ABSTRACT
In our generation, the skin is the most important part of human being it’s affected by junk food, stress, infections. Psoriasis is a chronic skin disease. The exact cause of Psoriasis is not known, but its Thought to be related to an immune system problem with cell in your body. The T-cells attack healthy skin cells by mistake, as if to heal a wound or to fight an infection. Psoriasis is characterized by dry skin and raised red areas on the skin covered with fine silvery scales, Erythematous, Well defined dry scaly papules. In Modern medical science treatment follows the treatment to patient is taken to study the number herbal drugs are used to cure disease and regulate the body functions. The present work done has been under taken to study the Ayurvedic management of psoriasis A case report of 30 yrs old female. presented with well demarcated raised red scaling silvery patches on back lumbar region, both forearm and legs or itching will be presented in the paper.

KEYWORDS: Psoriasis, kushtha, Ekkushtha, Virechan, Takaradhara, Shuman Chikitsa.

INTRODUCTION
IN Acharya Charak is described Kushtha. The Type of Kushtha Mahakushtha and Shudrakushthas. The Shudrakushtha involved 11 type of Kushtha that is the Ekkushtha is type of Shudrakushtha.[1] The Ekkushtha is a Vata-Kaphaj disease. Ekkushtha has signs and symptoms i.e. Aswedanam, Mahavastu and Matsyashakalopama.[1] This symptoms compare with psoriasis.

Psoriasis is a non-infectious, chronic inflammatory disease of skin, characterize. Psoriasis is commonly affecting the skin, elbow, legs and scalp also. The Psoriasis cause in unknown. In Modern medical science treated the psoriasis than after some periods seen the side effects of medicine. hence to need a prophylactic and curable treatment for disease. Here the Ayurveda plays the most important role to cure the disease, its uses the herbal drugs and Shaman, Shodhan treatment follows.[4] In his case study, follows the treatment to patient is Shaman, Shodhan, Takradhara and Nidan parivarjana.[5]

A CASE REPORT AS FOLLOW
A30 yrs old female patient opd no 15399 came to government Ayurved hospital, osmanabad Twacharog department with chief complaints. -Reddish patches over back region, both forearm and legs.

-Scaling of skin.
-Itching over patches.
-Hair loss and itching the scalp.

Patient had above complaints since last 3 months,


HISTORY OF PERSONAL ILLNESS
The patient was suffering from symptoms last 3 months.Reddish patches over forearm, legs and, back region and itching over the patches. In this patient took treatment modern medicine but got no relief, then she came to our hospital- Twacharog department opd at Government Ayurved Hospital osmanabad.

PERSONAL HISTORY
Occupations:-Private service
Habbits:-Tea (more than 6 times).

ON EXAMINATION
Nadi-68/min
Mala-Malabadhata/loose stool
Mutra-Normal
Jeeya-Saam
Agni-Prakrut
Shabda-Normal
Sparsha- Shitoshna-Ushna
CASE STUDY:-Simple Random Single.

CENTER-Government Ayurvedic Hospital, osmanabad, Maharastra,

ASSESSMENT CRITERIA
Subjective Criteria
A) Aswedanam
Normal Sweating 0.
Mild Sweating 1.
Mild Sweating on exercise 2.

B) Mahavastu
No lesion on Mahavastu 0.
Lesion on partial part of back region 1.
Lesion on most part of back region 2.

C) Mutsayshkalopanam
No scaling 0.
Mild scaling from all lesion 1.
Severe scaling from all lesion 2.

OBJECTIVE CRITERIA
A) Auspitz sign
On complete removal of the scale, a red, scaling is seen. On further scarping, punctuate bleeding points are seen. Absent 0. Improved 1. Present 2.

B) PASI (Psoriasis Area and Severity Index)
The Body is divided into four sections
Head 10%
Arms 20%
Legs 30%
Trunk(back region) 40%

TREATMENT
Shaman chikitsa and Shodhan chikitsa are follows in psoriasis, Shodhan chikitsa (Virechan Karma) showed best effects in psoriasis case study.

1) Shama
Arogya vardhini vati 2 BD after meal with warm water,
Gandhak rasayan 2BD after meal with plane water,
Suthshekher Ras 2 BD after meal
Avipathikar Churna 5 gm BD for 3 days before meal with warm water,
Khadira Arista 4 tsp BD after meal.

2) Local Application
Winsoria oil
Lepa-Vidang+Lodhra+Indrayeva-10 gm each.
PLAN FOR VIRECHAN0(1) (SHODHAN KARMA).

3) Panchan
With Triphala (combination of Terminalia chebula, Emblica officinalis and terminalia bellirica), Shunthi (Zingiber officinale), and Musta (Cyperus rotundus) Kwatha (Decoction) givan 40 ml after meal with warm water for 3 days. To follow the Kwath procedure by Sharangdheer Samhita.

4) Patient has given Snehapan 5days with Panchatikta Ghrit in morning at 8 am with increasing quantity every day with Anupan luke warm water.
Day 1 st - 30 ml Ghrit
Day 2 nd -60 ml Ghrit
Day 3 rd -90 ml Ghrit
Day 4 th – 120 ml Ghrit
Day 5 th – 150 ml Ghrit

After Snehapan Samyak Snigdha Lakshna were seen. after 2 days Sarvang Snehan, Sweadan was given. Than 3 rd day virechan was given.

5) Virechan
Abhyadimodak -3 tablets, Manuka phant 200 ml, Triphala Kwath 150 ml and Arugvadh Kapila Vati – tablets was prepared as per procedure mentioned in Sharangdheer Samhita. In morning 9 am after the Sarvang Snehan and Sweadan givan the Abhyadimodak 3 tablets orally with mentioned drugs. After 1 hrs Virechan Vega get started with this preparation. 16 Vega in 8 hrs. pulse rate and blood pressure was normal. Madhyam Vega of Virechan Karma. than Sansargan Kram advised for 5 days.

6) Takradhara
Takradhara with Musta and Amalaki Churna time duration for 30 min 7 days in morning 9 am.

7) Dietary changes
To avoid tea.
Avoid excess carbohydrate foods.
Time to time intake food, Avoid spicy, salty and sour foods.

RESULT AND DISCUSSION
The patient came at hospital last 3 months, the reddish patches over both forearm, legs and back region, hair loss with itching symptoms Nearly get disappear. In Above case study patient get relief from symptoms of Ekkushtha (psoriasis). Panchakarma is the base of Ayurveda. In above case study we followed the treatment was Shodhan karna(Virechan) and Takradhara. Virechan works to remove the dusht doshas and stabiliz the body functions. Takradhara helps to remove the stress and control itching of scalp and hair loss. Also followed the shaman treatment, Lepa. The patient get relief 70 % by Ayurvedic management.
SIGN AND SYMPTOMS | BEFORE TREATMENT | AFTER TREATMENT
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Aswedanam | 1 | 0
Mahavastu | 2 | 1
Matsyashakalopanam | 2 | 0
Auspitzs sign | 2 | 1
PASI(LEG & TRUNK) | Leg-30% / Trunk -40% | Leg-10% / Trunk-20%

BEFORE TREATMENT

AFTER TREATMENT

CONCLUSION
IN Ayurveda Panchakarma is significantly works and internal medications shows all body improvement functions, patients was given Shaman, Shodhan Chikitsa and Lepa so result found in this disease recurrence high. so above treatment effective to cure and satisfy the patient to this treatment. That proved the Ayurvedic Herbal drugs and its procedure is most effective than allopathy treatment.

REFERENCES