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Management of Psoriasis through Ayurvedic principles - A Case Study

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ABSTRACT

Now a day's society is more conscious about external beauty compare to internal beauty and also some professional fields they require good looking and charming beauty. Usually 10-15% cases present before general practitioners are pertaining to skin diseases. Due to altered life style, lack of physical exercise, unhygienic, mental stress, over eating, skin diseases are commonly observed. Psoriasis is chronic disorder which is commonly encountered in day today's clinical practices. It is one of the burning issues having social importance. Increased stress and life style are main predisposing factor which is accounting for wide spread prevalence of this disease. All the skin diseases in *Ayurveda* have been discussed under the broad heading of *Kushtha*. Which are further divided in *Mahakushtha* and *Kshudra Kushtha*. This paper highlights a case study of *Kitibha Kushta* (Psoriasis) treated with the *Ayurvedic* principles *Shodhana Chikitsa*.

Key words: *Kitibha Kushta, Shodhana Chikitsa, Psoriasis.*

INTRODUCTION

The skin is the organ of the body that is readily available for inspections by the eyes and fingers of every living person. It is a link between internal and external environment and is also the seat of complexion, which maintains beauty and personality. It provides individual identity in the society. Skin diseases are manifested due to altered life style, lack of physical exercise, unhygienic, mental stress, overeating. Skin diseases are considered as *Tvak Vikaras* or *Kusta* in *Ayurveda* and are 18 in number.

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According to classics, Vitiation of *Tridosha* followed by affliction of four *Dhatu* (*Tvak, Rakta, Mamsa* and *Laseeka*) leads to *Kushta*.^[1]

CASE PRESENTATION

A 39 year old male patient was apparently healthy before 10 yrs. Later he developed scaling, itching overhead region, associated with powdery discharge. After that scaling and powdery discharge spreaded all over the body. For that problem he consulted a physician but didn't get any relief. 2 month before he got severe itching and powdery discharge associated with general weakness, sleeplessness and depression.

The case was diagnosed as *Kitibhakushta* (Psoriasis) on the basis of *Ahara, Vihara, Nidana* and *Lakshana* which is one among the *Kshudra Roga* and its management is successfully done by the *Ayurvedic* principle *Shodhana* (*Vamana* followed by *Virechana*) *Chikitsa*.

Clinical Findings

Table 1: Features of *Kitibha Kushta*^[2]

<i>Shyavam / Snigdha</i>	Its meaning is blackish / dark discoloration. It is because of vitiated
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Krishna	<i>Vata Dosh</i> .
Kharatwam	It conveys the sense of roughness to touch and is because of <i>Vata</i> vitiation.
Parushatwam	Hardness to touch. It is also because of <i>Vata Dosh</i> .
Rukshatwam	Dryness of the skin seen in <i>Kitibha</i> because of vitiation of <i>Vata Dosh</i> .
Ughra Kandu	<i>Kandu</i> is produced by the vitiated <i>Kapha Dosh</i> . Severe itching was seen in the patient.

Nidana

Excessive intake of *Kshira*, *Dadhi*, *Kulatha*, *Masha*, *Katu Rasa Ahara*, *Virrudha Ahara*, *Shokha*, *Chintha*, *Ratri Jagarana*.^[3]

Samprapti

Due to excessive intake of *Kshira*, *Dadhi*, *Kulatha*, *Masha*, *Katu Rasa Ahara*, *Virrudhaahara*, *Shokha*, *Chintha*, *Ratrijagarana*. *Dushivisha Utpatti* occurs in the individual leads to *Dhatu Shaithilya*, *Agnimandyadhy*, *Srotodushti* and *Srotorodha*, *Sthanasanshraya* of *Dosha* in *Twak*, *Rasa Rakta Lasika Dhatu* which became *Shithila* by *Dosha Dushya Sammurcchana* and shows symptoms like *Kharatwam*, *Ughra Kandu* etc. *Kitibhakushta* (Psoriasis)^[4]

Table 2: Comparison of *Kitibha Kushta* and Psoriasis

Kitibha	Psoriasis
<i>Shyavam / Snigdha Krishna</i>	Erythematous lesions turn to black in chronic cases
<i>Kharatwam</i>	Candle grease sign - Positive
<i>Parushatwam</i>	Abnormal hardening seen in chronic cases
<i>Rukshatwam</i>	Scales rough to touch
<i>Ughra Kandu</i>	Severe itching observed ^[5]

Treatment^[6]

The patient was administered *Vamana* followed by *Virechana* and internal medication. All oral and local modern medicines were,

Table 3: Treatment Schedule

Date	Treatment
19/4/17	<ul style="list-style-type: none"> ▪ <i>Chitrakadi Vati (1-1-1)</i> before food ▪ <i>Tab. Anuloma DS (0-0-2)</i> at night after food ▪ <i>Lepa with Ganji + Siddhartaka Snana Choorna</i> ▪ Followed by <i>Pariseka with Yastimadhu Taila + Pinda Taila</i>
20/4/17	<ul style="list-style-type: none"> ▪ <i>Chitrakadi Vati (1-1-1)</i> before food ▪ <i>Tab. Anuloma DS (0-0-2)</i> at night after food ▪ <i>Lepa with Ganji + Siddhartaka Snana Choorna</i> ▪ Followed by <i>Pariseka with Yastimadhu Taila + Pinda Taila</i>
20/4/17	<ul style="list-style-type: none"> ▪ <i>Chitrakadi Vati (1-1-1)</i> before food ▪ <i>Tab. Anuloma DS (0-0-2)</i> at night after food ▪ <i>Lepa with Ganji + Siddhartaka Snana Choorna</i> ▪ Followed by <i>Pariseka with Yastimadhu Taila + Pinda Taila</i>
21/4/17	<ul style="list-style-type: none"> ▪ <i>Chitrakadivati(1-1-1)</i> before food ▪ <i>Tab. Anuloma DS (0-0-2)</i> at night after food ▪ <i>Lepa with Ganji + Siddhartaka Snana Choorna</i> ▪ Followed by <i>Pariseka with Yastimadhu Taila + Pinda Taila</i>
22/4/17	<ul style="list-style-type: none"> ▪ <i>Chitrakadi Vati (1-1-1)</i> before food ▪ <i>Tab. Anuloma DS(0-0-2)</i> at night after food ▪ <i>Lepa with Ganji + Siddhartaka Snana Choorna</i> ▪ Followed by <i>Pariseka with Yastimadhu Taila + Pinda Taila</i>

23/4/17	<ul style="list-style-type: none"> ▪ <i>Chitrakadi Vati (1-1-1)</i> before food ▪ <i>Tab. Anuloma DS (0-0-2)</i> at night after food ▪ <i>Lepa with Ganji + Siddhataka Snana Choorna</i> ▪ Followed by <i>Pariseka</i> with <i>Yastimadhu Taila + Pinda Taila</i>
24/4/17	<ul style="list-style-type: none"> ▪ <i>Lepa with Ganji + Siddhataka Snana Choorna</i> ▪ Followed by <i>Pariseka</i> with <i>Yastimadhu Taila + Pinda Taila</i>
25/4/17	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Mahatikta Ghrita</i> 30 ml on empty stomach ▪ Sips of warm water ▪ Can take <i>Peya</i> at time of hunger
26/4/17	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Mahatikta Ghrita</i> 70 ml on empty stomach ▪ Sips of warm water ▪ Can take <i>Peya</i> at time of hunger
27/4/17	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Mahatikta Ghrita</i> 100 ml on empty stomach ▪ Sips of warm water ▪ Can take <i>Peya</i> at time of hunger
28/4/17	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Mahatikta Ghrita</i> 130 ml on empty stomach ▪ Sips of warm water ▪ Can take <i>Peya</i> at time of hunger
29/4/17	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Mahatikta Ghrita</i> 160 ml on empty stomach ▪ Sips of warm water ▪ Can take <i>Peya</i> at time of hunger
30/4/17	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Mahatikta Ghrita</i> 220 ml on empty stomach ▪ Sips of warm water ▪ Can take <i>Peya</i> at time of hunger

1/5/17	<ul style="list-style-type: none"> ▪ <i>Sarvanga Pariseka</i> with <i>Maha Narayan Taila</i> followed by <i>Sarvanga Bhaspa Sweda</i> ▪ <i>Kaphotkleshakaahara</i> - curd rice, banana, peda, payasa ▪ Planed for <i>Vamana</i> : <ul style="list-style-type: none"> ○ Milk 2 Litres ○ Honey - 100 gm ○ Ghee - 100 gm ○ Rice - 50 gm
2/5/17	<ul style="list-style-type: none"> ▪ <i>Vamana</i> done after <i>Sarvanga Pariseka</i> ▪ 5 Vegas attained
3/5/17 to 4/5/17	<ul style="list-style-type: none"> ▪ <i>Samsarjana Karma</i>
5/5/17	<ul style="list-style-type: none"> ▪ <i>Virechana</i> with <i>Manibhadra Guda</i> 40 gm + hot water ▪ Advice sips of warm water ▪ <i>Peya</i> at time of hunger
6/5/17	<ul style="list-style-type: none"> ▪ Advice <i>Samsarjana Karma</i> ▪ Discharged with following medicines ▪ <i>Mahatikta Ghrita</i> 2 tsp empty stomach ▪ <i>Manibhadra Guda</i> 1 tsp at night after food ▪ <i>Yastimadhu Taila</i> external application before bath ▪ <i>Shiva Gutika</i> ▪ <i>Siddhartaka Snana Choorna</i> external application ▪ Review after one month

Table 4: Prescribed medications with ingredients and their actions

Formulation	Ingredients	Action
<i>Shivagutika</i> ^[7]	<i>Shilajatu, Rasna, Chitraka, Kutaja, Triphala, Nimba, Patola, Nagara</i> etc.	<i>Kushta, Pandu</i>

<i>Manibhadraguda</i> ^[8]	<i>Haritaki, Amalakai, Vidanga, Trivruth and Jaggery.</i>	<i>Krimi, Arshas and Kushta</i>
<i>Mahanarayana Taila</i> ^[9]	<i>Bilva, Ashwahandha, Bruhatimula, Swadamstra, Shyonaka, etc</i>	<i>Vatavyadhi</i>
<i>Yashtimadhu Taila</i> ^[10]	<i>Yashtimadhu, Amalaki, Tilataila, Ksheera, Water</i>	<i>Vrana Ropana</i>
<i>Mahatikta Gritha</i> ^[11]	<i>Saptacchada, Prativisha, Champaka, Tiktrohini, Patha, Musta, Triphala etc.</i>	<i>Apasmara, Bhutonmada, Kandu.</i>

DISCUSSION

Patient had irregular diet pattern and excessive intake of *Dadhi, Kulatha, Masha, Virrudha Ahara, Sokha, Chintha, Ratrijagarana* resulting in to *Kitibha Kushta*.^[12] After examining the patient, Depending on *Nidana* and *Lakshana* the treatment has been planned by the Ayurvedic principles i.e., *Deepana, Pachana, Vatanulomana, Snehapana, Vamana* followed by *Virechana*.^[13]

Patient's main complaint is sleeplessness, stress and severe itching. So *Chikitsa* was started with *Vamana* followed by *Snehapana* and *Virechana*. Five *Vegas* attained. First three days, it was done along with *Deepana, Pachana* and *Vatanulomana*. *Shiva Gulika* used for *Deepana Pachana* also help in reducing the *Kandu*. For *Vatanulomana* and *Doshanirharana* purpose, *Manibhadraguda* was given. To control itching sensation, *Siddhartaka Snana Choorna + Ganji Lepa* done. After 3 days, internal medication was stopped and *Snehapana* with *Mahatiktagritha* was started, which act both on *Mano Vikara* and *Tvak Vikara*.

Discharged medicine: *Shiva Gulika* for correction of *Agni* and *Rasayana*, *Mahatikta Grita* and *Manibhadraguda* for *Shamana Snehapana* and *Nitya Virechana* respectively.

Table 5: Selection of medicines

<i>Shiva Gutika</i>	Less appetite, coated tongue	<i>Deepana Pachana</i>
<i>Manibhadra Guda</i>	Constipation	<i>Koshtagata Dosh Nirharana, Vatanulomana</i>
<i>Yashtimadhu Taila</i>	Blackish discolouration, <i>Rukshatva</i>	<i>Varnya, Vrana Ropana, Snigdhatva</i>
<i>Mahatikta Gritha</i>	<i>Kandu, Rukshatva</i>	<i>Snigdhatva</i>



Fig. 1 & 2: Before treatment



Fig. 3 & 4: After treatment

CONCLUSION

In present case depending on *Nidana* and *Lakshana* it was diagnosed as *Kitibha Kustha*. This case study is a documented evidence for the successful management of *Kitibha Kustha* by *Kustha Chikitsa Sutra*.

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