

ROLE OF TAKRADHARA IN KITIBHA KUSHTA W.S.R TO SCALP PSORIASIS – A
CASE STUDYDr. Bhagyashree Maharudra Barse*¹ and Dr. Maya Gokhale²¹MD Scholar *Panchakarma*, Sumatibhai Shah Ayurved Mahavidyalaya, Hadpsar, Pune.²H.O.D. SSAM Department of *Panchakarma*, Sumatibhai Shah Ayurved Mahavidyalaya, Hadpsar, Pune.

*Corresponding Author: Dr. Bhagyashree Maharudra Barse

MD Scholar *Panchakarma*, Sumatibhai Shah Ayurved Mahavidyalaya, Hadpsar, Pune.

Article Received on 06/08/2024

Article Revised on 26/08/2024

Article Accepted on 16/09/2024

ABSTRACT

Psoriasis is an autoimmune skin condition in which skin cells build up and form scales, itchy, dry patches. The most common area are elbows, knees, lower back and scalp. Psoriasis can be only localized to scalp. Scalp psoriasis can be compared with *Kitibha Kushta* in *Ayurveda* due its Similarity. Considering the psychosomatic nature of the disease and the role of stress as the most common predisposing factor for psoriasis. *Takradhara* therapy is mostly used in psoriasis practice. The present case study is on 43yr old female patient pre-diagnosed as a scalp psoriasis came to *Panchakarma* OPD. *Takradhara* was planned for 7 days along with *Shaman Chikitsa*. Results obtained were good.

KEYWORD: *Psoriasis, Shirodhara, Takradhara, Kitibha Kushta.*

INTRODUCTION

Scalp psoriasis can be mild and almost unnoticeable but it can be severe, last a long time. Symptoms may include fine scaling that look like dandruff or appear as thick, crusted plaques that cover the entire scalp.^[1]

In *Ayurveda* all skin diseases are describes under heading *Kushta*, which is of two types *Mahakushta* and *Kshudra Kushta*.^[2] In *Charaka Samhita* *Kitibha Kushta* involves *Vata* and *Kapha Dosha*. *Kitibha Kushta* sign and symptoms i.e. *Syavam* (blackish brown discoloration of skin), *Kinkarsparsha* (affected area will be rough to touch like the scar tissue), *Parusha* (hard to touch) and *Twaksuftun*.^[3]

Research has documented that stress has wide ranging physiologic and clinical impacts on skin disease, psoriasis is one of them.^[4] In *Ayurveda* it is mention that there is connection exists between the skin and mind.^[5] In *Ayurveda* some special therapies like *Shirodhara* were described for psychosomatic disorder.^[6] Specially *Takradhara* has significant role in relieving the stress induced disorder.

MATERIAL AND METHODS

• Case study

A 43yr old female patient visited the outpatient department having complaints of

1. Whitish patch on scalp.
2. Scaling of scalp skin

3. Itching and burning sensation over scalp
4. Burning micturition
5. Burning sensation over palm of hand and feet.

• History of Present illness

The patient was normal 3yrs back after that patient has notice blackish patches and itching over scalp, then these patches converted into whitish scaly discoloration patches for this patient took treatment but got no relief then she came to our centre.

• Personal history

Name-xyz
Age- 43yr
Sex- Female
Marital status- Married

• On examination

BP-120/70 mmhg
PR-72/min
Temp- Afebrile
RR-20/min
Per abdomen-soft
Wt- 75.7kg

• Systemic Examination

CNS-concious oriented
CVS- S₁S₂ normal
RS- Air entry bilateraly clear

Table no. 1: Shows Asthvidha Parikshan.

Sr.no.	Asthavidha pariksha	
1	Nadi	pitta pradhan vata
2	Mala	Samyak
3	Mutra	Dahayukta
4	Jivha	Ishat sham
5	Shabda	Spashta
6	Sparsha	Samshitoushna
7	Druk	Prakrut
8	Akruti	Madhyam

Table no. 2: Shows Dashavidha Parikshan.

Sr. no	Dashavidha pariksha	
1	prakruti	Vata pitta
2	Vikruti	Rasavaha, Raktavaha
3	Satwa	Madhyam
4	Sara	Madhyam
5	Samhanan	Madhyam
6	Praman	Madhyam
7	Satmya	Sarva Rasa
8	Aaharshakti	Madhyam
9	Vyamshakti	Avar
10	Vaya	Madhyamavastha

• Treatment

1. Panchakarma Chikitsa

Takradhara is special Panchakarma therapy in which Dosha kopa and Dhatu Shaithilya is pacified. So the Takradhara is planned for 7 days.

Raktaprasadak which include Sutshekhar and mixture of Anantmula, Ushir, Chandana, Guduchi Churna. Avipattikar was also given for 15 days which acts as Anulomak.

The details of the treatment are given below.

2. Shamana Chikitsa

Along with Takradhara internal medication were given mainly Pitta-Vata Shamaka, Raktashodhak and

Table no. 3: Shows Panchakarma Chikitsa.

Sr.no.	Procedure	Duration
1	Takradhara (Siddha with Musta, Amalaki Churna)	7 Days

Table no. 4: Shows Shamana Chikitsa.

Sr.no.	Drugs	Dose and Kal	Anupana
1	Anantmula+Yashti+ Chandana+Ushir	Each 250mg Vyanoudan	Jal
2	Sutshekhar Rasa	250mg Vyanoudan	Jal
3	Kamdudha	250mg Vyanoudan	Jal
4	Avipattikar Churna	3gm Ratro	Koshna Jal

3. Bahirparimarjana Chikitsa

Korphan oil for scalp massage.

OBSERVATION AND RESULTS

PSSI score^[7] of this patient was calculated is 12 which is considered as moderate disease.^[7] PSSI score before treatment is shown in table no.5.

Table no. 5.

	Score on 1 st day
Assesment Extent of Scalp psoriasis	
Area Involved	2 (10-29%)
Assessment of Clinical symptoms	

Erythema	2
Induration	2
Desquamation	2

After *Takradhara* (7 day) and 15 days of *Shamana chikitsa* patient came for follow up.

The PSSI score was 2. PSSI score after treatment is shown in table no.6

It was observed that patient was absolutely cured had no any fresh complaints.

Table no. 6.

	Score on 15 th day
Assesment Extent of Scalp psoriasis	
Area Involved	1 (< 10%)
Assessment of Clinical symptoms	
Erythema	0
Induration	1
Desquamation	1

A. Before Treatment



B. After treatment



• DISCUSSION

Takradhara

In *Ayurveda* the management of chronic psoriasis includes *Virechan*, *Takradhara*, *Siravedha*, *Awgaha*, *Nadisweda* along with *Shamana chikitsa*.^[8]

Chakrapani in *Aragwadadi Adhyaya* has mention the importance of *Bahirparimarjana* in *Kushta*.^[9] The word *parimarjana* means *Shodhana*. This can be considered as *Bahya Shodhana* procedure.^[10] *Kushta* is *Bahyarogmarga Vyadhi* manifesting at *Twak* as *Vyakta Avastha*, there is need for *Bahir Mala Shodhana* which

can be achieved by adopting *Bahirparimarjana Chikitsa*, *Takradhara* is one of them.

Mode of action of *Takradhara*

The properties of *Takra* according to *Ayurveda* are mentioned as *Laghu* (light), *Grahi* (absorbant), *Pancha Rasa* except *Lavana Rasa*, *Amla Vipaka*, *Ushna Virya* and *Vata kapghna* property.^[11] *Kitibha Kushta* is also a *Vata Kapha* dominant disease.

The mode of action is a combination of its physical, chemical, and psychological effects.^[12]

1. Physical Effects

Takra provides relief from itching and inflammation associated with psoriasis.

It enhances blood flow to the scalp, promoting healing and tissue regeneration.

2. Chemical Effects

Lactic acid: *Takra* contains large amount of lactic acid, which has exfoliating properties. It is proved that lactic acid is used to lessen and moisten the appearance of thickened psoriatic scales.

Anti-inflammatory properties: *Amalaki* and *Musta* added to *Takra*, possess anti-inflammatory and antioxidant properties, which help to reduce inflammation and oxidative stress associated with psoriasis.

Drug delivery: Lactic acid acts as a carrier for the absorption of medicinal properties of herbs present in the *Takra*, allowing for better penetration into the scalp.

3. Psychological Effects

Stress reduction: The rhythmic flow of the *Takra* and the calming atmosphere during the therapy help to reduce stress and anxiety, which are known to aggravate psoriasis.

Improved sleep: *Takradhara* is known to induce relaxation and improve sleep quality, which is beneficial for overall well-being and psoriasis management.

Mode of action of Shamana Chikitsa

Drug action is as given below

Table no. 7.

Drug	Rasa	Vipaka	Virya	Doshghnata
<i>Sariva</i> ^[13]	<i>Madhura, Tikta</i>	<i>Madhura</i>	<i>Sheet</i>	<i>Tridoshghna</i>
<i>Yashtimadhu</i> ^[14]	<i>Madhura</i>	<i>Madhura</i>	<i>Sheet</i>	<i>Vatakapghna</i>
<i>Chandana</i> ^[15]	<i>Tikta, Katu</i>	<i>Katu</i>	<i>Sheet</i>	<i>Pittaghna, Kaphghna</i>
<i>Ushir</i> ^[16]	<i>Tikta, Madhura</i>	<i>Katu</i>	<i>Sheet</i>	<i>Pittaghna, Vataghna</i>
<i>Sutshekhar</i>	<i>Deepan, Pachana, Beneficial in all pittaj symptoms</i>			
<i>Kamdhudha</i>	<i>Balances Pitta, Dahashamaka</i>			
<i>Avipattikar</i>	<i>Anulomaka</i>			

As mentioned above *Sariva* due to its *Tikta Rasa* and *Sheet Virya* pacifies *Rasagat Vata pitta Dosha*, also due to *Tikta Rasa* it is *Kapghna*. *Sariva* acts on *Rasa* and *Rakta Dhatu* therefore it reduces burning sensation. Like *Sariva Yashti* is also *Pittashamak* but it pacifies *Mamsagat Pitta*. *Sariva* and *Yashti* enhances skin complexion by its action of *Raktapitta Prasadana*.

Chandan is of *Sheet Virya* and *Tikta Rasa* hence acts as *Pittaghna* and *Dahashamak*. Also its *Kapghna* because if its *Ruksha* and *Laghu* property.

Chandana and *Ushir* are of *Tikta Rasa* hence acts as *Raktashodhak* and works on *Twak* and *Mamsa Dhatu* by expelling *Kapha Dushti* and *Pitta Dushti*. Also they are *Kapghna* and *Kledaghna* due its *Katu Viapaka*. Because of all this property these drugs helps in reducing itching, skin thickening.

CONCLUSION

From above discussion it can be concluded that as *Takra* have *Vatakapghana* properties so can be used as *Bahirparimarjana Chikitsa* in *Kitibha Kushta* which is *Vatakapgha* dominant. The overall result in the study revealed that there is significant improvement after the *Takradhara*, hence, the present study reveals that there is a significant effect of *Takradhara* along with *Shaman Chikitsa* in *Kitibha Kushta*.

REFERENCES

1. National Psoriasis foundation, America. www.psoriasis.org.

2. Charak Nidana Sthan Chapter 5, Staynarayan Shastri, Chaukhambha Publication, Varanasi.
3. Charak Chikitsa Sthan Chapter 7, Staynarayan Shastri, Chaukhambha Publication, Varanasi.
4. <https://en.wikipedia.org/wiki/psoriasis>
5. Sharma R.K, Dash Bhagwan, Charak Samhita, Chaukhamba Sanskrit Sansthan, Reprint, 2018, Sharir sthan 1/18, 315.
6. Vagabhata, Ashtanga Hridayam, Vidyotini Hindi commentary Sutrasthana, 22/24 Chaukhamba Prakashana, Varanasi, Edition; Reprint, 2009; 182.
7. <https://www.medicalalgorithms.com/psoriasis-scalp-severity-index-pssi>
8. Charak Chikitsa Sthan Chapter 7, Staynarayan Shastri, Chaukhambha Publication, Varanasi.
9. Agnivesha, Charaka, Drudabala, Chakrapanidatta. Sutrasthana, Chapter 3, Verse 2. In: AcharyaYT (Edi.), Charaka Samhita with Ayurveda Deepika Commentary. Reprint Edition, 2015. Varanasi: Chowkhamba Krishnadas Academy, 2015; 27.
10. Sushruta, Dalhana, Gayadasa. sutra Sthana, Chapter 1, Verse.27. In: AcharyaYT (Edi.), Sushruta Samhita with Nibandha Sangraha and Nyayachandrika Commentary. Reprint Edition: 2019. Varanasi: Chaukhambha Surabharathi Prakashana, 2019; 7.
11. Charak Chikitsa Sthan Chapter 15, Staynarayan Shastri, Chaukhambha Publication, Varanasi.
12. Nirgude, Rajendra & Binorkar, Sandeep & Parlikar, Gajanan & Kirte, Milind. Therapeutic and nutritional values of takra (buttermilk). International Research Journal of Pharmacy, 2013; 4: 29-31.

13. P. Deshpande, R. R. Javalgekar, Subhash Ranade
profishent publishing house, 731 sariva.
14. P. Deshpande, R. R. Javalgekar, Subhash Ranade,
profishent publishing house, 809, Yashtimadhu.
15. P. Deshpande, R. R. Javalgekar, Subhash Ranade,
profishent publishing house, 498 chandan.
16. P. Deshpande, R. R. Javalgekar, Subhash Ranade,
profishent publishing house, Ushir.