Case Study

EFFECT OF SHODHAN KARMA IN PSORIASIS (EKAKUSHTHA)

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ABSTRACT

In Ayurveda all skin diseases have been described under Kustha. As per Charak samhita Chikitsasthana 7 Psoriasis observed to have same signs and symptoms, so correlated with Ekakushtha. Psoriasis seemingly emerged from Greek word ‘Psora’ means ‘itch’. Psoriasis is a non infectious chronic relapsing inflammatory skin disease having unknown etiology, characterized by well defined dry scaly erythematous patches with itching and covered with adherent silvery white scales.

Panchkarma (Shodhana) is an Ayurvedic detox for Psoriasis which is complete cleansing and rejuvenating therapy for body mind and consciousness. Panchkarma (Shodhan) i.e. body detoxification is first step towards Psoriasis healing, unless the toxins are eliminated and body is cleansed healing process doesn’t begin.

The present study was conducted on a 23 year old male having signs & symptoms of Psoriasis was selected & Pachan was done by Triphala, Musta, Sunthi followed by Snehapan with Panchitktaguggulu Ghrita & then Virechan given with Haritaki churna, Katuki churna. It is found that Sodhan Karma in Psoriasis in terms of upper & lower limb scaling especially. External application also play a great role in treating psoriasis but its effective rate is higher if done after the Sodhan of the body. The present article reviews the concept of Psoriasis in Ayurveda and role of Shodhan in management of Psoriasis.

KEYWORDS: Psoriasis, Ekakushtha, Shodhan Karma.

INTRODUCTION

Word Kushtha means a pathological condition which despises the skin. Skin is an important organ of communication with the external world. It is one of the five Gyanendriyas which responsible for Sparsha Gyan or touch sensation. Majority of the dermatological disorders have been described under the umbrella of Kushtha.[1]

Psoriasis (Ekakushtha) is one of the most common dermatologic disease, affecting up to 1 to 2 percent of the world’s population equally men and women. It is chronic relapsing disease of unknown etiology characterized by sharply defined dry scaling erythematous patches, covered with adherent silvery white scales. Psoriasis can be considered as one type of Kushtha. In Ayurveda, almost all skin disease can be taken under generalized term "Kushtha". Apart from 18 types of Kushtha (Ch.Ch.7/13), Psoriasis can be considered as Ekakushtha. Kushtha is produced invariably by the vitiation of the seven factors i.e. 3 Doshas and 4 Dushyas (Ch.Ch.7/9), specific manifestation of symptoms are produced in the way of different types of pain, colour, shape etc. Psoriasis is correlated with Kitibha, Sidhma, Ekakushtha etc. by different research workers but the clinical feature of Ekakushtha mentioned by Charaka Chikitsa (7/21) are very much similar with the Psoriasis. (Ekakushtha) which are as follows:

1) Aswedanam
   The lesions of this disease are dry and rough.

2) Mahavastum
   Lesions are found all over the body.

3) Matsyashakalopama
   Well defined raised macules, papules and plaques of erythema found which are covered with silvery scales.

4) Krishna -Aruna Varna
   The lesions are raised and erythematous, thick lesion becomes black in colour. So here we are going to see the effect of Sodhan in psoriasis.

Literature Study

The word ‘Kushtha’ is a broad term which includes almost all skin disorders. Commentator Arundatta mentioned that Kushtha is the one which causes vitiation as well as discoloration of the skin. Ekakushtha among one of the Kshudra Kushtha has a
close resemblance with psoriasis due to its maximum similarity in symptoms. Bhavaprakasha also mentions that because it is the prime among the Kshudra Kushtha, thus it is called Ekakushtha. "Kshudrakushtha Mukhyatvata Ekakushtramitii".

To confirm scientific validity of the Ayurvedic management especially Panchakarma, number of clinical studies have been carried out by P.G Scholars, scientists of different faculty of sciences.

Chetan M Gulhana (2011): The clinical trial has been carried out in 16 patients in Group A Takradhara, 17 patients in Group B Virechana. In group A, Bahalatava (epidermal thickening), Srava (discharge) showed significant result P<0.01, while other showed highly significant P<0.001 result. In Group B Bahalatava (epidermal thickening), Kandu (itching) showed significant result P<0.01, while other symptoms showed highly significant P<0.001

Jaimin R Patel (2010): The clinical trial has been carried out in 15 patients in both Group A and Group B. In group A Vaman has been given with Madanphala, relief was 34.61% in Kandu, 27.77% in Matsyashakalopam, 26.83% in Krisnavarna,7.69% in Rukhata and P<0.001. In Group B, Vaman has been carried out with Krutavedhana, relief was 50% in Kandu, 40.74 % in Matsyashakalopam, 30% Rukhata, 20.69% in Krisna Aruna Varna, 3.57% in Awseadanam and P<0.001.

MATERIAL AND METHOD

Psoriasis is one of the most common dermatologic diseases and still stands as a challenge to different medical systems. Many research works have been done on psoriasis in Ayurveda and modern medical science but no drug has yet been claimed to cure psoriasis completely. Psoriasis can be better managed by the Ayurvedic principles of management namely:

1. Nidana Parivarjana
2. Shodhana (Panchakarma therapy)
3. Shamana Chikitsa

This means avoidance of etiological factors like Mithya Ahara-Vihara & Viruddha Ahara. Nidana Parivarjana stops the further progression of the disease, by restricting vitiation of Doshas. Hence main objective of treatment is to improve metabolic activities in Dhatu level, to rectify Srotoavrodha and to provide nourishment to depleted Dhatus.

2. Panchakarma Chikitsa

As Ekakushtha is chronic & relapsing in nature and also there is an involvement of Tridosha & Twaka, Rakta, Mamsa, Lasika & Kleda, hence repeated Shodhana is required for treatment.

Samshodhan is one of the important treatment of Ayurveda which deals mainly with elimination of aggravated Doshas from the body. These Doshas (toxins and waste material) should be eliminated naturally as well as nearest root of the body. Role of Virechan Karma in Psoriasis:[2] Acharya Charaka has indicated Samshodhana Karma in treatment of Bahudosha. Among them signs and symptoms like Picda, Kotha, Kandu, Shleshmapitta Samutklesha, Balvarna Pranaasha are clearly indicative of skin manifestations.[3] Acharya Susruta has suggested Samshodhan in Purvarupavastha of Kushtha. He also described Samshodhana as a line of treatment of Twagagata, Raktagata, Mamasagata Kushtha.

Case report

A 23 yr old male patient came to the Kayachikitsa OPD of a clinic presented with C/O Reddish silvery plaque over upper and lower limb, abdomen, chest and back (since 2 months).

- Thick scaly, itchy lesions on both extremities, chest, abdomen, and back (since 2 month).
- Burning all over body (since 1 month)
- Loss of appetite (since 5 days) Patient had taken allopathic treatment before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient was farmer by occupation, Patient did not have history of any other major illness.

On examination

General condition -moderate, afebrile, Pulse Rate-80/min, regular, patient had H/O Psoriasis since 1 years no pallor, icterus was present. Routine investigation such as Complete Blood Count, Random Blood sugar and Urine Routine and Microscopic were in normal range. As per Ayurvedic text the symptoms of Ekakushtha are: Aswedanam Mahavastu Matsyashakalopamam.

Diagnosis : Ekakushtha (Psoriasis)

Treatment given

So Shodhan Chikitsa with Lepan yoga showed good result in this case study.

1. Rukshan/ Pachan: with Triphala (combination of Terminalia chebula, Emblica officinalis and Terminalia bellirica), Musta (Cyperus rotundus) and Shunthi (Zingiber officinale) Kwatha (Decoction) given 40 ml BID before meal for 3days. Kwath was prepared as per procedure mentioned in Sharangdhara Samhita.

2. Snehapan with Panchatikta Ghrita given in morning at 7:00 am for 5days with increasing quantity of Panchatikta Ghrita every day, Anupan – KoshaJal (Luke warm water).

Day first 30 ml Ghrita
Day second 60 ml Ghrita
Day third 90 ml Ghrita
Day fourth 120ml Ghrita
Day fifth 150 ml Ghrita
After 5days Samyak Snehan lakshanas were seen. Then 2 days Sarvang Snehan, Swedana was given on day 3rd Virechana was given.

3. Virechan:

Haritaki Churna (Terminalia chebula) (10 gm) + Kutaki Churna (Picrorhiza kurrora) (5gm)+ Aragvadha kapila vati (combination of Cassia fistula, Mucuna Pruriens) [Nashik Seva Sangha pharma] (2gm) + castor (Ricinus communis) oil (20ml).

First 6 ml Kwatha (decocition) of Haritaki Churna and Kutaki Churna was prepared as per procedure of Kwatha mentioned in Sharandhar Samhita. Then fine powder of Aragwadha Kapila Vati (Nashik Seva Sangha pharma) was made and it was added to Kwatha, 20 ml of Castor Oil was added to it. This preparation was given orally to patient at 9:30 am in the morning after Snehana and Swedana. After one and half hour Virechana Vega (Loose Motion) was started. Eight Virechana Vega (Loose Motion passed) in 12 hours. Pulse Rate and Blood Pressure after Virechana were within normal limit. Sansajar Kram (rules about diet after Shodhan Chikitsa) advised for 3 days.

External application

Kushtha, being exhibited through the skin, external applications are also advocated. For the external application, drug should be applied after elimination of the Doshas from the body by Shodhana Karma and Raktamokshana. Various forms of local application are prescribed like Udvtartana, Pralepa, Parisheka, Abhyanga, etc. Kshara Karma and Agada Karma are also prescribed in special condition of Kushtha. External application should ideally be applied to the patient of Kushthah as satisfactorily undergone the purificatory procedure and whose vitiated blood is removed from the lesions. Susruta has suggested external application of Kushthagna drugs as Shodhan lepa for the management of Twaggata Samprapti. The mechanism of action of each drug is probably different but they all help to normalize skin cell proliferation and reduce inflammation. Katu, Tikta, Kasha Rasa -Kapha Shamak reduces Kandu. Laghu Snigdha Guna reduces scaling. Ushna Virya which increase Svedana by Vata Kapha Nashak Dravya, Rakta Shodhak, immuno-modulator, Kushtha Kandu Nashak property.

Before & After Treatment Of Psoriasis Image

CONCLUSION

So here after giving the treatment a significant effect is seen in the symptoms (itching, burning, scaly lesions etc) of Psoriasis.

REFERENCE

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