

A CASE STUDY ON PSORIASIS

Dr. Meher Jyotiranjan*, Dr. Meher Arunima and Dr. Samal Jitendra

Lecturer, Deptt. of Kayachikitsa, Govt. Ayurvedic College, Balangir, Odisha.

Ayurvedic Medical Officer, Dist- Sonapur, Odisha.

Lect. Deptt. of Panchakarma, Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha.

Article Received on
19 May 2019,

Revised on 08 June 2019,
Accepted on 29 June 2019

DOI: 10.20959/wjpr20198-15382

*Corresponding Author

Dr. Meher Jyotiranjan

Lecturer, Deptt. of
Kayachikitsa, Govt
Ayurvedic College, Balangir,
Odisha.

ABSTRACT

Aim: To assess the efficacy of *Rasabhra guggul* and *Karanja taila* in the management of Psoriasis (*Ekakustha*). **Background:** Psoriasis (*Ekakustha*) is one of the most common dermatologic diseases, affecting up to 1 to 2 per cent of the world's population. India has an incidence of approaching 1%-3%. It occurs in all age groups mainly at 20-30 years and about equally in men and women. Psoriasis is a skin disorder characterized by erythematous, swollen skin lesions covered with silvery-white scales. *Ekakustha*¹ is one of the *kshudraroga* described in classical Ayurveda text which the sign and symptoms of *Aswedanam*² (absence of sweat), *Mahavastu* (big lesion),

Matsyasakolapamam (Scaling) with *Vata-kaphaja dosa*³ predominancy. The involvement of *Vata* results in dry silvery or blackish plaques of psoriasis. Whereas itching in those affected areas is due to *Kapha*. It is one of the most intriguing and perplexing disorders of the skin. The psychological aspect of psoriasis is most important in the etiopathogenesis and management of psoriasis. **Results and Discussion:** In the present study, the patient was taking "*Rasabhra guggul*" for oral administration along with *Karanja Taila* for external application. Both the drug has the property of *vata-kaphahara*, *ushna virya* and *kusthaghna* for which it breaks down the pathogenesis of *Ekakustha*. **Conclusion:** Both the drugs *Rasabhra guggul*⁴ and *Karanja Taila*⁵ are highly effective to relieve the sign and symptoms of *Ekakustha*.

KEYWORDS: Psoriasis, *Ekakustha*, *Aswedanam*, *Matsyasakolapamam*, *Samana*.

INTRODUCTION

Psoriasis^[6] is a non-infectious skin disorder characterized by erythematous, swollen skin lesions covered with silvery-white scales caused due to dysfunction of skin metabolism. It has multiple etiologies which makes its management more and more challenging. In the Indian subcontinent, the incidence is 1%-3% outpatient department. It occurs in all age groups mainly at 20-30 years and about equally in men and women.^[7] The present case is a case of uncomplicated psoriasis with the written consent of the subject.

CASE REPORT

A 45-year-old serviceman came to OPD of dept. of kayachikitsa, Gopabandhu Ayurveda Mahavidyalaya & Hospital, Puri on 18 Nov 2016 for a severe skin problem with complaining of absent of sweating, skin lesions, erythema, scaling and itching since 2 years along with associated symptoms of multiple joint pain with psychologically upset. This condition had appeared gradually from last 2 years. At first, the patient felt erythema, itching. The patient had taken corticosteroid and multivitamin irregularly from many allopathic skin specialists to relieve the symptoms. There was no family history like skin disorders. Physical examination showed extensive non-uniform erythematous scaly patches involving the scalp, face, trunk, arms, legs. There was severe scaling of the epidermis from all over the body. Other laboratory investigations and vital signs were also normal. This patient was treated with *Rasabhra guggul* for oral administration along with *Karanja Taila* for external application twice a day for 1 month. The patient was follow-up in every 7 days.

Dosha Dushya Samurchhana

Dosha-Tridosha

Dushya-Twak, Rakta Mansa, Lasika

Srotas : Rasavaha, Raktavaha

Srotodushti : Sanga

Agni : Jatharagnimandya

Ama : Jatharagni

Udhabasthana- Amasaya

Vyaktasthana-Twacha

Roga Marga : Bahya

Samprapti*Nidana sevana(Ahara, Bihara, Manasika)**Tridosha & Twak, Mansa, Lasika**Sthana samsraya in Twacha**Knadu, Daha, Srava in Twak**Ekakustha***RESULTS**

There was marked relive found after 1 month of treatment in every sign and symptoms.

Table No. 1: Showing Vital sign of the patient.

Pulse Rate	74/min
Respiratory Rate	18/min
Heart Rate	74/min
Blood Pressure	110/70 mm/Hg
Temperature	Normal
Pallor	NAD
Jaundice	NAD

On examination

Auspitz Sign- Positive

Candle Grease Sign- Positive

Table No. 2: Showing Laboratory investigations of the Patient before and after treatment.

	BT	AT
Date	18/11/2016	20/02/2016
DC		
N%	68	66
L%	26	27
E%	04	06
M%	00	00
B%	02	01
TLC	8,300	8,800
Hb %	10.8	11.0
STOOL	NAD	NAD
URINE	NAD	NAD

Therapeutic Intervention

Rasabhra Guggul – 500mg, Twice daily with lukewarm water, for 1 month.

Karanja Taila- for local Application, Twice daily

Diet- *Purana Dhanya, Yava, Godhuma, Mudga, Adhaki, Masura, Patola, Jangala Mamsa*

Table No. 3: Showing Assessment Criteria.

Sign and symptoms	Gradation	Gradation	Gradation	Gradation	Gradation
	0	1	2	3	4
Aswedanam (Absence of sweating)	Normal Sweating	Mild Sweating	Mild Sweating on exercise	No Sweating after exercise	
Mahavastu (Big lesion)	No lesion on <i>Mahavastu</i>	Lesion on partial part of hand, leg, neck, scalp, trunk, back	Lesion on most of hand, leg, neck, scalp, trunk, back	Lesion on the whole part of hand, leg, neck, scalp, trunk, back	
Matsyasakolapamam (Scaling)	No scaling	Mild	Moderate	Severe	
Itching	No itching	Mild	Moderate	Severe	
Candle grease sign	Absent	Improvement	Present		
Auspitz sign	Absent	Improvement	Present		
Area of Involvement	Normal Skin	1-25% involved	26-50% involved	51-75% involved	51-75% involved
Erythema	Normal colour	Near to normal, this looks like normal colour to distant observe	Reddish colour	Black reddish discolouration	Deep black reddish discolourations

Assessment

Table No. 5: Showing Clinical Symptoms.

Symptoms	BT	AT1	AT2	AT3	AT4
<i>Aswedanam</i> (Absence of sweating)	1	1	0	0	0
<i>Mahavastu</i> (Big lesion)	1	1	1	0	0
<i>Matsyasakolapamam</i> (Scaling)	2	1	1	0	0
Itching	3	2	2	1	0
Candle grease sign	2	2	1	1	0
Auspitz sign	2	1	1	0	0

Table No. 6: Showing PASI – Score (Overall).

Symptoms	B.T.	AT1	AT2	AT3	AT4
Erythema	2	2	1	1	0
Induration	2	1	0	0	0
Scaling	3	2	2	1	0

Table No. 7: Showing Pasi Score.

Symptoms	Head		Upper limbs		Trunk		Lower limbs		Total	
	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.
Erythema	1	0	1	0	2	0	2	0	6	0
Induration	1	0	1	0	2	0	1	0	5	0
Scaling	2	0	1	0	3	0	2	0	8	0
Total	4	0	3	0	7	0	5	0	19	0
Area score	2	0	1	0	2	0	1	0	6	0
Subtotal	8	0	3	0	14	0	5	0	30	0
Body Surface Area* (0.1)	0.8	0	0.6	0	4.2	0	2.0	0	7.6	0



Before Treatment



After Treatment

Figure No. 1: Showing Before and After Treatment.

DISCUSSION

There are two drugs selected for the present study. These are *Rasabhra guggul* and *Karanja Taila*. *Rasabhra guggul* is the combination of various drugs i.e. *Parada*, *Gandhaka*, *Louha Bhasma*, *Abhraka Bhasma*, *Guggul*, *Guduchi*, *Triphala*, *Haritaki*, *Bibhitaka*, *Amalaki*, *Sunthi*, *Pippali*, *Maricha*, *Danti*, *Indrayana Mula*, *Bidanga*, *Nagakesara*, *Tribrit Mula*. *Rasabhra guggul* in the form of *Vati*. *Rasabhra guggul* contains drugs like *gandhaka*, *sunthi*, *pippali*, *maricha*, *vidanga* etc., which are *Vata Kapha shamaka*. In this disease, the main *dushtas* are *Rasa* and *Rakta*. The drugs like *danti*, *indrayana*, *nagakesara*, *trivrit* are *Kapha Pitta samaka* and *nitya virechaka*. So, it acts as an antisyphilitic, detoxifying agent, antimicrobial, antiallergic. Because the drugs which are *Kapha Pitta samaka*, that must be *Rakta prasada* in nature. Maximum drugs are of *katu*, *tikta*, *kasaya rasa* which are having the action of blood purification and immunomodulation. The disease occurs due to *Sanga* (Obstruction). So, *Yogavahi* and *srotanusarini* drugs like *Parada*, *Pippali* may help to clear the channel of *srotas*. The drug has the property of Antioxidant, Antibacterial, Antimicrobial, Antihelminthic, Antifungal, Antiprotozoal, Anti-allergic, Hepatoprotective, Radioprotective, Skin protective, Anti cancerous, Antiseptic, Anti-stress, Antioxidant, Antidepressant,

Immunomodulator, Antisiphilitic, Blood purifier. *Karanja Taila* has the property of Anti-anthelmintic, Anti-diabetic, Carminative, Antidiarrhoeal, Antiulcerogenic, Anti-inflammatory, Antifungal, Gastroprotective, Antioxidant-Free radical scavenging activity. *Karanja Taila* may act in the dryness of skin and help to reduce exfoliation. The above formulation is having the skin protective qualities which may help in reducing the thickness of the epidermal layer of skin.

Combined effects of these drugs are helpful in breaking of immunological reaction, removal of a toxic substance from the body, relieving from absent of sweating, skin lesions, erythema, scaling and itching. The combination of these drugs has the capabilities to address all the manifestations of psoriasis or *Ekakustha*. This case was successfully treated with Ayurvedic medicine on the line of management of *Ekakustha*.

CONCLUSION

All the sign and symptoms of psoriasis have close resembles with *Ekakustha*. The case of psoriasis was successfully managed in the line of management of *Ekakustha*. This case study demonstrates that Ayurvedic management may be useful in hazardous skin condition.

DECLARATION OF PATIENT CONSENT

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient(s) has/have given his/her/their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

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