Executive role of Ayurveda in the management of Psoriasis

Dr. Deepika Mehra, Dr. Ankit Agrawal, Dr. Sujit Kumar, Dr. Vaidehi V Raole and Dr. Sunil P Nikhate

Abstract
Psoriasis is a skin disease characterized by redness, itching and inflammation of the skin which is known as Kustha Roga in Ayurveda. The reddish silver plaque is known as psoriatic plaques similarly relate Ekkushtha. It occurs frequently on the skin of limbs, elbow back etc. It also causes psoriatic arthritis because of inflammation over joints. Chronic condition of psoriasis is non-curable. It needs a proper line of treatment. Psoriasis is seen in both genders because of improper diet and lifestyle. Patient with chronic psoriasis have physiological & emotional stress etc. The characteristics of psoriasis are Scaling of skin similar to the scales of the fish red pink areas of thickened, dry skin that flake off. Sometimes pulling of this dry skin cause tiny blood spot on the skin. In allopathic medicine they have many side effects and with temporary result. That’s why this has drawn my attention towards control of psoriasis with the help of ayurvedic management being practiced from many years. Keeping this in mind ayurvedic oral herbal drugs are selected.

Keywords: Ayurveda, psoriasis, Kushtha Roga

1. Introduction
In Ayurveda, all skin diseases are termed Kushtha Roga. There are many types of Kushtha Roga from which Eka Kushtha, Kittibha are the most usual one defined under Kshudra Kushtha(minor skin ailments) [1, 2]. It is caused due to Nidan Sevan because of which vitiation of Tridosha (Vata, Pitta, Kapha) take place, Twak, Rakta, And Manas Lakshan also showing an important role it. In Eka Kushtha Vata Kapha and Twacha is the premier Doshadhisthan (cha.chi 7/9). In modern psoriasis is chronic noninfectious inflammatory skin disorder seen in daily practice. Improper diet and living style is the main cause of it. The classical symptoms of Eka Kushtha described in Ayurveda are similar with the symptoms of Psoriasis. According to Acharya Charaka.

2. Causative factors (Hetu) of psoriasis are [3].

Table 1: Showing Aharaj, Viharaj and Mansika Nidan

<table>
<thead>
<tr>
<th>Aharaj</th>
<th>Viharaj</th>
<th>Mansika Nidan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improper and irregular diet</td>
<td>Chinti Vag Dharana</td>
<td>Chinti Bhaya</td>
</tr>
<tr>
<td>Dairy product like Dadi in daily diet</td>
<td>Ratri Jagaran</td>
<td>Vegavarodha</td>
</tr>
<tr>
<td>Nava Dhanya Anup Mansa-Matsya Sevan</td>
<td></td>
<td>Causes Vata Vrudhdi</td>
</tr>
</tbody>
</table>

3. Samprapti Ghatak
1. Dosha: Tridosha
2. Dushya: Rasa, Rakta
3. Adhishtana: Twak

4. Sign and symptom of psoriasis (Ekakushta) [4].
1. Aswedan- Reduced perspiration
2. Atiswedan- Increased perspiration
3. Twak vaivarnya- Discoloration of the skin
4. Kandu- Itching
5. Nistoda -Pricking sensation
6. Suptata- Numbness
7. Lomaharsha - Horripilation
8. Klama - Fatigue etc.

5. Clinical features of Psoriasis (Ekakustha) [5].
   1. Asweda - Reduced sweating
   2. Mahavastu - Extended skin lesions
   3. Matsy Shatalopamana - Scaling of skin similar to the scales of the fish
   4. Aruna Varna - Dark blue, pink discoloration
   5. Krishna Varna - Blackening of the part

6. Case Report
A 48 years old male patient with complaints of:
1. Itching all over the body with rashes.
2. Scaling of the skin
3. Red color patches on arms, limbs, back.

Patient has above complaint since 2 years.
H/O - No any past history
No/H/O - DM/HTN/Asthma/Arthritis

Patient was normal since last two years. After two years patient has been suffering from above complaints. He took many of allopathic medicines and steroid but could not get permanent relief. His general examination was normal. Then he came to the clinic and was treated with proper line of treatment.

7. Personal History
Occupation- Security Guard
Addictions - Alcoholic since one year
1. Nadi - 85/min
2. Mala – Vibandha
3. Mutra- Normal
4. Jeevha – Saam
5. Agni – Visham
6. Shabda – Normal
7. Sparsha – Khara
8. Druka – Normal
9. Akriti – Madhyam
10. Bala – Madhyam

8. Vital signs
1. B.P – 130/90 mmhg
2. Pulse – 85/m
3. Temp – A febrile

9. Material & Methods-
   9.1 Methods
   Simple random single case study.

9.5 Material

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Table 2: Showing management of psoriasis with Ayurvedic medicines

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Dravyas</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupam</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Arogyavardhini vati</td>
<td>40gm</td>
<td>2bd for 1 month</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>2.</td>
<td>Kaishor guggulu</td>
<td>60 gm</td>
<td>2bd for 1 month</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>3.</td>
<td>Nimbadi churna</td>
<td>1-3gm</td>
<td>Twice a day</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>4.</td>
<td>Mahamanjistha kwhatha</td>
<td>450ml</td>
<td>20ml or 4 tsp with half cup of water for 1 month</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>5.</td>
<td>Khadiradi kwhatha</td>
<td>450ml</td>
<td>20ml or 4 tsp with half cup of water for 1 month</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>6.</td>
<td>Guduchi ghrit</td>
<td>2tsp</td>
<td>2tsp bd for 1 month</td>
<td>-</td>
</tr>
<tr>
<td>7.</td>
<td>Nimbta tail</td>
<td>Local application</td>
<td>Tds 1 month</td>
<td>-</td>
</tr>
</tbody>
</table>

The whole regimen was given along with all the dietary and daily routine life style rule to followed compulsory. Patients get 50% relief in 15 days and follow up was taken after 15 days. Then after 1 month patient was completely relieved of symptoms.

10. Discussion
In today’s scenario because of improper diet and life style it causes various types of harmful diseases and its management with modern pathy is difficult and psoriasis is one of them. But because of our ayurvedic basic fundamental principles it becomes possible to treat it with ayurvedic drugs & without any types of sideeffects.

**Arogyavardhini Vati** [6]. Is a very useful formulation in treating skin diseases like- kushta Amadoshanashak, Vata And Kapha Nashaka, Grahamishodak also have an good effect on normal functioning of liver. And its active ingredients are- Kutki, Haritaki, Bibhitaka, Amalki, Silajatu, Guggulu, Errand, Neem leaves, Suddh Rasa Parad, Gandhaka, Lauha-Bhasma, Aahiraka Bhasma, Tamra-Bhasma.


**Nimbadi Churna** [8]. The active ingredient in this drugs are- Nimb, Amrta, Abhya, Dhati, Somarangi, Sunthi, Kana, Yamani, Ugra Gandha, Saindhava, Ksara, Haridra, Dara Haridra, Mustaka, Devadar, Kushtha shows antiseptic, anti-pruritic property and useful in - Udara, Amavata, Vatarakta, Kushtha, Sivta, Kushta, Kotha, Sotha, Pilha, Gulma, Pandu, Kama, Vrana Rog.

**Mahamanjistha kvaththa** [9]. Its active ingredients are-Manjistha, Musta, Kutaja, Guduci, Kushtha, Nagara, Bhargni, Ksaudra, Vaca, Nimbi, Haridra, Dara Haridra, Haritaki, Bibhitaka, Amalki, Patola, Kutili, Murva, Vidanga, Asana, Cirtaka, Satavari, Trayaman, Krsna, Indrayana, Vasaka, Bhrngaraja, Mahadura, Patha, Khadir, Candana, Trivrt, Varuna, Kairata, Bakuci, Krtamalaka, Sakhotaka, Maha Nimbi, Karanja, Ativisa, Jala, Indravarunka, Ananta, Sariva, Parpata. It is indicated in - Vatarakta, Kushtha, Upadamsa, Slipada Roga by its anti-inflammatory and antimicrobial property.

**Khadirarista** [10]. Khadira is itself mention as “Kushthagna” in Charak Samhita. Its active Ingredients are Khadira, Devdara, Bakuci, Darvi, Haritaki, Bibhitaka, Amalki, Maksika, Sarkarna, Dhataki, Kankola, Nagakesara, Jatiphal, Lavanga, Ela, Tvak, Patra, Krsna. It is also useful in - Granthis, Gulma, Krmii, Plihopodara, Arbuda, Panduroga, Kushta Roga.
11. Conclusion
Psoriasis is an interwoven recidivism disease which becomes more dangerous if it is not treated at time or with proper diagnosis. In psoriasis the predominance of Doshas are Vata Kapha and it is Thridosaja Vyadhi, with the analytic character of Reduced sweating (Asweda), Extended skin lesions (Mahavastu), Scaling of skin similar to the scales of the fish (Matsya shakalopama), Dark blue, Pink discoulouration(Aruna varna) Blackening of the part (Krishna varna) etc. It is certify that the management of psoriasis is difficult in other pathy because of their intrinsic reactions therefore this case study is conducted to perceive the effectual treatment in the management of psoriasis established on the basis of ayurvedic principals.

12. Result
The patient had started reformatting within 15 days and after 1 month patient was relieved completely.

Fig 1: Before Treatment

Fig 2: After Treatment

13. Acknowledgement
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