

A Case Study on Plaque Psoriasis with Ayurvedic Management

Case Report

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Abstract

Skin disease is one among *Deerghkalinyadhi* (Chronic disease) and also one of the *AsthaMahagada* (Eight dreadful diseases). The disease psoriasis comes under the *Kushta roga*. Psoriasis is one of the most common dermatologic disorder and a chronic skin disorder of present day. Almost all the skin disease is explained under *Kushta- Rogadhikara* (skin disease) and classified as *MahaKushta* and *Kshudra Kushta* (Major and Minor skin disease). Acharya have described that all *Kushta's* have *Tri Dosha* (three energies) involvement but the type of *Kushta* depends on the predominance of particular *Doshas*. The signs and symptoms of *Eka-Kushta* (psoriasis) in Ayurveda are similar to that of psoriasis explained in modern medicines. Psoriasis is marked by periodic flare-ups of sharply defined red patches, covered by a silvery, flaky surface. *Aswedana* (Absence of perspiration), *Mahavastu* (Present all over body), *Mastyashakalopama* (Look like a fish scale) is the feature mentioned by Acharyas for *Eka-kushta*. In Psoriasis relapsing nature is most common, which suggests that it needs long term treatment. In modern there is no such treatment for psoriasis. Here is the case of 52 yrs old male patient diagnosed as Plaque psoriasis undergone treatment of *Shodhan* (Purification) i.e. *Vaman* (Emesis) as well as *Shaman Chikitsa* (Palitative treatment) having marked improvement. The study showed that combination of Ayurvedic modalities gives significant result in *lakshnas* (Symptoms) like *Aswedana*, *Mahavastu*, *Mastyashakalopama*.

Key Words: *Psoriasis, Shodhan, Shaman, Eka-Kushta.*

Introduction

Psoriasis is common, chronic, recurrent, inflammatory disease of the skin characterized by rounded, circumscribed, erythematous, dry scaling patches of various sizes, covered by grayish white or silvery white lamellar scales. Psoriasis is multi-factorial disease. Triggering factors are infection, drug, trauma etc. About 3 % of world population suffers from psoriasis. In India prevalence of psoriasis varies from 0.44- 2.88% (1). Here is no satisfactory treatment available for Psoriasis. Plaque psoriasis is a type of psoriasis that presents as silvery scaly lesions, well defined erythematous papules or dry, brittle, silvery or grayish white plaque (2). In *Ayurveda* all types of skin diseases are included under the *Kushta*. Acharya Charak mentioned it in *Ashtamahagad* (3). Acharya Charak described *Kushta roga dhikar* in which he classified *Kushta* in to two major types; *Maha-Kushta* and *Kshudra Kushta* (4). Amongst various types of *Kushta*, *Eka-kushta* is one of them which having a symptoms like *Aswedanam* (Absence of perspiration), *Mahavadstu*, *Matsyashakalopam* (Look

like fish scale) (5). In *samhitas*, according to the *Bala* (Strength), *Dosha* and *Vyadhi avastha* (Disease condition), *Shodhan* and *Shaman Chikitsa* is described for the *Kushta*. Repeated *Shodhan* is indicated in *Kushta* due to *Bahu Dosha* condition, to eliminated the aggravated *Doshas* which helps to treat the root cause of disease. So here a case of Plaque psoriasis (*Eka-Kushta*) is treated successfully with *Shodhan* (*Vaman*) and *Shaman Chikitsa*.

Case report

A 52 years male patient came with chief complaint of reddish erythematous plaque over both lower limbs with Itching and dryness over them since 2 and half years.

Present History

Patient was well before two and half years. But since then patient has been suffering from reddish erythematous plaque over both lower limbs with itching and dryness over them. The patient took allopathy medications for above complaints, but there was no any satisfactory relief, so he came to MGACH & RC for further treatment.

Past history

No any family history was present regarding psoriasis or any dermatological disorders. Disturbed sleep due to the itching. No any history of major illness such as hypertension, diabetes and bronchial asthma. No any history of surgery.

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Personal history

Frequently consumption of junk, oily and spicy foods.

Ashtavidha Pariksha (Eight folds of examination) was within normal limit but only *Sparsha* (Touch) was *Kharasparsha* (Rough to touch) with *Rukshata* (Dryness). On Examination, all vitals of the patient were within normal limit. Pulse rate was 76 per min regular and VataPittaj, Blood pressure was 110/80mm of Hg. Respiratory rate was 18 per min, temperature was 98° f.

Examination of Skin

A. Inspection

- Lesion- Reddish erythematous graze over both lower limbs
- Color – Red

A. Palpation

- Moisture- Dryness
- Temperature – Warmth to touch
- Texture – Rough

Treatment Plan

Table no.1:- Shodhan chikitsa - by following the purvakarma, pradhankarma and pschyat karma.

Date	Medicine	Dose	Route	Duration
12 Nov 2019- 14 Nov 2019	Deepan (Appetizers) – <i>pachan</i> (Carminatives) with <i>Amapachak vati</i>	250 mg Twice a day before meal with lukewarm water	Oral	3 days
15 Nov 2019- 21 Nov 2019	<i>Abhyantar Snehapana</i> (Internal administration) with <i>Mahatikta grita</i>	30 ml – 1 st day 60 ml – 2 nd day 90 ml- 3 rd day 120 ml – 4 th day 140 ml – 5 th day 160 ml – 6 th day 180 ml – 7 th day (Empty stomach at morning time with lukewarm water)	Oral	7 days
22 Nov 2019- 23 Nov 2019	<i>Sarvanga abhyanga followed by nadi swedan</i> (6)	<i>Marichyadi tail Followed by Bashpaswed</i>	External application	For 2 days (After completion of 7 days of snehapan)
23rd Nov 2019 23 Nov 2019- 27 Nov 2019 (5 days)	<i>Vamana</i> (Followed by <i>sansarjan karma</i> for 5 days)	<i>Madanphalyoga</i>	Oral	For 1 day at morning time after snehan and swedan

Paschyat Karma - After getting *Samyaka Vamana Lakshana*, *Dhoomapan* was given with stick made of *Aguru* (which is made from *Agaru* paste apply over cotton and make a stick of it , dried it) for 5 minutes by each nostril. Then patient was advised to follow the *Sansarjana Karma* for five days. *Sansarjana Karma* (7) was given in the form of *Peya*, *Vilepi*, *Akrita Mudga Yusha*, *Krita Mudga Yusha* for 5 days.

Table no.2 Shaman Aushadhi (Pallitative Medication)

Medicine	Dose	Anupan	Route of administration	Duration
<i>Gandhak Rasayan</i>	250mg Twice a day after meal	Luke warm water	Oral	In interval of 2 months
<i>Mahatikta grita</i>	5 ml (1 Tsf) Twice a day	Luke warm water	Oral	2
<i>Atrisor cream</i>	Quantity Sufficient After bath	-	External application	2
<i>Vetapallai lubricant</i>	Quantity Sufficient At Night	-	External application	2 month

Grading – PASI (Psoriasis Area Severity Index) Score: -

Within each area, the severity is estimated by three clinical signs: Severity parameters are measured on the scale of 0 to 4, from none to maximum. The body is divided into four sections [head (H) (10 % of a person’s skin); arms (A) (20%); trunk (T) (30%); legs (L) (40%)]. Each of this area is scored by itself, and then the four scores are combined into the final PASI. For each section, the percent of area of skin involved, is estimated and then transformed into a grade from 0 to 6.

Table 3. Showing area involvement with gradation

No involved area	Grade: 0
<10% of involved area	Grade: 1
10- 29% of involved area	Grade: 2
30 – 49% of involved area	Grade: 3
50 – 69% of involved area	Grade: 4
70 – 89% of involved area	Grade: 5
90 – 100% of involved area	Grade: 6

Table no. 4 Showing assessment criteria of 2 months of treatment

	Before treatment	Legs	
		First follow up	Second follow up
Skin area involved Grade – A	3	3	0
Erythema (Redness)	3	2	0
In duration (Thickness)	3	2	0
Desquamation (scaling) E, I, D- B	4	2	0
Total PASI Score	13	9	0

Table no. 5 Showing Overall result of treatment

	Before treatment	First follow up	Second follow up
Area involved	30-49 %	10-29 %	0%
Erythema (Redness)	Severe	Mild	Absent
In-duration (Thickness)	Moderate	Mild	Absent
Desquamation (Scaling)	Severe	Mild	Absent

Observation

Picture no. 1: Showing before treatment and after treatment.



(Stimulates digestion) and *Amapachak*. After that *Snehapana* (Internal oleation) was given with *Mahatikta Ghrita* for 7 days, it causes the *Vatadosha* pacification. For the *Abhyanga* the *Marichadi tail* was used reduces the dryness, provides the moisturization to the body, improves the blood circulation & reduces itching. Followed by *Sarwanga swedan* it does the *Dosha-vilayana* (liquefies the *Doshas*) and brings them from *Shakhas* (Tissue) to *Koshta* (*Visceral organ*) to eliminate them. It also removes the *Strotas Avarodha* (Obstruction in channels).

Action of *Snehapana – Mahatikta ghrit*

The ingredients of *Mahatikta ghrita* are *Tikta Rasatmaka*, *Madhur Vipaki* and *Ushna Viryatmaka*. It acts mainly on *Kled*, *Meda*, *Lasika*, *Rakta*, *Pitta* and *Kapha* which helps in balancing the vitiated *Dosha* and *Dhatu*. It has properties like, *Raktashodhak* (Blood purifier), *Kushtaghna* (Cure skin disease), *Kandugha* (Pacifying itching) and *Varnya* (Complexion) (9). *Ghrit* (Ghee) has lipophilic action helps to carry drugs to the target organs, it enters to its cellular level and delivers to mitochondria and nuclear membrane. It maintains the normal texture of skin(10).

Discussion

It is the *Vyadhi* (Disease) of *Raktapradoshaj* (Disease due to vitiated Rakta), *Vata-Kapha Pradhan* and *Tri-doshaj*. The *Shodhan* and *Shaman Chikitsa* are described in *Samhitas* for the management of *Kushtha* (8). Amongst the *Shodhan*, *Vaman* is the best *Chikitsa* for the *Kushtha* as it eliminates the *Kapha* and *Pitta* sequentially from the body. In the present study *Shodhan and Shaman Chikitsa* was given to the patient. In *Purva Karma*, *Deepan – Pachana Dravya* (Tab. *Aamapachak*) was given which is *Agnivardhak*

Action of *Abhyanga* with *Marichyadi tail*

For the purpose of *Abhyanga* or *Bahyasnehana* (External oleation) the *Marichyadi tail* is used.

The most of *Dravyas* of *Marichyadi tail* are have properties like *Katu*, *Tikta*, *Kashay rasa* and *Ushna virya* which does the *Shaman* of *Kapha* and *Vata dosha*. Its *Snighdha Guna* reduces the *Rukshatva*, *Kharatva* and *Parushata*. It has properties like *Raktashodhan*, *Kushtaghna* and *Kandughna*. The nature of tail is *Sukshmagamitva* means it helps drugs to go into the minute channels and does the proper absorption. The *Kashay rasa* of these *Dravyas* helps to reduce the *Kleda* (11). *Marichyadi tail* has antiseptic, antifungal, anti-inflammatory, antimmuno modulatory property. The *Marichyadi tail* is effective in the Symptoms of *Eka Kushtha* due to these properties.

Action of *Vaman karma*

Vaman does the elimination of the *Prakupit doshas* (Vitiated dosha) mainly *Kapha* and *Pitta* from the *Koshtha*. The *Vamanopaga* drugs (Aiding in emesis), such as *Madanphal Churna*, *Vacha Churna*, *Pippali Churna*, *Saindhav*, *Madhu*, *Yashtimadhu Phanta* having properties like *Ushna*, *Tikshna*, *Vyavayi* and *Vikasi* it enhances the absorption rate and helps to reach at *Hriday* (Heart). It moves from *Hriday* to the *Dhamani* (Artery) to all *Shukshma* and *Sthool Strotas*. It removes all the toxins from the body. There is *Agni* and *Vayu Mahabhutas* prevalence. *Urdhwabhagahar Prabhav* of *Vamak Dravyas* which causes the elimination of *Doshas* from the upward route. This therapy is very effective for the elimination of aggravated *Doshas*.(12)

Gandhak Rasayan

It acts as *Kushtaghna*, *Kandughna*, *Dahaprashaman*, *Raktashodhak*, *Vranaropak*, *Twachya* and *Krumighna*. It is mainly indicated in *Kushtaroga*. It possess the property like antibacterial, antiviral and antimicrobial (13). It reduces the itching and infection.

Atrisor ointment

It contains *Leptadenia reticulate* (Retz.), *Rubia cordifolia* (Linn.), *Curcuma longa* (Linn.), *Wrightia tinctoria* (Roxb.), *Cocos nucifera* (Linn.) and *Hydrocarpus laurifolia*. It is anti-psoriatic properties having complete relief from inflammation, itching and irritation associated with psoriatic lesion. Its action brings back normal skin texture and makes it soft and supple (14).

Vetapalai lubricant

It having *Kushthaghna*, anti-inflammatory, antibacterial, antiviral, antifungal, anti-microbial, anti-oxidant properties. All the contents are *Vata*, *Pitta*, *Kapha Shamak*, *Twachya*. It moisturizes and soothes the skin (15).

Conclusion

The Plaque Psoriasis can be correlated with *Eka-Kushtha*, which is a type of *Kshudra Kushtha*. From the above case it can be concluded that the *Eka-Kushtha* can be successfully treated with the *Shodhan* and *Shaman Chikitsa*.

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