A Case Study of Management of Psoriasis by Ayurveda

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Abstract: Psoriasis is one of the most common clinical conditions encountered in clinical practice. Kitibha is a disease bears greater resemblance with Psoriasis. The current treatment modalities have their own limitations and the drugs have considerable side effects when using for longer period. Hence, it is need of time to find out safe and effective treatment for Psoriasis and here Ayurveda plays an important role. Selected Panchakarma procedures along with Rasayanotherapy and Ayurvedic drugs have been proved valuable in these manifestations. Ayurvedic approach is directed towards alleviating the symptoms. Here a case report of a 34 year male presented with symptoms of Psoriasis, which was treated with a combination of Shaman and Shodhan Chikitsa. The condition was diagnosed as Kitibha and was treated with Ayurvedic drugs, snheapana followed by virechana. Rasayan therapy was done. Patient’s condition was assessed before and after treatment.

Keywords: KitibhaKushtha, Psoriasis, shaman, Shodhan Chikitsa

1. Introduction

Skin is the mirror which reflects the harmony of internal functions of the body. Any change in skin color disturbs the patient both mentally and physically. Psoriasis is a non-infectious, chronic inflammatory disease of skin, characterized by well-defined erythematos plaques with silvery white scale with a predilection for the extensor surface and scalp, and a chronic fluctuating course \[1\]. Psoriasis is a common dermatologic disease, affecting up to 1% of the World’s population \[2\], both males and females suffering equally \[3\]. The word Psoriasis is derived from Greek word ‘Psora’ means ‘itch’ and ‘sis’ meaning ‘acting condition’. In Psoriasis, main abnormality is of increased epidermal proliferation due to excessive multiplication of cells in the basal layers. The transit time of keratinocyte is shortened and epidermal turnover is reduced to 5-6 days from 28-30 days \[4\]. Even though the etiology 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 on the basis of clinical symptoms \[7\] i.e.

- Erythematous sharply defined plaques, covered with silvery white scales.
- Extensor surface primarily involved such as the knees and elbows.
- Koebner’s phenomenon present in the active phase of the disease.
- Wornoff’s ring often present in the healing phase of the disease.

Auszitz sign and candle grease sign are other classic features of the disease. The goal of the treatment for the disease is to alleviate symptoms which interfere with the patient’s life both physically and socially. In modern medicine coaltur preparations, calcipotriol, retinoid, corticosteroids and ultraviolet radiations are the local measure to manage Psoriasis. The systemic treatment commonly used is photo chemotherapy with PUVA, retinoids, methotrexate and cyclosporine – A and corticosteroids \[8\]. These medicines usually provide good symptomatic control, but in long term cause a number of unpleasant side effects.

There are several types of Psoriasis which can be related to certain diseases described in Samhitas. Description of Kushtha is present since Vedic period. Kitibha is one of the Kshudrakushtha. Kitibhakushtha manifests due to the aggravation of Tridosha especially dominance of Vata and Kapha. Mithyasahara and Vihara vitiate Tridosha which further lead to the affliction and aggravation of Rasa, Rakta, Mamsa and Laseeka. Predominance of Vata can be elicited with symptoms like blackish discoloration, hardness, dryness and roughness to touch. Kapha predominance can be appreciated with the presence of severe itching as a cardinal symptom.

Vitiation of Tridosha followed by affliction of four entities viz. Twak, Rakta, Mamsa and Laseeka leads to Kushtha \[9\]. These seven are called as the seven morbids factors (SaptaDravyaSangraha) of Kushtha \[10\]. No kushtha manifests itself due to the aggravation of only one Dosha.

Kitybha is a type of kushtha characterised by skin which is blackish brown in colour (Shyavata), rough in touch like a scar tissue (Kharatwam) and hard to touch (Parushatwam) \[11\]. Dry rough (Rukshata) and hard black skin with itching creating sound on scratching is seen in Kitibha \[12\]. Kushtha characterised with discharging (Sraavi), round (Vruttam), dense (Ghanam), severely itching (UgraKandu) and oily black (SnigdhaKrishna) skin is Kitibha \[13\].

Ayurvedic management of this ailment with Shaman and Shodhana modalities is being discussed here under.

2. Aim

To study management of Kitibha Kushtha i.e. Psoriasis
3. Objectives

1) To study Kitibhakshitha.
2) To study the effect of Shaman, Shodhan, Raktamokshan and Rasayan Chikitsa.

4. Material and method

4.1 Case report

A 34 year male patient approached in kayachikitsa OPD presenting with the following complaints,
1) Vam hasta, ubhayapaad, shirapradeshtwakadushi
2) Krushnavaivarnya
3) Kandu
4) Rakshata

All symptoms occurred since 4 years, increased from 2-3 months.

4.2 Past history

Patient was all right before 4 years. Then blackish discoloration, itching, dryness occurred on the skin of left hand, both legs and head region. He was diagnosed as Psoriasis. He had taken Allopathic and Homeopathic treatment for same complaints. There was recurrence in his complaints. Since 2-3 months all symptoms were increased. Hence he came to kayachikitsa OPD for treatment.

4.3 History

No history of any previous surgical or medical illness.

4.4 Allergy

Allergic to dust.

4.5 Family history

Brother and sister having skin disorder (eczema).

4.6 On examination

Pulse – 80/min.
BP - 110/70 mm of hg
RS - B/L clear
CVS – S, S₂ normal
CNS - conscious oriented
P/A - soft
Sparshas – Usna, Raksha
Kshudha – mandya
Mala – asamyak
Matra – savyak
Shabda – spashtha
Akruti - Shoola
Jivha -Sam
Drak - Prakrut

4.7 Dinacharya

Wake up at around 7-8am. Take 1 glass of cold water. Have 2-4 cup tea in a day, bakery products 4 days in a week, paneer, yogurt 4 to 5 days per week. No any physical exercise. Stress and late night sleep.

4.8 Occupation

Office worker in IT sector, sitting in air conditioner room for 10 hours. Also perform shift work having night duties.

4.9 Hetu

Aharaj: bakery products, more paneer, yogurt etc.
Vihara: late night sleep, no exercise
Manas: stress

5. Treatment Given

| Table 1: Shaman Chikitsa |
|---|---|---|
| Date | Symptoms | Treatment given |
| 1-4-17 | Vama hasta, ubhayapaad, shirapradeshtwakadushi, krushnavaivarnya, rakshata, Kandu | Arogyavardhini vati 500mg tds Mahamanjishthadi kwath 20ml bd Aragvadha phala majja 2gm 8x Shodhan tail with camphor for L.A. |
| 15-4-17 | Kandu | Rakshata | Upashaya – 60% | Same as above with, Jatamansi + Vidanga + Haridra + Sariva each 1gm with Ghrita |
| 29-4-17 | Kandu | Rakshata | Upashaya – 80% | Same as above. Shodhan tail is replaced with Kushthaghna lepa with kanji |
| 13-5-17 | Upashaya – 90% | Same as above with, Ruktapachak vani500mg tds Nimba 500mg added injatamansi+ Vidanga + Haridra + Sariva choorna |
| 10-6-17 | Shir pradeshi new pitikopatti | Ruktapachak vati 500mg tds Rasamanikya 30gm+ nimba 500mg+ jatamansi300mg + ghrita Kushthaghna lepa with Kanji |
| 8-7-17 | Pitikopatti upashaya – 60% | Same as above. |
| 5-8-17 | Sarvanga kandu | Gandhakrasayana 500mg tds Panchatikta ghrita guggulu 500mg tds Rasamanikya 30gm + Nimba + Haridra + Jatamansi + Vidanga each 500mg with ghrita VelityaAranyadi tail for L.A. |

5.1 ShodhanChikitsa

GhritapaaagiveninVaridhaman matra till samyak snigdha lakshanas occurred(5 days). Then snehaviram given for 2 days. Sarvangasnehan with Tila tail and sarvangaswedan with Bashpaswedagiven for 2 days.Gandharvaharitaki 3gm given as Virechanopaga at night with koshnjala.50gm TrivruttaLeha with koshnjalaused for Virechana next day. Madhyamshuddhi achieved with 22 Vega of Virechana. Sansarjankarma given for 5 days. Also bloodletting was done in Sharad Ritu.
5.2 RasayanChikitsa

BakuchiSiddhaKshirapaka had given empty stomach in the morning as Rasayanchikitsa.

5.3 Pathya:

Avoid oily, spicy, junk food, bakery products, and fruits with milk. Avoid sleep in day time. Avoid use of soap and other cosmetics. Take healthy food. Maintain the hygiene. Do regular exercise and meditation.

Table 2: Symptoms before and after treatment

<table>
<thead>
<tr>
<th>Drug</th>
<th>Before Rx</th>
<th>After Shaman Chikitsa</th>
<th>After Shodhan Chikitsa</th>
<th>After Rasayan Chikitsa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Krushnavaivarnya</td>
<td>+++</td>
<td>+++</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Kanda</td>
<td>+++</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Rakshata</td>
<td>+++</td>
<td>+++</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

Figure 1 (a): Before treatment

Figure 1 (b): After treatment

6. Mode of action

Table 3: Shaman chikitsa

<table>
<thead>
<tr>
<th>Drug</th>
<th>Action</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arogyavardhini Vati</td>
<td>Pacify tridosha and kleda Shoshana</td>
<td>Kushtaghna</td>
</tr>
<tr>
<td>Mahamanjishthadi kwath</td>
<td>Raktagata kapha-pitta panchan and shaman by Tikta, Kashaya, Madhura rasu and Raksha Guna</td>
<td>Raktaprasadan</td>
</tr>
<tr>
<td>Argyadha phalma majja</td>
<td>Reduces raktagata vata-pitta</td>
<td>Rakshadhikikara</td>
</tr>
<tr>
<td>Shodhan tail</td>
<td>Rakta-mamsagata kleda Shoshana by Tikta, Raksha Guna</td>
<td>Tvak roga nashika</td>
</tr>
<tr>
<td>Camphor</td>
<td>Dilate blood vessels</td>
<td>Swadajanan, Vendakhna</td>
</tr>
<tr>
<td>Jatamansi</td>
<td>Kledaka kapha udhava, reduces Tvak Dushhti</td>
<td>Kushtaghna</td>
</tr>
<tr>
<td>Vidanga</td>
<td>Reduces twakagata</td>
<td>Kushtaghna</td>
</tr>
</tbody>
</table>

After Deepana, Pachana, Snehana, Svedana, the Dosha should be expelled from nearest route at proper time according to the strength of Roga and Rogi. AcharyaHemadri commenting on it saysthat Pachan does digestion of Ama, Deepana does separation of Dosha from Dhatu, Snehana does Utkleshana of Dosha and Svedana brings the Dosha from Shakha to Koshtha.

6.1 Virechan

Virechanavarga should get absorbed and due to Virya, it reaches to the Hridaya, then the Dharmam and then after it reaches to macro and micro channels of the body. The Vyavayiguna of drug is responsible for quick absorption. The Vikasiguna causes softening and loosening of the bond by DhatuShalitihyakaruma. Due to Ushnaguna dosha sanghata is liquefied. Action of Tikshnaguna is to break the mala and dosha in micro form. According to Dalhama this action is due to quick excretion (doshasravanakaravatva). Due to Sukshnaguna by reaching in micro channels, disintegrates endogenic toxic, which are then excreted through micro channels. Mainly due to Prabhava, Prithvi and Jala constitution and presence of Saragunavirechana occurs.

6.2 Samsarjana Karma

SamsarjanaKarma is to bring resurgence to impaired Koshthagni and proper bowel functioning. In this process strict bland diet was maintained for 5 days.

6.3 Raktamokshan

As per SushrutaAcharya, pittadosha plays a major role in manifestation of disease. Vitiation of pittadosha causes raktta to be dusht. This shows “ashrasya-ashrasyisambandha” of pitta and raktta. So that treatment on raktta helps in treating pittadosha also. Raktamokshan eliminates impure blood. As per ashraya-ashrasyisambandha between pitta and raktta, removal of impure blood eliminates local vitiated dosha and subsidesKandu, ruja, Rakshata symptoms. Pittadosha get provoked in the Sharadrutta. Therefore Raktamokshan was given in Sharad ritu.
Kushtha is disease of raktavahasrotas. In CharakSamhita, Virechan and Raktamokshan is important chikitsa on diseases of Raktavahasrotas.

6.4 Rasayan

Bakuchi does Shoshana of kleda by its Tikta rasa, Ushna and RukshaGuna. It reduces krimi produced by raktadushti and gives relief from all types of kushtha. Hence used as Rasayan in kushthachikitsa.

7. Result

During Snehapan patient has got relief from symptoms. After shodhanachikitsa, the blackish patches were reduced. Itching was completely relieved. He was advised to follow Pathya along with medicines. He got complete relief after treatment.

8. 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 which gives the healthy and peaceful life to patient. This case report showed that combined Ayurvedic regimen i.e. Shaman, Shodhan, Raktamokshan, Rasayan chikitsa is potent and effective in treatment of Psoriasis. No adverse effect was found in the patient during and after the treatment.

References

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Author Profile

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