

A Single Case Study of Psoriasis, which responded well to *Panchatikta ghrita* as a *Shamana* Therapy

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Abstract

Introduction: A 60-year old male patient with confirmed diagnosis of psoriasis presented to OPD in PD Patel Ayurvedic Hospital for Ayurvedic treatment. He was treated as a part of clinical study (thesis work) for one month (a prescribed duration for the study) and managed well with Panchatikta ghrita (given in shamana dose) despite being steroid-dependent. Follow up was done for the period of 2 weeks after completion of the treatment.

Case presentation: This 60-year old patient presented to our hospital with the complaints of severe scaling with severe itching and burning sensations on entire body for more than 4 years duration. The case was a diagnosed case of steroid-dependent psoriasis and despite taking steroid his complaints continued unabated when he approached for Ayurvedic treatment.

Management and outcome: Before starting the Ayurvedic treatment the patient was examined thoroughly keeping Ayurvedic principles of treatment in mind. He was put on Panchatikta ghrita for one month and then Manjishthadi kvatha and Kaishore Guggulu for the following two weeks. He was advised to observe certain do's and don'ts regarding his diet and routine during the treatment and subsequent two months. At the end of one month period the patient showed very promising results with > 90% relief in all his complaints.

Keywords

Psoriasis, Panchatiktaghrita



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INTRODUCTION

Psoriasis occurs due to unknown causes, but the genetic predisposition is well established¹. The disease mostly recurs in the winter months. Psoriasis is considered to be an autoimmune disorder hence it is mostly treated with corticosteroids and immunosuppressive agents in conventional medical care. All of these drugs have one or several adverse effects. Moreover, long-term use of topical application of glucocorticoids is often associated with tachyphylaxis (loss of effectiveness)¹. Better alternative for frequently relapsing and steroid-dependent patients is, however, far from established.

Case history

A 60-year old male patient came to PD Patel Ayurvedic Hospital 5 months ago. He was suffering from severe itching, scaling, and burning sensation on entire over body. He was diagnosed as suffering from psoriasis 4 years back. Itching and scaling started from legs, hands and scalp in the sequence. He had taken all allopathic medicines for this(psoriasis) but without any relief. He was under clinical depression as is evident by his thought of committing suicide due to his severe suffering from his illness. The news of the research work being carried out on psoriasis at PDPatel Ayurveda Hospital brought him here with the hope of getting

cure. He was examined before starting of Ayurvedic treatment. After treatment all his complaints were reevaluated and all the data are given in table at the end of the article.

TREATMENT

Panchatikta ghrita² – 20 ml twice daily on empty stomach with warm water -for one month–(Ghrita was prepared by self as a part of thesis/research work. Murchchhana³ was done before preparation of Panchatiktaghrita.)

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Diet: salt free diet consisting of only green gram and boiled vegetables (bottle gourd, ridge gourd, smooth gourd, and pumpkin, which contain more water and are easier to digest).

Luke warm water was advised for drinking.

The research work was of one month duration. After that the patient was put on Manjishthadikvatha (40 ml twice daily) and Kaishor Guggulu (1 gm thrice daily) for the next two weeks.

RESULTS

At the end of one month the patient had complete relief in all his complaints as shown in the table No. 1 given at the end of this article. Errythema, dryness of the skin, burning sensation and Autspitz sign were the first features to respond to the treatment. By

the end of second week scaling and itching also started responding. Quite understandably epidermal thickening took the longest time to respond. When the course was completed all the subjective and objective features were completely relieved. It is also very interesting to note that even after completion of the follow-up period of 15 days all the features remained under control except for the mild scaling and itching.

The response (complete relief) observed within such a short period raises some questions for discussion.

- Is it because of murchchhana procedure done to ghrita before actual preparation of Panchatiktaghrita?
- Does the restricted diet help in speedy recovery of the patient?
- Is it because of all these multiple factors working together for quick relief?
- The recurrence of mild scaling and itching during the follow-up period could be due to chronic nature of the disease and hence the patient may need a longer period of the treatment.

DISCUSSION

Table 1 Assessment

No	Symptom	BT	DURING TREATMENT				FOLLOW UP	
			At the end of 1 ST week	At the end of 2 ND week	At the end of 3 RD week	At the end of 4 TH week	1 st (after one week)	2 nd (after two weeks)
1	Scaling (tvakdalana)	4	4	3	2	0	1	1
2	Itching (kandu)	3	3	3	2	0	1	1
3	Errythema (raga)	3	2	1	1	0	1	0
4	Epidermic thickening(bahalatva)	2	2	2	1	0	0	0
5	Burning sensation (daha)	2	1	1	1	0	0	0
6	Blackish discoloration (krishna-arunavarna)	0	0	0	0	0	0	0
7	Discharge (srava)	0	0	0	0	0	0	0
8	Dryness (rukshatva)	4	3	2	1	0	0	0
9	Autspitz sign	2	1	1	1	0	0	0
10	Koebner phenomenon	0	0	0	0	0	0	0
11	Candle grease sign	0	0	0	0	0	0	0

The scoring pattern was adopted on the basis of psoriatic area surface index for sign and symptoms of psoriasis and special pattern are applied for the main signs and symptoms.

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