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AYURVEDIC MANAGEMENT OF SCALP PSORIASIS ACCORDING TO CHIKITSA SUTRA OF KUSTHA: A CASE REPORT

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Abstract:

Purpose:

Skin gives the idea of internal function of the body. Cases of skin disorders especially psoriasis is increasing due to Viruddha Ahara-Vihar which reduces person's immunity and vitiates the Doshas. Psoriasis is said to be an immune mediated disease. Psoriasis has psychological as well as social impact on the diseased. Generally, patient comes with symptoms like itching, scaling, patches, dandruff, hair fall, redness, sometimes burning sensation. Psoriasis is caused due to the vitiated Vata - Kapha Dosha. In modern science, there is no as such treatment for psoriasis instead of steroids and antihistamines, which ultimately reduces the individuals immunity. In Ayurveda certain Panchakarma procedures and medicines has showed significant effect in the disease.

Methods:

The case study deals with 19-year-old male patient who was suffering from complaints of itchy scalp, dandruff, hair fall, constipation for 5 months. Initially Pachan was given and Shodhana Karma was conducted, after Shaman Chikitsa (Bahya and Abhyantara) was given. Vaman-Virechana was repeated after 6 months to prevent recurrency. Amalaki Rasayan started as Rasayan Chikitsa in the last.

Results:

The Shodhana, Shaman, Apunarbhava and Rasayan Chikitsa has showed the significant improvement in psoriasis along with no recurrency till date.

Conclusion:

Psoriasis can be managed with Ayurvedic Chikitsa (Panchakarma + oral medicine), Nidan Parivarjan and recurrency of disease can be prevented by increasing immunity with Rasyanas.

Keywords: Scalp Psoriasis, Kitibha Kustha, Panchakarma, Shodhana, Shamana, Apurnarabhavatva.

INTRODUCTION:

Skin gives the idea of internal function of the body. All skin disease in Ayurveda have been discussed under *Kustha*. Cases of skin disorders especially psoriasis is increasing due to *Viruddha*

Ahara–Vihar which reduces person's immunity and vitiates the *Doshas*. Psoriasis is said to be an immune mediated disease. Psoriasis has psychological as well as social impact on the diseased. Affects 0.4 to 2.8% of Indians. Males are more affected than Females (2:1). Generally, patient comes with symptoms like itching, scaling, patches, thickened rough skin, dandruff, hair fall, redness, sometimes burning sensation. Psoriasis is caused due to the vitiating *Vata – Kapha Dosha*. In modern science, there is no as such treatment for psoriasis instead of steroids and antihistamines, which ultimately reduces the individual's immunity. In Ayurveda certain *Panchakarma* procedures and medicines has showed significant effect in the disease.

AIM

- To understand effect of Ayurvedic management of Scalp Psoriasis.

OBJECTIVE

- To understand the concept of Scalp Psoriasis
- To understand the effect of *Panchakarma* and *ShamanChikitsa* in Scalp Psoriasis.

CASE REPORT:

HISTORY OF PRESENT ILLNESS:

- The case study deals with 19-year-old male patient who was suffering from complaints of itchy scalp, dandruff, hair fall, constipation in the past 5 months.
- H/O Stress (due to exam)

PERSONAL HISTORY:

Frequent consumption of junk food (Chinese food), exposure to cold climate and wind, continuous use of air conditioner, Symptoms worsens with stress, anxiety, strain, inadequate sleep, irregular dietary pattern.

HISTORY OF PAST ILLNESS: Nill

FAMILY HISTORY: Nill

PERSONAL HISTORY:

BOWEL: Irregular (Constipation)

BLADDER: 5-6 times a day

SLEEP: inadequate & irregular

DIET: Oily, Spicy, Sour food (pickle), Chinese food (twice a week)

OCCUPATION: Student (exam stress)

Asthavidha Pariksha

Nadi: 84/min

Mala: *Baddha Koshta*

Mutra: *Prakruta* (5-6 times)

Jihva: *Kinchita Saam*

Shabda: *Spastha* (Prakruta)

Sparsha: *Koshna* (Kathor & Parushta at scalp)

Drik: *Prakruta*

Akruti: *Madhya* (*shyavavarnanata* at Scalp)

Local Examination:

- **Site of lesion** (*Pidaka Sthana*) – *Shira* (scalp)
- **Distribution** (*Vyapti*) - Asymmetrical
- **Character of lesion** - (*Pidaka Lakshanas*): Elevated margins
- **No of lesions**- Multiple
- **Size of lesion** - 0.5 to 2cm
- **Colour**- Greyish.
- **Itching** - Present
- **Severity**- Severe
- **Inflammation** – Absent
- **Discharge** – Absent

HETU

AHARAJ	VIHARAJ	MANASIK
<i>Dadhisevan</i> daily, <i>Chinese food</i> (twice a week), <i>Vishama A Ahara</i> , <i>Mango</i> <i>Pickle</i> consumption daily, <i>Papad</i> once a week	<i>Ratri Jagaran</i> , <i>Shitoshna Upa</i> <i>Krama</i> , <i>Vega Vid Haran</i>	<i>Chinta</i> , <i>Krodha</i> , <i>Bhaya</i> (Anxiety)

Samprapti:^[2]

Dosha: *Tridoshaja*

Dushya: *Rasa*, *Rakta*, *Mamsa*, *Lasika*

Adhishtana: *Twaka*

Vyadhi: *Kitibha Kustha*(Scalp Psoriasis)

TREATMENT PLAN^[12]

1. *Vamana* and *Virechana* (Repeated after 6 month)
2. *Takradhara* (for 11 days) with *Mastishkya* application
3. *Jaloukavacharana* (every 7th Day for 12 times)
4. *Shaman Chikitsa* (Local + oral medicine)

Vamana Karma

1	<i>Amapachan</i>	<i>Amapachakvati</i> (250mg TDS before meal)	5 days
2	<i>Abhyantar Snehapana For Vamana</i>	<i>Panchatikta Ghrita</i> given in early morning empty stomach. Starting with 30ml and increased each day by 30ml. (30ml-60ml-90ml-120ml-150ml-180ml-210ml)	7 days
3	<i>Vishram Divas</i>	<i>Sarvang Snehana</i> with <i>Murchita Tila Tail</i> <i>Sarvanga Bashpa Swedana</i> <i>Abhishyandi Ahara- Dadhi, Odan</i>	1day
4	<i>Vamana</i>	<i>Sarvang Snehana</i> with <i>Murchita Tila Tail</i> <i>Sarvanga Bashpa Swedana</i> <i>Aakantha Pan-Dugdhan</i> <i>Vamana Dravya- Madanphala Pippali Kashaya</i> <i>Vamanaopaga Dravya- Yashtimadhu Phanta,</i> <i>Saindhav Jala</i> After completion of <i>Vamana</i> procedure- <i>Vartidhumpan</i> was given	1day
5	<i>Sansarjana Krama</i>	<i>Sansarjana Krama</i> explained according to <i>Shuddhi</i> (7 Vega with <i>Pittanta Vamana</i>)	7 days

Virechana Karma

1	<i>Abhyantar Snehapana for Virechana</i>	<i>Panchatikta Ghrita</i> given in early morning empty stomach. Starting with 30ml and increased each day by 40ml. (40ml-80ml-120ml-160ml-200ml)	5 days
2	<i>Vishram Divas</i>	<i>Sarvanga Snehana</i> with <i>Murchita Tila Tail</i> <i>Sarvanga Bashpa Swedana</i>	2 days
3	<i>Virechana</i>	<i>Sarvanga Snehana</i> with <i>Murchita Tila Tail</i> <i>Sarvanga Bashpa Swedana</i> <i>Virechana Dravya – Trivrutta Lehya</i> (50gm) <i>Virechanaopaga – Mrudvika Phanta</i>	1day
4	<i>Sansarjana Krama</i>	<i>Sansarjana Krama</i> explained according to <i>Shuddhi</i> (18 Vega with <i>Kaphanta Virechana</i>)	5 days

Takradhara with *Mastishkya* for 11day *Jaloukavacharana* (every 7th Day for 12 times)



Oral medicine-

1. *Panchatikta Ghrita Guggulu* 2 BD with *Panchatikta Ghrita* (2tsf)
2. Formulation – 3 gm BD with warm water

Arogyavardhini Vati + *Kaishor Guggulu* + *Gandhak Rasayan*– 2 tabs each + *Guduchi Satva* – 5 gm
+ *Rasa Manikya* – 0.5 mg

APUNARBHAVARTHA^[3]

Vamana Virechana repeated after 6 months to avoid the recurrency of the disease.

PATHYAPATHYA^{[4][5]}

PATHYA: *Shali Dhanya, Yava, Ghrita, Godhuma, Moong, Tikta Shaak, Triphala, Patola, Khadir, Nimba, Takra.*

APATHYA: *Amla Rasatmak, Atiguru, Lavan, Maricha, Dadhi, Dugdha, Aanupa Mansa, Tila, Udad, Guda.*

Observation & Result:

Before Treatment

After Treatment

PARAMETERS	GRADATION	PARAMETERS	GRADATION
AREA	70-89%	AREA	<10 %
ERYTHEMA	1	ERYTHEMA	0
INDURATIION (THICKNESS)	4	INDURATIION (THICKNESS)	0
SCALING	3	SCALING	1
PASI SCORE	4	PASI SCORE	0.1

BEFORE & AFTER TREATMENT:

BEFORE TREATMENT**AFTER TREATMENT****DISCUSSION**^[10]

1. *Shodhana – Vamana, Virechana, Jaloukavac Harana*
2. *Shamana – Oral medicine, Local application and Takrad Hara with Mastishkya*
3. *Nidan Parivarjana – Lifestyle & Dietary adaption were advised.*
4. *Rasayan Chikitsa – Amalaki Rasayan (1 month)*^[6]

As mentioned above, in every type of *Kustha Vata Kapha Shamak & Kustha Nashak Chikitsa* should be done priorly.

Kapha Haran by Vamvana, Pitta Haran by Virechana, Rakta Haran by Vistravan (jalouka), Tikta- Kashaya Dravya Shamanartha.^[7]

According to Ayurveda *Kitibha Kustha* is a *Vata-Kapha Pradhana Tridoshaja Kushta*. On history taking patient had irregular diet pattern and excessive use of *Dadhi, Vidahi, Guru, Virrudha Ahara*. *Viharas* such as more exposure to *Sheetamaruta, Shitoshnaupakrama, Atichinta, Krodha*, are the *Nidana* causes *Agni Vyapara Vikruti* leads to *Tridosha Vikruti* along with *Rasa, Rakta, Mamsa, Lasika* results in *Ahara Rasa Vikruti*. *Vikruta Rasagets Margavarodha* in *Twacha* results in *Pidika* with *Kandu* and *Daha* in all over the body cause *Kitibha Kushta.*^[8]

Chikitsa was started with *Amapachana* for *Agni Deepana Karma* and for *Dosha Shithilakarana Snehapana* with *Pancha Tiktaka Ghrita* planned for 7 days for *Vamana* & 5 days for *Virechana Karma*. It brings the *Dosha* from *Shakha* to *Koshta* then followed by *Abhyanga* and *Swedana* for 1 & 2 day respectively. The mode of action of *Vamaka & Virechana Aushadhi* is *Dosha Harana*, having the property like *Ushna, Tikshna, Sukshma, Vyavayi* and *Vikasi* due to this property *Aushadha* reaches *Hrudaya* and circulate through the vessel. Due to *Ushna* property present in *Aushadhi* theyliquefy the *Doshas* located in the channels of entire body, thus *Doshas* flows through GIT, morbid *Doshas* reaches the *Amashaya* carriedby *Vayu*, dueto the predominance of *Agni, Vayu & Prithvi, Jala Mahabhuta* of *Doshas* from *Koshta* and leads to *Dosha Harana.*^[11] As

per *Shuddhi Samsarjana Krama* is advised. *Shamana Ausadhi* possessing *Tikta, Snigdha Guna, Kusthaghna, Kandughnawas* advised.

As we know, *Pitta Dosha* plays a major role in manifestation of disease. Vitiating of *Pitta Dosha* causes *Rakta Dushti*. This shows “*Ashraya-Ashrayisambandha*” of *Pitta* and *Rakta*. So that treatment on *Rakta* helps in treating *Pitta Dosha* also. *Raktamokshana* eliminates impure blood. As per *Ashraya-Ashrayi Sambandha* between *Pitta* and *Rakta*, removal of impure blood eliminates local vitiated *Dosha* and subsides symptoms like *Kandu, Rukshata*.^[9]

Maha-Marichyadi Taila has antiseptic and antifungal properties. So probable mode of action can be proper moisture balance (*Kledaka Kapha* imbalance), Effective functioning of the metabolic mechanisms that co-ordinates all the various chemical and hormonal reactions of the skin (*Bhrajak Pitta* imbalance) and efficient circulation of blood and nutrients to different layers of the skin (*Chala* and *Parusha Guna* of *Vata* imbalance).

As per an article ^[11]*Panchatikta Ghrita* works on the cellular level of skin decreasing keratinization of skin layer thus improving cell cycle as result of itching, scaling, patches, erythema reduces & skin achieves the normal texture. *Panchatikta Ghrita* has *Shothahara* (anti-inflammatory) property which helps provide relief from itching and irritation caused due to psoriasis. Its *Pitta* balancing and *Snigdha* (oily) properties help to control dryness which is also beneficial in psoriasis. *Guggulu* stimulates body activity to build up immune system.

Kaishor Guggulu balances *Pitta - Kapha*. Its main ingredients are *Guduchi, Triphala* and *Trikatu*, when combined with *Guggulu*, create a rejuvenating and detoxifying combination aimed primarily at removing deep-seated (*Leena*) *Pitta* from *Dhatu*.

Arogyavardhinivati is a useful formulation in treating skin diseases. It is indicated in various skin diseases due to vitiated *Vata* and *Kapha*. *Kitibha* is disease of *Vata-Kapha Pradhan tridoshaja Vyadhi*, so it is useful in *Kitibha* (psoriasis).

Guduchi having *Berberin & Tinosporin* mainly acts as anti-oxidant and thus cell layers during disease pathology are improved by this drug. It is one of the few herbs which balances the three doshas. It has *Tikta* and *Kashaya Rasa, Madhur Vipaka*. It is a potent immune modulator which enhances the chances of improvement in the symptoms of disease.

The main component of *Gandhaka Rasayan* is Sulphur. It has *Kusthaghana* property. The *Rasayana* and *Garavishahar*, properties help in the treatment of psoriasis. *Gandhaka* possesses anti-oxidant and anti-inflammatory properties that help in the treatment of auto-immune disorders.

Ras Manikya is an Ayurvedic medicine frequently used for *Vataj-Kaphaj* disorders. It is prepared by *Shuddha Haratala*, which is kept in between two thin transparent *Abhrak* sheets (mica sheets). Its main actions are *Kushthahara*, and *Tridoshghana*. Hence, it breaks the *Samprapti* of the disease.

Conclusion:

On the basis of the present case study, we can state Psoriasis can be Managed with Ayurvedic *Chikitsa* i.e. (*Shodhana, Shaman, Nidan Parivarjan, Rasayan Chikitsa*)

Vamana & Virechana should be performed repeatedly to avoid recurrence; *Rasayana Chikitsa* helps to improve the immunity of the patient.

However, this is a single case study; more clinical trial should be performed in a larger group of patients for an appropriate conclusion.

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