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Case Study on the management of Psoriasis in Ayurveda through *Takradhara*, *Virechana* and internal medication

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ABSTRACT

Psoriasis is an autoimmune disease, widely present across globe. The similar clinical condition is described in Ayurveda thousand of years ago called Ek Kustha.^[1] Many patients of Psoriasis have been treated by various approaches of Ayurveda like Medicine and *Virchana*, *Vamana* and Medicine etc. Psoriasis is a Psycho-somatic disease where excess lesion lead to distress. *Virechana* and Medication is already an established mode of treatment in Ayurveda^[2], here we have added *Takradhara* to diminish aggravation, irritation and pain of lesion and also to combat with distressful condition. The present case shows remarkable results in Psoriasis by combination of *Takradhara*, *Virechana* and internal medications.

Key words: Psoriasis, Ekakustha, Takradhara, Virechana, Kshudra Kustha.

INTRODUCTION

Psoriasis is a chronic autoimmune skin disease having unknown etiology, it is relapsing and hence is a major health concern. 125 million people worldwide - 2 to 3 percent of the total population have psoriasis.^[3] There is no satisfactory management in conventional medical system, so patients generally prefer Traditional and Complementary Medicine. Ayurveda has described the similar clinical entity called *Eka Kustha* and has given multiple treatment options according to severity, personality type, season, geographical location etc. All skin diseases are described under the heading - *Kustha*, which is primarily of two type - *Mahakustha* (Major skin

diseases). *Ekakustha* (Psoriasis) comes under *Kshudra Kustha*.^[4]

The present case has been treated with *Takradhara*, *Virechana* and internal medicines.

CASE REPORT

A Male patient of 31yr came to Panchakarma OPD of Uttranchal Ayurvedic College and Hospital, Dehradun, India. He was a KCO Psoriasis since last 2 years. No family of any skin disorder. Non Diabetic non hypertensive. Pt presented with the complaints of;

- Scales all over body since 2 years
- Reddish Silvery plaque on upper and lower limb, abdomen and back since 1 years
- Itching all over body since 6 months
- Burning all over body since 1 month.
- Disturbed sleep since 1 month.

Patient has taken allopathic treatment and some Ayurveda treatment before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient is working in a bank. Patient did not have history of any other major illness.

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On Examination O/E

1. General condition moderate.
2. Vitals were normal (BP - 110/80mm Hg, P/R - 70/min, R/R - 18/min, Temp - 98.6° F)
3. Slivery plaque more evident on upper and lower limb.
4. Reddish slivery patches on abdomen and back.
5. No discharge, no pain/tenderness.

Routine blood examination such as CBC (Complete Blood Count), RBS (Random blood sugar), Urine Routine were within normal limits.

As per Ayurveda the clinical Symptoms of Ek kustha are -"Aswedana Mahavastu Matsyashakalopamam"- Ch. Ch. 7

Diagnosis of Ek Kustha (Posriasis)

Sign and Symptoms	Present/Absent
Aswedanam (Absence of sweating)	Present at the plaque region
Mahavastu (Big size lesions)	Present
Matasyashakalopamam (Fish like scales)	Present
Candle grease sign	Present
Auspitz Sign	Present

ASSESSMENT CRITERIA

Subjective Criteria

- a) Aswedanam (Absence of sweating)
 - Normal Sweating - 0
 - Mild Sweating - 1
 - Mild Sweating on exercise - 2
 - No Sweating after exercise - 3
- b) Mahavastu (Big size lesions)
 - No lesion on Mahavastu - 0

- Lesions on partial part of hand, neck, scalp, trunk, back - 1
- Lesions on most part of hand, neck, scalp, trunk, back - 2
- Lesions on whole part of hand, neck, scalp, trunk, back - 3

c) Matasyashakalopamam (Fish like scales)

- No scaling - 0
- Mild scaling from all lesions - 1
- Moderate scaling from all lesions - 2
- Severe scaling from all lesions - 3

d) Stress (related to Psoriasis)

- No stress - 0
- Mild Stress – small lesion on different covered part of body - 1
- Moderate Stress- big lesion on visible parts of body - 2
- Huge Stress- Big lesion all over scalp & body, lot of scaling & relapsing - 3

Objective Criteria

e) Candle grease Sign#

- Absent - 0
- Improved - 1
- Present - 2

f) Auspitz Sign^

- Absent - 0
- Improved - 1
- Present - 2

#scratching the patches of **psoriasis** with a sharp edge like scale or knife and if scales are collected on that and they are having **greasy** nature then this **sign** will be positive.

^The Auspitz sign refers to the appearance of small **bleeding** points after successive layers of scale have been removed from the surface of psoriatic papules or plaques.

TREATMENT PLAN

Shodan Chikitsa with Shaman Yoga shows good result in this study.

1. *Rukshan - Pachan* with *Hinguvachadi Churna*, given 3 grams with leukwarm 45ml Shunthi Sadita Jala twice daily for 3 days before meals.
2. *Snehapana* with *Guggulu Tikta Ghrita* given in morning at 7am for 5 days with increasing quantity of Gugglu Tikta Ghrita everyday with *Shunti Sadita Jala* as per following schedule.

Day 1	30 ml of <i>Guggulu Tikta Ghrita</i>
Day 2	60 ml of <i>Guggulu Tikta Ghrita</i>
Day 3	90 ml of <i>Guggulu Tikta Ghrita</i>
Day 4	120 ml of <i>Guggulu Tikta Ghrita</i>
Day 5	150 ml of <i>Guggulu Tikta Ghrita</i>

After 5 days *Samyak Sneha Pana Lakshans* were observed. Then 3 days *Sarvang Abhyang* and *Swedan* was given with *Nimbadi Tailam*. On 3rd day Morning at 10 am, *Virechana* was given with *Trivrit Avaleha* 40 grams followed by regular interval of leukwarm water.

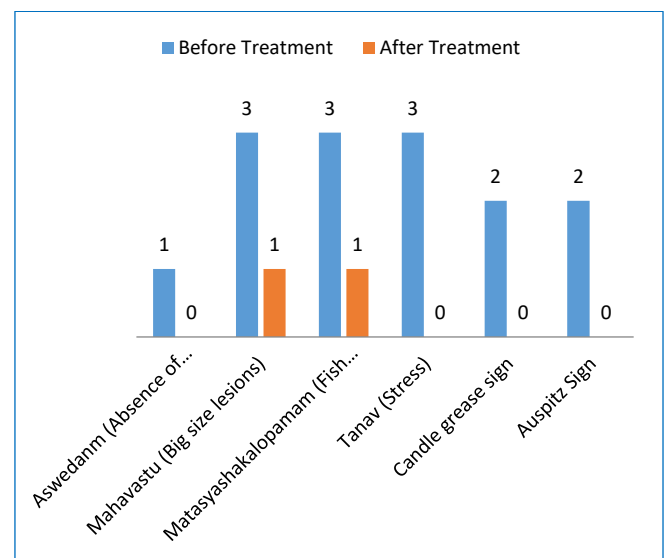
After 2 hours *Virechana Vega* was started. Total 20 *Virechana Vega* was observed. Pulse rate, Blood pressure was motinored regularly and found within normal limits.

3. *Sansarjan Krama* was advised for 5 days
4. *Sarvang Takradhara - Musta* and *Amalaki Siddha Takradhara* was given daily at 10am for 30 mintues for 7 days.
5. *Shaman Yoga*
 - *Panchatikta Ghrita Guggulu* tablet 500mg twice daily was given for 15 days.
 - Combination of *Gandhak Bhasma* - 125mg, *Rasmanikya* 125mg, *Guduchi Satva* 1gm, *Vrihat Haridra Khanda* 1gm, *Panchanimba Churna* 2gm was given twice a day after meals for 15 days.

- 777 oil^[5] was given for local application twice daily.

RESULTS

Sign and Symptoms	Before Treatment	After Treatment
Aswedanm (Absence of sweating)	1	0
Mahavastu (Big size lesions)	3	1
Matasyashakalopamam (Fish like scales)	3	1
Tanav (Stress)	3	0
Candle grease sign	2	0
Auspitz Sign	2	0



DISCUSSION

Ayurvedic approach of dual detoxification external and internal showed marked improvement in this case. The internal medication pacifies visiated *Doshas*, act as immunomodulatory at cellular level of skin and improves the blood circulation. *Rukshana Pachana* helps in *Ama Pachana* and *Agni Pradipana*. *Guugulu Tikta Ghrita* help to uplift (*Utklesh*) the deep seated

visiated *Dosha* of skin to superficial level by *Snehana*. *Swedana* brings these vitiated *Dosha* to main digestive tract and finally these were eliminated out from body by the virtue of *Virechana* drug. External detox by *Takradhara* heals the lesion giving immediate relief from irritation, itching and pain.

Psoriasis on back



Before Treatment



After Treatment

Psoriasis on Right hand



Before Treatment



After Treatment

Psoriasis on Left hand



Before Treatment



After Treatment

CONCLUSION

The result of this case shows marked improvement in overall clinical picture of the Psoriasis not only at Physical level but also at mental level. *Takradhara* in particular seems to be quite effective in balancing mental (*Mansika*) *Dosha*. *Shodhana* by *Virechana* and *Shamana* by internal medication considerably improve the condition of patient. Further studies on this combination will help Psoriasis patient to live a healthy life physically as well as mentally.

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