AYURVEDIC MANAGEMENT OF SIDHMA KUSTHA WITH SPECIAL REFERENCE TO PSORIASIS – A CASE REPORT.

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ABSTRACT

In ayurvedic classics sidhma is mentioned as a type of kushta. Kushta is a bahudoshaja janya vyadhi has tridosha involvement. Features of psoriasis is similar to sidhma characterized by raised silvery scaly lesions. No satisfactory treatment is available in contemporary medical practice except anti-histamines and topical steroids. Main line of treatment for kushta in Ayurveda is Shodhana (purificatory measure) and shamanoushadis (pacification). A patient approached to OPD of SDM college of Ayurveda Hospital with chief complaints of circular hard pathches and red scaly skin with intense itching at face, back and on both leg was treated with Virechana (purgation) and few shamanoushadhis (internal medication). A remarkable improvement in the condition was observed in a span of one month.

KEYWORDS: sidhma, kushta, tridosha, sodhana, shaman.

INTRODUCTION

‘It is a bloom on a woman’s face if you have beautiful skin you don’t need anything else’, a popular quote says skin is only organ which is easily accessible to injury and infection. Any alteration in nutritional status, hygiene, circulation, immunity and psychological cause is easily depicted by the changes in the skin.\(^1\) In Ayurveda Kushta is considered as adhibala pravrutha roga involve saptha dravya samgraha.\(^2\) Due to nidhana sevana (etiological factors) the doshas get vitiated enter the siras (vein) and vitiate twak raktha lasika and maamsa create vaivarnya (discoloration) in twak (skin). If it is not treated properly it spread in to dhatu.\(^3\) There are 11 kshudra kushta and 7 mahakushta explained in the classics. By
nature kushta is difficult to cure disease so it is called duschikitsya(difficult to treat). charaka explained sidhma among the mahakushta, susrutha and ashtanga hrdaya explained it under kshudra kushta\(^\text{[4,5]}\), characterized by swetha(white), tamra(coppery colour), alabupushpavarna(discouragement), rajobrshtam vimuchyathi(peeling of skin), appear in uras (chest) or urdha kaya(upper part of the body). it is rooksha(rough) in outside snigdha(oily) in inside and is a vata kapha predominant disease.\(^\text{[6]}\) It can be correlated with psoriasis. Unpredictable and irritating, psoriasis is one of the most baffling and persistent of skin disorders. It's characterized by skin cells that multiply up to 10 times faster than normal. As underlying cells reach the skin's surface and die, their sheer volume causes raised, red plaques covered with white scales. Psoriasis typically occurs on the knees, elbows and scalp and it can also affect the torso, palms and soles of the feet.\(^\text{[7]}\) Psoriasis is a long-lasting autoimmune disease. They may vary in severity from small and localized to complete body coverage. It is generally thought to be a genetic disease which is triggered by environmental factors. Symptoms often worsen during winter and with certain medications such as beta blockers or NSAIDs–Infections and psychological stress may also play a role. Psoriasis is not contagious. The underlying mechanism involves the immune system reacting to skin cells. Diagnosis is typically based on the signs and symptoms.\(^\text{[8]}\)

Effective therapeutic agents in contemporary medicine are limited in number and may have long-term toxic side effects, which makes alternative system of medicine a good choice because it overcomes the said limitations. The main line of treatment in Ayurveda for kustha is shodhana(purificatory measure), which anchors the vitiated doshas and eliminates them. Parallel to this shodhana(purificatory measure)shamanoushadis(internal medication) help to correct the vitiated dhatus and bring them to normancy.

**CASE REPORT**

A 34-year-young male, merchant navy officer by profession approached to OPD at SDM Ayurveda Hospital with chief complaints of reddish round lesion with scales over face, leg and back region since one year. Patient was apparently healthy before 1 year develop dandruff on head with severe itching. Later he develop reddish maculo papular lesion on the face with scaling. The redness of the face increase while exposed to sunlight. Then it spread to back and legs associated with burning sensation and itching occasionally. The condition got aggravated in winter season and while sitting in AC room and reduce on application of oil(almond oil). He has the habit of taking 4-6 eggs per day, curd at night and habit of eating
junk and oily food., He took allopathic medication (methotrexate) for six months. During the course of medicine he got relief and lesions and scaling disappeared within days. After 15-30 days it reappeared again. There is no past history related to the condition. Father and grand father having same complaint also.

On examination there were small, circular, dry and multiple in nature erythematous lesions on face, back and on both legs till knee joint. Lesions were reddish with boarder well defined and rapid spread also. Scalp is dry having dandruff and no hair fall. Candle grease sign positive (scratch the patches of psoriasis with sharp edge like scale if the scales are collected on that and they are having greasy nature then the sign is positive). Based on clinical presentation and examination the case was diagnosed as *sidhma kustha* (psoriasis).

The patient was subjected to treatment under two schedules. In first admission the *Deepana* and *Pachana* were given prime importance and treated accordingly and in second, treated for *shareerashodhana* and *dhatusamya*. The treatments scheduled are mentioned into tables below.

**First line of treatment (Deepana and pachana)**

Panchakola phanda for 3 days.

**Table no-1: Treatment (Panchakarma) adopted: first admission**

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medicine</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snehapana</td>
<td>Panchathikthaka grtha</td>
<td></td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; day</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; day</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; day</td>
<td></td>
<td>80</td>
</tr>
<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt; day</td>
<td></td>
<td>85</td>
</tr>
</tbody>
</table>

Diet: Mudga amalaka yusha, Kichadi.

**Table no-2: Second treatment**

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medicine</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarvanga abhayanga and bashpa sweda</td>
<td>Eladhi keram</td>
<td>5, 6, 7 days</td>
</tr>
<tr>
<td>virechana</td>
<td>Trivrit lehya and harithaki kashayam</td>
<td>7&lt;sup&gt;th&lt;/sup&gt; day, vega oserved: 19</td>
</tr>
<tr>
<td>samsarjana</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Shamanoushadi after panchkarma

Table no-3.

<table>
<thead>
<tr>
<th>medicine</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guduchyadhi kashayam</td>
<td>15 ml kashayam+45 ml water</td>
<td>15 days</td>
</tr>
<tr>
<td>Arogya vardhini</td>
<td>1tid</td>
<td>15 days</td>
</tr>
<tr>
<td>Dooshivishari gutika</td>
<td>1tid</td>
<td>15 days</td>
</tr>
<tr>
<td>triphala choornam</td>
<td>1tsp with hot water at bed time</td>
<td>15 days</td>
</tr>
</tbody>
</table>

External applications

777 oil Sigrupunarnavadi lepam.

RESULTS

After first medication the symptoms like *shotha* (oedema), *kandu* (itching) and red scaly patches reduced. Then patient was advised follow up medicine and for avoiding fried fatty, bakery items, junk food, curd and non veg. After follow-up his lesions, erythema and itching were completely lost. Patient was satisfied with treatment.

DISCUSSION

After looking into the signs and symptoms, reddish lesion, itching and scaling were to be treated and that was achieved by panchathikthaka ghrita. Ingredients of the formulations *thiktha rasa* (bitter taste) pradhana, which helps in pitta and kaphahara and covering up lakshanas. In Psoriasis the essential fatty acids which are required for lipid barrier of skin is reduced and this will cause epidermal fluid loss and making skin susceptible for reaction. So *Ghrita’s* given will be acting as *shamana* and *shodana* as per given dosage, *shodana* helps to eliminate *doshas* and *shamana* mostly plays role by enhancing lipid barrier.\(^9\) Arogyavardini rasa helps in *agnideepana* (carminative) and proper *rasa dhatu* formation. The main ingredient *Katuki* (picorhiza kurroa) helps for elimination of *dusta pitta* and *raktha* having *laghu* (light) *rooksha* (rough) in *guna*, *shita veerya* (cold potency) *katu vipaka* (pungent) also. It is the drug of choice in *medo dosha*, *kushta* and *pittaja vikara*.\(^10\) Arogyavardhini Vati mainly works on digestive system. Ayurveda believes a proper digestion is a main component of health. If digestion becomes poor, it leads to various diseases in the body. Generally, poor digestion may cause malabsorption and production of more toxins in the body, which ultimately cause a variety of disorders. The second factor is constipation. Constipation is also a root of many diseases in the body. Arogyavardhini Vati works on both. It improves digestion and corrects metabolic activities in the body. It also cures constipation and prevents diseases.\(^11\)
Guduchi (Tinospora cordifolia) shown to have immunomodulatory, anti-oxidant, erythropoietin activity. Guduchi (Tinospora cordifolia) is known for its multiple roles in the world of ayurveda. It used for metabolic corrections, repair liver dysfunctions, enhances immunity, relieves disease caused by vitiated kapha and vata.\textsuperscript{[12]} Triphala having \textit{laghu} (light), \textit{ruksha} (rough) and \textit{teekshnaguna} (hot potency), \textit{kapha pitta samaka}, \textit{katuvipaka}; it acts as \textit{kusthaghna}, and \textit{deepana} (carminative).\textsuperscript{[13]} It help in nithya virechana also. Dooshi vishari gutika which help to eliminate the cumulative dosas in the body.\textit{777} oil contain Wrightia tinctoria having \textit{kushtagna} (alleviate skin disease) and \textit{kandugna} (alleviate itching) property increases the bio-burden and bio-availability of the active ingredients. Balances the micro and macro level of activities. Ideal hydro-lipo quotient, reduces xerosis of skin and associated itching. Delays cell death and prolongs cell cycle turn over time. Quick relief from clinical symptoms and early onset of remission.\textsuperscript{[14]} Ingredients of sigrupunarnavadhi choorna having \textit{sothagna} (alleviate oedema) and \textit{kandugna} (alleviate itching) property.\textsuperscript{[15]} Eladi gana having \textit{varna prasadhana} (glow of skin) action it relieve \textit{kandu} (itching) and \textit{pidaka} (ezema).\textsuperscript{[16]}

CONCLUSION

\textit{Sidhma} is a disease having its impact on the body aswell as mind. Ayurvedic management give a blistful life by improving the immune system of the individual. Purificatory measure help to remove the root cause of the disease and prevent from its reoccurrence. Though a single case study may not be sufficient enough to prove significance of any treatment but it gives us an idea for the line of treatment to be adopted in such cases and helps to formulate a protocol for large sample studies.

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10. Ibid.


