ROLE OF SHODHANA KARMA IN MANDALA KUSHTHA (PSORIASIS)

A CASE STUDY

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ABSTRACT

Psoriasis is a papulosquamous disorder of the skin, characterized by sharply defined erythematousquamous lesions. It is chronic and well known for its course of remission and exacerbation. 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) & Shamana Chikitsa. After course of 3 months treatment provides significant relief in skin lesion, itching, dryness.

KEYWORDS: Psoriasis, Mandala Kushtha, Shodhana, Vamana Karma, Shamana Chikitsa.

INTRODUCTION

The skin is one of the five ‘Gyanendriya- adhisthana’ 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., Santarpanottha (excessive nourishing) and Apatarpanottha (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 Bahudosha Lakshanas are to be viewed under Santarpanottha Vikaras, the management of which is through Apatarpana Chikitsa, occupied mainly by Shodhanas such as Yamana 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 years old female residing in Jaipur, visited Kayachikitsa OPD of Arogyashala, National Institute of Ayurveda, Jaipur presenting with chief complaints as itching and discolouration of skin, erythematous patches of rounded to irregular shape, appearance of silvery scales guarding the patches over her trunk, both hands, both legs and scalp. Around about 5 years back, she was in healthy state, later on she started with itching all over abdomen, back, chest, head, both hands and both legs. The area affected with itching slowly got discoloured and dry. Also, there was appearance of red erythematous patches guarded with scales. The patches were more pronounced over back and abdomen. Simultaneously, she was suffering from constipation, loss of appetite, physical and mental stress and disturbed sleep. She had taken treatment of allopathic medicine for years but didn’t get any relief. 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 found.

Treatment
The treatment is carried out in two phases.
First Phase
First phase of treatment included Sansshodhana Karma (Purificatory procedure) i.e. Vamana (Process of emesis). Then strictly followed by Sansarjana Karma for 7 days.

Second Phase
After Shodhana, second phase of treatment Sanshamana Chikitsa initiated in the form of oral medication and Nidan parivarjana.

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
Deepana Pachana
Panchakola churna
Dose: 2 grams twice a day for 3 days with lukewarm water.

Snehapana (Oleation)
After three days of Deepana Pachana process, Snehapana (Oleation) therapy was carried out with Panchatikta Ghrita in patient

Table No.1 Snehapana Matra.

<table>
<thead>
<tr>
<th>Day</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ghrita Matra</td>
<td>30ml</td>
<td>60ml</td>
<td>90ml</td>
<td>120ml</td>
<td>150ml</td>
<td>180ml</td>
</tr>
</tbody>
</table>

Anupana – with lukewarm water.

Sarvang Abhyang
Sarvang Abhyang (Whole body massage with oil) on 7th day.

Sarvang Swedan (Fomentation) - for 20-25 mins or until profuse perspiration occurred.

The patient was advised for complete rest on this day and to eat Kaphavardhaka Aahara in the evening like Dahi vada, Dahi bhaat or Khichadi.
Pradhan Karma

Table No.2 Vaman Karma (Emesis).

<table>
<thead>
<tr>
<th>On day of Vamana procedure</th>
<th>NBM (till process start)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abhyanga</td>
<td>Dashmool Tail</td>
</tr>
<tr>
<td>Swedana</td>
<td>Bashpa sweda</td>
</tr>
<tr>
<td>Vamanopaga phanta</td>
<td>Yashtimadhu (Glycyrrhiza glabra)</td>
</tr>
<tr>
<td></td>
<td>(3lit.)</td>
</tr>
<tr>
<td></td>
<td>Godugdha (1.2 lit.)</td>
</tr>
<tr>
<td>Vamaka Yoga</td>
<td>Madanphala : Vacha: Saindhav 4:2:1 with honey</td>
</tr>
</tbody>
</table>

No. of Vamana vega (acts of vomitings) - 7 Major & 3 minor Vega

(Started after 45 min. of administration of Vamaka yoga)

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 Aaharkala (diets) for 7 days (with Peya, Vilepi, Akrita Yush, Krita Yush, Mansarasa and Samanyaahara).

Shanshaman chikitsa
1. Arogyavardhini Vati[3]
Dose: 500 mg / day (250 mg/ tab, 1 tablet twice a day)
Duration: 3 months.
Aushadha Sewana Kala: Before meal.
Anupana: honey

Dose: 750 mg/day (250mg/tab, 1tablet thrice a day)
Duration: 3month
Aushadha Sevana Kala: After meal
Anupana : Koshna Jala
Panchatikta ghrita for local application.

Diet
Plain diet, avoidance of spicy, oily foods, fermented foods, curd, pickles.
Meditation for mental stress.
RESULTS

Effect of Shodhana karma in June 2015
- red patches lightened.
- no itching.
- dandruff reduced,
- appetite improved.

No complaints in between August –Dec 2015

SKIN LESIONS

![BEFORE TREATMENT](Fig.1) ![AFTER TREATMENT](Fig.2)

![BEFORE TREATMENT](Fig.3) ![AFTER TREATMENT](Fig.4)

PROBABLE MODE OF ACTION

Vaman Karma
As per Ayurvedic point of view, process of Vaman Karma precedes Deepana Pachana which reduces the Aamdosha and increases Agni. Thereafter medicated or pure Ghrita or Oil is given for the Snehana. Though texts clearly contraindicated the use of Ghrita, Ksheer, Taila etc. as Snehana in Kushtha but they also suggested Siddha Ghrita or Taila by Ruksha, Ushna drugs for Snehpana purpose which may be helpful in conditions like Kushtha where Kleda is aggravated. All these drugs having Rasayana property may be more beneficial in
management of Kustha. Snehpana reduces the burning sensation (Daha), lubricates the body and thus reduces dryness over the scales. It also reduces the scaling (Matsyashakalopamam). Also the external application of Sneha reduces dryness and scaling, hence all these procedures reduces Vatadosha in the body.

Sarvanga Sweda removes obstruction in Srotas through Srotoshodhaka process. By the procedure of Vamana, the Kapha dosha gets eliminated from the body and reduces itching.

Deepana- Pachana which precedes the Vaman Karma increases metabolic activity by improving digestive system and helps to digest and excrete the metabolic waste products accumulated in tissue and system.

Vaman karma
Performed Vaman in morning time i.e. at Purvahana when the levels of Kapha are high. Sanshodhana therapy has its key strength in preventing relapse of disease. Acharya Charak has specifically mentioned that there is a chance of recurrence of disease when treated with only Shamana Therapy (Internal medicine) but when Samshodhana 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.

Panchatikta ghrita
It contains Vasa, Nimb, Patola, Guduchi & Kantakari. All these drugs having Tikta Rasa, Kandughna & Kusthaghna property.

According to modern research 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. As dryness reduces some sort of soothing analgesic effect is experienced by the patient. Commonly itching experienced by the psoriatic patients is due to
excessive dryness of lesions so local application of Panchatikta ghrita shown beneficial results to patients. Panchatikta ghrita has excellent Vatashamaka and Rakta Shodhaka property and also help in Vranashodhana, Vranaropana, Deepana and enhancing liver function so used in various skin disorders.

**Arogyavardhini vati**

Arogyavardhini vati containing Shudhha Parad, Gandhak, Shilajit, Lauha bhasma, Abhrak bhasma, Tamra Bhasma, Haritaki, Amalaki, Bibhitaka, Chitrakamula, Katuki, Nimb. These all drugs having mostly katu, tikta, kashaya rasa as well as laghu, ruksha guna and Rasayan which act on vitiated Kapha Dosha. Mandalakushta is Kapha predominant disease so drug Arogyavardhini Vati works as Doshapratyayika Chikitsa. Drug like Katuki, Nimb act as Kushtaghna i.e. Vyadhiratyanika chikitsa and Krimihar property. Most of the drugs of Arogyavardhini vati having Tridoshghna-Kapha pittahar, Kushtaghna, Vranashodhana, Vranopana, Deepana, Pachana property. It promotes digestive fire, clears body channels and has laxative action which helps to eliminate toxins out of the body. While according to modern science Antiinflammatory, immunomodultor, antihelminthic properties to break pathogenesis at various level.

**Kaishora guggulu**

The ingredients of Kaishora Guggulu are Guduchi (Tinospora cordifolia Willd.), Amalaki (Emblica officinalis Gaertn.), Bibhitaki (Terminalia bellirica Gaertn.), Haritaki (Terminalia chebula Rets.), Shunthi (Zingiber officinale Roscoe), Marich (Piper nigrum L.), Pippali (Piper longum L.), Shudhha Guggulu (Commiphora mukul Hook.), Vidanga (Embelia ribes Burm f.), Trivrit (Operculana turpethum Linn.) and Danti (Baliospermum montanum Willd.)

Kaishora Guggulu is indicated in Kushtha-skin disorder with secretions and Vrana (non healing wounds). It help to improve digestion hence indicated in Mandagni. It has antibacterial, anti-inflammatory, anti-oxidant, anti-microbial property which helps in treating wounds. It is good blood purifier therefore, corrects Raktadushthi (vitiation of blood) and having Rasayana property (anti ageing).

**CONCLUSION**

Psoriasis is a heredo-familial disease that is triggered by some local and systemic factors. There is evidence that both hormonal and immunological mechanisms are involved at a cellular level.\textsuperscript{[5]} It is concluded that, Ayurvedic line of management gives satisfactory answer as well as equally useful for the promotion and preservation of health by removing toxic
wastes from body 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 Shodhana Karma -Vamana Karma & Arogyavardhini vati and Kaishor Guggulu are beneficial and safe as compare to allopathic medicine.

ACKNOWLEDGEMENTS
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