



## MANAGEMENT OF PSORIASIS -AN AYURVEDIC APPROACH - A CASE REPORT

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### INTRODUCTION

Psoriasis is a chronic, non-infectious, inflammatory auto-immune dermatosis which exhibits itself on the skin. It is characterised by well defined erythematous (reddish) plaque with large adherent silvery scale, with predilection for the extensor surfaces and scalp, and a chronic fluctuating course. The main abnormality in psoriasis is an increased proliferation of the skin. Severe itching may associate with the plaque, dryness of the skin. It is one of the most common dermatological diseases affecting upto 2-3% of world's population. Clinically patients develop erythematous, sharply demarcated papules & round plaques covered by silvery micaceous scale. The skin lesions are variable pruritic. Traumatized areas often develop lesions of Psoriasis (Koebner's /isomorphic phenomenon).

In Ayurvedic classics all the skin problems explained under Kushtha and again they are divided into Mahakushta and Kshudrakushta. Among them most

common is Kitibha Kushta one of the kshudra Kushta and it explained by most of the Acharyas.

**Table No. 1: Showing the Lakshanas of Kitibhakushta and clinical features of Psoriasis.**

Kitibha Kushta	Psoriasis
Shyava(blackish)	Circular Red papules or Plagues with gray or silvery white scales
Kina (look like an ulcer)	Small scaring
Kharasparsha (Rough)	Dry cracked skin that may bleed
Parusha (Dry)	
Kandu(Itching)	Itching
Ghana(thicken)	

**Case History-** A male patient aged 38 years came to Panchakarma OPD, JSS Ayurveda Hospital, Mysuru, Karnataka, India, with the history of reddish silvery plaque over upper limbs, lower limbs, low back region and beside ear pinna's associated with itching since 6 years, aggravated since 7 months.

Skin examination reveals the presence of maculo-papular erythematous lesion over B/L lower limbs, elbow, ankles, ear pinna and trunk region. O/P – Rough elevated lesions with clear borders. Koebner's Phenomenon +, Candle Grease test - +ve.

After going through the history and skin examination this case is diagnosed as Psoriasis which is having similar lakshana's of Kitibha. Kitibha which is a type of

Kshudra Kushta where there is a presence of Parushatva and Kharatva.

### Treatment adopted

1. Amapachana done with Agnitundi Vati 1 tid before food for 4days.
2. Snehapana in arohana karma with guggulu tikta ghrita for 5 days, started with 30ml on 1<sup>st</sup> day, 50ml on 2<sup>nd</sup> day, 70ml on 3<sup>rd</sup> day, 90ml on 4<sup>th</sup> day and 110ml on 5<sup>th</sup> day.
3. 3days vishrama kala- Abhyanga with yashtimadhu taila and bashpa sweda done for 3 days.
4. Virechanartha trivruth lehya 40gms given and patient had 15 vegas.
5. Samsarjana krama is advised for 5 days.
7. Shamanoushadhis advised are-

- a) Mahamanjishtadi Kashaya 15ml bd with equal quantity of water.
- b) Arogyavardhini Vati 1 bd.
- c) 777 oil for external application.

Patient is advised to come for routine check up once in 15days to Panchakarma OPD to assess improvement. At the end of 3 months patient complaints were completely cured and there was no recurrence of rakta varna mandala utpatti, which completely disappeared after virechana.



Before



After



Before



After

**RESULTS**

□The treatment undertaken relived the symptoms, mainly Kandu, Parusha, Ruksha and Reddish

discolouration was changed to normal skin colour. Candle grease sign and Auspitz Sign were respectively positive and after treatment it became negative.

**Table No 2: Showing signs and symptoms BT and AT.**

Sl. No.	Signs and Symptoms	Results	
		BT	AT
1	Shyava - Aruna(Blackish)	Present	Reduced
2	Kina (look like an Ulcer)	Present	Reduced
3	Kharasparsha (rough)	Present	Reduced
4	Parusha Ruksha (dry)	Present	Reduced
5	Kandu(itching)	Present + +	Absent
6	Ghana(Thicken)	Present+ + (<1.25 mm)	Reduced(Skin level)
7	Auspitz sign	Negative	Negative
8	Candle Grease Test	Positive	Negative

**DISCUSSION**

Virechana is one of the line of treatment for Kushta and hence for Kitibha it is selected. Guggulu tikta ghrita which is indicated in kushta and by considering its anti-inflammatory action of guggulu which helps in reducing the inflammation of mandala's was selected. During the course of Virechana patient is advised to apply 777 oil over mandalas. Kandu reduced by third day of snehapana. Before patient complained the appearance of new small mandalas daily on scalp, by the fourth day of snehapana no new small mandalas appeared. Rakta Varnatva of the mandala's reduced. After samsarjana krama, shamanoushadhi's was started. In this case there was significant reduction of scaling, itching and erythema after virechana. Virechana karma helps to control the epidermal cell cycle time there by checks the recurrence of the disease. Follow-up done once in 15days for 2 months and after 3 months.

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