

A CASE STUDY ON AYURVEDIC AND PANCHAKARMA MANAGEMENT OF PSORIASIS

Sonika Nadda*

Associate Professor, Dept. of Panchakarma, CDL Hospital and college of Ayurveda, Jagadhari, Haryana, India.

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Abstract

The reported prevalence of psoriasis in countries ranges between 0.09% and 11.43%, making psoriasis a serious global problem with at least 100 million individuals affected worldwide. The main objectives of this study is to describe the management of Psoriasis through Ayurvedic medicines and Panchakarma. A 26 year old female, presented with Reddish silvery plaque over upper and lower limb, abdomen, scalp and lower back (since 1year), itching and dryness in all the lesions (since 6 month), loss of energy and enthusiasm (since 6 months). Intervention and Outcomes of this study are, all the sign and symptoms were graded accordingly along with photogenic images. Patient was administered with Shamana formulation which was purchased from hospital dispensary. Shankavati 125mg three times a day (Baidyanath). Argwadhadi kwatha (Vaidyaratnam) 15ml + 30ml water two times with Arogyavardhinivati (Shree Dhootapapeshwar) and Tab. Cutisora (Vasu Healthcare), Rasmanikya 125mg (Shree Dhootapapeshwar) along with Guduchisatva (Baidyanath) 500mg three times a day. Externally Takra dhara (type of shirodhara) was given for 10 days and Vamana karma done once. All sign and symptoms came back to Grade 0 with normal skin coloration by 4 weeks after the treatment. This case study reports the use of Ayurvedic medicines and Panchakarma procedures in the effective management of Psoriasis.

Keywords: Psoriasis; Panchakarma; Vamana; Shirodhara; Traditional Indian Medicine.

*Address for correspondence:

Dr. Sonika Nadda, M.D. (Ayu)
Associate Professor, Dept. of Panchakarma,
CDL Hospital and college of Ayurveda,
Bhagwargarh, Jagadhari, Haryana, India – 135 003
E-mail: sonika.dr123@gmail.com

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INTRODUCTION

Psoriasis is a common, chronic, non-communicable skin disease, with no clear cause or cure. Psoriasis consists of itchy, deep pink to reddish, well demarcated plaques with silvery scaling present particularly over extensor surface and scalp. Psoriasis is common chronic, immune mediated, inflammatory, proliferative, non-contagious disease of the skin. The negative impact of this condition on people's lives can be immense. Psoriasis affects people of all ages, and in all countries. The reported prevalence of psoriasis in countries ranges between 0.09% and 11.43%, making psoriasis a serious global problem with at least 100 million individuals affected worldwide.^[1]

Psoriasis is not only a disease that causes painful, debilitating, highly visible physical symptoms. It is also associated with a multitude of psychological impairments. For many reasons, psoriasis can be psychologically devastating. Patient's lives become especially difficult when psoriasis is present in highly visible areas of the skin such as the face and hands. Related psychological problems can affect every day social activities and work. It causes embarrassment, lack of self-esteem, anxiety and increased prevalence of depression. Patients with psoriasis report experiencing anger or helplessness and they disclose a higher rate of suicidal ideation than other patients.^{[2][3]}

Psoriasis is multi-factorial disease. Triggering factors are stress, junk food, depression, mental trauma. There is no satisfactory treatment available for Psoriasis.

In Ayurveda all skin diseases have been described under Kushta (skin diseases). Eka-Kushta is one of the Kshudra-Kushta (type of skin diseases) described in Ayurvedic text. In Charaka Samhita Chikitsasthana, Chapter 7, Eka-kushta is described as Vata - Kaphaja disease.^[4] Eka-Kushta has signs and symptoms

i.e. rukshta (dryness), kharasparsha (roughness) absence of sweating, big size lesions, fish skin like appearance.^[4] Which can be compared with symptoms of plaque Psoriasis.

Ayurveda provides long lasting results by treating the disease and preventing re-occurrence. In this case study, a 25 years old female came to OPD of Panchakarma with chief complaint of kandu (itching), dry silvery white patches over scalp, lower back, thighs, both arms and lower limbs was treated with Rukshana (dry therapy) with takradhara (shirodhara with medicated buttermilk), Pachana (digestive) and Shodhana chikitsa (Body purification treatment) using Vaman karma (Therapeutic emesis) and Shamana Chikitsa (Alleviating treatment) using internally Argwadhadi Kwatha, Arogyavardhini vati, tab. cutisora, khadiraaristam and cutisora oil for external application for 1 month. Patient got relief in the symptoms. Better result achieved in this case using Shodhana Chikitsa and Shaman Chikitsa along with Satvavajaya chikitsa.

CASE REPORT

A 25 year old female patient came to the Panchakarma OPD of Chaudhary Devi Lal Hospital of Ayurveda Jagadhari Haryana, India. COPD No.: 3795, OPD No.: 471, presented with reddish silvery plaque over upper and lower limb, abdomen, scalp and lower back (since 1 year).

Itching and dryness in all the lesions (since 6 month), Loss of energy and enthusiasm (since 6 months). Patient had taken no other treatment before coming to our hospital.

Patient was thoroughly examined and detailed history was taken. Patient was a mother of 7 month old baby and did not have history of any other major illness.

On examination

Vital signs, other general examination and the systemic examination were found within the normal limit.

Investigation

Complete Blood Count, Random Blood sugar, Urine Routine and Microscopic were in normal range.

USG whole abdomen was within normal limits.

Assessment Criteria

Assessment was made by subjective and objective criteria.

1. Subjective Criteria

Subjective criteria are narrated in Table 1, Table 2 and Table 3.

2. Objective Criteria

A. When a Psoriatic lesion is scratched with the point of a dissecting forceps, a candle grease-like scale can be repeatedly produced whose grading is mentioned in Table 4.

B. On complete removal of the scales, a red, moist surface is seen. On further scarping, punctate bleeding points are seen which is Auspitz Sign, mentioned in Table 5.

Sign and Symptoms

As per Ayurvedic text the signs of Eka-Kustha are Aswedanam, Mahavastu, Matsyashakalopamam

- Aswednam (Absence of Sweating) at plaque: Grade 3
- Matsyashakolpamam (Scaling resembles fish): Grade 3

- Rukshata (dryness): Grade 3
- Kharata (roughness): Grade 3
- Candle grease sign: Grade 2
- Auspitz sign: Grade 2

Treatment given

Pachana (Improving Appetite), Shodhana (purification), Satvavajaya (Motivation) followed by Shamana (palliative) treatment showed good result in this case study.

1. Pachana: Shankavati 125mg three times a day.

2. Shamana yoga: Argwadhadikwatha (Vaidyaratnam Oushadhasala Pvt Ltd.) 15ml + 30ml water two times with Arogyavardhinivati (Shree Dhootapapeshwar) and Tab. Cutisora (Vasu Healthcare patent formulation for psoriasis), Rasmanikya 125mg (Shree Dhootapapeshwar) + Guduchisatva 500mg (Shree Dhootapapeshwar) three times a day.

3. Bahirparimarjana Chikitsa: Takradhara was given for 10 days, takra was medicated with Haritaka (*Terminalia chebula*), Haridra (*Curcuma longa*) and Musta (*Cyprus rotundus*)

4. Snehapan: Mahatikta Ghrita given in morning at 7:00 AM for 5days with Koshna Jala (Luke warm water) in increasing quantity of ghrita as:

- Day 1 – 70ml
- Day 2 – 100ml
- Day 3 – 150ml
- Day 4 – 190ml
- Day 5 – 250ml

After 5days Samyak Snehapana lakshanas (Proper qualities of oleation) like aversion toward ghrita, softness in the skin, greasiness in the skin, oily and loose stool were seen.

Figure 1: Representation of difference in psoriatic lesion before and after the Panchakarma treatment



Figure 2: Representation of psoriatic lesion before and after Panchakarma treatment over dorsal surface of the left arm



Figure 3: Representation of psoriatic lesion before and after Panchakarma treatment over frontal area of scalp



5. After Samyaksnigdhalakshanas, sarvanga abhyangam (full body oil application) and mridu nadi swedana (mild hot fomentation) was given on last day of snehapana, on rest day patient consumed kaphakarahara (food which increase kapha humer in body) like, kheer (milk porridge), urad kichadi (black gram dal and rice porridge), jalebi (type of Indian sweet dish).

6. On the day of vamana, vaman was performed with – milk (1liter), yastimadhuphanta (Decoction of *Glycyrrhiza glabra*) (1 liter), madanphalapippali (*Randia Sapiosa*) decoction (50ml), salt water (1 liter), luke warm water.

As the patient came to Panchakarma Unit her vitals were checked and were in normal limit, sarvangabhyangam (full body massage) and Swedana (mild steam was given), then milk was given to drink, patient consumed 1litre of cow milk, then after 15 minutes madanphalpippali decoction was given to drink.

OBSERVATION

There was total 8 vegas (bouts) on 8th vega there was yellow colour in the vomitus and different taste noticed by the patient, which was the presentation of Pittantam (Presence of digestive juice in vomits).

Table 1: Representation of grading of absence of sweating symptom and the effect of treatment on this symptom before and after the treatment

Aswedanam (Absence of sweating)	Grading	Before treatment	After treatment
Normal Sweating	0		0
Mild Sweating	1		
Mild Sweating on exercise	2		
No Sweating after exercise	3	3	

Table 2: Representation of grading of absence of dryness and roughness symptom and the effect of treatment on this symptom before and after the treatment

Rukshata and Kharata (dryness and roughness)	Grading	Before treatment	After treatment
No dryness and roughness	0		0
Mild dryness and roughness on part of arm, leg, neck, scalp, trunk, back	1		
Moderate dryness on arm , leg, neck, scalp, trunk, back	2		
Severe dryness and roughness on arm, leg, neck, scalp, trunk, back	3	3	

Table 3: Representation of grading of scaling symptom and the effect of treatment on this symptom before and after the treatment

Matsyashakalopamam (Scaling)	Grading	Before Treatment	After Treatment
No scaling	0		0
Mild scaling from all lesions	1		
Moderate scaling from all lesions	2		
Severe scaling from all lesions	3	3	

Table 4: Representation of grading of candle grease sign and the effect of treatment on this sign before and after the treatment

Candle grease sign	Grading	Before treatment	After Treatment
Absent	0		0
Improved	1		
Present	2	2	

Table 5: Representation of grading of Auspitz sign and the effect of treatment on this sign before and after the treatment

Auspitz Sign	Grading	Before treatment	After Treatment
Absent	0		0
Improved	1		
Present	2	2	

Lightness in the body, cheerfulness, lightness in head-chest and other regions of the body, happiness were the other symptoms observed by the patient.

Paschat karma (post-operative)

After finishing the vamana, patient vitals were checked for normal limits, then she was advised to wash her face and hand with cold water, later dhoomapana (Medicated smoke) was given to patient. After dhoompana Patient was advised to take complete rest and Samsarjan karma was advised to start from same evening.

Samsarjanakrama

1st day (i.e. same day of vamana evening): mungdal (split green gram) water.

2nd day: Morning: Rice water,
Afternoon: Mungdal khichadi (split green gram and rice porridge)

Evening: Khichadi (split green gram and rice porridge)

3rd day: Patient got good appetite

Morning: Mung dal khichadi with gritam,
Afternoon: Lauki (bottle gourd) dal khichadi (pulse rice porridge) with Ghrita,
Evening: Normal diet.

Takradhara – Shiro Dhara with medicated buttermilk with Musta (*Cypurus rotundus*) haridra (*Curcuma longa*), Haritaki (*Terminalia chebula*) for 45 minutes in morning at 10 AM for 10 days was given.

7. Counseling positive affirmation and motivation was done for 20 minutes for 10 days.

RESULTS AND DISCUSSION

In above case study patient got remarkable relief from symptoms of Ekakushtha (Psoriasis). All the symptoms shifted to their normal value i.e. Grade 0.

Ayurveda has Panchakarma Chikitsa as its unique specialty. In this case study satvavajaya chikitsa, takradhara and vamana chikitsa showed good results. Shamana yoga that is the combination of Argwadhadi kwatha 15 ml + 30 ml water two times with Arogyavardhinivati and Tab. Cutisora, Rasmanikya 125mg + Guduchisatva 500mg has Kushthaghana as well as Rasayana effect on skin. As Psoriasis is psychosomatic disease, Takradhara may help to relieve the stress. According to Ayurveda in skin disease Rasa and rakta dhatuagnimandya (low metabolism at serum and blood tissue) take place and Takradhara helps in rasdhatuagni vridhi (improvement of metabolism at the level of serum and blood tissue).

CONCLUSION

In this case study we got good results of Panchakarma and Ayurvedic medicine. The treatment given for Ekakushtha (Psoriasis) was Rukshana / Pachana, Shodhana (vamana), Shamanayoga, satvavajaya chikitsa (counseling) and Takradhara therapy; which helped in Aampachana (improvement in digestion and metabolism at tissue level), removal of vitiated Dosha from body and to brought Samyavastha (balanced condition) of Doshas. So above treatment helped to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

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