

## Case Report

# Management of Psoriasis by *Panchakarma* - A Case Report

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### Abstract:

Psoriasis is one of the commonest non infective inflammatory skin disease characterized by raised silvery scaly lesions. Lesions most commonly are seen on elbow, knee and lower back. In Ayurveda this disorder may be correlated with *Mandal Kushtha*, a type of *Mahakushtha* described by Charaka.

In the present case report, a 31 years old female presented with history of scaly pink patches on elbow, forehead, knee, lower limb, back and abdomen. Patient complained of itching and pin pointed bleeding points (Aupitz's sign). As Ayurveda advocates *Shodhan* (purificatory) and *Shamana* (palliative) measures for its prevention as well as curative aspect, the patient was treated by *Vamana* as *Shodhana chikitsa* and internal ayurvedic medication. (*Abhyantar/Shamana chikitsa*).

**Key words:** *Mandala Kushtha*, Psoriasis, *Shamana*, *Shodhana*

### Introduction:

'Ayurveda', the science of life has many treasures and remedies in its womb for day to day life, which suggests remedies for diseases and prevention of health. '*Panchakarma*' is one of the Ayurvedic treatment method which helps to get rid of many chronic diseases by eliminating vitiated *Doshas* from the body.

Psoriasis (Psora-Itch, Sis-Action) is non infective inflammatory skin disease characterized by raised silvery scaly lesions, positive Koebner phenomenon, slight to moderate itching, positive Aupitz's sign, presence of erythema and indurations in the lesions. Lesions vary from few millimeters to several centimeters and most commonly are seen on elbow, knee and lower back. It may develop at any age, onset at adolescence, sometimes associated with Arthritis. Psoriasis is one of the commonest skin diseases of unknown etiology in Britain affecting about 2% of the population known.

In Ayurveda, skin diseases have been given great importance and described in details under the chapter '*Kushtha Roga*'. This disorder may be correlated with *Mandal Kushtha*, a type of *Mahakushtha* with the dominance of *Kapha* and *Vata Doshas* in particular. According to *Aacharyas*, *Mandal Kushtha* is caused by sour, salty hot foods, *Viruddha aahar* (khichadi+milk, banana+milk etc.), *Navannapana*, *Addhyashan*, *Asatmyasevan*, *Divaswap*, lack of exercise, *Papkarma*, *Guruninda*, *Purvakrut karma* etc. due to which *Kapha* and *Vata Doshas* get vitiated ;leading to *Dhatuvaishamyas* causing *Mandal Kushtha* (Psoriasis).

*Panchakarma* is the main treatment modality which is widely used in all the eight branches of Ayurveda. The *Shodhana* therapy is more admired by virtue of its capability to completely eliminate the vitiated *Doshas*. In Ayurvedic classics, *Kushtha* is the disease where *Shodhana* is indicated first and '*Vamana Karma*' is the best therapy for the

elimination of vitiated *Kapha Dosha* from all over the body through *Aamashaya* (stomach) by means of medically induced vomiting. Therefore, in the present study '*Vamana Karma*' has been selected for the treatment of 'Psoriasis'.

#### Case Report:

A 31-year-old female presented at the OPD of PG Department of Kayachikitsa, V.A.M., Amravati with the history of inflamed patchy scaly lesions,

positive Aupitz's sign (pin pointed bleeding spots) and itching over elbow, forehead, back, abdomen, knee and lower extremities since 8 years and was treated by modern science with no relief. After thorough examination, it was diagnosed as *Mandal Kushtha* (Psoriasis). As the patient was willing for the Ayurvedic treatment, 2 sittings of *Vamana* therapy with an interval of one month along with internal medications were given as - Procedure, drug, dose and duration in table-1..

Procedure	Drug and Dose	Duration
<b>A] Poorvakarma</b> (Pre Procedures)		
<i>Deepana</i> and <i>Pachana</i> (appetizers and digestives)	<i>Yavakshar</i> 250mg + <i>Trikatu</i> 1gm once a day with warm water.	Five days.
<i>Snehapana</i> (Internal oleation)	<i>Mahatikta ghrita</i> daily morning at 8 am as per <i>Koshtha</i> (bowel) and <i>Agni</i> (digestive power) in increasing manner of 25 ml each day i.e. from 50ml to 150ml.	Day 1 to Day 5 i.e. Five days.
<i>Abhyanga</i> (Massage) and <i>Swedana</i> (Fomentation)	<i>Mahanarayana Taila</i> (Medicated oil) along with <i>Dashmoola-nirgundi nadi swedana</i> on last day of <i>Snehapana</i> , on <i>Vishrama</i> days (Rest days) after <i>Samyaka Snehapana</i> and on the day of <i>Vamana</i> .	Day 5,6 and 7 i.e. Three days.
<i>Niruha Basti</i>	<i>Dahmoola Kwath</i> 750ml prior to <i>Vamana Karma</i> .	Day 8 i.e. One day
<b>B] Pradhankarma</b> (Main Procedures)		
<i>Vamana Karma</i>	<i>Yashtimadhu Phanta</i> ? 3 to 4 litre, <i>Madanphala</i> + <i>Saindhav</i> with <i>Madhu</i> for licking after <i>aakanthapaan</i> of <i>yashtimadhu phanata</i> . <i>Lavan jala</i> ? 250ml-500ml.	Day 8 i.e. One day.
<b>C] Pashchatkarma</b> (Post Procedures)		
<i>Samsarjana karma</i>	Rice gruel.  Rice gruel+.	Day 9 (whenever hungry) Day 10 and 11 i.e. for Three days.

The same procedure was administered again after one month. Meanwhile, the patient was prescribed oral medication viz *Arogyavardhini* 250mg + *Gandhak Rasayan* 250mg + *Sariva* 1gm + *Manjishtha* 1gm + *Khadir* 1gm thrice a day along with *Syp.Purodil* 3tsp thrice a day with plain water and *Zinlep* ointment for local application.

#### RESULTS:

The sign and symptoms of Psoriasis improved by 3<sup>rd</sup> day of *Vamana* and skin changes improved by a month leaving some hyper pigmentation over the affected part. Administration

of 2<sup>nd</sup> *Vamana* with a follow up, the patient has shown complete remission with no sign of recurrence.

#### DISCUSSION:

The formation of *Vikrita Kapha* is due to improper digestion. This *Apachit Kapha* forms the *Vikrita Kleda*. When this *Vikrita Kleda* forms deformity in *Mamsa*, *Rakta Dhatu* and *Skin*, then there is formation of pus and *Kotha* at that region which ultimately leads to *Kushtha*. Due to *Vikrita Kapha*, there is formation of *Kandu* in human body. Similarly it is responsible for formation of *Krimi* which is one of the common cause to produce *Kandu*

and *Kushtha* in human body.

**PROBABLE MODE OF ACTION:**

□ *Agnideepaka Aushadhi* (appetizer): It improves the digestive capacity, enhances the metabolic activity of the cells and does the *Aamapachana*, thus ensuring the optimal state of GIT

*Snehapana* (drinking medicated ghee): This is a prerequisite procedure which is carried for specific period of 5-7 days according to acceptance capacity of patient and symptoms. This helps for the exit of the toxins from the body and adds up greasiness to the body. It also adds up greasiness to the body. During this process patient was asked to drink sips of warm water until the smell of ghee was lost in his burp (*Jeerna Udgara*) and felt hungry.

*Sarvang Abhyanga* (whole body oil massage): It helps to bring the *Dosha* (toxins) from all over body (periphery-*Shakha*) to the excretory channels (centre-*Koshtha*). This was carried for three days.

*Bashpa Swedana* (sudation therapy): It helps to eliminate the waste and *Dosha* (toxins) from the body. This was carried immediately after oil massage until symptoms of proper sweating were present.

*Niruha Basti* (medicated enema): It was given prior to *Vamana Karma* to eliminate excessive *Vata* out of the body.

*Vamana* (therapeutic emesis): It is a process by which the contents of the stomach including *Kapha* and *Pitta* are expelled out of the body through mouth. It is a type of *Urdhwaga Shodhana*. The main place for *Kapha* is *Aamashaya* (stomach), so removal of vitiated *Kapha dosha* from *Aamashaya* is the best way to cure a disease. The emetic substances having *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikasi* qualities, reaches the *Hridya* by own penetrating power and from there, it gets into the *Dhamanees* (channels) and enters the big and minute *Strotas* throughout the body, liquifies the *Doshas* lodged there. The *Dosha* thus liberated, enters the circulation, comes into the *Koshtha* and from the alimentary canal, the *Dosha* is finally vomited out by the action of *Udaan Vayu*.

*Samsarjana Krama* : In this procedure, strict bland diet was maintained for 3 days for proper bowel functioning.

In this way patient was monitored for diet, along with purificatory measures for removal of toxins by '*Vamana Karma*'. The mental stress of living with Psoriasis can have a psychological impact on the sufferer. So. The patient during treatment procedure was also counseled and was managed only on Ayurvedic treatment modalities.

Symptoms during *Vamana Karma*:

1) *Vaigiki* → *Pravara vega* :3

(based on no. of bouts) *Madhyam vega* : 4

*Avara vega* :2

Average 20 minutes was taken for induction of the 1<sup>st</sup> *vega*.

2) *Maniki* → (based on quantity)

3) *Antiki* → the clear greenish yellow *Pitta* found on end point.

(based on end points)

4) *Laingiki* → *Samyaka Vamita*

*Lakshanas* were found in the patient.(based on sign and symptoms)

**CONCLUSION:**

Skin is widely covering part of human body and attributing the colour, complexion, beauty and luster of the body. It reflects the physical, mental and psychological state of an individual. Any discoloration or deformity in the skin attracts the attention of physic-mental manner of the sufferer. So, it is important to give special attention towards the skin diseases.

*Mandal Kushtha* is quite similar to Psoriasis due to maximum similarity in chief signs and symptoms. The psychological challenge faced by the patient of Psoriasis is insurmountable. The natural desire to scratch an itchy rash just makes the condition worse. *Kushtha* is the disease where *Shodhana* is indicated at specific times interval. From above study, '*Vamana Karma*' can be considered as one of the best *Karma* among *Panchakarma* in the management of 'Psoriasis' as it helps to give a blissful life by improving the immune

system of the individual by removing the toxins and even controlling the mind along with improvement to the patient's quality of life.

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**Before Treatment**



**After First Vamana**



**After Treatment (Complete Remission)**

