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Ayurveda management of Psoriasis - A Case Study

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ABSTRACT

Psoriasis is an autoimmune disorder of skin, results in hyper proliferation of the skin. It is a chronic skin disease characterized by dry skin and raised, rough, red areas on the skin covered with fine silvery scales. A clear skin description is available in *Charaka Samhita* under *Kushtha*. Ayurved management is quite effective in Psoriasis as compared to modern treatment. The line of treatment in present given study is *Shodhana* and *Shamana Chikitsa*. *Virechana* therapy followed by internal medicinal treatment is considered as good management of skin disorder.

Key words: *Kushtha, Psoriasis, Skin Disorder.*

INTRODUCTION

As per Ayurveda, causes of all varieties of skin diseases are common. Intake of mutually contradictory food (*Viruddha Ahara*) is cause of skin disorder. Intake of this food causes vitiation of *Tridosha* and that will be responsible for various skin disorders. *Ekakushta* is compared with psoriasis due to its maximum resemblance with sign and symptoms. *Acharya Charaka* mention skin description under *Kushta* chapter.^[1] Dry skin and raised rough, red areas on the skin covered with fine silvery scales, erythematous, well defined dry scaly papules and plaques ranges from pin head to palm sized are the

symptoms seen in this disease. As per *Acharya Charaka* the vitiation of *Tridosha* along with *Twaka, Mansa, Rakta* and *Lasika* have major role in pathogenesis of psoriasis.^[2] So *Shodhana* and *Shamana Chikitsa* is very effective in treating psoriasis.^[3] So in present case study *Virechana* therapy followed by Internal medicine is followed for the management of psoriasis.

CASE PRESENTATION

A 40 year old Male patient presented with OPD of ASPM Ayurved College, Buldhana, Maharashtra with a chief complaint of chronic plaque over chest region, trunk region, both hands and legs with *Daha, Vaivarnya, Kandu* all over body since 5 years. Patient had disturbed sleep since 1 month. The case was diagnosed as *Ekakushta* on the basis of *Ahara, Vihara, Nidana* and *Lakshana* and its management is successfully done by the Ayurvedic principle *Shodhana* and *Shamana Chikitsa*.

Ashta Vidha Pariksha

SN	Pariksha	Pramana
1.	Nadi	79/min

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2.	Mala	Vibandha
3.	Mutra	Samyak
4.	Jeeva	Saam
5.	Shabda	Samyak
6.	Sparsha	Khar
7.	Druka	Samyak
8.	Akruti	Madhyama

Treatment Plan

Treatment plan consists of *Shodhana* and *Shaman Chikitsa*.

Shodhana Chikitsa

Virechana Karma was carried out in *Shodhan Chikitsa*. *Virechan Karma* was carried out in 3 stages i.e. *Purvakarma*, *Pradhankarma*, *Paschatkarma*. First *Pachana* with done by giving *Aampachak Vati* 2 tab BD for 7 days. Then *Snehapan* was started with *Mahatiktaka Ghrita* given for 6 days everyday with increasing quantity. After 6 days *Samyak Snehpana Lakshana* were observed. Then 3 days *Sarwang Abhayang* and *Swedan* was given with *Bala* oil and *Dashmoola* decoction. On 3rd day morning *Virechan* was given with *Abhayadi Modak* 2 tab followed by regular interval of lukewarm water. After 1.5 hr *Virechan Vega* was started. Total 18 *Virechan Vega* was observed. After completion of *Virechan* patient was kept on *Sansarjan Krama* was advised for 5 days. Patient was advised to take rest and eat light diet and special diet is advised for 3 to 5 days.

Shamana Chikitsa

After *Shodhana* oral medicine was started such as *Arogyavardhini Vati* 250 mg B.D, *Gandhak Rasayan*^[4] 250 mg B.D, *Khadirarishta* 15 ml B.D, Coconut oil for local application for 15 days.

RESULTS

Redness of skin was markedly reduced after treatment. Scaling was reduced significantly after treatment. *Daha*, *Vaivarnya*, *Kandu* was also reduced after treatment. The patient can sleep well after 15 days of treatment.

DISCUSSION

Shodhana and *Shamana Chikitsa* is the key factor in Ayurved management of psoriasis. Due to *Virechan Karma* the vitiated *Doshas* are left out of the body and *Samyak Awastha* of *Doshas* was achieved. *Shaman Chikitsa* also plays important role in achieving remaining vitiated *Doshas* in *Samyak Awastha*. Local applicant coconut oil is a fantastic natural skin moisturizer and softner. It has antibacterial, antimicrobial, antifungal and anti-inflammatory properties.

CONCLUSION

By considering results of this case it can be concluded that *Shodhana Karma* (Body purification therapy) and *Shaman Karma* (Palliative and Conservative therapy) plays an important role in the management of Psoriasis.

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