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Executive role of Ayurveda in the management of Psoriasis

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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⁽¹⁾. 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 a important role it. In *Eka Kushtha Vata Kapha* and *Twacha* is the premier *Doshadhishthan* (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

Aharaj	Viharaj	Mansika Nidan
Improper and irregular diet Dairy product like <i>Dadhi</i> in daily diet. <i>Nava Dhanya Anup Mansa-Matsya Sevan</i>	<i>Chardi Veg Dharana</i> <i>Ratri Jagaran</i>	<i>Chinta Bhaya</i> <i>Vegavarodha</i> Causes <i>Vata Vruddhi</i>

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

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7. Lomaharsha- Horripilation
8. Klama- Fatigue etc.

5. Clinical features of Psoriasis (*Ekakustha*)^[5].

1. Asweda -Reduced sweating
2. Mahavastu -Extended skin lesions
3. Matsya Shakalopama- 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 year.

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 –Madyam

8. Vital signs

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

9. Material & Methods- Methods

Simple random single case study.

9.5 Material

Table 2: Showing management of psoriasis with Ayurvedic medicines

Sr.no	Dravyas	Dose	Duration	Anupan
1.	Arogyavardhani vati	40gm	2bd for 1 month	Luke warm water
2.	Kaishor guggulu	60 gm	2bd for 1 month	Luke warm water
3.	Nimbadi churna	1-3gm	Twice a day	Luke warm water
4.	Mahamanjistha kwatha	450ml	20ml or 4 tsp with half cup of water for 1 month	Luke warm water
5.	Khadiradi kwatha	450ml	20ml or 4 tsp with half cup of water for 1 month	Luke warm water
6.	Guduchi ghrit	2tsp	2tsp bd for 1 month	-
7.	Nimba tail	Local application	Tds 1 month	-

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 day 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.

- **Arogyavardhani Vati**^[6]. Is a very useful formulation in treating skin diseases like- kushta *Amadoshanashak*, *Vata And Kapha Nashaka*, *Grahanishodhak* 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*, *Abhraka Bhasma*, *Tamra-Bhasma*.
- **Kaishor Guggulu**^[7]. It acts as blood purifier, anti-inflammatory & anti-bacterial. Its active ingredients are- *Triphala*, *Amrta*, *Guggulu*, *Guda*, *Guduci*, *Trayusana*, *Vidanga*, *Danti*, *Trivrt* and indicated in following diseases- *Kushtha*, *Vatarakta*, *Sravavrana*, *Gulma*, *Prameha*, *Pidaka*, *Udara Roga*, *Agnimandya*, *Kasa*,

Sotha, *Pandu Roga*.

- **Nimbadi Churna**^[8]. The active ingredient in this drugs are- *Nimb*, *Amrta*, *Abhya*, *Dhatri*, *Somaraji*, *Sunthi*, *Kana*, *Yamani*, *Ugra Gandha*, *Saindhava*, *Ksara*, *Haridra*, *Daru Haridra*, *Mustaka*, *Devadaru*, *Kustha* shows antiseptic, anti-pruritic property and useful in - *Udara*, *Amavata*, *Vatarakta*, *Kustha*, *Svitra*, *Kushta*, *Kotha*, *Sotha*, *Pliha*, *Gulma*, *Pandu*, *Kamla*, *Vrana Rog*.
- **Mahamanjistha kvaththa**^[9]. its active ingredients are- *Manjistha*, *Musta*, *Kutaja*, *Guduci*, *Kustha*, *Nagara*, *Bharngi*, *Ksaudra*, *Vaca*, *Nimbi*, *Haridra*, *Daru Haridra*, *Haritaki*, *Bibhitaka*, *Amalki*, *Patola*, *Katuki*, *Murva*, *Vidanga*, *Asana*, *Citraka*, *Satavari*, *Trayamana*, *Krsna*, *Indrayana*, *Vasaka*, *Bhrngaraja*, *Mahadaru*, *Patha*, *Khadira*, *Candana*, *Trivrt*, *Varuna*, *Kairata*, *Bakuci*, *Krtamalaka*, *Sakhotaka*, *Maha Nimbi*, *Karanja*, *Ativisa*, *Jala*, *Indravarunika*, *Ananta*, *Sariva*, *Parpata*. It is indicated in - *Vatarakta*, *Kustha*, *Upadamsa*, *Slipada Roga* by its anti-inflammatory and antimicrobial property.
- **Khadirarista**^[10]. *Khadira* is itself mention as "Kushthgna" in *Charak Samhita*. Its active Ingredients are *Khadira*, *Devdaru*, *Bakuci*, *Darvi*, *Haritaki*, *Bibhitaka*, *Amalaki*, *Maksika*, *Sarkarna*, *Dhataki*, *Kankola*, *Nagakesara*, *Jatiphala*, *Lavanga*, *Ela*, *Tvak*, *Patra*, *Krsna*. It is also useful in - *Granthi*, *Gulma*, *Krmi*, *Plihodara*, *Arbuda*, *Panduroga*, *Kushta Roga*.

- **Guduchi ghrī** ^[11]. Acts as *Vata-Kaphahara* as well as *Raktadoshghna* and its active ingredients are- *Guduchi*, *Go-Ghrta*, *Go-Dugdha* and it is also useful in- *Kustha*, *Visharpa*, *Kandu*, *Vatarakta*, *Krimiroga*.
- **Nimb Tail** ^[12]. Its active ingredients are -*Nimbataila*, *Tuvaraka Tail*, *Karpura* and act on following *Rogas* - *Tvakroga*, *Vrana*, *Kustha*, *Kandunashaka*. By its anti-bacterial, anti-septic property.

11. Conclusion

Psoriasis is an interwon 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*, ^[13] 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 discolouration(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

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