

**MANAGEMENT OF PSORIASIS THROUGH SAMSHODHANA AND SAMSHAMANA  
CHIKITSA: A CASE STUDY**

**Dr. Hanuman Pancholi<sup>\*1</sup>, Dr. Arunesh Kumar Dwivedi<sup>2</sup>, Dr. Archana Tiwari<sup>3</sup>, Dr. Hari Prakash Sharma<sup>4</sup> and  
Dr. Diwakar Patel<sup>5</sup>**

<sup>1</sup>PG Scholar, Dept., of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.

<sup>2</sup>Assistant Professor & Guide, PG Dept. of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.)  
India.

<sup>3</sup>Assistant Professor & Guide, PG Dept. of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.)  
India.

<sup>4</sup>HOD of Shalya Tantra Dept., Govt. Pt. Khushilal Sharma Ayurveda College, Bhopal (M.P.) India.

<sup>5</sup>HOD of Shalya Tantra Dept., Govt. Dhanwantri Ayurveda College, Ujjain, India.

**\*Corresponding Author: Dr. Hanuman Pancholi**

PG Scholar, Dept., of Kayachikitsa, Pt. Shiv-Sakttilal Sharma Ayurveda College, Ratlam (M.P.) India.

Article Received on 22/09/2020

Article Revised on 12/10/2020

Article Accepted on 01/11/2020

**ABSTRACT**

Psoriasis is chronic, inflammatory disease associated with hyper proliferation of keratinocytes of epidermis and symptoms mainly persisted to the skin. The disease observes increase in epidermal cell turnover rate. The symptomatic presentation of disease can be correlated with *Kshudrakustha* as per ayurveda science and two varieties of *Kshudrakustha* i.e.; *Eka kustha* and *Kitibha kustha* mainly resembles symptoms of Psoriasis. *Mithyaahara*, *Mithyavihara* and genetic factors can vitiate *Tridoshas* which further affects *Twak* and *Rakta* to produces *Kustha*. Vitiated components affect *Rakta*, *Twacha* and *Mamsa* which further manifested as disease symptoms. *Samshodhana* along with *Samshamana Chikitsa* are major line of treatment in which *Virechana*, *Siravedha* and *Nadi-sweda* are advised along with ayurveda remedies. The Ayurveda approaches play vital role towards the management of such disorders; this article presented a case study for supporting above mentioned fact.

**KEYWORDS:** *Ayurveda, Psoriasis, Eka kustha, Kitibha kustha.*

**INTRODUCTION**

Psoriasis is autoimmune and chronic skin disorder mainly possesses inflammatory symptoms manifested through skin. The disease involves disturbed keratinization of epidermal cell with erythematous lesion and plaques. Ayurveda classics mentioned *Ekakushtha* under *Kshudrakushtha* possessing *Vata* and *Kapha dosha* predominance. Consumption of *Snigdha*, *Drava*, *Guru aahar*, *Vega dharana*, *Chinta*, *Bhaya* and *Ratri jagran* can leads disease pathogenesis. *Acharya Charaka* described *Mahavastu*, *Matsyashakalopamam* and *Aswedanam* as symptoms of *Ekakushtha*.

**Causes of Psoriasis**

- ✚ Excessive consumption of dairy products.
- ✚ Use of grains; *Navadhanyak*.
- ✚ *Anupa mamsa (Matsya sevan)*.
- ✚ *Vegavrodha (Chhardi vega dharan)*
- ✚ *Chinta & Bhaya*
- ✚ Genetic and environmental factors, etc.

The discoloration of skin occurs in disease due to the *Vata Dosha* vitiation, the roughness and hardness to

touch sense also observed in disease along with dryness of skin and itching. The dryness and itching can be attributed to the *Kapha* vitiation. Pathologically disease associated with *Dushya* of *Rasa & Rakta* along with *Tridosha* vitiation mainly *Vata & Kapha* in which *Twaka* is considered as *Adhishtana* of disease manifestation. The major pathological consequences of disease depicted in **Figure 1**.

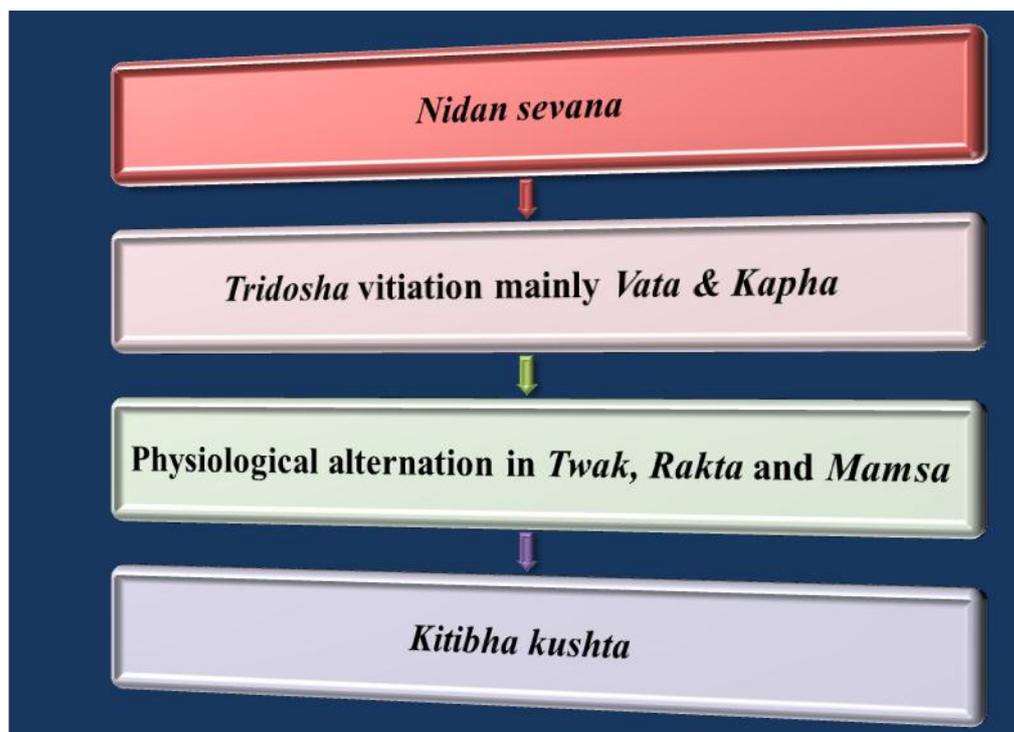


Figure 1: Pathological events associated with *Kitibha kushta*.

#### AIM AND OBJECTIVES

1. To establish Ayurveda therapies as effective option for the management of sign and symptoms of psoriasis.
2. To correlates properties of drugs with their probable mode of action in disease.

#### MATERIALS AND METHODS

The elderly female patient came to us with typical symptoms of psoriasis suffering from disease severely. Patient observed with following symptoms:

- ✦ Reddish patches
- ✦ Erythematous lesion
- ✦ Scaling of skin
- ✦ Itching

#### History of personal illness

The patient was normal few year back, that after she observed reddish patch all over the body along with scaling of skin and itching. She does not complain any other severe or chronic illness and never underwent surgical intervention for any reason.

#### Clinical examinations

✦ <i>Nadi</i>	72/min
✦ <i>Mala</i>	<i>Vibandha</i>
✦ <i>Jeeva saam</i>	<i>Eshatha</i>
✦ <i>Agni</i>	<i>Kshudhamandya</i>
✦ <i>Sparsha</i>	<i>Khar &amp; Raktawarniya</i>
✦ <i>Akruti</i>	<i>Madhyama</i>
✦ <i>Raktadaaba</i>	Normal

#### TREATMENT PLAN

On the basis of clinical observation following drugs were prescribed:

##### Oral & Topical Medications

✦ <i>Arogyavardhini Vati</i>	250 mg (BID)
✦ <i>Shuddha Gandhak</i>	250 mg (BID)
✦ <i>Panchatikta Ghrita Guggulu</i>	250 mg (BID)
✦ <i>Nagarjun Yoga</i>	250 mg (BID)
✦ <i>Brihat Manjishtadi Powder</i>	2 gm (BID)

The above mentioned drug administered with water in morning and evening time.

✦ <i>Khadirarishta Syrup</i>	
✦ <i>Shiva Gutika</i>	(BID)
✦ <i>Jivantyadi Yamakam</i>	50 %
✦ <i>Wrightia tinctoria oil</i>	50% (Applied locally)

##### Virechana Kalpa

✦ <i>Nishoth</i>	25 gm
✦ <i>Kutaki</i>	25 gm
✦ <i>Amttas Guda</i>	25 gm
✦ <i>Haritaki</i>	25 gm

*Kwath* (200 ml) of above drugs with *Erand Sneha* (20 ml) for *Virechana* purpose.

*Abhyantara Snehapana* (*Mahatikta Ghrita*) for seven days with increasing dose.

*Bahya Snehan* and *Swedan* for three days / seating.

#### RESULTS

The patient improved during therapy, reddish patch, scaling and itching symptoms relieved remarkably as

depicted in **Figure 1**. The mental stress also relived due to the improvement in physical appearance and no

serious adverse effects observed during and after the treatment protocol.



**Figure 1: Effect of therapy (Before Treatment)**

**(After Treatment)**

#### **Discussion (Probable mode of action of therapy)**

*Varnya* effect of ayurveda drugs helps to heal lesion, *Shothhar* effect help to combat against inflammatory symptoms of disease, *Kushtaghana*, *Raktaprasadan* and *Sonithsthanpan* action of Ayurveda drugs helps in disease pathogenesis.

*Pittaghana*, *Dipana* and *Yakruttejaka* effects provides relieves from digestive ailments and restrict production of toxins thus reduces possibility of toxin accumulation inside the skin and imparts nourishing effect to the skin.

*Kledaghna*, *Rasayana* & *Aampachana* effects of prescribed drugs pacifies excess *Kleda*, eliminate *Ama* and provides rejuvenating actions thus help in disease pathogenesis and imparts psychological strength to combat against mental anxiety associated with physical appearance in case of psoriasis.

*Vatavaha nadi shamaka*, *Kaphgna*, *Grahanishodhak* and *Pakwashyadushti nashka*, properties of prescribed drugs gives therapeutic benefits in *Kitibha kushta* by pacifying vitiated *Dosha* and clearing toxins from body. the *Raktashodhak* effect on *Rasa Dhatu* prevent pathogenesis of disease since this effects help to purify *Rakta* which mainly involved in disease along with *Doshas*.

Psoriasis is autoimmune disorder as per modern science the ingredients of prescribed formulations acts as an immuno-modulator and enhances immunity due to their *Rasayana* effects thus provides *Kandughana* effects in psoriasis.

The *Shodhna* therapy; *Virechana* helps *Kitibha Kushta* by pacifying vitiation of *Tridoshas* especially *Pitta* thereby purify *Rakta Dhatu* also, this therapy not offers *Pitta Dosha Nashak* effect but also suppress aggravated *Vata & Kapha Dosa*. *Shodhna* therapy imparts *Kandughna* effect, reduces scaling of skin & dryness. The *Vranya* and *Raktashodhaka* effect of drugs used for detoxification control pathological progression of disease. Therapy facilitates process of sweating through hair follicle since it opens pores by fastening circulatory process. *Virechana* not only removes *Ama* through the skin but it liquefies and removed aggravated *Doshas* and clear body channels for normal physiology. *Grahanidoshnashaka* effect cure digestive ailments and constipation thus regulate metabolic activities.

#### **CONCLUSION**

Psoriasis is inflammatory skin disorder having erythematous plaques, silvery white scales, itching and localized manifestation on the extensor surfaces. *Ekakushtha* can be correlated with psoriasis in Ayurveda due to the symptomatic similarities. *Nidana Parivarjana*, *Shodhana*, *Shamana*, *Prakriti Vighatana* and *Lepana*, etc. are mentioned as line of treatment for *Kushtha roga*. *Ekakushtha* is can be meneged effectively by using both *Shodhana* and *Shamana* therapies. This case report suggested that *Shodhana* and *Shamana* therapies offer effective therapeutic actions in Psoriasis without any significant adverse effects.

#### **REFERENCES**

1. Anant Ram Sharma, edited with 'susrutavimarsini' Hindi commentary. (Ed.). *Susruta samhita*, maharshi susruta. Nidanstan; Kushtanidanaadhyaya: Chapter

- 5.verse no.14. Varanasi: Chukhambha prakashan, 2010; page no.497.
2. Brhmananda Tripathi, (1<sup>st</sup> Ed.). Charak samhita, Maharshi Charak. Nidanstan; Kushtanidanadhyaya: chapter 5. verse no.6.Varanasi: Chukhambha prakashan, 2011; page no.625.
3. The ayurvedic pharmacopoeia of india-part-1, gov.of india ministry of health & family welfare dep.of AYUSH.new delhi; vol-2, pg.no-36.
4. Vd.G.P.Gune, (Aushadhi Gundharma shatra. part-2, kalpa no 10, reprint - 2005, page no-208.
5. Fauci, Braunwald, Kasper, Hauser, Longo, Jameson, Loscalzo; Harrison's Principal of Internal Medicine. Vol-1; U.S.A.; 17th edition; McGraw Hill Companies; pg 315.
6. Michael Hertl; Autoimmune diseases of skin; third edition; Springer Wein New York; pg no. 328-331.
7. Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Charak Samhita, Savimarsha Vidyotini-Hindi Vyakhya; Varanasi; Ed 2011; Pub-Chaukhamba Sanskrit Sansthana Pg no. 253. (Ch. Chi. 7/29-30).
8. Dr. Brahmananda Tripathi; Ashtang Hridaya, Nirmala Hindi Tika, Varanasi; Ed. 2010, Pub-Chaukhamba Sanskrit Sansthana pg no. 369. (A. H. Ni. 14/3).
9. Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Charak Samhita Poorvardh, Savimarsha Vidyotini- Hindi Vyakhya; Varanasi; Ed 2011; Pub-Chaukhamba Sanskrit Sansthana Pg no. 643.