

Psoriasis and its Management-A case study

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Abstract-

Kitibha kushta is one important disease condition described in ayurvedic classical text.As per ayurveda Kitibha kushta is classified under kshudra kushta.Apathyakara ahara and vihara vitiates the doshas and dhatus and cause kitibha kushta.According to Charaka,kitibha is a Raktapradoshaja Vikara. Prevalence of Psoriasis in India is .44-2.8 percent.Males are affected more commonly than females⁴.

A 26 years Female came to my opd who was apparently alright 2 years ago before she developed small skin eruptions all over the body especially over the extensor aspects of body and scalp. As the condition was Raktapradoshaja the best line of treatment for raktapradoshaja vikara i.e virechana was selected.Also drugs which were effective in tridoshaj dushti were used for purgation and for shaman. After virechan Samyak Spathyapathya and samsarjana kramah was followed by the patient.Following Sansarjana kramah there was dramatic improvement in the skin lesion.Lesions started regressing ,itching decreased .Following intake of panchatiktaka Guggulu and Kaishor Guggulu the lesions and the itching disappeared totally. Shodhana treatment virechana is most important and most effective treatment in the treatment of raktapradoshaja vikara.it is highly effective in diseases like kitibh kushta which is observed in this particular case.

Key words-Raktapradoshaja,Kitibha,Kushta,Samsarjana.

Introduction-

Kitibha kushta is one important disease condition described in ayurvedic classical text.As per ayurveda Kitibha kushta is classified under kshudra kushta.Apathyakara ahara and vihara vitiates the doshas and dhatus and cause kitibha kushta.According to Charaka,kitibha is one of the Raktapradoshaja Vikara.The laxana in kitibh kushta is Shyava varna(blakish brown),Kina Khara sparsha(Rough touch),Parusham(Dryness),Ruksha Peedaka(Skin eruptions)and kandu.¹

The important treatment modalities include Shodhana Chikitsa.Skin conditions(Kushta)treated with shodhana chikitsa never reoccurs².Shamana medicines are given to alleviate the doshas.Virechana is one such shodhana procedure which is highly effective in Raktapradoshaja vikara like kushta.Virechana is effective in Vataja,Pittaja and Kaphaja Diseases.³

Psoriasis-

Psoriasis is a chronic immune mediated condition affecting mainly skin.Prevalence of Psoriasis in India is .44-2.8 percent.Males are affected more commonly than females⁴.

The prevalence rate of this disease vary depending on geographical distribution with frequency rates ranging from 1.4-1.6%.⁵

Case Presentation-

A 26 years Female came to my opd who was apparently alright 2 years ago before she developed small skin eruptions all over the body especially over the extensor aspects of body and scalp. These lesions were also associated with severe itching and silvery scaling. Itching was more over scalp and rest of the body. She was a quality control officer in one pharma company in Goa. From a middle class family. When she visited allopathic doctor they prescribed her topical steroids but there was no relief. So she came to me for taking Ayurvedic medicines. As the condition was Raktapradoshaja the best line of treatment for raktapradoshaja vikara i.e virechana was selected. Also drugs which were effective in tridoshaj dushti were used for purgation and for shaman. Patient was advised to follow strict pathya and avoid apanya during this period.

Treatment

SR NO	Treatment	Medicines	Dose	Duration
1	Aamapachana	Chitrakadi Vati	250mg	3Days
2	Snehapana-	Panchatiktaka Ghruta	30ml,60ml,90ml,120ml,150ml From day 1 to day 5 respectively	5 days
3	Abhyanga Bashpa Swedana	Nimba taila	100ml per Abhyanga	Twice daily for 2 days. Morning and Evening
4	Virechana	Triphala kashaya	100ml	On the day of virechana
		Trivrutta Lehyam	60gms	On the day of virechana
5	Shaman medicines			
		Tab Panchatiktaka Guggulu	250mg thrice daily	30 days
		Tab Kaishor Guggulu	250mg thrice vdaily	30 days
		Panchatiktaka Ghruta	For local application.	30 days

Apathya

Patient was asked to avoid Amlarasa, Lavanarasa, Teeksa food, Dahi, Dugdha, Guda, Aanupa Mamsa, Tila, Masha⁶.

Assessment on the day of VIRECHANA

Antiki Dosha-Vata

No of Vega-18

Laxana- Laghavata, Dourbalya, Kshudhapravrutti.

Observation after Virechana

After virechan Samyak Spathyapathya and samsarjana kramah was followed by the patient. Following Sansarjana kramah there was dramatic improvement in the skin lesion. Lesions started regressing, itching decreased. Following intake of panchatiktaka Guggulu and Kaishor Guggulu the lesions and the itching disappeared totally.

Discussion

Virechana is effective procedure in pittapradhana condition but it is also effective in kapha and vatapradhan condition. It is effective in sansarga and sannipata of doshas. While describing the samanya chikitsa of vatavyadhi virechana is told. In Raktapradoshaja vikara line of treatment is virechana and raktamokshana. Considering Rakta dusti and tridoshaja involvement in kushta virechana was given to the above patient following increasing dose of tikta ghruta which is also tridoshshamaka. Panchatiktaka Ghruta has katu, kashaya, Madhur, laghu, rooksha and snigdha guna along with usna veerya help to pacify vata pitta and kapha dosha. Panchatiktaka Guggulu and Kaishor Guggulu are both kusthagna and Tridoshashamaka formulation. Following Pathyapathya following detoxification with virechana medicines removes aggravated doshas and giving kaishor guggulu and Panchatiktaka guggulu pacifies the doshas and thus gives excellent results in patients in patients with kitibha kustha.

Conclusion-

Shodhana treatment virechana is most important and most effective treatment in the treatment of raktapradoshaja vikara. It is highly effective in diseases like kitibh kushta which is observed in this particular case. Also there are no chances of recurrence of skin lesions after virechana if it is conducted as per the standard method described in our classical text. Also Pathyapathya should be followed after the shodhan procedure which definitely prevents the recurrence.

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