

AYURVEDIC PROTOCOL FOR THE MANAGEMENT OF PSORIASIS (EKA-KUSHTA): A SUCCESSFUL CASE REPORT

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ABSTRACT

All skin disorders come under the broad category of *kushta* in Ayurveda. *Eka-kushta* is a type of *kshudra kushta*, occurring mainly due to the imbalance of *Vata* and *Kapha doshas*, which resembles Psoriasis clinically. Psoriasis is a long- lasting, autoimmune and chronic inflammatory skin disorder which is characterized by scaly patches with erythematous base over the skin. The prevalence of Psoriasis in India is 0.44-2.8%. It affects people of all ages and in all countries. Contemporary medicine has its own limitations giving short term relief. So, there is a need for treatment having good efficacy and no toxicity profile. So this case study was conducted considering Psoriasis as *Eka-kushta* and *Ayurvedic* management was planned

accordingly. This case study intends to evaluate the efficacy of *Virechan karma* along with *Shamana* medicines in the management of recurrent psoriasis. A 30 year old male presenting with psoriasis was diagnosed as *Eka-kushta* as per Ayurveda. He was treated with *Shodhana* (*virechana karma*) and *Shamana* (Some internal herbo-mineral preparations, External oil application) *chikitsa*. Clinical observations revealed drastic changes in patient's earlier symptoms by the abovementioned treatment modalities.

KEYWORDS: Psoriasis, *Eka-kushta*, Ayurvedic management, *Shodhana*, *Shamana*, *Panchakarma*.

INTRODUCTION

Skin a barrier that separates body's internal and external environment. Psoriasis is a common chronic recurrent auto immune disease of the skin which is characterized by scaly patches with erythematous base over the skin. It can have a significant negative impact on the physical, emotional and psychosocial wellbeing of affected patients. Psoriasis affects people of all ages and in all countries ranging between 0.09% and 11.43%, thus making it a serious global problem, with a prevalence of 0.44 – 2.8% in India.^[1] There is a peak incidence during the teenage and early adult years and a second peak during fifties or sixties.

In Ayurveda, all skin disorders come under the category of Kushta roga. Kushta is considered as one of the Ashta Mahagada. There are 18 types of Kushta, of which 7 are Maha Kushta and 11 are Kushdra Kushta. Eka-kushta is one among the 11 varieties of Kushdra Kushta which resembles Psoriasis clinically.^[2]

Management of Psoriasis as per contemporary treatment modalities include use of corticosteroids, photo therapy, topical therapy, etc. Most of these are having their own limitations.

According to Ayurveda, Acharyas have emphasized on Shodhana therapy in the treatment of Kushta which eliminates the vitiated doshas. Virechana is a specific treatment modality for the elimination of Pitta Dosha, but it also acts upon Vata and Kapha Dosha as well as Rakta Pradoshaja vikara. Virechana procedure is less stressful in comparison to vamana and has less possibility of complications. Hence, virechana (therapeutic purgation) was selected for the Shodhana in this case.^[3]

AIM AND OBJECTIVES

This case study aims to evaluate the efficacy of *Virechan karma* along with *Shamana* medicines in the management of recurrent psoriasis.

MATERIAL AND METHODS

For this study, patient of *psoriasis* was registered from OPD of *Kayachikitsa* Department and admitted in male IPD of PTKLS Govt. Ayurveda Hospital, Bhopal. The allopathic medicines was stopped during the study period. The registered patient was properly informed regarding the procedures that he would undergo and was admitted in the hospital.

The drugs required for *Panchakarma* procedures were procured and prepared in *Panchakarma* in PTKLS Govt. Ayurvedic Hospital, Bhopal. The duration of the study was two month.

CASE STUDY

A 30 years old male patient visited the OPD of Kaya Chikitsa of PTKLS Government Ayurvedic Hospital and Institute, Bhopal with the chief complaints of skin lesion over lower limbs and palms since 2-3 years, associated with severe itching on the lesions along with other body surface.

Past history – no history of DM, HTN, or any metabolic disorders.

History of present illness – the patient was alright 2-3 years ago. Then with gradual onset of the above mentioned complaints, he started taking allopathic medicines and he got symptomatic relief for sometime. As he stopped taking medicines, his symptoms worsened. So he visited the OPD of PTKLS hospital for taking Ayurvedic treatment.

Personal history

| | |
|----------------|------------|
| Name | XYZ |
| Age | 30 yrs |
| Sex | Male |
| Occupation | Shopkeeper |
| Marital status | Married |
| Appetite | Normal |
| Micturition | Normal |
| Addiction | None |

Family history – not significant.

General Examination

Pallor, icterus, cyanosis, clubbing and odema absent. B P = 120/80 mmHg.

Pulse – 70/min.

Spo2 and all vitals were stable. Lipid profile – normal.

On local examination of lesion: Multiple, discrete, erythematous plaque with loosely attached silvery white scales present on bilateral upper and lower limbs. Auspitz sign was positive.

Treatment

The patient was admitted for shodhana therapy (virechana) and internal medication was given after that for 2 months. All the other medication was stopped. The details of the therapy are given below.

Virechana Procedure

1. Purva karma (pre-operative)
2. Pradhana karma (operative)
3. Paschat karma (post-operative)

Purva karma- purva karma comprises of deepana, pachana, snehana followed by abhyanga and swedana. Deepana pachana of the patient was done by Chitrakadi vati 2 BD. Snehana was done by Pancha tikta ghrita. After obtaining lakshana of samyak snigdha (proper oleation) for 7 days, pt was advised for abhyanga with Narayan taila and sarvanga swedana by dashmool decoction for 3 days. At the time of snehana and swedana light liquid diet was given whenever patient was hungry. On 4th day pittaja kala virechana was performed in the morning.

Pradhana karma- At the day of administration of virechana yoga, abhyanga followed by swedana was done. Vitals were noted (pulse, B.P., temperature, respiration rate). It was recorded in regular interval during pradhana karma. Virechana yoga was administered at 8 a.m. in the morning on empty stomach. Virechana yoga was prepared from Haritki + Aaragwadha + Kutki churna + Trivrit churna + Arand taila. Patient was given hot water and advised to take sip by sip repeatedly when needed. The patient was under strict observation to avoid complications. Number of Vegas (motion) was counted till the symptoms of proper purgation like passing of stool with mucus in the last two motion etc. sign and symptoms are seen.

Paschat Karma – The time period in between the completion of Vegas to intake of normal diet, special food is designed known as Paschat Karma. Mainly its duration depends upon the type of Shuddhi done during the procedure. As soon as purgation is completed and patient starts feeling hungry, Samsarjana Karma (post dietetic management) according to the type of Shuddhi was given to the patient. After which follow up medicine, Aarogyavardhani vati 2BD, Mahamanjishtadi kwath 10 ml BD, Nisoria oil for local application was prescribed.

RESULT

Patient got relief from the symptoms of itching, burning sensation after 3rd day of Snehapana itself. After 15 day of therapy there was marked improvement in the size and colour of lesion. 50% relief in symptoms after the Shodhana therapy and 70% relief after taking 2 month of oral medicine was observed.



DISCUSSION

As per Ayurveda, Psoriasis is considered as a Raktaja disorder having vitiation of Doshas. To a greater extent Virechana karma is one of the treatment modality. For this ailment pre-operative, operative, post-operative care during Virechana Karma is most important to yield better outcome in Psoriasis.

For the Snehapana, Pancha Tikta Ghrita was taken. Pancha Tikta Ghrita contains Nimba, Patola, Vyagri, Guduchi, Trifala. The drugs possess Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tikta Rasa and Katu Vipaka. It was observed that the action of drugs was mainly due to the properties of these drugs having deepna, pachana, raktashodhaka, kushthaghna, kandughana, varnya, etc. mechanisms of actions. They act mainly for the eradication of dhoshas from the

whole body and bringing them into the koshta. It also pacified the symptoms like itching, discolouration and dryness due to aggravated doshas.

The main components of virechana yoga haritki+ aaraghwadha+ kutki churna+ trivrit churna+ aranda taila and their actions are anti-inflammatory, blood purifier and laxatives. During the 15th day course of virechana, patient had reported 50-60% improvement in his symptoms. He got complete relief from itching. The discoloured skin and patches had developed quite normal lusture. The patient was planned shodhana chikitsa followed by shamana chikitsa. Virechana karma is one of the best treatment modality. For that purpose proper care during poorva karma, pradhana karma and paschat karma of virechana is most important to yield better outcome in psoriasis. The doshas are situated in twaka and agni is also deranged. Therefore deepana-pachana medicines prior to snehapana are important, which helps in ama pachana and normalizing the agni.^[4] Generally snehapana is administered till samyaka snigdha lakshana is seen or maximum 7 days. Gradual increase of dose of Sneha is important for loosening the bond between dosha and dushya and thereby helping in breaking the pathogenesis. Sarvanga abhyanga and swedana removes obstruction in strotas and brings the vitiated dosha from shakha to kostha. Virechana karma is a method of bio-purification. Virechana karma cleanses the kostha and brings down the morbid dosha from body and helps to maintain the dosha-dhatu samya. Therefore virechana is very important therapeutic measure for psoriasis.^[5]

CONCLUSION

Psoriasis is a disease which has high impact on the body and mind. It appears to be largely a disorder of keratinization. The basic defect is rapid displacement of epidermis in psoriatic lesion. Ayurveda believes in treating psoriasis through shodhana and shamana chikitsa.

Virechana karma is commonly advocated in the management of psoriasis as it helps in correcting the basic pathogenic factors. 50% relief in symptoms was observed after the shodhana chikitsa and 70% relief after taking shamana medicines for 2 months in this particular case. The Virechana karma followed by internal medicines is considered one of the best line of treatment for skin disorders.

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