



## Case Study

### AYURVEDIC MANAGEMENT OF PSORIASIS - A CASE STUDY

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#### ABSTRACT

In Ayurveda, all types of skin diseases are described under one umbrella term of *Kushtha*. *Acharyas* have described that all *Kushthas* have *Tridosha* involvement but the type of *Kushtha* depends on the predominance of particular *Doshas*. *Eka Kushtha* is compared with psoriasis due to its maximum resemblance. Psoriasis is a long-lasting autoimmune disease characterized by patches of abnormal skin. These skin patches are typically red, itchy, and scaly. They may vary in severity from small and localized to extensive, large and spread in complete body. It typically presents with red patches and white scales on the top. Areas of the body most commonly affected are the back of the forearms, shins, around the navel, and the scalp. Psoriasis is generally thought to be a genetic disease which is triggered by environmental factors. Other factors such as local trauma, general illness and stress are also involved. In modern medicine, the cure of this disease is out of question as the cause is unknown. Ayurveda propounds a holistic treatment approach for psoriasis. As per Ayurvedic view point *Vata*, *Pitta* and *Kapha* vitiation are the major contributing pathological factors in the body. The line of treatment of skin diseases are *Shodhana* and *Shamana* therapy. *Virechana Karma* (purgation therapy) followed by internal medications are considered as the best line of management for skin disorders. A case report of 13 year old male child presented with well demarcated raised red scaling silvery patches on trunk and back region, limbs with itching and burning will be presented in the full paper.

**KEYWORDS:** *Ekakushtha*; Psoriasis; Internal medication; *Virechana*.

#### INTRODUCTION

In Ayurvedic texts, all skin disease described under the heading of *Kushtha* (Ayurvedic Dermatology). According to Acharya kashyap, skin having developed over erysipelas, spreading or shifting constantly associated with discharges, pain and parasites is *Ekkushtha*.<sup>[1]</sup> According to Charaka the *Kushtha* which does not sweat, which is extensively spread and resemble in the form of fish scale is known as *Ekakushtha*.<sup>[2]</sup> According to Sushruta in which the skin becomes black and pink colour is known as *Ekakushtha*.<sup>[3]</sup> Psoriasis is a common, chronic, recurrent inflammatory disease of the skin of unknown orion, characterized by well circumscribed erythematous, dry plaques of various sized, covered with mica like scale.<sup>[4]</sup> Psoriasis is considered as a type of *Kushtha* and may be correlated as *Ekakushtha* and *Mandala Kushtha* due to resemblance of signs and symptoms. In which both genetic and environmental influences have a critical role. The most characteristic lesions consist of red, scaly, sharply demarcated, and present particularly over extensor surfaces and scalp. There are many treatments available but because of its chronic recurrent nature psoriasis is a challenge to treat. Modern medical science treats psoriasis with PUVA and corticosteroid<sup>[5]</sup> But the therapy gives serious side effects like liver & kidney failure, bone marrow depletion etc. Ayurvedic treatment is safe and effective medicine for Psoriasis.

#### CASE PRESENTATION

A 13-year-old male patient presented on 19/05/2015 with reddish erythromatous plaques on trunk, back region, on hands and legs. The affected skin was a variable shade of red and the surface was covered by large silvery scale. He complained of itching and burning all over the body, ulcerated wound on right leg, Oozing and discharge frequently. On history, patient had above complaints since 2 years. Patient took allopathic treatment for long time, Also use of steroid but no relief but increase weight and his weight was around 69kg. His general health was good and both physical examination and all blood tests (routine test) were within normal range. The patient was administered classical *Virechana* (purgation therapy) and internal medication. All oral and local modern medicines were stopped. The details of the procedures are described below.

#### Method of *Virechana* Procedure (purgation therapy)<sup>[6]</sup>

The *Virechana* Process comprises of three stages, which are as follows:

- *Purva Karma* (initial procedure)
- *Pradhana Karma* (main procedure)
- *Pashchat Karma* (post procedure)

#### 1) *Purva Karma* (initial procedure viz. oleation and fomentation)

*Purva Karma* of *Virechana* is *Deepana* – *Pachana*, *Snehana* and *Abhyanga-Svedana*.

*Deepana* and *Pachana* was done by administration of *Vasa churna*, *Trifala churna*, *Sudarshan churna*, *Khadirchurna*, *Lodra churna* and *Aampachan vati* for 7 days. *Snehana* (oleation) before *Virechana* procedure is performed by '*Snehapana*'. '*Snehapana*' (internal oleation therapy) was done by *Maha triphalagrit* for 3 days. After obtaining of '*Samyaka Snigdha Lakshana*' (symptoms of proper internal oleation like oiliness of skin, passing stool containing fat, feeling of aversion of Ghee), after 3<sup>rd</sup> day of '*Snehapana*', patient was subjected to perform '*Abhyanga*' (oleation and massage) with '*Bala oil*' and *Svedana* by '*Sarvanga nadi Sveda*' (fomentation done by using vapour to whole body) by using '*Dashamoola decoction*' for 3 days. During all these days, light and liquid warm diet was given. Thereafter, on the fourth day morning, *Virechana* was performed.

## 2) Pradhana Karma (main procedure viz. purgation therapy)<sup>[7]</sup>

Before administration of *Virechana* (purgation) Drug, *Abhyanga* (massage) by '*Bala oil*' and *Svedana* (fomentation) by '*Dashamoola decoction*' was done. On *Virechana* day Pulse, blood pressure, respiration and temperature were recorded. It was recorded at regular interval during the *Pradhana Karma*. Patient was advised for empty stomach in the morning of *Virechana* day. As mentioned in classics, *Virechana* drug was administered after passing of morning time. Accordingly, the appropriate time for administration of *Virechana* drug was 9.00 a.m. on empty stomach. '*Virechana Yoga*' (purgative formulation) was prepared from 500 ml decoction of *Draksha Aragvadhya kashaya* and *Abhayadi modak* 2tab. After that patients were observed carefully to avoid complications. Numbers of motions after administration of

*Virechana* drug were counted till the symptoms of proper purgation like stopping of purgation on its own, passing of stool with mucus in the last one or two motions, feeling of lightness in the body and later improvement in sign and symptoms of the disease appeared.

## 3) Pashchat Karma (post procedure of dietetic indication)<sup>[8]</sup>

After the completion of *Virechana* (purgation), patient was kept on *Samsarjana Krama* (post procedure of dietetic indication) of considering the '*Shuddhi*' as '*Madhya*' type of '*Shuddhi*' (moderate purification). Patient was advised to take rest and eat thin rice gruel Was given as a food and special diet is advised for 3 to 5 days.

## RESULTS

During *Snehapan* patient has got relief from symptoms. After purgation therapy, the reddish silvery patches all over body and scaling were disappeared. Itching and burning was completely relieved. Then he was prescribed some oral medication. *Arogyavardhini Rasa*. 125mg *Gandhakrasayan* 125mg, *Guduchi churna* 250mg, *Trifala churna* 250mg, *Vasa churna* 250mg, *Avipatkar churna* 250mg with honey after meal two time per day and *Manjisthadi kwath* 10ml b.d. and *Ayyapaker tailam* 5ml for local application for next 2 months. Along with the above medicines, he was advised to follow *Patya palan*. Avoid intake of junk food, spicy, deep fried food, sour food items (curd & citrus fruits) and salty food, day-sleep and advised to take simple dietary & lifestyle modifications. With a follow up for a period of 3month, till today the patient has shown no signs of recurrence. The result of above medication before and after treatment is shown in figures.



Figure 1-4: Before Treatment



Figure:5-6 During Snehpana

Figure:7-10 After Treatment

## MODE OF ACTION

### Purification procedure (purgation therapy)

#### *Deepana* and *Pachana* Drugs<sup>[9]</sup>

After *Dipan pachan snehan* and *Swedana*, the *Dosha* should be expelled from nearest route at proper time according to the strength of *Roga* and *Rogi*. Acharya *Hemadri* commenting on it says that *Pachana* does digestion of *Ama*, *Dipan* does separation of *Dosha* from *Dhatu*, *Snehana* does *Utkleshana* (excitation) of *Dosha* and *Swedana* brings the *Dosha* from *Shakha* to *Koshata*

### *Virechana* (Purgation)

*Virechan yoga* should gets absorbed and due to *Virya*, it reaches to the *Hridaya*, then the *Dhamani* and then after it reaches to macro and micro channels of the body. The *Vyavayi guna* of drug is responsible for quick absorption. The *Vikasi Guna* causes softening and loosening of the bond by *Dhatu Saitilya karma*. Due to *Ushana Guna dosha sanghata* (compactness) is liquefied (*Vishyandanta*). Action of *Tikshana Guna* is to break the mala and *Dosha* in micro form. According to *Dalhana* this action is due to quick excretion (*Dosha sravana karatva*). Due to *Sukshama Guna* by reaching in micro channels, disintegrates endogenic toxic, which are the then excreted

through micro channels. mainly due to *Prabhava*, *Prithvi* and *Jala* constitution and presence of *Saraguna virechana* occurs.

### **Samsarjana Krama (post procedure of dietetic indication)**<sup>[10]</sup>

After the completion of *Shodhana* (purification) procedure like *Virechana*, normal diet should not be given immediately as the *Agni* (digestive fire) is hampered due to the *Shodhana* procedures and vulnerable to diet which is beyond its capacity to digest. Hence the intention of *Samsarjana Krama* is to bring resurgence to impaired *Kosthagni* (digestive fire) and proper bowel functioning. In this process, strict bland diet was maintained for 3 days.

### **Internal Medication**

*Arogyavardhini Rasa*, *Gandhakrasayan*, *Guduchi*, *Trifala*, *Vasa*, *Avipatkar churna* Due to *Ushna*, *Laghu Ruksha Guna* (hot and light property) and *Aampachanvati* enhances the digestive capacity and metabolic activity of the cells & facilitates the easy digestion. It promotes digestive fire, clears body channels and *Manjisthadi kwath* has *Raktaprasadan* (blood purification) properties, therefore it is recommended skin disorders. Faulty dietary habits and lifestyle effect on digestive upset due to may aggravate his disease condition. All oral and local allopathic medicines were stopped. The patient was managed merely on Ayurvedic treatment modalities.

### **DISCUSSION**

The holistic approach of Ayurvedic system of medicine provided purificatory procedure like *Virechana* procedure which removes the toxic waste materials from the body and also boost the immune system and provides both subjective and objective relief to the patient. In addition if internal medication of some herbomineral compound is administered after taking the proper course of purification procedure like purgation, then it provides additional relief and thus helps in eradicating the diseases.

### **CONCLUSION**

Ayurvedic line of management gives satisfactory answer as well equally beneficial for the promotion and preservation of health by removing toxic wastes, by

correction of *Agni* (digestive fire) which gives the healthy and peaceful life to patient.

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