

## CLINICAL EFFECT OF SANSHODHANA AND SANSHAMANA KARMA IN SIDHMA KUSHTA (GUTTATE PSORIOSIS): A CASE REPORT

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### ABSTRACT

Psoriasis is one of the most prevailing aesthetic disorder which leads to isolation of the individual from the society. It is a autoimmune papulo squamous disorder of the skin affecting 2 to 3 percent of the world population. Its diagnosis is made on clinical evaluation which is presented as itchy, silvery scales, well defined, erythematous plaque with excessive scaling of the skin due to increased proliferation of the skin layers. Here a Male of 25 years presented in the OPD of NIA Jaipur, as the diagnosed case of Psoriasis with the characters and symptoms of *Sidhma Kushta*. After careful observation the patient was planned for *Vamana* and *Virechana Karma* followed by *Sanshamana*

*Chikitsa* for a month. Results- patient was completely relived from the symptoms of the psoriasis and did not show any relapse in last 9 months.

**KEYWORDS:-** Case Reports, Psoriasis, Papulosquamous disorder, *Kushta*, *Vamana*, *Virechana*.

### INTRODUCTION

Psoriasis is one of the devastating skin disorder with the episodes of regression and aggravation. Its an auto immune inflammatory disorder of the body mainly affecting the age group between 20 and 30 and a second course in mid 50s and 60s. It is an immune mediated genetic disorder which runs in the family. The main gene responsible for this disease is CW6 gene and HLADR7.<sup>[1]</sup> Psoriasis is affected by genetic, life styles and environmental factors.

Alcohol, smoking, drugs such as anti malarial, beta blockers, sunlight, trauma, and infection with  $\beta$  hemolytic streptococci are the triggering factors for psoriasis. Psoriasis is classified according to the type, site, and morphology of lesions. The diagnosis is made through clinical examination by Grattage test and Auspitz signs.<sup>[2]</sup> The treatment is challenging due to its regression and relapse. Oral and topical corticosteroids are the main stay in the treatment which is again a cause of the relapse after discontinuation.

In *Ayurveda* all skin disease are put together into an umbrella of *Kushta Vyadhi*. Broadly *Kushta* means the disease in which the skin becomes diseased or damaged or any disease in which there is alteration in normal healthy skin. Guattate Psoriasis in *Ayurveda* can be correlated with *Sidhma Kushta* as the symptoms of both resembles. In *Ayurveda Sidhma* symptoms mentioned are silvery scaling of the skin with erythematous base and scaling resembles the dust particles.<sup>[3]</sup> The line of treatment in *Kushta* is *Shodhana* followed by *Shamana* and the core heart of treatment is to prevent the relapse of the disease which can be achieved by administration of *Namittika Rasayana*. In present case we came across the lesions on whole body which resembles the symptoms of *Sidhma Kushta*. The line of treatment was followed according to the guidelines; *Vamana* and *Virechana* followed by *Shamana*.<sup>[4]</sup>

### Case presentation

A 27 years old male visited to Kayachikitsa OPD of National Institute of Ayurveda. The registration no. was 88652. The patients complains of itchy dry papules and plaques with erythematous base, well defined lesions with silvery scaling on extensor surfaces of hands, legs along with involvement of trunk, face, back and scalp from 1 year. The lesions started from the scalp with gradual involvement of the chest, trunk, bilateral hands legs and feet. The lesions varied from 2 cm to 5-6 cm in diameter involving whole body. The lesions were papulosquamous in origin and the scaling was silvery white in colour. On examination Auspitz sign was positive. On taking history it was found that patient took allopathic treatment when lesions were limited to scalp only and he got some relief but after the completion of the treatment the patient developed same types of lesion on the whole body. So to find the cure of disease the patient visited NIA hospital. So the treatment was started after accessing the *Prakrati* of the patient. The patient had *Pitta Kaphaja Prakrati*. He had intense itching on the lesions so firstly *Vamana* was planned for him. The patient was given *Deepana*

and *Pachana* for 7 days with *Panchkola Churna* 3 gm two times a day after meals. After that patient was started with *Snehapana* with *Goghrita* early morning empty stomach at 6 a.m.

**Table no. 1: Dosage of *ghritapana* during *vamana karma*.**

Days	Quantity of <i>Ghee</i> administered
1 <sup>st</sup> day	Test dose of 30 ml
2 <sup>nd</sup> day	60 ml
3 <sup>rd</sup> day	90 ml
4 <sup>th</sup> day	125 ml
5 <sup>th</sup> day	150 ml
6 <sup>th</sup> day	165 ml
7 <sup>th</sup> day	180 ml

At seventh day the symptoms of *Samyaka Snehapana* was achieved that was, unctuousness of skin, loose stools, feeling of disgust with ghee, coated tongue. Then the patient was advised for *Abhyanga* (oil massage) and *Swedana* (hot fomentation) on 7<sup>th</sup> day evening, 8<sup>th</sup> day and 9<sup>th</sup> day just before *Vamana Karma*. On 8<sup>th</sup> day at dinner time patient was advised to take curd, rice, sweets of milk and banana to increase the *Kapha Dosha* so it can be cleansed properly.<sup>[5]</sup> On 9<sup>th</sup> day the *Vamana Karma* was performed with *Madanpahala Churna*, *Vacha Churna* nad *Sandhava Churna* mixed with honey.<sup>[6]</sup> Patient had *Madhyam Shuddhi* with 6 *Vegas*, and the *Vaman* was *Pittant* in *Langika Pramana*. After the *Vamana Karma* *Dhumpana* was done and *Samsarjana* was followed for 5 days.<sup>[7]</sup> After *Vamana Karma* there was great improvement in patient symptoms, itching was subsided and scaling reduced drastically. Lesion reduced 2-3 mm in size. Dryness also subsided. Lesion reduced in size erythema was evident with burning sensation in lesions, then patient was planned for *Virechana Karma*. After the gap of 3 days by completion of *Sansarjana Karma* patient had started *Snehapana* with *Goghrita*.

**Table no. 2: Dosage of *ghritapana* during *virechana karma*.**

Days	Quantity of <i>Ghee</i> administered
1 <sup>st</sup> day	50
2 <sup>nd</sup> day	100
3 <sup>rd</sup> day	150

After completion of *Snehapana*, *Abhyang* and *Swedana* was done on 3 subsequent days for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> day. In 6<sup>th</sup> day morning empty stomach patient was given *Virechana* with *Trivrita Avaleha* and *Abhayadi Modaka*.<sup>[8]</sup> After administration of the drug patient

commenced *Madhyam Shuddhi* with 15 Vegas and then *Sansarjana Karma* was followed for 5 days.

After the *Virechana Karma* erythema came down, face lesions reduced remarkably, and the lesions became light in colour scaling was significantly reduced. Induration of the lesions was also reduced. Then patient was followed by *Shaman Chikitsa* as follows

**Table no. 4: Medicines prescribed after *shodhana*.**

S. no.	Medicines	Dosage	Time interval	No. of day
1.	<i>Shuddha + Gandhaka + Mukta Shukti + Pittantaka Churna + Triphla Churna</i>	25 mg 250 mg 2 gm 2 gm	BD empty stomach with luke warm water	15 days
2.	<i>Sarivdhyasava</i>	20 ml	BD after food	15 days
3.	<i>Panchtikta Ghrita</i>	10 ml	BD empty stomach	15 days
4.	<i>Haratki Churna</i>	3 gm	HS with luke warm water	15 days
5.	777 oil	Q. S.	for local application.	15 days

During the treatment patient was advised following do's and dont's to be practiced throughout the treatment and even after the cure of disease to prevent relapse.

**Pathya (Do's)-** *Purana Jau* (barley), *Godhum* (wheat), *Shali Chawal* (rice), *Moong Dal*, *Makshika* (honey), *Jangal Mansrasa*, *Ventagra* (brinjal), *Kakamachi*, *Nimbi Patra*, *Punnarva*, *Chakramarda*, *Khadir*, *Til Taila*(sesame oil), *Nimba Taila*, *Purana Ghee*(old butter), etc.

**Apathya (Dont's)-** *Diwaswapana* (day sleep), *Atapa Sevan* (excessive exposure to sun), *Visham aahara*, *Swedana Karma*, *Vega Dharana* (controlling natural urges), *Ati Maithun* (excessive intercourse), *Ati Vyavyam* (excessive exercise), *Amla Ras* (sour food), *Ati Drava* (excessive liquids), *Guru Aahar* (heavy food), *Naya Anna* (newly harvested food), *Vidhai* and *Visthambhi Aahara*, *Dahi* (curd), *Doodah* (milk), *Madhya* (alcohol), *Guda* (jaggery), etc.<sup>[9]</sup>

After this treatment there was significant reduction in itching and scaling of the skin. So the same treatment was continued again for 15 days. And after one month there was no itching, no scaling skin became normal in texture and appearance, only hyperpigmented marks remained which will be subsided in due course of time.

## DISUCSSION

Psoriasis is a psychosomatic disorder not only affecting the skin but also affects the mental health of the patient by the critics done by the society. In *Ayurvedic* classics the treatment for all the skin disease is *Panchkarma* followed by *Shaman Chikitsa* and after that *Rasayana* is followed to prevent the relapse of the disease. In this present case the patient was suffering from plaque psoriasis which later transformed in Guttate type of Psoriasis after allopathic intervention. So according to *Ayurveda* *Kushta* is *Tridoshaj Vyadhi* in which there is involvement of all the three humors in different proportion,<sup>[10]</sup> therefore treatment mentioned by the *Acharyas* is *Panchkarma* according to the involvement of *Dosha*. In this patient all the three *Dosha* are vitiated. The main symptom which the patient presented is itching and scaling. Itching is the characteristic of *Kapha Dosha* so firstly to pacify *Kapha Dosha* *Vamana* was planned. After *Vamana Karma* itching and scaling reduced markedly. Then the lesions were presented with erythema and burning sensation, which shows the involvement of *Pitta Dosha* in the lesions. To pacify *Pitta* *Virechana* was done. After *Virecana Karma* patient got relief in erythema and burning sensation. Scaling is the characteristic of *Vata Dosha*. So to pacify *Vata Dosha* *Ghrutpana* was done which helps to reduce the scaling. After *Shuddi* to eliminate the remaining *Doshas* *Shaman Aushadhas* was give. *Gandhaka* is *Rakta Shodhaka*, *Kapha Vata Nashaka* and *Kushtaghana* in nature.<sup>[11]</sup> It has anti inflammatory and anti oxidant properties which prevents further complications.<sup>[12]</sup> *Mukta Shukti* pacifies *Pitta* and *Kapha* and also *Kushtaghana* in nature in increase the digestive fire and is used in to heal wounds.<sup>[13]</sup> *Triphala* is *Kapha Vata Nashaka* and is *Kushtaghana*.<sup>[14]</sup> *Pittantaka Churna* is properitey medicine of NIA which contains *Garika*, *Amrita Dhara*, *Sharkara*. *Garika* is *Pitta Nashaka*, *Dadru Har*, *Kushtaghna* in nature.<sup>[15]</sup> This combination pacifies *Pitta Kapha*. *Sarivadhyasava* pacifies *Pitta*, increases metabolism and is *Rakta Shodhaka* and *Prasadaka* in nature. *Panchtikta Ghrita* acts on *Vata Dosha* as *Ghee* pacifies *Vata* and *Tikta Rasa* pacifies *Kapha* and *Pitta Doshas* it is *Kandu Nashaka* (reduces itching).<sup>[16]</sup> *Haritaki* pacifies *Tridoshas* and it helps to remove toxins from the body, so the overall treatment which is planned helped to pacify the *Tridoshas*.<sup>[17]</sup>



**Before treatment****Fig. 1****Fig. 2****Fig. 3****Fig. 4****Vamana karma****Fig. 5**

**Before virechana****Fig. 6****Fig. 7****Fig. 8****Fig. 9****After one month of shamana treatment****Fig. 10****Fig. 11**





Fig. 12



Fig. 13

## CONCLUSION

The *Ayurvedic* Management planned in this case with *Sanshodhana* and *Sanshamana* is beneficial to great extent in pacifying the vitiated *Doshas*. *Shamana Chikitsa* helped a lot in balancing the remaining *Doshas* and brought back the normal skin. The patient is healthy and no symptoms of the disease were noted in last 9 months.

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