

An Ayurvedic Approach in Psoriasis - A Case Study

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Abstract—Psoriasis is a complex, chronic, multifactorial, inflammatory disease that involves hyperproliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate. Environmental, genetic, and immunologic factors appear to play a role. The disease most commonly manifests on the skin of the elbows, knees, scalp, and lumbosacral areas, intergluteal clefts, and glans penis. At present, there is no permanent cure other than providing symptomatic relief in modern medical science. Skin disorders respond better to Ayurvedic treatment. Due to psoriasis, the patient also has psychological symptoms like anxiety. In this disease medicine as well as counselling is important in treating it. Case presentation: A 37-years old male, diagnosed with a case of psoriasis, came to our hospital with complaints of itching in the whole body, scaling especially from the scalp, with red patches all over the body for 4 years. He was tired of trying all kinds of medicine and depressed. After a thorough examination, an ayurvedic treatment plan was designed in the form of Panchakarma and oral medicines. Outcomes: significant improvements were noticed in all symptoms; the duration of treatment was 3 months. And then follow-up was done after every month. PASI score decreased after treatment.

Index Terms—Psoriasis, Kustha, Ayurveda, Skin

I. INTRODUCTION

Psoriasis is a common dermatologic disease, affecting up to 1% of the World's population ^[1] both males and females suffering equally ^[2]. The word Psoriasis is derived from the Greek word 'Psora' meaning 'itch' and 'sis' meaning 'acting condition'. Psoriasis is a non-infectious, chronic inflammatory disease of the skin, characterized by well-defined erythematous plaques with a silvery-white scale with a predilection for the extensor surface and scalp, and a chronic fluctuating course ^[3]. In psoriasis, the main abnormality is increased epidermal proliferation due to excessive multiplication of cells in the basal layers.

The transit time of keratinocytes is shortened, and epidermal turnover is reduced to 5-6 days from 28-30 days ^[4]. Even though the aetiology is unknown, the factors involved are genetic, biochemical and immunopathological ^[5]. Precipitating factors like trauma, infections, sunlight, some drugs and emotions may flare up the disease. As there is no available cure for the disease it has remained a great problem for the patients ^[6]. Patients not only have physical problems but also suffer mental and social distress.

Diagnosis of the disease is made mainly based on clinical symptoms that are ^[7],

- Erythematous sharply defined plaques, covered with silvery-white scales.
- Extensor surfaces primarily involved such as the knees and elbows.
- Koebner's phenomenon is present in the active phase of the disease.
- Wornoff's ring is often present in the healing phase of the disease.
- Auspitz sign and candle grease sign are other classic features of the disease.

The goal of the treatment for the disease is to alleviate symptoms that interfere with the patient's life both physically and socially. In the modern system of medicine coal tar preparations, calcipotriol, retinoid, corticosteroids and ultraviolet radiations are the local measures to manage Psoriasis. The systemic treatment commonly used is photo chemotherapy with PUVA, retinoid, methotrexate and cyclosporine –A and corticosteroids ^[8]. These medicines usually provide good symptomatic control, but in long term cause several unpleasant side effects. Several types of Psoriasis can be related to certain diseases described in Samhitas. While the description of Kushtha is present since the Vedic period, Kushtha has described in Garuda Purana ^[9] and almost all Ayurvedic classics after that period i.e. Brihatrayi, Laghutrayi and all texts afterwards. Eka Kushtha is mentioned in all

Ayurvedic classics under Kshudra Kushtha and has a predominance of Vata and Kapha dosha [10]. The causative factor of Eka Kushtha is the same as Kushtha. Dietary factors such as Viruddha Ahara, excessive consumption of Drava, Snigdha, Guru ahara, Navanna, Vega dharana especially of vomiting are major etiologies. Indulgence in the sinful act and ill Manovritti (negative mentality) are associated mental factors for causing the disease. Acharya Charaka has mentioned the symptoms of Eka Kushtha as Aswedanam, Mahavastu, and Matsyashakalopamam. Acharya Sushruta described its symptoms as Krishna-Aruna Varnata. The etiological factor leads to vitiation of Tridosha especially Vata and Kapha. These Dosha through Tiryakvahini Siras proceed to Bahya Rogamarga i.e. Twacha, Rakta, Mamsa, and Lasika and cause the symptoms of disease. Repeated Samshodhana along with Samshamana is the main line of treatment. Both Antah Parimarjan and Bahiparimarjan therapies have been indicated in Kushtha Roga.

AIMS AND OBJECTIVES –

- To elaborate and discuss the an ayurvedic approach in psoriasis.
- To study the case presentation according to ayurvedic view in psoriasis.

II. MATERIALS AND METHODOLOGY

Literatures collected from different ayurvedic texts, modern surgical books and from different journals.

Case Presentation: A 37-year-old male patient, diagnosed with psoriasis for 4 years, came to our hospital in OCT- 2024. He had the following chief complaints.

1. Dryness in the whole body
2. Itching with red patches especially in the scalp, elbow, and chest region.
3. Scaling mainly from the scalp region. History of Present Illness: The patient was relatively healthy before 4 years; he noticed itching and red patches which started from the scalp. Gradually itching occurred to the whole body, and patches widened. He took modern medicine for 4 years but didn't get relief. So, he came to our hospital for further treatment.

Family History: Negative for HTN, DM and any skin diseases.

Clinical Examination:

RR-18/MIN RS: B/L air entry clear with clear breath sounds

CVS: normal S1 S2 sound, no murmur

Mental status: somewhat anxious.

III. ASSESSMENT

(Before treatment PASI score: 5.8, Auspitz sign: negative, Candle grease sign: Positive

Line of treatment Day Treatment

1st -5th day Shodhnarth Snehan with Panchatikta Ghrita (started from 40 ml, 15 ml increased every day till 5th day)

6 th day Abhyang with karanjadi oil, Sarvang Bashpa Svedan with Nimb Patra

7th day Vaman Karma with Madan phal Churna- 4 gm, yashtimadhu phant.

8-10th day Samsarjan Karma

11th to 14th day Shodhanarth Sneha pan with Pachtikta Ghrita

15th day Abhyang, Swedan

16th day Abhyang, Swedan

17th day Virechana Karma with Dindayal Churna(5gm) and Erand oil (50ml)

18th -20th day Samsarjan karma

21st day to 60th day

1. Sarvang Abhyang with Jatyadi oil

2. Sarvang Bashpa Svedan with Nimb Patra

3. Niruh Basti with Pathyadi Kwatha (320 ml)

4. Rakta Mokshan (Sira Vedh) weekly

5. Nasya karma with Brahmi Ghrita (8-10 drops)

6. Shamanarth Snehan (20 ml twice a day)

7. Manjisthadi Kwatha (20 ml twice a day)

8. Kaishor Guggulu (250 mg) 2 tabs thrice daily

9. Gandhak Rasayan (250 mg) 2 tabs twice daily

10. Gandharva Haritaki capsule (250 mg) 2 HS

11. Panchavalkal Kwatha for bath

Results: The Patient had started improving during treatment and all over recovery was done in 2 months, also new spots which were seen during treatment, were all gone. The patient's PASI score after treatment was 1.4. The candle grease sign was also negative after treatment.

Mode of action of Snehan in Kushtha:

वातोत्तरेषु सर्पिर्विमनं श्लेष्मोत्तरेषु कुष्ठेषु

(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 etc. which are in Ghrita works on Vata, Kapha and Rakta. After Shodhana karma, Panchatikta Ghrita was administered as a Shamanarth Snehan (20 ml twice a day).

Mode of action of Vaman and Virechana—

Shodhan is highly indicated in patients with skin diseases. Vaman does evacuation of Kapha, and Virechana works on Pitta, so Itching which is mainly due to Kapha decreases. Skin is a sight of Bhrajak pitta, where Virechana works.

Mode of Action of Gandhak Rasayan: Lelitaka (Sulphur) when administered with the juice of Jati (Amlaki) along with honey is beneficial in 17 types of Kushtha.

Gandhak rasayan Vati is effective in the treatment of Kushtha. Different Bhavana dravyas in Gandhak rasayan act as bactericidal and thus causes blood purification. Bhavana dravyas like Guduchi, Nakesha, Haritaki, Sunthi, has the properties of Katu, Kashaya Rasa and Ushna Virya. Thus, it does Dipana, Pachana, Kledhar and Kaphghna and in this way also acts as Kushtaghna and Kandughna, which helps in curing the disease.

Mode of action of Kaishor Guggulu: In Sharandhar Samhita Madhyama khand-7, the verse "Jayet Sarvani Kushthani" is mentioned about Kaishor Guggulu. The main drug used in Kaishor guggulu is Triphala, which is described in classics in Kushtha Chikitsa. Mode of action of Manjishthadi Kwatha: Manjishthadikwath has contents like Manjishtha, 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.

Mode of action of Panchatikta Ghrita: It is described in Bhaisajya Ratnavali Kushtharogadhikar 114-11, Shaman Snehan indications are described in Charak Samhita Sutra sthana.

Mode of action of Raktamokshan: Symptoms like Twakvaivarnta, Kandu, Daha will reduce after Siravedha Karma due to Prabhutdosha Nirharan by Siravedha and Raktashudhhi, Sharirlaghvta, Vedana shanti, Twakshotha. According to Acharya Charak and Acharya Sushruta, Shodhan is necessary for disease

due to the Bahudosha Avastha. As Kushtha is Tridoshaj Condition, so Siravedha karma (Bloodletting) can be given. Siravedha (bloodletting) procedure is effective to absorb toxic materials so they can be easily evacuated from the body. Besides eliminating Pitta and Kapha Doshas, the main seat of Vata is also purified thereby making Siravedha Karma a truly Tridoshaj procedure.^[11] Mode of Action of Nasya Karma: In skin diseases, psychological involvement is common. Nothing is better than Nasya where the mind is involved. As "Nasa hi Shiraso Dwaram". Also, Brahmi has Kushth har qualities mentioned in Bhava Prakash Nighantu- Guduchyadi Varga. Why Erand Bhrishta Haritaki? For patients where bahu dosh involvement is seen, nitya sodhan should be done. Erand Bhrishta haritaki acts as Mridu Virechana and Acts on Pitta dosha. Here it is important to monitor the patient's Bala.

Mode of Action of Niruh Basti: As we have seen earlier, when Bahu dosh involvement is seen, Shodhan is essential, Niruh Basti does Mridu Shodhan, and Kushtha is described under indications of Niruh Basti in Charak Samhita Siddhi Sthan.

IV. DISCUSSION

Causative factors of Kushtha or Psoriasis are faulty diet and lifestyle, which leads to impairment of digestion and aggravation of tridosha. Kapha manifests in the skin and causes the accumulation of toxins. The vitiated three Doshas- Vata, Pitta, Kapha along with impaired Tvak, Rakta, Mamsa and Ambu together constitute seven essential entities that play role in the pathogenesis of this skin disorder. Here scaling was a primary symptom, so vata and Kapha are involved. We go through the exact line of treatment of Kushtha, mainly in skin conditions Katu, Kashay, Tikta aushadhis should be given as shaman. They all do Rakta dhatu Shodhan. The patient was asked to avoid food, which is heavy to digest, sour food, milk, and curd. Where there's chronicity in disease, Shodhan is a must, because due to previous medicines which were taken by the patient, somewhat produces Resistant or Avarana. For removal of that Shodhan is essential. So Niruh Basti, Erand Bhrishta Haritaki was given. Here I must say we should not think of Shodhan as only Panchakarma procedures, but also medicines that do dosha Nirmulan by the nearest route.

V. CONCLUSION

Kushtha is described in various classics, and it is considered as Kriccha sadhya Vyadhi. Skin disorders not only affect a patient's social life but also his mental health. So, with treatment, we advised the patient to do meditation. Mainly tikta, katu, Kashay medicines should be given in all skin conditions.

[11] Brahma Shankar Shashtri, Laxmipatishashtri, Vidhyotinihinditika, Yogratnakar, Rasayanadhikar, Chaukhambha Publication; 2011, Varanas

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