.

## KEYWORDS

Psoriasis, vicharchika, Virechana, Rakta mokshana

## INTRODUCTION

Psoriasis is according to Modern science is a chronic auto immune, non-communicable, disfiguring, disabling disease characterized by lesions, vary in size, covered with white scales. Lesions cause Itching later burning sensation, sometimes injury to skin can also cause bleeding spots, psoriasis may pop up any where but most appear on scalp, elbows, knees, and lower back. That creates a great negative impact on patients. Generally Psoriasis develop between the age of 15 to 35 years of age. Psoriasis is a General skin problem affecting up to 2.5% of the world population<sup>(1)</sup>. Among countries ranges between 0.09%<sup>(2)</sup> to 11.4%<sup>(3)</sup> making Psoriasis a serious global problem. In India its current incidence is 1%<sup>(4)</sup>. In Ayurveda all types of skin diseases are included under broad term Kushta<sup>(5,6)</sup>. The word Kushta is derived from - 'Kus nishkarshane' + 'Kta' which implies to destroy, or to deform. Thus the word Kushta means that which destroys with certainty. Psoriasis may be well correlated to various varieties among classification of Kushta disease they are ekakushta, Kitibha<sup>(7,8)</sup> and also to Sidhama Kushta among Kshudrakushta which cause deformity on skin<sup>(9)</sup> Kushta is included under Astha Mahagadha in Ayurveda<sup>(10)</sup>. In this case patient was treated for 15 days to 1 month, by giving some combination of choornas both Internally as well as external application, few vati's which subsides Tridosha's, Rasayana therapy, Snehapana with G.T.T. Ghrita, Sarvanga Snehana to suppress Rookshana and also Raktha mokshana by leech therapy for up to 15 days and up to 1 month the rest oral Medications was advised to continue. After 1 month of regular Medications Pt's symptoms of skin got relieved.

## CASE DISCRPTION

A male patient by name Akram came from Nelmangala, with Chief complaints like:

- 1) brownish discoloration of skin all over body i.e. both upper and lower limbs also in head and trunk.
- 2) Itching all over body, due to continuous itching wound formation with burning sensation and bleeding.
- 3) Scaling of skin: Associated with Amlapitta with Hrut kanta daaha and Sarvangadaaha.

## History of Present Illness:-

Person was normal before 8 years back. Gradually he noticed brownish discoloration of skin all over both upper and lower limbs initially but the pt neglected, then these brownish discoloration of skin spreads to trunk region and then to face over forehead eyebrows, and also pt noticed Itching all over body and scaling of skin. For this patient went to near by General Hospital. There he was diagnosed as Psoriasis and given some medications and Injections. Patient took Treatment for 6 months but did not get relief. This was routinely carried out by patient whenever his symptoms got aggravated, but for this disease he did not get permanent solution. Thus at last with some near by patient reference he came to our Hospital for SPSAMC and was treated under OPD basis.

## Past History:-

No H/o the above skin complaints before 8 years and  
No H/o HTN, Dm, Epilepsy, B.A.

K/C/O Amlapitta and was on Regular Allopathic Medication.

## Family History:-

His grand father was suffering from the same skin complaints and was expired 2 years back.

## Personal History:-

Bowel - Hard stools (once a day)  
Bladder - 5 to 7 times/day  
Sleep - Disturbed at night due to severe Itching.  
Diet - Non Veg. - 5 days in a week compulsory.  
Community - Muslim.  
Occupation - Running General Store, always allergic to dust and dirt by loading and unloading the things in store.  
Habbits - Occasional alcoholic and tobacco chewing.

## Astha Sthana Pareeksha:-

नाडी - 82/min  
मल - once [क्रूर कोष्ठ]  
मूत्र - 5 to 7 times/day  
जिह्वा - अल्प लिप्ता  
शब्द - प्राकृता  
स्पशा - ककशा / रुक्षा  
दृक् - प्राकृता  
आकृति - पथ्यम्

## MATERIAL &amp; METHOD:-

- Centre of study - SPS Ayurveda Medical College, Arjubettahalli
- Simple & single case study.

Hetu & Samprapti of Psoriasis acc to Ayurveda which is co-related with the Patient.

Hetu (Causative factor) Nidana

Ahara	Vihara	Manasika
Due to his busy schedule of his occupation, Improper Diet & Irregular Diet and everyday Afternoon & night Dadhi Sevana, and using Anupa mamsa Sevana for 4 to 5 days in a week and 2 to 3 days taking Matsya Mamsa. From all these vata dosha got aggravated.	Vega dharana of Mala & Mootra  Ratri Jagarana due to busy schedule in his business	Chinta & Bhaya from his personal Issues.

**Samprapti Ghataka:-**

Doshha - Tridosha (Vaata Pitta &amp; Cuff)

Doosha - Rasa &amp; Rakta

Adhishtana - Twak

5	Manjishta Ch.	} 1 Teaspoon (1 Pack) Internally for 1 tid with Luke warm water
6	Nimba Ch.	
7	Chandana Ch.	
8	Haridra Ch.	
9	Bakuchi Ch.	

**TREATMENT:**

Sl. No.	Dravya	Dose & Anupana
1	Kadhiradi Vati	1 BD with Luke warm water
2	Gandhaka Rasayana	1 BD with Milk
3	Arogyavardhini vati	1 BD with Luke warm water
4	Trikatu + Panchakola Ch.	1 Teaspoon tid Before food with Like warm water

Days Treatment	1 <sup>st</sup> Snehapaana with G.T.T. Ghrita 30 ml	2 <sup>nd</sup> Snehapaana with G.T.T. Ghrita 60 ml	3 <sup>rd</sup> Snehapaana with G.T.T. Ghrita 90 ml	4 <sup>th</sup> Snehapaana with G.T.T. Ghrita 120 ml	5 <sup>th</sup> Snehapaana with G.T.T. Ghrita 150 ml
Symptoms					
Brownish discoloration of skin all over body	++++	++++	++++	+++	+++
Itching all over body	++++	++++	++	++	++
Scaling of skin	++++	+++	+++	+++	++

Days Treatment	6 <sup>th</sup> Sarvanga Sneha (Abhyanga with Maha Nimba Taila)	7 <sup>th</sup> Sarvanga Snehana (Abhyanga with Maha Nimba Taila)	8 <sup>th</sup> Virechana with Trivrut avalehya 30 gms Vegas 18 times	9 <sup>th</sup> All above oral Medications with Anupana	10 <sup>th</sup> All above oral Medications with Anupana
Symptoms					
Brownish discoloration of skin all over body	+++	+++	+++	+++	+++
Itching all over body	++	++	++	0	0
Scaling of skin	++	++	++	+	+

Days Treatment	11 <sup>th</sup> All above oral Medications + Rakta Mokshana by using leech	12 <sup>th</sup> All above oral Medications + Same Ch paste with Tulasi Swarasa Application Externally	13 <sup>th</sup> All above oral Medications + Same Ch paste with Tulasi Swarasa Application Externally	14 <sup>th</sup> All above oral Medications + Rakta Mokshana by using leech	15 <sup>th</sup> All above oral Medications
Symptoms					
Brownish discoloration of skin all over body	++	++	++	+	0
Itching all over body	0	0	0	0	0
Scaling of skin	+	0	0	0	0

**DISCUSSION:**

- (1) Kadhiradivati(12) – Kandughna and Kushtaghna drug of choice.
- (2) Gandhaka rasayana(13) – Is rasayana, Raktashodhaka, Kandughna.
- (3) Arogyavardhinivati(14) – Deepaka, Pachaka, Pakwashaya dushti nashaka.
- (4) Trikatu and Panchakola Ch. – Kaphaghna, Vatahara and Amadosha nashaka does Agnideepana.
- (5) Manjishta Churna(15) – Varnya, Rakta prasadana, Kushtaghna Rasayana.
- (6) Haridra Churna(16) – Kandughna, Krimighna, Pittaghna Yakrut uttejaka and Vrana.
- (7) Nimba Churna(17) – Kandughna, Krimighna.
- (8) Chandana Churna(18) – Varnya, Rakta Prasadana, Twacchya.
- (9) Bakuchi Churna(19) – Twacchya, Krimighna, Kushtaghna. Thus all these above mentioned drugs process Krimighna and Kandughna Quality. It helped in relieving of Kandu and Kushta symptoms.
- (10) Snehapaana – with G.T.T. Ghrita Pacifies Pitta dosha, adding saindhava – which pacifies vata dosha and Kapha dosha pacifies by adding, Shunti Churna, then Ghrita lubricates and softens the doshas, it Improve digestion, regularizes bowels, improves the strength, and complexion thus healing of wound took place and scaly skin also got reduced.
- (11) Sarvanga Snehana with Maha Nimba Taila is Vata Shamaka Kandughna and also decreases scaling of skin and dryness of skin as well as by giving Nadisweda brings sweat on the skin through hair follicle by opening the pores of the skin and due to Nadisweda

Agni is increased and the fatty tissues got liquified and thrown aama ,toxin out of the skin.

- (12) Virechana – Generally all Twak Vikara caused by Tridosha. By giving Virechana with Trivrut avalehya, Pitta dosha get subsided in turn Passifying Vata and Kapha dosha in turn Rakta dhatu Shodhana takes place.
- (13) Rakta Mokshana – For Rakta dhatu shodhana this Procedure is done. Thus by Eliminating dooshita rakta, Twak Vika gradually came down.
- (14) Choomas made paste with Tulasi Swarasa – Passified the Itching and helped in bringing back the natural colour of skin.

**COLCLUSION:**

Psoriasis is a disease having high impact on the body and mind. Ayurvedic Treatment for this skin disease has given a bliss full life by improving the immune system of the individuals. Shodhana therapy helps to remove the root cause of the disease and prevents the disease from its reoccurrence by eliminating Aggravated doshas in the body relieving from pain, inflammation, infection and the orally prescribed medicines also played a vital role in alleviating the symptoms and worked as Immune booster as they are safe and no side effects.

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