

A CASE STUDY ON AYURVEDIC MANAGEMENT OF PSORIASIS**¹*Dr. Gaurav Rajabhau Khawale and ²Dr. Snehal Chandrakant Ranzunjare**

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ABSTRACT

Psoriasis is autoimmune skin disease which is characterized by patches of abnormal skin cells. In this disease there is fast building up of cells on the skin surface. These extra skin cells lead to dry, thick, silvery scales, dry, itchy scaly and red patches which may be painful sometimes. Psoriasis is seen worldwide in all race and both sexes. This disease is well known for its course of remission and relapses. Hence taking into consideration of its severity combination of Ayurvedic medicines was taken to prove its efficacy for the satisfactory management of Psoriasis. In Current Study patient came with complaints of *Shyava Vaivarnya* (Skin discolorations), *Kandu* (Itching), *Parushata* over Hands and Feet. The patient was treated with combination of Ayurvedic herbs and formulations for duration of 3 months and found tremendous result in a reduction of symptoms.

KEYWORD: Psoriasis, *Ekakushtha*, Ayurveda, *Kushtha*.

INTRODUCTION

Psoriasis is a non-infectious, chronic inflammatory disease of the skin, characterised by well-defined erythematous scaly plaque, particularly affecting extensor surface and scalp.^[1] Prevalence of psoriasis in India is about 0.44% to 2.8%. Males are two times more prone than female.^[2] Plaque psoriasis, Guttate psoriasis, Erythodermic psoriasis, Postular psoriasis and Anthroopathy are different forms of psoriasis.^[3] Psoriasis is chronic and relapsing in nature and need long-term treatment which affect the quality of life of patient resulting in great physical, psychological and social burden.

In Ayurveda all type of skin disorders are covered under the broad spectrum term of *Kushtha*. In Ayurvedic *Samhitas* seven *Mahakushtha* and eleven *Kshudra Kushtha* are described in detail. *Ekakushtha* is one of the types of *Krudra kushtha* with dominance of *Vaat* and *Kapha Dosh* in it. It is mainly characterised by *Aswedanam* (which makes skin lesions dry and rough), *Mahavastu* (Deeply rooted large lesions), *Matsya shakalopamam* (well defined raised muscular papules and erythematic plaque covered with silvery scales), *Twak Prushya* (dryness).^[4] Hence *Ekakushtha* can compare with Psoriasis because of close resemblance in symptoms.

In present Study an attempt was made to treat a patient with Ayurvedic medicines, who was already diagnosed with psoriasis and found great results.

CASE REPORT

A 70 years old female patient came to us with C/O *Shyava Vaivarnya* (Skin discolorations), *Kandu* (Itching), *Parushata* over Hands and Feet since last 1 year. She was already diagnosed with Psoriasis and undergone Allopathic treatment for 1 Year. She got relief but after sometime relapsed of skin lesions occurred.

Ashtavidha Pariksha

<i>Nadi</i> (Pulse)	:	<i>Vaat-Kaphaj</i>
<i>Mala</i>	:	<i>Malavibandha</i>
<i>Mutra</i>	:	<i>Samyak</i>
<i>Jivha</i>	:	<i>Saam</i>
<i>Druk</i>	:	<i>Prakrut</i>
<i>Akriti</i>	:	<i>Madhyam</i>
<i>Shabdha</i>	:	<i>Spastha</i>
<i>Sparsha</i>	:	<i>Anushnasheet, Khar sparsh</i> at affected area

Assessment Criteria

Parameter	Gradation	1 st Day	15 th day	30 th Day	45 th Day	60 th Day	90 th Day
<i>Shyava Vaivarnya</i> (Discolouration)	0- None						
	1- Slight						
	2- Moderate	++++	++++	+++	++	+	+
	3- Sever						
	4- Very Sever						
<i>Kandu</i> (Itching)	0- None	++++	+++	++	+	+	-

	1- Slight 2- Moderate 3- Sever 4- Very Sever						
<i>Parushta</i> (Dryness)	0- None 1- Slight 2- Moderate 3- Sever 4- Very Sever	++++	+++	+++	++	+	-

Chikitsa

Sr.no	CHIKITSA	MATRA
1	<i>Arogyavardhini vati</i>	250 mg Twice a day
2.	<i>Prawal Panchamrut</i>	250 mg Twice a day
3.	<i>Mahatiktak Ghrita</i>	10 ml Twice a day
4.	<i>Gandhak Rasayan</i>	250 mg Twice a day
5.	<i>Karanj Beej, Haridra, Bakuchi, Guduchi, Nimba, Sariva, Khadir, Sharapunkha</i>	Mixture of Each churn 250 mg Twice a day
6.	<i>Jatyadi Ghrita</i>	LA twice a day(Hand)
7.	<i>Durva Ghrita</i>	LA twice a day(Feet)

Pathya (Do's)- Adviced to take *laghu ahar, tikta shaak*, food medicated with ghee.

Apathya (Don'ts)- Adviced to avoid *Adhyashana, Vegadharana Nisha Jagarana, Ati vyayama, Diwaswapna, manasika* factors like *Chinta, Shoka, Bhaya, Krodha*.

DISCUSSION

Nidana

Viruddhahara sevana (simultaneous use of milk and salty snacks) and *Raktadushtikar Ahara-vihara* (excessive use of salty food, sour food like pickles, curd and sitting a long time in direct sunlight).

Samprapti

Tridosh are responsible in the *samprapti* of *Kushtha*. But In *Ekakushta Vaat* and *Kapha dosh* are dominantly vitiated as a result of *Nidansevan*. These vitiated *Doshas* move all over the body and get lodged where there is *Khavaigunya* and causes *dushti* of *Twak, Rakta, Mansa and Lasika* leading to *kledautpatti*. Then it'll start producing *Mandal* appearing like *matsyashakalopamam, mahavastu* and leads to formation of *Ekakushta*.^[5]

Sampraptighatak

Doshas- Tridoshaja (VataKaphapradhan) Dushya- Twak, Rakta, Mamsa, Lasika Agni -

Jatharagni and Dhatvagnimandya

Srotas- Rasavaha, Raktavaha, Mamsavaha and Ambuvaha

Sroto Dushti -Lakshana Sanga and VimargagamanaUdabhavasthana -Amashaya

Sancharastahana -Triyaka-gami Sira Gati TiryakRog-Marga -Bhaya Rogamarga

Adhisthana Twak and UttrottatRakthadi DhatuVyadhiswabhaba Chirkari (Dirgharonam)

Sampraptibhanga

Ayurveda believes *Tridosh (VataKaphapradhan)* is the main culprit *dosha* in *Ekushtha Samprapti*, therefore patient had been suggested to follow *nidan parivarjan* i.e. to avoid the causative factors mentioned previously. In the present case study patient had complained of *Shyava-vaivarnya, Kandu, Parushata* over Hands and Feet due to vitiation of *Vaat* and *Kapha dosha* and *kledotpatti*. Therefore the choice of treatment was *Aampachan, deepan, vaatkhaphashaman* and *kledaghna chikitsa*.

Arogyawardhini- *Kushtha* is the *Rogadhikar* of *Arogyawardhini*.^[6] Its main content is *kutaki*. Overall it is act as *deepan, pachan, tridosahar, kandughna* which mainly helped in relieving *kandu* and *parushata* in patient.

Mahatiktakghrita^[7]- By considering the *Vaat-kapha dosh pradhanta* of *vyadhi* this *tikta raspradhan sneha kalpa* were very helpful in reducing *twak vaivarnya, kandu* and reduces *rakta dushti*.

Gandhak Rasayan^[8]- *gandhak* mainly act as *rakta dhatu shodhak* and *Vranaropak*. It helped in improving skin complexion and reduces *twakvaivarnya*.

Prawal Panchamrut-it is mainly *pittashamak* wish also helped in reducing *rakta dushti*.

Combination of Churna- having *kushthaghna dravya* showed *vaatkaphagnaproperties* helps to reduces *twakvaivarnya*.

Jatyadi ghrut and Durva Ghrut- helped boost the healing process by its *Vranaropan* quality.

OBSERVATIONS AND RESULTS

Clinical examination of patient shows reduction in symptoms

Parameter	1 st Day	15 th Day	30 th Day	45 th Day	60 th Day	90 th Day
<i>Shyava Vaivarnya</i> (Discolouration)	++++	++++	+++	++	++	+
<i>Kandu</i> (Itching)	++++	+++	++	+	+	-
<i>Parushta</i> (Dryness)	++++	+++	+++	++	+	-

CONCLUSION

Shaman Chikitsa showed significant improvement in overall symptoms after 3 month of treatment.





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