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AN AYURVEDIC MANAGEMENT OF PSORIASIS:A SINGLE CASE STUDY

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ABSTRACT

Psoriasis, known as *Kiṭibha kust* in *Ayurveda*, is a chronic skin disease recognized by dry skin, severe inflammation, and dry scaly papules. Psoriasis, which may be misunderstood with allergic dermatitis and seborrheic dermatitis, has been known to the human race for decades. As per WHO, It has prevalence over the globe ranging from 0.09 % to 11.4%, whereas India has 0.44 % to 2.8 % prevalence. Psoriasis is not only deteriorating the patient's physical health but also significantly affecting the quality of life. Moreover, the efficacy of modern medicine, along with the dangerous side effects, makes Psoriasis a disease of great concern. Though *Ayurveda* has demonstrated efficacy in treating Psoriasis, the disease's multifaceted etiology necessitates a multimodal treatment approach. This article discusses the treatment of plaque psoriasis in a 53-year-old male patient with erythematous plaques on the anterior surface of her legs, right forearm, and neck. Both the Auspitz sign and the Koebner phenomenon were favorable. The patient was treated for 30 days with a vegetarian diet, and impressive results were observed. After one year of treatment, the patient was completely cured and reported no adverse effects. With proper authorization and the patient's consent, photographic documentation was made during treatment.

KEYWORDS: Psoriasis, *Kiṭibha*, skin disease.

INTRODUCTION

The term Psoriasis is derived from the Greek word "Psora," which means "itch." It is an autoimmune skin disorder that causes excessive skin proliferation.[1] Although Psoriasis is considered a skin disease, it is a consequence of a disordered immune system. As per modern science, it starts with the overstimulation of white blood cells (T cells) under the epidermis. These T cells try to heal a pseudo-injury causing abnormal growth of skin cells. Skin cells unexpectedly rise from beneath the skin surface and begin to accumulate on the surface prior to maturation.[2] This process typically takes about a month, but in psoriasis, it can occur in a matter of days. These regions develop a ruddy, inflammatory appearance with silvery scales. Figure 1 shows typical morphology of healty and psoriasis affected skin. Psoriasis is more common in people who have a weakened immune system for a variety of reasons, e.g. cancer, AIDS or autoimmune disease. Moreover, it is significantly influenced by genetic factors (7-36%). Scalp, face, palms, limbs, and soles are the most common body sites which get affected by psoriasis. Although it can happen at any age, the majority of cases are seen in people between the ages of 50 and 69.[4] Moreover, It was observed that Males are more prone to get affected than females; around twice as many male cases were reported as female cases.[5] As per WHO, Psoriasis has a prevalence over the globe ranging from 0.09 % to 11.4%, whereas India has a 0.44% to 2.8% prevalence.[6] Moreover, Mehta et al.[7] and Kour[8] have reported that Psoriasis is not only deteriorating the patient's physical health but also significantly affects the quality of life. In the conventional medical system, medications such as methotrexate, corticosteroids, and others can be used to treat skin and joint manifestations, but the use of these medications for an extended period of time is limited due to safety concerns.[9] The efficacy of modern medicine, along with the dangerous side effects, makes Psoriasis a disease of great concern. Though *Ayurveda* has demonstrated efficacy in treating Psoriasis, the disease's multifaceted etiology necessitates a multimodal treatment approach. This article discusses the treatment of plaque psoriasis in a 53-year-old male patient with erythematous plaques on the anterior surface of her legs, right forearm, and neck. Both the Auspitz sign and the Koebner phenomenon were favorable. The patient was treated for 30 days with a vegetarian diet.

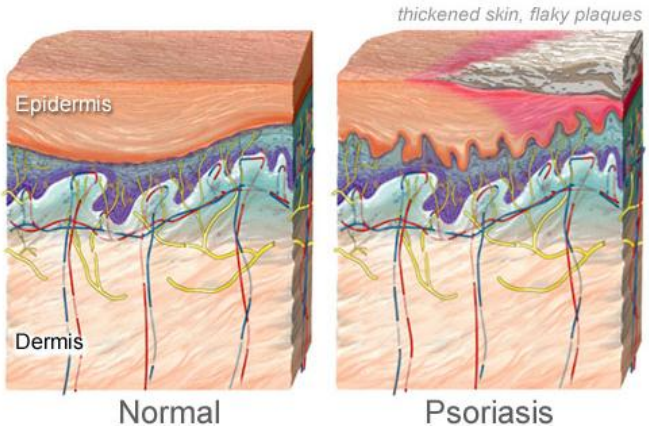


Figure 1: Pictorial comparison of Healy and psoriasis affected skin.[3]

OBJECTIVES

Investigate the effect of ayurvedic medication on the psoriasis.

Ayurvedic Perspective

According to *Ayurveda*, psoriasis, also known as *Kitibh Kust*, can develop when the *Vata, Kapha, Pitta,* and *Rakta doshas* become imbalanced. The consumption of foods that are incompatible with one another and the accumulation of toxins, among other things, are considered to be two of the fundamental energies or humours that are necessary for keeping the equilibrium of our bodies. The primary changes that take place in the system during this time are an accumulation of *Doshi vishas*, which are poisons of low intensity. Inappropriate dietary practises, the ingestion of food items that should not be consumed together (for example, dairy products with fish), excessive ingestion of yoghurt, dark gramme, fish, harsh and salted things, and the like can all contribute to the activation of the pathogenesis. Consumption of tobacco and alcoholic beverages will serve as a catalytic agent in this situation. When it comes to the treatment stage of psoriasis, *Ayurveda* places a strong emphasis on the impact of anxiety and stress. Moreover, *Ayurveda* correlated this disease with *Ekkustha* On the basis of sign & symptoms like reduced sweating (*Asweda*), extended skin lesions (*Mahavastu*), scaling of skin similar to the scales of the fish (*Matsya shakalopama*), pink discoloration (*Aruna varna*), blackening of the part (*Krishnavarna*) etc,. With this regard ayurvedic treatment was administrated

MATERIAL AND METHODS

Case Presentation

A 41 years old Male consulted in the Outpatient Department of *Kayachikitsa*, YMT Ayurvedic Medical College-Hospital, Kharghar, Navi Mumbai.

Chief Complaint

- Patches covred with silver scaling (Plaques)
- Rashes and Iching
- Skin Inflametion of trunk, forehand, and neck.
- Low self estem along with depression

Patient history

- The patient was diagnosed Plaque psoriasis for last 6 years and having modern medication (Immunosuppressant)
- Patient had ankylosing spondylitis osteoporosis
- Auspitz and Koebner were found positive. Nail bed and psoriatic arthritis were present.
- Allergy: None
- Family history: None
- Physical history: Sleep Disturbed, Difficulty in perfoming daily routines.

Examination of Patient

General Physical Examination

- Pulse: 76/min
- BP: 120/70 mmHg
- Weight: 63 Kgs
- Stool: Satisfactory
- Urine: 2-3/Day

Ashtavidha pariksha

- *Nadi* : 76 bpm, reg. *Vatapaitik*
- *Mala* : Samyak
- *Jihva- Saam*
- *Shabd* - aspasht
- *Sparsh*- Anushan shit

- *Drika- Prakrut*
- *Akriti*- Stool

Systemic Examination

- CVS – S1/S2, Heard
- CNS – Conscious and well oriented
- RS – AEBE and Clear
- P/A: Soft and Non-tender

Investigations

RTPCR for COVID-19 – NEGATIVE

Rapid Antigen Test – NEGATIVE

Treatment

***Table 2: Panchakarma* procedures.**

Sr. No	Procedure	Duration
1	*Deepana*	1 to16 th day
2	*Pachana*	1 to16 th day
3	*Sarvanga abhyanga* (with *Murchit til taila*) followed by *Bhashpa Swedana* (with *Dashmoola kwatha*)	1 to16 th day
4	*Matra Basti: Panchatikta ghrita Basti (40 ml)*	1 to16 th day

Table 2: Ayurvedic Treatment details.

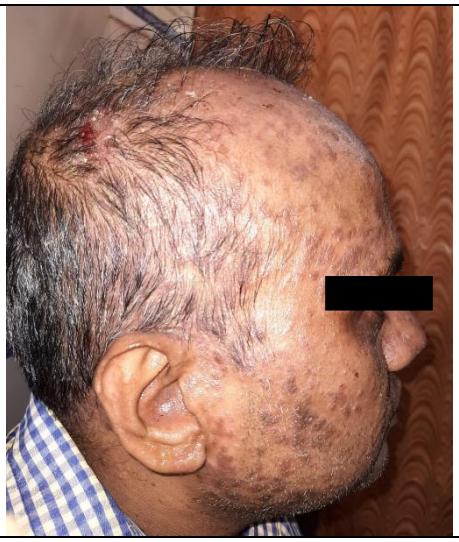
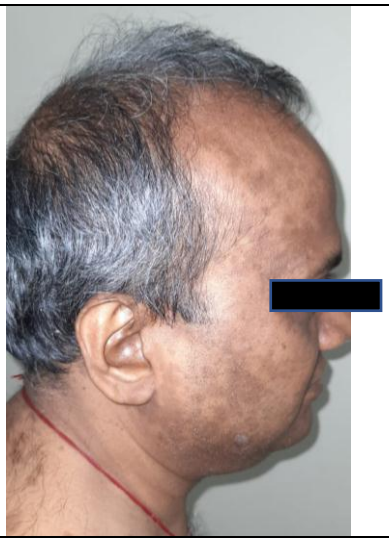
Sr No.	***Treatment Given***	***Dose***	***Anupaan***	***Days***
1.	*Gandhak Rasayan (250mg)*	*2 tablets thrice a day*	*Luke warm water*	*16 days*
2.	*Arogyavardhini vati (250mg)*	*2 tablets thrice a day*	*Luke warm water*	*16 days*
3.	*Mahamanjishtadi Kwatha*	*20ml thrice a day*	*Luke warm water*	*16 days*
4.	*Maharasanadi Ghanwadi (250mg)*	*2 tablets thrice a day*	*Luke warm water*	*16 days*

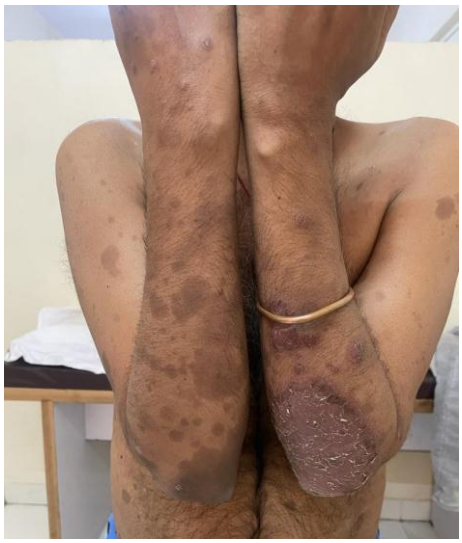
RESULT AND DISCUSSION

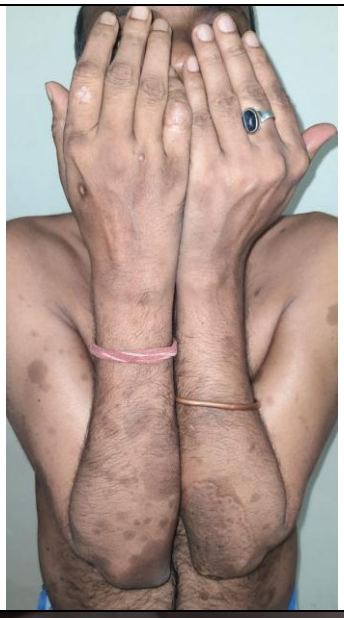
As mentioned before *Kitibh Kust* is result of imbalnced *Vata, Kapha, Pitta,* and *Rakta doshas*. Moreover, This disorder is also caused by Aam-nirmiti resulting from Strotorodhjanya Vat-prakop, as described under Samprapti. Agni-dushsti (Jatharagnimandya and Dhatvagnimandya) and Doshasanchay (Kapha and Vata) are the distinctive characteristics of Rasa-Raktadi Dhatu nirmiti leading to Oaj-Kshaya. In modern parlance, Aam-Sanchay is said to occur in the cell membrane, causing an Antigen-Antibody reaction that attacks our own cells, as observed in autoimmunity.

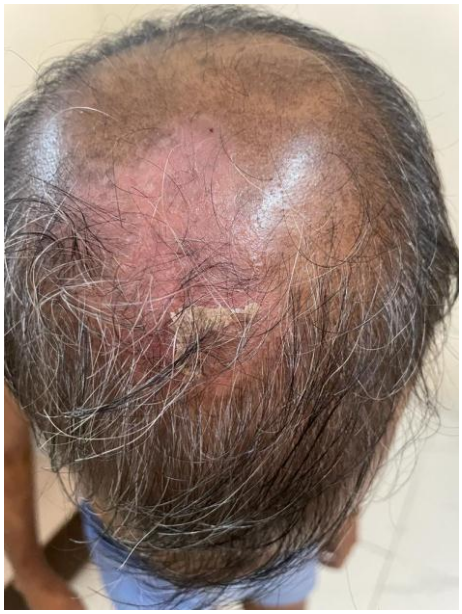
A course of ayurvedic treatment was devised with the intention of boosting the immune system. The treatment eliminates all toxins from the patient's body and gets their metabolism back to normal. Sushruta gave a description of the basti indication in both the sansargaj and the sannipataj vikara. The most effective treatment for kushtha, which manifests in symptoms all over the body, is matra basti, which is part of the panchatikta ghilta. For the purpose of this investigation, tiktarasatmaka dravyas were used for the process of basti. Tikta rasa pradhan dravyas are deepak, pachak and kaphaghna. Tikta rasa is lekhana and vishaghna in nature and destroys kleda, vasa, majja, lasika and pooya. Tika Rasa has several different effects on the skin, including swedaghna, kandooghna, kushthaghna, dahprashlnana, and sthirikarana. As a consequence of this, Panchatikta ghlita was successful in bringing about the desired outcomes in *Kitibh Kust* which can be noticed from treatment results (Table 3). Moreover, antimicrobial and anthelmintic traits of *Gandhak Rasayan* along with blood purifyer and immune-modulator *Mahamanjishtadi Kwatha* helps to treat the scally skin. Futher, *Arogyavardhini vati* and *Maharasanadi Ghanwadi* was prescribed as anty inflementry drug and there effect can be observed from the after tretemtn photogrps.

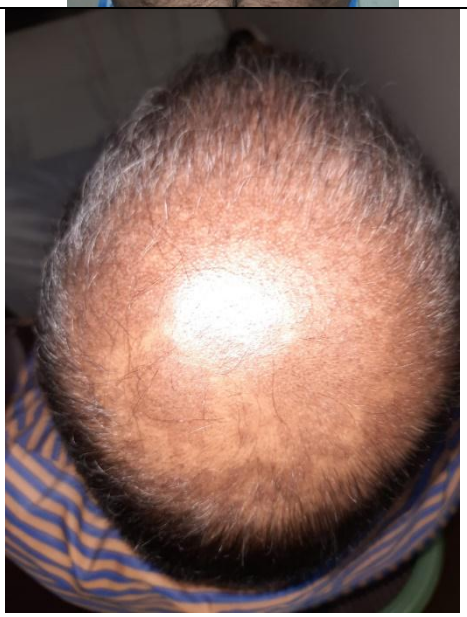
Table 3: Tretment results.

Before	After
	

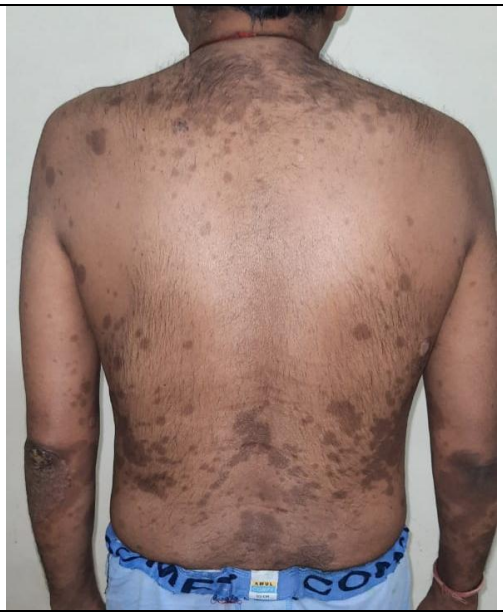









DR. G. D. POL FOUNDATION
8 STEPS OF HANDWASH



CONCLUSION

Psoriasis has had a significant impact on human health. It is evident that its effects on mental health are far more detrimental than those on physical health. Which could make the human body a breeding ground for other diseases. In such cases, ayurvedic medicine has proven to be more effective. In the present instance, it is evident from the photographs that the ayurvedic treatment administered has produced remarkable results. Although the treatment cannot completely reverse the negative effects, it can cure the patient to the point where the risk of developing additional conditions, such as psoriatic arthritis, can be avoided.

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