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EFFECTIVENESS OF SIDDHA TRADITIONAL MEDICINES INTHEMANAGEMENT OF PSORIASIS - A CASE REPORT

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ABSTRACT
This case report represents a 35 year old male patient with symptoms of erythematous, desquamated, pruritic macules over the scalp for the past six months. The patient was attended by a private Siddha practitioner at the Outpatient department (OPD) of Private Siddha clinic at Chennai. The initial treatment was *Bethi maruthuvam* (Therapeutic purgation) for the first day followed by *Karbogi Tablets, Karisalai Karpam Tablet and Ganthaga Rasayanam* for internal medicines and *777 Oil* and *Kuliyal Chooranam* as external medicine for a period of 48 days. Reduction in PASI Score and other symptoms of aggravated *vatha humour* that is chiefly responsible for this disease such as dry skin, pain in all joints, sleeplessness were evaluated before and after treatment. Significant reduction of PASI score from 6.6 to 0 and improvement in symptoms of aggravated *Vatham* was observed indicating the effectiveness of the course of therapy. This single case report highlights that *Kaalanjagapadai* can be managed effectively with *Siddha* therapeutic regimen.

KEYWORDS: *Psoriasis, Natural treatment, Purgation, 777 oil*, Siddha medicines, Herbal therapies.

INTRODUCTION
Psoriasis is a chronic inflammatory disorder characterized by well-demarcated, erythematous plaques with hyper proliferation of the keratinocytes in the epidermis which is seen as thick silvery scales.[1] The disease affects 2% to 4% of the population and its aetiology is basically proposed to be an interplay between a genetic predisposition and environmental factors (triggers) such as injury, infection, allergy, extremes of temperature, chemicals or stress.[2] It is one among the psychologically debilitating disease, impacting on quality of life similar to cancer, diabetes, and depression.[3] Although psoriasis can present at any age, major peaks of incidence occur around 20 and 60 years of age.[4] Approximately 80% of patients with psoriasis have mildto-moderate disease, with up to 5% of their body surface area affected.[5]

The Siddha text *NoiNaadal* emphasizes the root cause of Psoriasis (*Kalaanjagapadai*) and all skin diseases as aggravated *Vatham* as *"Vaathamallaathu menikedathu.*[6] *Vatham* is regarded as one among the three subtle humours needed for the physiological well being. The present case study presented with scaly, red, and raised patches with dry and silvery scales in his scalp with loss of hair and was diagnosed as plaque type of scalp Psoriasis. The patient was treated with purgation therapy followed by Siddha medicines

Case history
The presented case was a 35 year old male with the symptoms of scattered erythematous, desquamated medium to large plaques on scalp with silvery scale. The Scalp lesions extended to the face with occasional itching. The subject had tried to manage these symptoms with several allopathic medications since past 6 months with no improvement in symptoms. The vitals were stable and there was no palpable lymph node, jaundice, pallor or edema. On examination, the diagnosis of Psoriasis was confirmed by the presence of positive Auspitz sign (capillary bleeding occurring after overlying scale removed). There was no history of diabetes mellitus, hypertension and skin diseases in his family. The history taking revealed that the patient was a machine operator in Leather Company with history of smoking since 11 years. He was not an alcoholic norhas he been on any medication. General examination of the patient showed that is weight was 85 kg, height 174 cm, body mass index (BMI) 28.1, blood pressure 130/80mmHg mm of Hg and pulse rate 72 beats/ minute and heart rate 74 beats/ minute. The personal history of the patient revealed that he is of *Vathapitha udaliyal.* PASI a measure of overall psoriasis severity and coverage to assesses body surface area, erythema and scaling score (psoriasis area severity index), indicated that erythema, scale and induration were all severe, with BSA (body surface area of >25%).[7] Before administration of treatment, patient's physical

measurements such as presence of erythematous plaques in the body, PASI Score, symptoms of increased *vatham* such as sleeplessness, abdominal distension and joint pain were measured by specific tools. The treatment outcome was assessed by recording the PASI score and specific symptoms of aggravated *Vatham* which is the root cause of this ailment.

Management

The patient was selected and treated with purgation therapy on the first day followed by internal and external Siddha medicines. The internal medicines and Bath powder were purchased from SKM Pharma and the external 777 oil was purchased from JRK pharma that are GMP Certified products.

Purgation therapy *(Viresana Therapy)*–*Agasthiyar Kuzhambu*- 200 mg at early morning with *sankan kuppiilai saaru* (60ml) at early morning, empty stomach.

Internal medicines - Siddha medicines such as *Karbogi tablet 2 tablets* twice a day and *Karisalai karpam* tablets 2 tablets twice a day with water after food.

External medicines- *777 oil* for external application and *Kuliyal chooranam* for taking bath including scalp.

Ethical issues

Medical ethics was followed and Institutional ethical clearance was obtained for conducting the study. The patient provided their informed consent for the study and publication of this case report. The CARE guidelines were followed for this case report.[8]

RESULTS

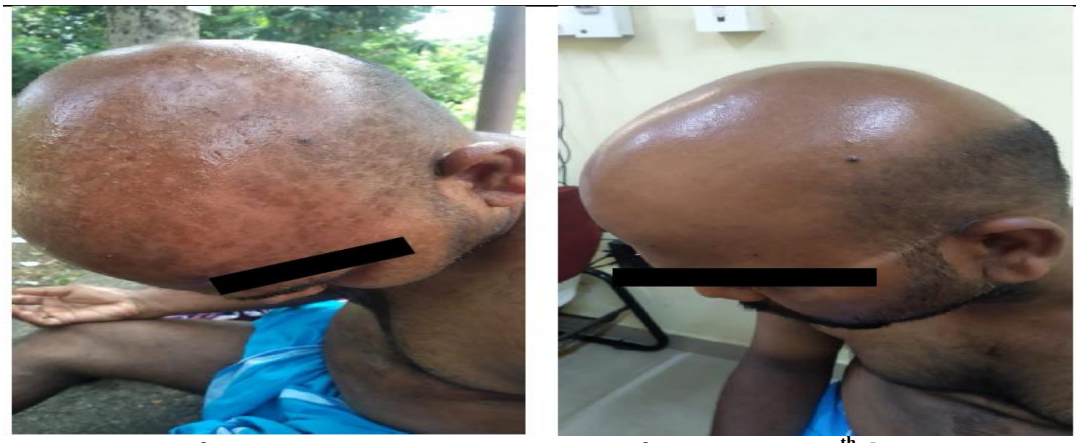
After completion of 37 days of treatment, the results were assessed which showed significant reduction in the symptoms of skin manifestation of patient such as PASI Score, predominant symptoms of increased Vatham such as sleeplessness, Abdominal distension, joint pain showed in Table-1. The safety of purgation therapy was confirmed by monitoring the electrolytes before and after the treatment. The results revealed that the electrolytes were within normal limits after purgation therapy indicating the adequate hydration status of the patient as shown in Table-2.

Table 1: Effectiveness of Siddha therapy in the reduction of symptoms of *Kalaanjagapadai*(Psoriasis) using PASI Score.

Assessment tools	Before treatment	After 15 days	After 48 days
PASI Score	6.6	2.4	0

DISCUSSION

The Siddha fundamentals deal with humoural vitiation as the causal factor for all diseases. Since *Vatham* is the most prominent humour in *Kalanjagapadai*, it is the root cause of dryness and piling up and peeling of skin which are the predominant symptoms of Psoriasis. Therefore, according to the system, the *Viresana* therapy (Therapeutic purgation) in Siddha primarily aims at the elimination of excessive *vatham*. In the present study, *Agasthiyar Kuzhambu*- 200 mg was used as purgative medicine which was consequently followed by other internal and external medicines that are common classical medicines for several skin ailments in *Siddha* system and are being widely used by the Siddha physicians. The reduction in the skin manifestation of psoriasis such as erythematous lesion and scaling was assessed by PASI score a measure of overall psoriasis severity and coverage(Table-1). Psoriasis Area and Severity Index (PASI) provide a means of assessing the severity of psoriasis and regarded as the current gold standard for assessment of extensive psoriasis. The outcome of the Purgative therapy followed by the internal and external medicines have confirmed effectiveness of Siddha medicines for the management of *Kalanjagapadai.*



Before treatment **After Treatment(40th day)**

Fig. 1: Dermatological outcome assessment of the patient.

CONCLUSION

In this study, significant improvement in symptoms of scalp psoriasis was also observed on purgation therapy with *Agasthiyar Kuzhambu* followed by administration of *Karbogi Tablets, Karisalai Karpam Tablet and Ganthaga Rasayanam* for internal medicines and *777 Oil*

*and Kuliyal Chooranam*as external medicine for a period of 48 days. The study also highlights the effectiveness of therapy on targeting the imbalanced state of *Vatham* the root cause of the ailment. Remarkable improvement was seen in the skin signs such as erythema, scale and induration with no signs of dehydration during purgation or any other adverse effects throughout the treatment course.

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