



AYURVEDIC MANAGEMENT OF GUTTAE PSORIASIS – A CASE REPORT

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Abstract

Psoriasis is a common long lasting auto-immune skin disease. Guttate psoriasis accounts for less than 30% of all total cases of psoriasis and is more common in children and adolescents than adults. Patients present with several, small “drop-like” pinkish – red scaly lesions with Itching.

In Ayurveda all types of skin diseases are included under the heading of Kushtha. Kitibhakushta is one of the types of the Kshudra-Kushtha which is having Lakshanas like Shyava, Kina, Khara Sparsha, Parushyam. In Ayurveda Kitibha kushta can be compared with Guttate psoriasis as most of the clinical features of kitibha kushta resembles with that of Guttate psoriasis. So, here a case of Guttate Psoriasis is successfully treated with Ayurvedic line of treatment Shodhana and shamana chikitsa in the department of Kayachikitsa at Poornima Ayurvedic medical college, Hospital and Research centre, Raichur.

Key words; Guttate psoriasis, Kshudrakushta, Kitibhakushta, , Shodana, Shamana,

Introduction

Guttate psoriasis is a distinct variant of psoriasis that is classically triggered by streptococcal infection (pharyngitis or perianal) and is more common in children and adolescents than adults. Patients present with several, small “drop-like” lesions that respond well to topical and phototherapies.¹

Etiology

Risk factors for developing guttate psoriasis include recent streptococcal infection (oropharynx or perianal) or upper respiratory infection. Infections typically occur 1 to 3 weeks before the onset of guttate lesions. Guttate psoriasis lesions have also been described following TNF-alpha therapy.²

Epidemiology

Guttate psoriasis accounts for less than 30% of all total cases of psoriasis. It occurs equally in both genders and is more common in children and adolescents than adults over the age of 30.³

Pathophysiology

The interplay between genetic and environmental factors are implicated in the pathogenesis of psoriasis. Psoriasis is primarily a disorder of T cells, namely CD⁺ T cells in the epidermis and a mixture of CD4⁺ and CD8⁺ cells in the dermis. Th1 cytokines (interferon-gamma [IFN- γ] and interleukin [IL-2], IL-1, I-6, and tumor necrosis factor-alpha (TNF-alpha) are upregulated, and Th2 cytokines (IL-10) are downregulated. Much of the success of biologic therapy is owed to the role of IL-23 in the pathogenesis of psoriasis.⁴

In Ayurveda all types of skin diseases are included under the heading of Kushtha. Acharya charak mentioned it in Ashtamahagad (difficult to treat). Acharya charak described kushtharogadhikar in which he classified Kushtha in to two major types; Maha-kushtha (Major skin diseases) and Kshudra-kushtha (minor skin diseases). Kitibhakustha is one of the types of the Kshudra-Kushtha which is having Lakshanas like Shyava, Kina, Khara Sparsha, Parushyam (**Color** – It is blackish brown **Nature** – Rough similar to scar tissue and hard to touch i.e., Touch similar to the granulation process in wound). KitibhaKushtha is having a predominance of Vata and Kapha dosha. So Kitibha kushta can be compared with Guttae psoriasis as most of the clinical features of kitibha kushta resembles with that of Guttae psoriasis. So, here a case of Guttea Psoriasis is successfully treated.⁵

Case report

A Female patient aged 18 years came to our OPD of Poornima Ayurvedic Medical College, Hospital and Research Centre, Raichur with a Chief Complaint of pinkish spots on all over the body for 1 year. Patient parents revealed that patient had this skin problem before 10 years when patient was at the age of 8 or 9 years old. They had shown to allopathic doctors and took treatment but still there was episodes of remission and recurrence. Patient attained Menarche at the age of 14 years, thereafter for 3 years there was a complete remission without recurrence of this problem. But now since, 1 year again there was appearance of pinkish spots with itching sensation all over the body. Patient also revealed that condition will get aggravated in winter season.

There was no Family History.

On General Examination there was a multiple drop like pinkish, brown papules with silvery scales all over the back region, abdomen and extremities with rough dry skin texture.

Diagnosis of Guttae Psoriasis was done based on clinical signs and symptoms.

Management; planned for SadhyoVirechana with Nimbamrutadi eranda Taila – 25ml early in the morning. Started Shamanoushadhis after 2 days of SadhyoVirechana with

- 1) Haridrakhanda - ½ tsp BID with warm water before food.
- 2) Tab. Kushta- 7 - 1 TID After Food
- 3) Cap. Pesin - 1 BD After Food
- 4) Aragwadadi Kashaya 10ml TID Before Food.
- 5) Maha Tiktaka Ghrita – 1tsp with warm water in the morning.

6) For external application given 1-3-2 Psora kit which contain 777 oil – for external application in the morning and the exposure to the sun for 15 minutes then take bath using Psorolin soap. After bath, apply Psorolin oil on the affected area. After 2-3 minutes again apply Psorolin B ointment.

After 3 months of treatment there was a complete relief with the scaly drop like lesions. No fresh eruptions seen. Only the marks of the previous lesions were left.

Follow-up Management after 3 months; 1 course Virechana Therapy was given.

Deepana Pachana with Chitrakadi Vati 1 BD for 3 days

Snehapana with Maha Tiktaka Ghrita

Virechana with Trivrut Lehya 30gms

After Virechana Patient was advised to take below listed Shamanoushoushadhis for the period of 3 months to prevent further recurrence of the condition.

- 1) Neem tab 1 BD
- 2) Maha Manjishtadi Kashaya 10ml BD
- 3) Guduchi Ghana Vati 1 BD

1. Before Treatment:





After Treatment (Follow-up):





Discussion:

Our Acharya recommend Shodhana and shamanachikitsa in the management of Kushta. Repeated shodhana is advised in Kushtharoga due to Bahu doshavastha and to eliminate the aggravated doshas which help to treat the root cause of disease. Virechana is very much beneficial in Psoriasis as it eliminates pitta, kapha, vata & rakta dosha and it is less stressfull when compare to vamana.⁶ So Patient was advised for virechana treatment but because of her college as she don't want to miss the classes and not willing to take virechana treatment so sadhyovirechana was planned. Patient was advised to take Nimbamrutadi erandataila 30ml and she got 3 vegas of virechana. Then started shamanoushadhis.

Haridrakhandha one of the formulations mentioned in Bhaishajyaratnavali which is having ingredients like haridra, ghrita, dugdha, sharkara, shunti, pippali, maricha, ela, twak, tejapatra, vidanga, trivrut, amalaki, vibhitaki, haritaki, nagakesara, mustaka. Most of these ingredients are having kandughna, kushtaghna, shothaghna, vishaghna, varnya properties and the haridra the main ingredient itself is a tridosha Shamaka, anti-allergic and anti-inflammatory drug.⁷ So, this formulation is very helpful.

Tab. Kushta-7 is an propriatory Ayurvedic medicine prepared by Maharshi badri pharma which is having ingredients like bakuchi (psoralea coryli folia) which is kaphavata hara, kushtaghna, jantughna, vrunashodhana and vranaropana property.⁸ Vidanga (embliaribes) which is also kaphavatashamaka, raktashodhaka, varnya, kushtaghna and krimighna.⁹

Manjishta (Rubia Cordifolia) which is kaphapittashamaka, raktashodhana, varnya, kushtaghna, krimighna and also deepana, puchana and rasayana effect.¹⁰ Guduchi (TinosporaCardiofolia) is kapha pitta shamaka, deepana, pachana, krimighna, raktashodhaka, raktavardhaka, kushtaghna and rasayana.¹¹ Kumari (Aloe Barbadensis) is kaphapittahara, Shothahara, vranaropaka, deepana, pachana, yakrittejaka, twakdosahara. So, these ingredients are helpful to treat skin diseases.¹² This Tab. Kushta-7 also contains Arogyavardhinivati which possess pharmacological actions like kushtanashaka, deepana, pachana, hridya, pathya, medonashaka and tridoshashamaka, malashuddhikara, increase kshuda (appetizer), sarvaroga prashamanani.¹³ So, it is helpful in this condition.

This formulation also contains Gandhaka Rasayana which acts as Agnideepaka, Pachaka, Kaphaghna, Kashtaghna & thus helps to cure skin diseases. So, the Tab. Kushta-7 help to SampraptiVighatana in this Condition.¹⁴

Aragwadadi Kashya which contains herbs like aragwada, indrayava, patali, kakatika, nimba, amruta, madhusrava, sravavriksha, pata, bhunimba, saireyaka, patola, karanja, pootikaranja, saptachada, agnikarovellaka,

madanaphala. Aragwadadikashaya is a classical ayurvedic medicine in kushta, visarpa, kandu etc. It reduces kapha dosha, acts as anti-bacterial, anti-inflammatory, anti-parasitic and it is kushtaghna.¹⁵

Mahatiktakaghrita containing ingredients like saptacchada, shamyaka, katuka, vacha, pata, musta, usheera, triphala, parpata, patola, nimba, manjishta, pippali, gajapippali, padmaka, shati, chandana, dhanvayasa, vishala, nisha, guduchi, sariva, murva, vasa, shatavari etc. these combination of tikta herbs helps in detoxification and purification of blood and very much beneficial in skin problems like psoriasis.¹⁶

Cap. Pesin is a proprietary ayurvedic medicine manufactured by Dr. JRK's research and pharmaceuticals private limited. Each capsule of 500mg contains ashwagandha, madhusnuhi, upakanchika, vindanga. This formulation is said to be inhibits keratinocyte proliferation, reduces scaling of the skin and boost immunity. So helpful in the conditions like Psoriasis and other autoimmune diseases.

For external application given 1-3-2 psora kit which contains 777 oil is said to apply before bath and exposed to sun for 5 minutes. The composition of 777 oil is wrightia tinctoria (Indrajava) and coconut oil. It removes psoriatic scales and decrease inflammatory response. There after psorolin bathing bar was used to bath. It is composed of aloe vera (kumari) thaila and wrightia tinctoria thailam. It exfoliates dead skin scales, cleanses and moisturizes skin, after bath patient was told to apply psorolin oil. Psorolin oil contains wrightia tinctoria, indigofera tinctoria, Indigofera aspalathoides, oleum cocus nucifera. It helps to reduce keratinocytes multiplication. After complete absorption of psorolin oil in 2-3 minutes. Patient was advised to apply psorolin ointment. Psorolin ointment contains wrightia tinctoria, oil extract of cyconodondactylon is said to inactive elastase enzyme that worsen Psoriasis. Reduces scaling and inflammation. Reduces itching and provides intense moisturization. So this 1-3-2 psora kit helped patient to control the psoriatic eruptions.

After 3 months of above treatment classical virechana was advised. For deepana, pachana purpose Chitrakadivati is advised for 3 days. Then, Snehapana given with Mahatiktakaghrita for 3 days in arohana karma 30ml, 60ml and 120 ml respectively.

After 3 days of snehapana as patient got samyaksnidhalakshanas and advised sarvanga abhyanga with marichaditaila and Bashpasweda for 3 days. Marichadi Taila containing maricha, trivrit, raktachandana, haridra, mustaka, gomutra, etc helps to pacify pitta and kapha kledanashaka in action. Specially indicated in skin diseases is advised.¹⁷

Virechana was given with trivrutlehya and patient got 12 vegas. The patient was advised to follow samsarjana krama for 3 days.

Then again after this course of virechana therapy started some shamanoushadhis like Neemanji-9 tab, Maha manjishtadi kashaya and Guduchi Ghana vati and advised that patient to take these medicines for the period of 3 months to prevent further recurrence of psoriatic eruptions.

Tab. Neemanji – 9 is a proprietary ayurvedic medicine manufactured by Maharshi Badri containing herbs like nimb, sharapunkha, unnav, mantha moola, khadir, taj, parputa, nagakesar, babbula, kolikata, draksha, manjeeth, daruharidra, vidanga, munditika, yasti. It helps clear rasarakta dosha and improve complexion.

Mahamanjistadi Kashaya contain manjishta, musta, kutaja, guduchi, kushta, nagara, bharangi, vacha, nimba, haridra, daruharidra, triphala, patola, katuka, murva, vidanga, asana, khadira, Chandana, bakuchi, karanja, ananta, sariva etc is well known as ayurvedic skin tonic was advised for Raktaprasadana effect.

Guduchighanavati was selected because Psoriasis is a kind of auto immune condition, so we need to correct our immune response to stop further recurrence of the condition. So guduchighanavatiguduchi as its key ingredient is an immuno modulator and is full of antioxidants and fight against free radicals, rejuvenates the cells, helps to get rid of the diseases.

Conclusion

Psoriasis is a disease having high impact on the body and mind. This case study is documented evidence for effective management of Guttate psoriasis (Kitibha Kustha) by Ayurvedic protocol which includes Shodhana Karma which helped to alleviate aggravated Doshas from the body with proper Shamanoushadhis to treat the condition effectively alleviating the symptoms like itching, scaly lesions and bringing back the skin colour into normalcy and worked as Immuno modulator to prevent further recurrence of the disease.

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