



A Case Study of Management of Psoriasis by Ayurveda

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ABSTRACT

Psoriasis is a complex, chronic, multifactorial inflammatory disease characterised by keratinocyte hyperproliferation in the epidermis and an increase in the rate of epidermal cell turnover. Environmental, genetic, and immunologic variables all appear to have a role. The condition is most typically seen on the skin of the elbows, knees, scalp, and lumbosacral regions; intergluteal clefts; and glans penis. There is currently no permanent remedy other than, then offering symptomatic relief in modern medical science. Skin diseases react better to *Ayurvedic* treatment. Psoriasis causes psychological symptoms such as anxiety and depression in the sufferer. Medicine is being used to treat this disease. Selected *Panchakarma* procedures, as well as *Rasayantherapy* and *Ayurvedic* medicines, have been shown to be beneficial in these instances. The Ayurvedic method is geared towards symptom relief. A case study of a 57-year-old female who arrived with Psoriasis symptoms and was treated with a combination of *Shaman* and *Shodhanchikitsa* is described here. *Kitibha* was diagnosed and treated with Ayurvedic medications: *snehapana*, followed by *virechan*, *Rasayan* treatment was performed. The patient's condition was evaluated both before and after treatment. Counselling is very useful in treating it. Case presentation: A 57-years old female, diagnosed with a case of psoriasis, came to my clinic with complaints of itching in the whole body, scaling especially from the bilateral legs, with red patches for 9 years. He was tired of trying all kinds of medicine and depressed. After a thorough examination, an *ayurvedic* treatment plan was designed in the form of oral medicines. Outcomes: significant improvements were noticed in all symptoms; the duration of treatment was 3 months. And then follow-up was done after 15 days.

Keyword: *KitibhaKushtha*, Psoriasis, *shaman*, *Shodhan Chikitsa*,

1. Introduction

Psoriasis is a prevalent dermatological illness that affects up to 1% of the global population, with both men and women suffering equally. Psoriasis is derived from the Greek words *psora*, which means 'itch, and *sis*, which means 'active state'. Psoriasis is a non-infectious, chronic inflammatory skin disease characterised by well-defined erythematous plaques with a silvery-white scale with a preference for the extensor surface and scalp, as well as a chronic, fluctuating course. The major aberration in psoriasis is increased epidermal proliferation caused by excessive cell multiplication in the basal layers. Keratinocyte transit time is lowered, and epidermal turnover is reduced from 28–30 days to 5–6 days. Although the cause is unknown, the variables at work are genetic, biochemical, and immunopathological. Trauma, infections, sunlight, some medicines, and emotions can all cause the condition to flare up. Because there is no cure for the disease, it has remained a major issue for patients. Patients have not just bodily problems but also mental and social distress. The condition is primarily diagnosed based on clinical signs, such as,

- Erythematous sharply defined plaques, covered with silvery-white scales.
- Extensor surfaces primarily involved such as the knees and elbows.
- Koebner's phenomenon is present in the active phase of the disease.
- Warnhoff's ring is often present in the healing phase of the disease.
- Auspitz sign and candle grease sign are other classic features of the disease.

There are various varieties of psoriasis that can be linked to diseases listed in the *Samhitas*. *Kushtha* has been described since *Vedic* times. *Kitibha* is a member of the *Kshudrakushtha*. *Kitibhakushtha* emerges as a result of *Tridosha* aggravation, particularly *Vata* and *Kapha* dominance. *Mithyahara* and *Vihara* aggravate *Tridosha*, leading to the affliction and aggravation of *Rasa*, *Rakta*, *Mamsa*, and *Laseeka*. Symptoms of *Vata* dominance include blackish discoloration, hardness, dryness, and roughness to the touch. The occurrence of intense itching as a cardinal symptom indicates a *Kapha* predominance. *Kitibha* is a form of *kushtha* distinguished by skin that is blackish brown in hue (*Shyavata*), rough to the touch (*Kharatwam*), and difficult to touch (*Parushatwam*). *Kitibha* depicts dry, rough (*Rukshata*), and hard black skin with itching that makes a sound when scratched. *Kitibha* is a *Kushtha* with discharged (*Sraavi*), round (*Vruttam*), dense (*Ghanam*), severely itchy (*UgraKandu*), and greasy black (*SnigdhaKrishna*) skin.

Ayurvedic management of this ailment with *Shamana* and *Shodhana* modalities is being discussed here under.

2. Aim

To study management of *Kitibha Kushtha* i.e., Psoriasis

3. Objectives

- 1) To study *Kitibhakushtha*,
 - 2) To study the effect of *Shaman, Shodhan, and Rasayan Chikitsa*
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4. Material and method

Case presentation:

A 47-year-old female patient, diagnosed with psoriasis for 9 years, came to my clinic in may- 2023. He had the following chief complaints.

1. Dryness in the whole body
2. Itching with red patches especially in the bilateral leg's region.
3. Scaling mainly from the scalp region.
4. swelling on both legs with redness.

All symptoms occurred in the past 9 years, increased from 2-3 months.

History of Present Illness: The patient was relatively healthy before 9 years, he noticed itching and red patches which started from the scalp. Gradually itching occurred to the whole body, and patches widened. He took *homoeopathy* and modern medicine for 9 years but didn't get relief. So, he came to my clinic for further treatment.

Family History: Negative for HTN, DM and any skin diseases.

Allergy: Allergic to dust,peanuts,mustard.

History: hysterectomy done in 2011.

On examination

Pulse – 74/min.

BP - 130/80 mm of hg

RS - B/L clear

CVS – S1 S2 normal

CNS - conscious oriented

P/A - soft

Sparsha – Ruksha

Kshudha – pravar

Mala – vibhandh(asamyak)

Mutra – samyak

Shabda - spashta

Akruti - Sthoola

Jivha -Sam

Druk - Prakrut

Occupation: house wife

Hetu:

Aharaj: spicy food, salty food, curd etc.

Viharaj: late night sleep, no exercise, day sleep etc.

Manas: stress

Treatment Given

Table no.1 *Saman Chikitsa* for First 15 Days

| Date | Treatment | Anupan |
|------------|--|---|
| 31\05\2023 | 1. <i>manjistha churna</i> 2gm 2. <i>Gandhak rasayan</i> 250 mg 3. <i>Ras manikya</i> 65 mg 4. <i>Panchnimba churna</i> 2 gm 5. <i>kaishore guggulu</i> 2 tablet thrice a day 6. <i>Arogyavardhani vati</i> 2 tablet thrice a day 7. 4.777 oil | <i>Koshna jal</i> thrice a day With water With water Local application |

Table no.2 *Sodhan Chikitsa* for 7 Days

| Date | Treatment | Anupan |
|------------|---|------------------|
| 31\05\2023 | 1. <i>Swadistha virechan churna</i> 1gm 2. In morning empty stomach one time | <i>Ushna jal</i> |

Pathya: Avoid oily, spicy, junk food, bakery products, and fruits with milk. Avoid sleep in day time. Avoid use of soap and other cosmetics. Take healthy food. Maintain the hygiene Do regular exercise and meditation.

Before treatment 31\05\2023 figure 1 (a)



After treatment 13\06\2023 Figure 1 (b)



Table no. 3 Before After Treatment Symptoms

| S.no. | Symptoms | Before | After |
|-------|------------------------------------|--------|-------|
| 1. | Dryness | ++++ | ++ |
| 2. | Itching with red patches | ++++ | + |
| 3. | sweeling on both legs with redness | +++ | + |

Table no. 4 *Saman Chikitsa* after 15 days

| Date | Treatment | Anupan |
|------------|--|--|
| 13\06\2023 | 1. <i>manjistha churna</i> 2gm <i>Gandhak rasayan</i> 250 mg <i>Ras manikya</i> 65 mg <i>Panchnimba churna</i> 2 gm In this formulation <i>ras manikya</i> skip after 15 days. 2. <i>kaishore guggulu</i> 2 tablet thrice a day 3. <i>mahasudarshan churna</i> 3gm daily in morning empty stomach 4. 777 oil Continue for 2 months | <i>Koshna jal</i> twice a day With water With water With water Local application |

Table no.5 *Rasayan Chikitsa*

| Date | Treatment | Anupan |
|------------|--|---|
| 13\06\2023 | <i>Amalki rasayan</i> + <i>Yashad Bhasma</i> Continue for 2 month | <i>Ushna jal</i> Twice a day before meal |

Figure 2: After 2 Months of Therapy**Table no.6** After *saman and Rasayan* therapy symptoms

| S.no. | Symptoms | Before 15 days | After 2 months |
|-------|------------------------------------|----------------|----------------|
| 1. | Dryness | ++ | - |
| 2. | Itching with red patches | + | - |
| 3. | sweeling on both legs with redness | + | - |

1. Mode of Action of *Gandhak Rasayan*:

लेलीतक प्रयोगे रसेन जात्या समाक्षिकम परमः | समदशकुष्ठघाती मार्क्षकधातुश्च मूत्रेण||७०|| (cha. Chi. 7)

Lelitaka (Sulphur) when administered with the juice of *Jati* (*Amlaki*) along with honey is beneficial in 17 types of *Kushtha*. *Gandhak rasayan* Vati is effective in the treatment of *Kushtha*. Different *Bhavana dravyas* in *Gandhak rasayan* act as bactericidal and thus causes blood purification. *Bhavana dravyas* like *Guduchi*, *Nakesha*, *Haritaki*, *Sunthi*, has the properties of *Katu*, *Kashaya Rasa* and *Ushna Virya*. Thus, it does *Dipana*, *Pachana*, *Kledhar* and *Kaphghna* and in this way also acts as *Kushtaghna* and *Kandughna*, which helps in curing the disease.

2. Mode of action of *Kaishor Guggulu*:

In *Sharandhar Samhita Madhyama khand-7*, the verse "*Jayet Sarvani Kushthani*" is mentioned about *Kaishor Guggulu*. The main drug used in *Kaishor guggulu* is *Triphala*, which is described in classics in *Kushtha Chikitsa*.

3. Mode of action of *Manjisthadi churna*: *Manjisthadichurna* has contents like *Manjishtha*, *Guduchi*, *Bakuchi*, *Nimb*, *Haridra*, *Patola* etc., which not only detoxifies but purifies the blood. Also helps in pacifying *Kapha Dosh*. *Kushtha* is a *Santarpanottha Vyadhi* as per *Charak Samhita*.

4. Mode of action of *Arogyavardhini Vati*: Pacify *tridosha*, *kleda* *Shoshana* and *Kushthaghna*.

5. Mode of action of *Virechana by swadisth virechana churna*: *Virechanayoga* should get absorbed and due to *Virya*, it reaches to the *Hridaya*, then the *Dhamani* and then after it reaches to macro and micro channels of the body. The *Vyavayiguna* of drug is responsible for quick absorption. The *Vikasiguna* causes softening and loosening of the bond by *DhatuShaithilyakarma*. Due to *Ushnaguna dosha sanghata* is liquefied. Action of *Tikshmaguna* is to break the mala and dosha in micro form. According to *Dalhana* this action is due to quick excretion (*doshasravanakaravta*). Due to *Sukshmaguna* by reaching in micro channels, disintegrates endogenic toxic, which are then excreted through micro channels. Mainly due to *Prabhava*, *Prithvi* and *Jala* constitution and presence of *Saragunavirechana* occurs.

6. Mode of action of *Amalaki rasayan*: *Amalaki* is a rich source of nutrients, including [vitamin C](#), amino acids, pectin, and antioxidant-rich polyphenols such as tannins and gallic acid. *Amalaki* also has anti-inflammatory, anti-diabetic, antifungal, antiviral, and antibacterial properties.

Results: The Patient had started improving during treatment and all over recovery was done in 3 months, also new spots which were seen during treatment, were all gone.

Discussion:

The primary causes of *Kushtha* or Psoriasis are poor food and lifestyle choices, which affect digestion and aggravate *tridosha*. *Kapha* appears in the skin and causes the accumulation of toxins. The three vitiated doshas—*Vata*, *Pitta*, and *Kapha*—along with the defective *Tvak*, *Rakta*, *Mamsa*, and *Ambu*—combine to form seven important entities that play a part in the aetiology of this skin illness. Scaling was a primary symptom in this case, indicating that *Vata* and *Kapha* are implicated. We go over the exact course of treatment for *Kushtha*, specifically in skin disorders, where *Katu*, *Kashay*, and *Tikta aushadhis* should be provided as *shamans*. They all practise *Rakta Dhatu Shodhan*. The patient was advised to avoid foods that are difficult to digest, as well as sour foods, milk, and curd. Where there is chronic sickness.

Conclusion:

Ayurvedic management provides satisfactory answers as well as being equally good for the promotion and preservation of health by removing poisonous wastes and correcting *Agni*, which gives the patient a healthy and calm existence. This case study shows that a combination *Ayurvedic* regimen of *Shaman*, *Shodhan* and *Rasayan Chikitsa* is potent and beneficial in the treatment of Psoriasis. The patient experienced no harmful effects during or after treatment.

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