

ROLE OF 'VAMANA KARMA' AND 'SHASHANKALEKHA GHANA VATI' IN MANDALA
KUSHTHA (PSORIASIS): A CASE STUDYDr. Hemlata Soni¹ and Dr. Kartar Singh Bansal*²¹Lecturar, Department of Kayachikitsa, Guru Nanak Ayurvedic Medical College and Hospital, Sri Muktsar Sahib, Punjab, India.²Lecturar, Department of Kayachikitsa, Gangasheel Ayurvedic Medical College & Hospital in Bareilly, Uttar Pradesh, India.

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ABSTRACT

Psoriasis is a papulosquamous disorder of the skin, characterized by an unpredictable course of remission and relapses of papules and plaques which are well defined erythematous large, silvery, loose scales, present particularly over extensor surfaces and scalp. The exact etiology is still unknown. It tends to run in families and precipitated by climate, Streptococcal infections, psychological stress etc. This condition is comparable with *Mandala Kushtha* in Ayurvedic system of medicine. The unique treatment modality of Ayurveda provides long lasting results and a better life for patients through its three basic principles of treatment i.e. - *Shodhana*, *Shamana* and *Nidana Parivarjana*. *Panchakarma (Shodhana)* therapy is a unique type of treatment for various chronic, auto-immune disorders etc. A case of *Mandala Kushtha* (Guttate psoriasis) discussed here. Patient successfully treated with *Shodhana (Vamana karma) & Shaman Chikitsa*. After course of 3 months treatment provides significant relief in skin lesion, itching, dryness.

KEYWORDS: Psoriasis, *Mandala Kushtha*, *shashankalekha ghana vati*, *Vamana Karma*.

INTRODUCTION

The skin is one of the five 'Gyanendriya-adhithana' as described in Ayurvedic texts, which is responsible for 'Sparshagyanam' or touch sensation; therefore it plays a great role in physical and mental wellbeing of any individual. The unbroken skin is the nature's dressing over the body. It acts as an effective barrier against the entry of diseases and its damage results in whole host problems. Psoriasis is common, chronic, disfiguring, inflammatory and proliferative condition of the skin, in which both genetic and environmental influences have a critical role.^[1] The most characteristic lesions consist of red, scaly, sharply demarcated, indurated plaques, present particularly over extensor surfaces and scalp.^[2] In Ayurvedic classics skin disorders are described under one broad term called *Kushtha Roga*. The classification of diseases is mainly bifurcated under two headings viz., *Santarpanotha* (excessive nourishing) and *Apatarpanotha* (nutritional deficiency), the understanding of which is very important to plan the appropriate line of treatment through *Apatarpana Chikitsa* and *Santarpana Chikitsa*, respectively. Diseases such as psoriasis presenting with *Bahudosh Lakshanas* are to be viewed under *Santarpanotha Vikaras*, the management of which is through *Apatarpana Chikitsa*, occupied mainly by *Shodhanas* such as *Vamana Karma*

and *Virechana Karma*. Careful study shows that there is resemblance in symptoms of *Mandala Kushtha* and psoriasis. *Shwetam*, *Raktam*, *Sthiram*, *Styanam*, *Utsannamandal* & *Bahukandu (A.H.Ni 14/17)* of *Mandala Kushtha* can be correlated with erythematous silver scaly papule/plaque and itching which are diagnostic symptoms of psoriasis.

CASE PRESENTATION

A 35 year old female patient, Hindu by religion reported to Kayachikitsa OPD in Gangasheel Ayurvedic Medical College & Hospital in Bareilly, Uttar Pradesh, India presenting with chief complaints as:

- 1) Patient had skin lesion on scalp, upper back, both hands and both legs with red demarcation
- 2) Lesion surmounted with silvery scales and falling after rubbing.
- 3) Severe itching was present in skin lesions.

History taking of patient reveals that small papules appear on scalp and itching starts first before 5 years than it gradually spread on trunk and back surmounted with silvery red scales and severity of itching increase day by day. Simultaneously, she was suffering from constipation, loss of appetite, physical and mental stress and disturbed sleep. When she visited OPD, first of all

we carried out her all routine blood investigations as Complete blood count, Blood sugar level, Liver function tests, Renal function tests and Routine and Microscopic Urine examination to rule out any possible associated disorder. But finding of these investigations were found

within normal limits. There was no significant past history of any type of addiction. Proper general examination and systematic examination done finding with **positive Auspitz sign**.

TREATMENT PLAN

The treatment is carried out in two phases.

First Phase:	First phase of treatment included <i>Sanshodhana Karma</i> (Purificatory procedure) i.e. <i>Vamana</i> (Process of emesis). Then strictly followed <i>Sansarjana Karma</i> for 7 days.
Second Phase:	After <i>Shodhana</i> , second phase of treatment <i>Sanshaman Chikitsa</i> initiated in the form of oral medication <i>Shanshanklekha Ghan Vati</i> and <i>Nidan parivarjana</i> .

As *Mandala Kushtha* is chronic and relapsing in nature and also there is an involvement of *Tridosha* (predominance of *Kapha* and *Twaka*, *Rakta*, *Mansa*, *Lasika* and *Kleda*). Hence, repeated *Shodhana* is required for treatment. *Shodhana* is one of the important treatments in *Ayurveda* which deals mainly with

elimination of aggravated *Doshas* from body and eliminates relapsing rate of disease. These *Doshas* (toxins and waste materials) should be eliminated naturally as well as by *Panchakarma* from nearest route of the body.

Purvakarma

<i>Deepana Pachana:</i>	<i>Panchakola churna</i> (3gms) twice a day for 3 days with Luke warm water
<i>Snehapana:</i>	After three days of <i>Deepan Pachana</i> process, <i>Snehapana</i> therapy was carried out with <i>Panchatikta Ghrita</i>

Snehapana Matra

Day	1	2	3	4	5	6
<i>Ghrta Matra</i> (With lukewarm water)	30ml	60ml	90ml	120ml	150ml	180ml

Gap Day

She was advised for *Sarwanga Abhyanga* with *Dashamoola Tail* and *Sarwanga Swedana* with *Dashamoola Kwatha* in the morning. She was given *Kaphoutkleshaka Aahara* (special diet) in night before *Vamana Karma*, such as milk, curd, Masha Khichadi (black gram).

morning. *Yavagu* (rice soup) with rock salt and Cow ghee was given first than milk was given *Akanthpana* (full of stomach) approximately 3 Lit.. After these *Vamaka Yoga Jeemutaka Phala* (12 fruits) *Kwatha* 100 ml with 2 g of *Vacha* (*Acorus calamus*), 1 g of *Saindhava* (Rock salt) and 30 g of *Madhu* (Honey) was given to induce *Vamana*. About 3 Lit. of *Yashtimadhu Phanta* (hot infusion of *Glycerrhiza glabra*) was given, followed by administration 0.5 Lit of *Lavanodaka* (rock salt water).

Pradhan Karma: Vaman procedure

Patient was advised to take bath after passes natural urges. *Abhyanga* and *Swedana* were done in the

Vaman Karma observation

<i>Vaigiki</i> (Total <i>Vamana vega</i>)	7 <i>Vega</i> (Started after 45 min. of administration of <i>Vamaka yoga</i>)
<i>Maniki</i> (Measurement)	6.5 litre input and 7 litre output
<i>Laingiki</i> (Symptoms)	<i>Samyak Sudhi Lakshana</i>
<i>Antiki</i>	<i>Pittanta</i>

Paschat Karma (Process after Vomiting)

Dhumapana: With stick made of *Aguru* (*Aquilaria agallocha*) for 3-4 times by each nostril of patient.

Sansarjana Karma: 3 *Aaharkaala* (diets) for 7 days (with *Peya*, *Vilepi*, *Akrita Yush*, *Krita Yush*, *Akrita Mansarasa* and *Krita Mansarasa*).

Shamshaman Chikitsa:

Shanshanklekha Ghan Vati (*A.H.Chi.* 19/46)

Dose: 2 gm / day (500 mg, 2 tablet twice a day)

Duration: 2 months.

Aushadha Sewana Kala: Before meal.

Anupana: Warm water

Panchatikta ghrita for local application.

Diet –Plain diet, avoidance of spicy, oily foods, fermented foods, curd, pickles.

RESULTS

Assessment was done before treatment (B.T.), after treatment (A.T.) of the patient by PASI Score.

Assessment of PASI Score

PASI SCORE (Psoriasis Area and Severity Index)	Before Treatment	After Treatment
	20.8	12.5

Effect of Shodhana karma

Red patches lightened, no itching, dandruff reduced and appetite improved.



Fig.1



Fig.2

DISCUSSION

Panchakarma therapy of Ayurveda has attracted attention of the people worldwide as it is an unique sort of treatment of various chronic, auto immune, hormonal, degenerative disorders, etc., where other sorts of treatments have no satisfactory answer.

Deepana and Pachana: *Panchakola Churna* increases the *Agni* and then helps in *Ama Pachana*.

Snehana: *Snehapana* with *Panchatikta Ghrita* as a *Purvakarma* subsides the symptoms like *Rukshata*, *Daha*, etc., Similarities in chemical and physiological nature in *Ghrita* and human cell membrane intensifies the penetration of *Sneha (Panchatikta Ghrita)* in to deeper tissues causing partial rejuvenation of cell, smoothing of vitiated *Dosha* (stagnated metabolic wastes).

Sarvanga Sveda: *Svedana* removes obstruction in *Srotas* through *Srotoshodhaka* process.

Vaman karma: *Acharya Charak* has specifically mentioned that there is a chance of recurrence of disease when treated with only *Shamana* therapy but when *Sanshodhana* is done there is no chance of recurrence or it is reduced significantly. As recurrent relapse is the major problem for Psoriasis patients so the *Vamana Karma* were proved beneficial in preventing relapse. *Vamana* is indicated for *Kapha* predominant disease. So *Vamana Karma* ultimately pacify the basic causative factors (*Doshas & Shithila Dhatu*) which result into early recovery. *Vamana Karma* acts on microcellular level, eliminates the toxins (Vitiated *Doshas*) from body & helps in maintaining normal functioning of body. *Jeemutaka (Luffa echinata)* is selected for *Vamana*

instead of *Madana Phala (Randia spinosa)* as it is specially indicated in *Kushtha Roga* In addition, if *Shamana* drugs are administered after proper course of *Shodhana*, then it provides additional relief and thus helps in eradicating the diseases completely.

Panchatikta ghrita: It contains *Vasa, Nimb, Patol, Guduchi & Kantakari*. All these drugs having *Tikta Rasa, Kandughna & Kusthagna* property. According to modern research proved that *Vasa* having anti-ulcer property, *Nimba* having antimicrobial, *Guduchi* having Immunomodulator, Anti-oxidant, Anti-inflammatory, *Patola* having Anti-inflammatory, Immunomodulator, Hepatoprotective and *Kantakari* having Antihistaminic, Anti-inflammatory and Cytotoxic action so breaks pathology. The patches of Psoriasis are dry & Scaly. The *Panchatikta ghrita* provides proper moisture to it resulting in slowing of rapid turnover of epithelium.

Shashanklekhadi Ghana Vati: *Shashanklekhadi Ghana Vati* containing *Bakuchi, Vidanga, Pippali, Chitraka, Mandoor Bhasma, Amalaki*. These all drugs are having mostly *katu, tikta, kashaya rasa* as well as *Laghu Ruksha Guna* and *Rasayan* which act on vitiated *Kapha Dosha*, while according to modern science Anti-inflammatory, Immunomodulation, Anti-helminthic properties so breaks pathogenesis at various level and improve patient.

CONCLUSION

It is concluded that, *Ayurvedic* line of management gives satisfactory answer as well equally beneficial for the promotion and preservation of health by removing toxic wastes, by balancing morbid humors and by correction of *Agni* (digestive fire) which gives the healthy and peaceful life to patient. *Ayurvedic* formulation not only controls the psoriasis but also significantly prevents its

relapse. Hence it can be concluded that *Vamana Karma* & *Shashanklekhadi Ghana Vati* are beneficial and safe as compare to allopathic medicine.

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