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 Rasayantherapy 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 yearmale presented with symptoms of Psoriasis, which was treated with a combination of Shaman and Shodhanchikitsa. The condition was diagnosed as Kitibha and was treated with Ayurvedic drugs, snehapana followed by virechan. 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 erythematous 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.

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 which interfere with the patient’s life both physically and socially. In modern medicine coaltar alleviate symptoms which interfere with the patient’s life

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 Kaptha. 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. Kaptha 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 morbid factors (SaptaDravyaSangraha) of Kushtha [10]. No kushtha manifests itself due to the aggravation of only one Dosha.

Kitibha 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 (Ugrikundu) 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

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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) Krushnavaivaryna
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
Sparsha – Usma, Raksha
Kshudha – mandya
Mala – asamyak
Matra – samyak
Shabda - spashtha
Akruti - Shoola
Jivha -Sam
Druk - 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>
<thead>
<tr>
<th>Date</th>
<th>Symptoms</th>
<th>Treatment given</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4-17</td>
<td>Vama hasta, ubhayapaad, shirapradeshtwakadushi, krushnavainaryna, rakshata, Kandu</td>
<td>Aroyyavardhini vati 500mg tds Mahamanjishthadi kwath 20ml bd Araghvadha phala majja 2gm As Shodhan tail with camphor for L.A.</td>
</tr>
<tr>
<td>15-4-17</td>
<td>Kandu &amp; Rakshata Upashaya – 60%</td>
<td>Same as above with Jatamansi + Vidanga + Haridra + Sariva each 1gm with Ghrita</td>
</tr>
<tr>
<td>29-4-17</td>
<td>Kandu &amp; Rakshata Upashaya – 80%</td>
<td>Same as above. Shodhan tail is replaced with Kushthagha lepa with Kanji</td>
</tr>
<tr>
<td>13-5-17</td>
<td>Upashaya – 90%</td>
<td>Same as above with Raktapachak van500mg tds Nimba 500mg added injatamansi+ Vidanga + Haridra + Sariva choorna</td>
</tr>
<tr>
<td>10-6-17</td>
<td>Shir pradeshi new pitikopatti</td>
<td>Raktapachak vati 500mg tds Rasamanikya 30gm+ nimba 500mg+ jatamansi500mg with Ghrita Kushthagha lepa with Kanji</td>
</tr>
<tr>
<td>8-7-17</td>
<td>Pitikopatti upashaya – 60%</td>
<td>Same as above.</td>
</tr>
<tr>
<td>5-8-17</td>
<td>Sarvanga kandu</td>
<td>Gandhakrasayana 500mg tds Panchatikta ghrita guggulu 500mg tds Rasamanikya 30gm + Nimba + Haridra + Jatamansi + Vidanga each 500mg with ghrita VetyaAramyadi tail for L.A.</td>
</tr>
</tbody>
</table>

5.1 ShodhanChikitsa

GhritapapaagiveninVardhaman matra till samyak snigdha lakshanams occurred(5 days). Then snehaviram given for 2 days. Sarvangasnehan with Tila tail and sarvangaswedan with Bashpaswedagiven for 2 days.Gandhharvarahitaki 3gm given as Virechanopaga at night with koshnjalaja.50gm TrivrutraLeha with koshnjalajused for Virechana next day. Madhyaamshuddhi achieved with 22 Vega of Virechana. Sansarjankarma given for 5 days. Also bloodletting was done in Sharad Ritu.
5.2 RasayanChikitsa

BakuchiSiddhaKshirapaka had givenempty 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></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>Kushtahagna</td>
</tr>
<tr>
<td>Mahamanjishtadi kwath</td>
<td>Raktagata kapha-pitta pachan and shaman by Tikta, Kashaya, Madhura rasu and Raksha Guna</td>
<td>Raktaprasadan</td>
</tr>
<tr>
<td>Aragvadha phala majja</td>
<td>Reduces raktagata vata-pitta</td>
<td>Rakta shuddhikara</td>
</tr>
<tr>
<td>Shodhan tail</td>
<td>Rakta-mamsagata kleda Shoshana by Tikta, Raksha Guna</td>
<td>Twak roga nashaka</td>
</tr>
<tr>
<td>Camphor</td>
<td>Dilate blood vessels</td>
<td>Swedajan, Kandughna</td>
</tr>
<tr>
<td>Jatamansi</td>
<td>Kledaka kapha udbhava, reduces Twak Dushti</td>
<td>Kushtahagna</td>
</tr>
<tr>
<td>Vidanga</td>
<td>Reduces tvakagata</td>
<td>Kushtahagna</td>
</tr>
</tbody>
</table>

6.1 Virechana

Virechana yoga should get 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 Vyavayituma of drug is responsible for quick absorption. The Vikasiguna causes softening and loosening of the bond by DhatuShaitihyakarma. Due to Ushmaguna dosha sanghata is liquefied. Action of Tikshnaguna is to break the mala and dosha in micro form. According to Dalhana this action is due to quick excretion (doshasravanakarattva). Due to Sukshmaguna 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 Saragunanvirechana 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 dushti. This shows “ashravya-ashrasyasambandha” of pitta and raktta. So that treatment on raktta helps in treating pittadosha also. Raktamokshan eliminates impure blood. As per Ashraya-ashrasyasambandha between pitta and raktta, removal of impure blood eliminates local vitiated dosha and subsidesKandu, rija, Rakshata symptoms. Pittadosha get provoked in the Sharadritu. 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. Aftershodhanachikitsa, 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