



Single Case Report on Effect of Ayurvedic Treatment Regimen in the Management of Psoriasis

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ABSTRACT: Psoriasis is a type of Kushta known as Kitibha Kushtha, occurring mainly due to imbalance of Vata and Kapha doshas. It is immune-mediated disease clinically characterised by thickened rough skin lesions, scaling, itching and in some cases, it covers entire body, but palmoplantar psoriasis is mostly restricted to palms & sole of the feet. Modern medical science treats psoriasis but the disease has high recurrence rate and these medicines have severe side effects. Owing to these reasons, there is a need of treatment which have good efficacy with no side effects. So this study was conducted considering Psoriasis as Kitibha Kushta and Ayurvedic management planned accordingly. Drastic results were witnessed by Ayurvedic oral (Gandhak Rasayan vati, Arogya Vardhini vati, Aragvadhadi Kashay Mahatiktaka ghruta , Raspachak yoga) and local (Mahamarichyadi tail) medicines with short span of time.

KEY WORDS: Psoriasis, Kitibha kushta, Ayurvedic management

INTRODUCTION

Psoriasis is an immune-mediated disease characterized by chronic inflammatory changes in the skin. It affects about 2% - 4% of the world's population. Around 5% of all the psoriasis sufferers have palmoplantar psoriasis. (1) In Ancient Ayurvedic samhita all the skin diseases explained under the broad heading of "Kushta", this type is known as Kitibh Kushta. (2) Psoriasis is characterized by thickened rough skin lesions, scaling, itching and in some cases, it covers entire body, but palmoplantar psoriasis is mostly restricted to palms & sole of the feet Modern medical science treats psoriasis but the disease has high recurrence rate and these medicines have severe side effects. Vidarika has similar characteristics like palmoplantar psoriasis that involves all the Tridosha in the pathogenesis. Vidarika is a Tridoshaja vikara and quite difficult to treat. So, in this case study patient was treated with principles of Kushta chikitsa along with tridoshjanya vyadhi chikitsa. (3)

CASE REPORT

A 45-year-old female homemaker, presented with soles of feet partially covered with thickened, red skin having sharp and noticeable borders demarking the psoriasis patches from unaffected skin.

At the time of clinical examination, the patient was suffering from moderate joint pain, painful soles with difficult walk, itching and burning sensation over all the affected areas.

Based on clinical presentation, patient was diagnosed as a case of Palmoplantar Psoriasis.

As per Ayurveda

Kiṭibha (psoriasis) is one of the varieties of eleven kuṣṭha. (2)

The Doṣha (body humors) involved in this disease are Vāta and Kapha.

The clinical features are Shyam varna (Blackish brown discoloration of skin), Khara Sparsha (affected skin will be rough to touch like the scar tissue), Paruṣa (hard to touch). Kandu (Itching), Vedana (Pain) etc.

As mentioned earlier the Vidar or cracks is important characteristic hence it involves all the dosha

So as per the symptom's shown treatment was plan according to vitiated dosha involved.

Criteria of Assessment

1. Vidar (Cracks)
2. Vedana (Pain)
3. Rukshata/Khara Sparsha/Parushata (Dryness)
4. Kandu (Itching)
5. Shyav Varna

These clinical features were noted on 1st 15th & 30th day

On the basis of these following chart were prepared

Table no 1: Showing gradation of Vidar or cracks.

Grade	Symptom – Vidar (Cracks)
0	No vidar or cracks in the feet
1	1 or 2 vidar or cracks in the feet
2	Few vidar or cracks in the feet
3	More vidar or cracks in the feet

Table no 2: Showing gradation of Vedana or Pain.

Grade	Symptoms Vedana (Pain)
0	No pain
1	Mild pain in cracked feet
2	Moderate pain in cracked feet
3	Severe pain in cracked feet

Table no 3: Showing gradation of Kandu or itching

Grade	Symptoms -Kandu (Itching)
0	No itching
1	Mild itching
2	Moderate itching
3	Severe itching

Table no 4: Showing gradation of Rukshata or Dryness

Grade	Symptoms- Rukshata (Dryness)
0	No Rukshata
1	Mild Rukshata
2	Moderate Rukshata
3	Severe Rukshata

Table no 5: Showing gradation of Shyavata or dark discolouration

Grade	Symptoms - Shyavta (Dark discolouration)
0	No shyavata
1	Mild Shyavata
2	Moderate shyavata
3	Severe Shyavata

Observation

Parameter	1 st day	15 th day	30 th day	Improvement
Vidar	3	2	1	70%
Vedana	2	1	0	100%
Kandu	3	2	0	100%
Rukshata	3	2	1	70%
Shyavata	3	2	1	70%

Pictures showing improvement on 1st 15th & 30th day

DAY-1



DAY-15



DAY- 30



Therapeutic Intervention

Internal Medication		External Medication	Dose
Name of Medicine	Dose	Name of Medicine	
Tab Arogya Vardhini	2 TDS (After food with luke warm water)	Mahamarichyadi tail	Two times a day at Morning & Evening
Tab Gandhak Rasayan	1 TDS (After food with luke warm water)		
Aragvadhadi Kashay	20 ml BD (After food with equal amount of food)		
Tab Raspachak yoga	1 TDS (After food with luke warm water)		
Mahatiktaka ghruta	10 ml (Morning empty stomach)		

DISCUSSION

The involvement of Vata, Pitta, and Kapha dosha is confirmed by the clinical signs and symptoms such as Shoola (pain), Shyav varnata (discolouration), Kandu (itching), and other characteristics presented in the case. Vitiated Tridoshas found involved in the pathological progress. The internal and external medications prescribed as per the involved Samprapti. In the present case, the treatment continued for one month.

In Ayurveda, different types of Kushta (skin disorders) have mentioned. Vidarika has similar characteristics like palmoplantar psoriasis that involves all the Tridosha in the pathogenesis. Vidarika is a Tridoshaja vikara and quite difficult to treat. Similarly, palmoplantar psoriasis has limited successful clinical outcomes due to incompletely understood and under-researched aetiology. The published data explains the involvement of the immune system, inflammatory cascade, cytokines, and keratinocytes in the pathogenesis. Various cytokines have established their major role in disease progression. Thus, psoriasis is the result of a cytokine storm. (4) There is a need for a multimodal Ayurveda treatment approach to target multiple pathways involved in the disease process. Also, the chronic and relapsing nature of the disease requires long and sustained treatment. In the present case, the treatment protocol has adopted as per the Ayurvedic samprapti and to treat possible targets of the pathogenesis. A multimodal treatment approach covering Jirnajwara chikitsa, Rasayana chikitsa, and Kushta chikitsa has adopted to treat the present case.

Drug Review –

1. **Gandhak Rasayan vati** is an ayurvedic formulation having, mainly used for treatment of Skin Disorders, with its great antibacterial, antiviral and antimicrobial properties, as per reference in Rasayan adhikar of Yogratnakar. (5) It mainly consists of Gandhak i.e. Sulphur along with other ingredients. Gandhak mainly has itching (Kandughna) & anti-helminthic (Krimighna) properties. Gandhak has been detoxified with ancient shodhana process mentioned in the text of Rasashastra, to reduce the toxic effect of Gandhaka, before using in Medicine.
2. **Arogya Vardhini vati** is a herbo-mineral combination mainly indicated Kushtarog due to its kushtaghna property, as per reference in Rasaratnasamuchhay.(6) Kutaki and Tamra in Arogyavardhini acts as Virechan dravya specifically Pitta Virechana and thus causes Raktashuddhi as Pitta and Rakta have Ashray Ashrayi Sambandh. One more content which have krimighna properties which acts as anti-helminthic and antimicrobial in nature is Vidanga.

3. **Aragvadhadi Kashay** is useful in skin disease with itching (Kandughna) and non-healing wound (Dushtavranavishodhana) and other skin diseases like allergic dermatitis, Eczema, scabies, jock itch as per reference in Ashtang Hruday Su 15/17. (7) Aragvadhya is known for its blood purification property and potent anti-inflammatory action.
4. **Mahamarichyadi tail** is useful in Kushta Vrana, so local (Bahirparimarjan) treatment approach will be more effective to manage kitibha kushta, as per reference in Yogratnakar Vataraktachikitsa Adhyaya.(8)
5. **Mahatiktaka ghruta** is also useful in Kushta roga, as per reference in Bhaishjya ratnavali kushtarog prakaran 243/249. It is administered internally for shamana purpose (for the pacification of dosha). (9) In Kushtha roga, doshas exist in dhatus such as Rasa, Rakta, Mamsa, and Meda, Ghruta has sukshmastrotogamitva action (it can reach and nourish the Shukra dhatu). In Kushta roga Tikta and Kashaya rasa dravyas (medicines) has been recommended for internal and external use.
6. **Raspachak yoga** is mentioned in Jwarachikitsa of Charaksamhita, (10) in all Samhita's during the description of rasadhatu sarata the term twaksara is used instead of Rasasarata. (11) The term twak means rasa underneath the twacha according to dalhana. The functions of Rasadhatu i.e. Preenana is to be best manifested on twacha.

CONCLUSION

In the present case, the Ayurveda treatment showed promising results in palmoplantar psoriasis. No adverse events were noted with the treatment. Altogether, multimodal Ayurveda treatment can be an effective and safe solution for palmoplantar psoriasis. So, it can be concluded that ayurvedic formulation with proper selection of drugs can increase the cure percentage & help patients suffering from dermatological manifestation.

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