

## A CASE STUDY- TO ASSESS EFFICACY OF AYURVEDIC REGIMEN IN THE MANAGEMENT OF SCALP PSORIASIS

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### ABSTRACT

Psoriasis is a common autoimmune skin disease characterized by raised patches of abnormal skin. The scalp is also characteristically affected in many people, like psoriasis anywhere on the body, scalp plaques produce excess scale and can itch. It may occur as one or several patches and even affect the whole scalp. Due to altered life style, lack of physical exercise, unhygienic, mental stress, over eating, skin diseases are commonly observed cause. Scalp psoriasis somewhat difficult to treat when the scalp is covered with hair sufficient to act a barrier to the application of topical medications. **Objective:** To assess the efficacy of Ayurvedic regimen in the management of scalp psoriasis. **Methodology:** Pt of age 27years came to the hospital with complaint of itching over the scalp, brownish patch with dry scalp,

dandruff and on/off white flaking on the scalp. **Treatment:** Virechana karma was planned followed by Shamana drugs along with local application. **Discussion and Conclusion:** Patient got symptomatic relief.

**KEYWORDS:** Psoriasis, Autoimmune, Scalp, Patch.

### INTRODUCTION

Psoriasis is one such disease in which skin cells multiply ten times faster than normal. Nowadays the percentage of people suffering from Auto Immune diseases is increasing day by day. The clinical presentation varies from mild to severe and typically presents with asymmetric, sharply demarcated, silvery white erythematous scaly plaques.<sup>[1]</sup>

Lesions appear at the site of skin trauma such as scratches or surgical wounds called as Kobners Isomorphic phenomenon.<sup>[2]</sup>

The worldwide prevalence is about 2%, but varies according to region.<sup>3</sup> Between 45-56 % of psoriasis patients also have scalp psoriasis.

According to the National Psoriasis Foundation<sup>[4]</sup>, the initial treatment of Scalp psoriasis will typically involve shampoos and other topical treatments. According to research, the most effective treatment options for Scalp psoriasis include topical corticosteroids, clobetasol propionate shampoo, and vitamin-D derivative.

All the skin diseases in Ayurveda are divided into Maha Kushtha and Kshudra kushtha.

Eka Kushtha is mentioned in all Ayurvedic classics under Kshudra Kushtha and has a predominance of Vata and Kapha dosha.<sup>[5]</sup>

- Clinical features of Psoriasis (Rupa of Ekakushta) are Reduced sweating (Asweda) Extended skin lesions (Mahavastu), Scaling of skin similar to the scales of the fish (Matsya Shakalopama), Pink discolouration (Arunavarna).<sup>[6]</sup>
- In Panchakarma, among Shodhana therapy, Virechana is principle treatment for Pitta Dosha.<sup>[7]</sup> Acharya Charaka defined Virechana as a process in which waste products or toxins (Doshas) are eliminated through anal route.<sup>[8]</sup>

## CASE STUDY

A 27 year old male patient came to OPD with complaints of severe itching over the scalp, brownish patch with dry scalp, dandruff and on/off white flaking on the scalp.

No history of Diabetes, hypertension and other conditions.

He had visited a Dermatologist for the same, he took treatment for few months and get symptomatic relief for some time.

Then he came to our hospital for further treatment.

On examination, skin lesions were dry, some white scales over the scalp and severe itching.

**Laboratory Investigation- Blood routine- Normal, USG- normal, LFT- normal****Fig-1****Fig-2****Fig-3****Fig-4****TREATMENT PLAN**

**Virechana karma** was planned (Deepan pachana, Snehan, Virechana kwath and Sansarjana karma).

**Deepan Pachana**- 500mg Chitrakadi vati with Panchkola Phanth (Muhrmuha) for 2 days.

**Virechana Karma**- Firstly assess the patient for snehan.

**1 to 7 days**- Snehan was started with an initial dose of 30 ml of Panchtikta ghrita once a day followed by light diet.

Amount of ghee was increased by 40 ml daily up to 240 ml on the 7<sup>th</sup> day as per protocol of Snehan.

**8 to 10 day**- Abhangya with Vatashamak taila and nadi swedana was started by 8<sup>th</sup> day for three consecutive days after the appearance of symptoms of snehan on 7<sup>th</sup> day.

Virechana karma was done by administration of kutaki, nisoth, haritaki, aragwadha siddha kwath 200 ml, castor oil 100 ml.

Wait for 1 hour virechana vega was not started then 500mg Ichabedi rasa was given.

After some time virechana vega was started and total 24 vega(passed stool) were observed till the evening.

From 11<sup>th</sup> day onward, Sansarjana karma(a process of resuming normal diet) by prescribing Peya,vilepi, akruta yush, krut yush, krishara and normal diet successively for 5 days.

From 16<sup>th</sup> day, Pathyakar ahar was suggested.

Then Shamana drugs were given for 1 month.

- Arogyavardhini vati 250 mg thrice a day
- Manjisthadi kwath 40 ml twice a day
- Panchtikta ghrita guggulu 500mg twice a day
- Medicated shampoo and oil twice a week
- Panchavalkal kwath for bath

## RESULTS

Symptoms	Before treatment	After treatment
Shyava	2	1
Kinakharasparsha	3	1
Parushyatwa	2	0
Kandu	3	1



DAY 1

**AFTER 20 DAYS****AFTER 40 DAYS**

## DISCUSSION

Psoriasis is a common autoimmune skin disease characterized by raised patches of abnormal skin. The scalp is also characteristically affected in many people, like psoriasis anywhere on the body, scalp plaques produce excess scale and can itch.

In Ayurvedic text,

### Mode of action of Snehan in Kushtha

वातोत्तरेषु सर्पिर्वमनं श्लेष्मोत्तरेषु कुष्ठेषु। पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाग्रे ॥ (cha.chi. 7).

In the line of treatment of all kinds of Kushtha in Vataj condition, Sarpi is suggested. Here where scaling and dryness are more, Snehan has a great role in treating disease. Also, Panchatikta Ghrita is mentioned in Bhaisajya Ratnavali Kushtha Adhikar, it is a widely used medicine for Snehan for skin diseases. Patola, Guduchi, Nimba, Vasa etc. which are present in Ghrita works on Vata, Kapha and Rakta.

### Mode of action of Virechana

बहुदोषः संशोध्यः कुष्ठी बहुशोऽनुरक्षता प्राणान्। दोषे ह्यातिमात्रेहते वायुर्हत्यादबलमाशु ॥ (cha.chi. 7)

Shodhan is highly indicated in patients with skin diseases.. Skin is a sight of Bhrajak pitta, where Virechana works.

### Mode of action of Manjisthadi Kwatha

Manjisthadi kwath has contents like Manjistha, Guduchi, Bakuchi, Nimb, Haridra, Patola etc., which not only detoxifies but purifies the blood. Also helps in pacifying Kapha Dosha.

Kushtha is a Santarpanottha Vyadhi as per Charak Samhita. Manjishthadikwath also helps to reduce obesity.

**Arogyavardhini vati**-for stimulating the agni and to digest the remaining ama dosha and acts as blood purifier.<sup>[9]</sup>

**Panchavalkala (Bark)** having Anti-inflammatory, Analgesic and Antimicrobial properties.<sup>[10]</sup>

Eka Kushtha is mentioned in all Ayurvedic classics under Kshudra Kushtha and has a predominance of Vata and Kapha dosha. Dietary factors such as Viruddha Ahara, excessive consumption of Drava, Snigdha, Guru ahara, Navanna, Vega dharana especially of vomiting are major etiological factors. So, to prevent this disease avoid these factors.

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