

CASE STUDY

Comprehensive Ayurvedic Approach for Scalp Psoriasis - A Case Study

Author: Pal Subodh¹

Co Authors: Paradkar Hemant (Corresponding Author), Pathrikar Anaya³ and Kamat Nitin⁵

¹⁻⁵Department of Kayachikitsa, APM's Ayurveda Mahavidyalaya, Sion, Mumbai, MS, India

ABSTRACT

Physical appearance is very important for being confident and has a great impact on quality of life. Psoriasis is a disease affecting one's appearance physically and mentally. Psoriasis is a chronic inflammatory condition that can affect any part of the body. There are many factors affecting psoriasis like age, occupation, diet, living habits, etc. *Ayurveda* which includes a holistic approach to all diseases proves to be very effective in treating diseases like psoriasis. Psoriasis can be correlated with *Ekakushtha* as explained in Ayurvedic texts. In *Ayurveda*, all skin diseases are considered under one heading i.e. *Kushtha*. Ayurveda says that *Kushtha* is a *Tridoshaja* disease which can be further differentiated according to a predominant *Dosha* which can be identified after history taking and symptoms. Scalp Psoriasis is one such disease that affects the scalp with symptoms like pain, scaling, bleeding, and crust formation. Ayurveda provides a very satisfactory treatment protocol to treat such diseases which includes *Shodhan*, *Shamana* & topical treatments like *Takradhara*, *Shiropichu*, and *Lepa chikitsa*. This case of scalp Psoriasis was treated with pure *Ayurvedic* management.

In this case of scalp psoriasis *Nidanparivarjana* i.e. stopping causative factors which included dietary changes as well as lifestyle changes, *Shodhan chikitsa* i.e. *Virechana*, *Siravedh* was done, *Shamana chikitsa* with *Ayurvedic* medicines and then *Rasayan chikitsa* to improve the strength of *Rakta* i.e. *Raktaprasadan* was done. Other treatment includes *Takradhara* and *Shiropichu*. The above was carried out for 30 days which showed drastic improvement in the patient.

Key Words *Ekakushtha*, Scalp Psoriasis, *Shiropichu*, *Takradhara*, *Virechan*

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INTRODUCTION

Psoriasis is a chronic inflammatory disease that affects the physical as well as mental state of a person. It can affect at any age. Although it is autoimmune in origin, Ayurveda states that the three *Doshas* i.e. *Vata*, *Pitta*, and *kapha* are the

reason for any disease¹. *Kushtha* is one such disease that is *Tridoshaja*². *Kushtha* means that destroys with certainty³. It affects patients physically as well as psychologically. The *Hetu* and *Lakshanas* decide the *Dosha* predominance of *Kushtha*. *Acharya Sushruta* described the

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involvement of *Krumi* in all types of *Kushtha*⁴. Scalp psoriasis can be correlated with *Ekakushtha* due to similarities in symptoms like scaling, itching, dryness, etc. *Ekakushtha* is said to be *vatakapha pradhan kushtha*⁵. The symptoms of *Ekakushtha* are *Asvedhanam* (absence of sweating), *Mahavastu* (Large size lesion), and *matsyashakalopamam* (scaling)⁶. Psoriasis consists of itchy, deep pink to reddish, well-demarcated, indurated plaques with silvery-micaceous scaling present, particularly over the extensor surface and scalp⁷. Scalp psoriasis can be very effectively managed with *Ayurvedic* treatment including *Nidan Parivarjan*, *Shodhan*, *Shamana*, and then *Rasayana chikitsa* which will check for recurrence of the disease. When treatment is done with a proper understanding of the causative factors, *Doshas* involved, and *Sadhyasadhyatva* of the disease, the prognosis is better. In this case of scalp psoriasis *Nidanparivarjana*, *Virechana*, and *Siravedh* were done, followed by *Shamana chikitsa* and *Rasayan chikitsa* (*Raktaprasadan*). Other treatment includes *Takradhara* and *Shiropichu*. The above was carried out for 30 days which showed drastic improvement in the patient.

CASE REPORT (PATIENT INFORMATION & EXAMINATION)

A 21-year-old male patient, OPD no.10339 came to Kayachikitsa OPD, Sheth R.V. Ayurvedic Hospital, Sion, Mumbai, Maharashtra with chief complaints of – 1) Blackish thick patch on the scalp. 2) Scaling of skin. 3) Itching and burning

sensation over the scalp for 9 months. The patient was diagnosed with scalp psoriasis 2 years before and was treated with a topical application of salicylic acid, steroids, and antioxidants but couldn't get complete remission, so stopped on his own before 10 months. Immediately after the stoppage of treatment, reddish patches started appearing all over the scalp which later thickened and turned blackish, scaling of the skin, and severe Itching also started. He had no H/o DM / HTN, Asthma, no H/O any allergy. No relevant family history was found.

PERSONAL HISTORY

Occupation- student; Sleep- disturbed; Appetite-reduced; Addiction- not any; BP- 110/80 mm of Hg; P-72/min; Height- 170 cm; Weight- 74 kg

Ashtasthaan Pariksha:

Nadi: Vatapittaj; *Mutra:* Parkrut; *Mala:* Baddha; *Jivha:* Ishat saam; *Shabda:* Prakrut; *Sparsh:* Ruksha, Khar; *Drik:* Prakrut; *Agni:* Manda; *Bala:* Uttam

DIAGNOSTIC ASSESSMENT:

Assessment criteria on subjective and objective parameters were as per Table 1 and Table 2

Table 1: Subjective Criteria:

Table 2: Objective Criteria:

Table 1 Subjective Criteria

Sr. No.	Subjective Criteria	Grade
1	Asvedanam (Absence of sweating)	
	Normal Sweating	0
	Mild Sweating	1
	Mild Sweating on exercise.	2
	No Sweating after exercise	3
2	Mahavastu (Large size lesion)	
	No lesion on Mahavastu	0
	Lesion on partial part of Scalp	1
	Lesion on most part of Scalp	2
	Lesion on whole part of Scalp	3

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3	<i>Matsyashakalopamam</i> (Scaling)	
	No scaling	0
	Mild scaling from all lesions	1
	Moderate scaling from all lesions	2
	Severe scaling from all lesions	3

Table 2 Objective Criteria

Sr. No.			
1	Candle grease sign: When a Psoriatic lesion is scratched with a sharp edge like scales or knife, a candle grease-like scale can be repeatedly produced.	Absent	0
		Improved	1
		Present	2
2.	Auspitz Sign: On complete removal of the scales, a red, moist surface is seen. On further scarping, punctate bleeding points are seen.	Absent	0
		Improved	1
		Present	2

THERAPEUTIC INTERVENTION

1. *Pachana*: with *Arogyavardhini* and *Shankhvati* for 3 days⁸.

2. The patient was given *Snehapan* with *Panchatikta Ghrita* in the morning at 7:00 am for 5 days with increasing quantity of *Panchatikta Ghrita* every day, *Anupan – Koshna Jal* **Table 3** (Lukewarm water).

Table 3 Increasing quantity of Panchatikta Ghrita

Day	Quantity
Day 1	50ml
Day 2	100ml
Day 3	150ml
Day 4	200ml
Day 5	200ml

After 5 days *Samyak Snehapan Lakshanas* were seen. Then 2 days *Sarvang Snehana* (oleation), and *Swedana* (Fomentation) were given & on 3rd day *Virechana* (Purgation) was done⁹.

3. *Virechan*: 2 tablets of *Ichhabhedi rasa* and 30ml of *Trifala kwath* with 30 ml of *Eranda sneha* were given for *Virechana*. This preparation was given orally to the patient at 8:30 a.m. after *Sarvanga Snehana* and *Swedana*. He was asked to drink regular water intermittently. After 30

min *Virechan Vega* started. The patient got twelve *Virechana Vega* (Loose stool passed) in 10 hours. Pulse Rate and Blood Pressure after *Virechana* were within normal limits. *Sansarjana Krama* (rules about diet after *Shodhan Chikitsa*) was advised for 5 days¹⁰. Scalp *Takradhara* therapy and *Shaman Yoga* were started 5 days after *Virechana*.

4. *Takradhara* (*Musta* and *Amalaki Siddha Takra*) time duration- 30 minutes in the morning at 10 am for 10 days¹¹.

5. *Shaman yoga*: *Arogyavardhini vati* 250 mg 3 times a day¹², *Gandhaka rasayana* 250 mg 3 times a day¹², a combination of *vidanga+nimba+khadir+chopchini*^{13,14} each 500mg twice daily, *Krumikuthar*¹⁵ 250mg at night, *Patolkaturohinyadi kwath* 20 ml¹⁶ was given twice in a day after meal for 10 days with above-mentioned line of treatment.

6. *Shiropichu* with *Mahamarichyadi tel*¹⁷ for 20 minutes was done twice daily after *Takradhara*, showed decreased scaling & dryness.

7. *Siravedhana*: *Raktamokshan*¹⁸ (Bloodletting) (80-100ml) was done on the 7th day and 14th day of *Virechan* for *Rakta dhatu shodhan*.

8. Dietary and lifestyle changes: extreme salty, spicy, fermented food was asked to be avoided. Only a light diet like *Khichadi*, *Peya* was advised. Pranayam, 8 hours of sleep, and Meditation for mental relaxation were advised.

OBSERVATION AND RESULT

A comprehensive approach was used to treat the chronic case of scalp psoriasis suffering for 9

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months. *Shodhan Chikitsa*, followed by *Shaman*, *Raktaprasadan*, *Krimighna chikitsa*, *Takradhara*, and *Pichu* showed good results. The patient got complete relief from the symptoms of scalp psoriasis after 30 days. There was no recurrence found in the follow-up for the next 58 days. The improvement in subjective and objective parameters is shown in Table 4 and Images 1-6 before and after treatment.

Table 4 Signs & Symptoms before and after treatment

Signs & Symptoms	Before treatment	After treatment
<i>Asvedanam</i>	1	0
<i>Mahavastu</i>	2	0
<i>Matsyashakalopamam</i>	2	0
Candle grease sign	2	0
Auspitz sign	2	0



Image 1 Before Treatment



Image 1 Before Treatment



Image 3 Before Treatment



Image 1 After Treatment



Image 2 After Treatment



Image 3 After Treatment

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DISCUSSION

The above case was diagnosed as *Ekakushtha* and was treated purely with *Ayurvedic* management. It was always advised to do first *Shodhan chikitsa* when there is *Bahudoshavastha* then start with *Shamana chikitsa*¹⁹. So following these Principles *Virechana* was done. *Virechana* was followed by *Takradhara and Shiropichu* for 10 days along with *Shaman Chikitsa* including *Arogyavardhini, Gandhak Rasayan, Krumikuthar, Patolkaturohinyadi kwath, Vidang, Chopchini, Nimb and Khadir Churna. Raktamokshan* i.e. *Siravedh* was done twice during this course. Dietary and lifestyle changes were advised and efforts were made for mental relaxation. The overall therapy showed complete remission on symptoms and no recurrence was observed for 58 days post-therapy.

CONCLUSION

Ayurveda is said to be very effective in chronic diseases. *Pachana* is very important before starting *shodhana chikitsa*. *Shodhana* i.e. *virechana* helps in eliminating vitiated doshas. *Shamana chikitsa* i.e. internal medicine helps to deal with the vitiated *Doshas* left after *Shodhana*. *Takradhara* is an effective treatment for stress which can also be one of the triggers of psoriasis. It also gives relief from scaling and itching by giving a soothing and nourishing effect on the skin. *Shiropichu* i.e. cotton swabs soaked in medicated oils helped to soften the crust of scalp psoriasis. *Krimighna chikitsa* helps to treat one of

the causative factors in *Kushtha. Rasayana chikitsa*, which is a specialty of *Ayurvedic chikitsa* is done to give strength to *Rakta dhatu*.

PATIENT PERSPECTIVE:

The patient was pleased after getting relief from scaling and itching.

DECLARATION OF PATIENT CONSENT:

The authors certify that they have obtained the patient consent form, where the patient has given his consent for reporting the case along with the images and other clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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CONFLICTS OF INTEREST:

There are no conflicts of interest.

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