

ROLE OF PANCHKARMA (REPEATED SAMSHODHAN) IN MANAGEMENT OF PSORIASIS : A CASE STUDY

Bhanu Priya Kaushik¹, Rashmi Joshi², Mayank Bhatkoti³, Uttam Sharma⁴

¹P.G. Scholar; ²P.G Scholar; ³Associate Professor; ⁴Professor & Head

Department of Panchakarma, Uttarakhand Ayurved University, Gurukul Campus, Haridwar, India

Email: dr.bhanupriyakaushik22@gmail.com

ABSTRACT

Broadly all the diseases of skin come under the umbrella of *kustha*. In ayurvedic text *kustha* is explained beautifully in *charaka samhita*. Characteristics of *ekkustha* merely resembles to psoriasis. Psoriasis is an immune mediated disease which mistakenly sends out faulty signals for a normal skin assuming it as a pathogen which causes overproduction of new skin cells. Fortunately it is a non-contagious inflammatory skin disease. Psychological stress is one of the major triggering factors in the exacerbation of the disease. Ayurveda is a holistic approach particularly correcting the root cause through *shodhana (panchkarma)*. While explaining the treatment for *kustha*, *acharya chakarapani* explains repetitive *shodhana karma* to be done on regular intervals to cure the disease. Hence a single case of *ekkustha* was given *shodhana karma (vaman, virechan)* followed by *shirodhara* in form of *takradhara* at regular interval to assess the effect of different procedures. Different assessment criteria were used to monitor the improvements. There was significant relief in the scaling, discolouration of skin, elevated patches & redness of the skin lesion which explains that detoxification of the body reduces the inflammatory condition of the body by bringing back the normalcy of the *dosha* in the body.

Keywords: *Kustha*, Psoriasis, Detoxification, *Ayurveda*, *Shodhana karma*.

INTRODUCTION

Any changes in the skin, affects the person both mentally and physically. Psoriasis is a long lasting autoimmune disease which consist of sharply defined, slightly elevated bright red papules or plaques covered with dry silvery scales over the skin and therefore it not only affects the physical well being of a person but also affect his mental and social peace. ^[1] Most of the drugs used in psoriasis provide only a temporary relief but *ayurveda* especially *panchkarma* stands strongly with a positive result. Ayurveda, diagnose it

as *ekakustha* which is *vatakapha* predominant *kshudrakushta*. Vitiation of *vatakapha dosha* causes *aruna varna, kharta, rukshata, kandu* and scales resembling *matsya shakala*. ^[2]This condition can be associated with psoriasis. There are seven factors involved in pathogenesis of *kustha*, as per *charak samhita* these are *vata, pitta, kapha, tvak, rakta, mansa, ambu (saptko draya sangraha)*. *Kustha* is considered as *raktaja roga* and hence the factors responsible for *rakta dusti* are also considered in the etiology of

kustha. Along with it *virudha ahara*, *mithya ahara* is also considered as causative factor for causing disease. A single case study was conducted on a patient to see the effect of *samsodhan* (repetitive purification) in psoriasis.

Case Report

A 19 years old girl patient with psoriasis came to OPD of Department of *Panchkarma*, Gurukul Campus and Hospital(OPD : 341 IPD : 11790). She had scaling and dryness in the scalp with mild itching since 4 years. She also had red scaly patches & plaques over her stomach, back, hands, legs and thighs. There was no history of fever, joint pain, discharge, burning and pain over the sight of patches. Patient has taken many allopathic medications like corticosteroids but there was only temporary symptomatic relief.

Vitals were normal. Appetite & bowel were normal but her sleep was disturbed. There was no significant family history of the patient. Psychological history suggests of her over-thinking nature and she is sometimes depressed due to cosmetic reasons and feels inferior.

Dashvidha pariksha

1. *Prakriti* :vatakaphaj
2. *Vikrtiiti* :vatakapha
3. *Sara* :madhyam
4. *Samhanan* :madhyam
5. *Pramana* :madhyam

Table 1

Plaque characteristics	Head	Upper limbs	Trunk	Lower limb
Erythema	1	3	3	3
Thickness	1	3	3	3
Scaling	1	2	3	3

Lesion score: 0-none, 1-slight, 2-moderate, 3-severe, 4-very severe



6. *Satva* :alpa
7. *Satmaya* :sarva ras satmaya
8. *Aharashakti* :madhyam
9. *Vyayama shakti* :madhyam
10. *Vaya* :madhyam

Asthavidha pariksha

1. *Nadi* vata pittaj
2. *Mutra* samanya mutra pravriti 5-6 time /day
3. *Mala* samanya
 - once /day
 - no foul smell
 - semisolid consistency
4. *Jivha* niram
5. *Shabda* samanya
6. *Sparsh* ruksha twak
7. *Drik* samanya pandu –ve
8. *Akriti* madhyam

On dermal examination:

- There was a wide spread round shaped erythematous scaly patches affecting the trunk, limbs and scalp with thickening of the skin.
- There was mild swelling and itching on nearby areas of the patches.

PASI (Psoriasis Area Severity Index) [3] score was recorded on regular intervals to assess the improvement of the affected area.

Before treatment: PASI Score (psoriasis area severity index) as shown in table number 1

Fig1: picture showing red scaly plaques over the skin on the 1st day Fig1

TREATMENT

Sodhana karma (Purificatory procedures) as shown in table 2.

Table 2: Sodhana karma (Purificatory procedures)

S.No	Date	Procedure	Aushada	Sudhi assessment
1	23/may/2017	<i>Vaman</i> (medicated emesis)	<i>Madanphala pippali churna</i> 5gm <i>Vacha churna</i> 2 gm <i>Saindhav lavana</i> 5 gm Honey 15 gm (<i>vamanopaga dravya-madhuyasti phanta</i>)	<i>Vaigiki- 6</i> <i>Antiki-pittaant</i>
2	27/july/2017	<i>Virechan</i> (medicated purgation)	<i>Aragvadha majja</i> 10 gm <i>Haritaki churna</i> 10 gm <i>Erand taila</i> 25ml	<i>Vaigiki- 18</i> <i>Antiki- kaphant</i>
3	26/aug to 1/sep 2017	<i>Takra dhara</i> for 7 days (pouring medicated buttermilk)	<i>Amlakimoosta churna</i> for preparation of <i>takra</i>	-----
4	16/nov /2017	<i>Virechan</i> (medicated purgation)	<i>Haritaki churna</i> 5gm <i>Trivrit churna</i> 10 gm <i>Erand taila</i> 50 ml	<i>Vaigiki- 16</i> <i>Antiki- kaphant</i>
5	20/feb/ 2018- 7/mar/2018	<i>Takradhara</i> for 15 days	<i>Amlakimoosta churna</i> for preparation of <i>takra</i>	-----
6	17/mar/2018- 23/mar/2018	<i>Takradhara</i> for 7 days	<i>Amlakimoosta choorna</i>	-----

**Snehapan* was done prior to *shodhana* procedure for dissolving the toxins and bringing them to *kostha*. Then *virechan* and *vaman* procedure was done as per *ayurvedic* text.

Fig 2 Showing changes after proper *shodhan*.

Before treatment

After treatment

**Fig 2****RESULT**

Panchkarma is a specific method of treatment popularly practised for the management of many chronic and typical disorders. The patient was observed during the different steps of treatment for the accessing the changes in the skin lesions (skin colour, plaques, itching, scales, erythema) and to access the efficacy of the procedures. In the beginning of the treatment there were slight changes in the skin lesions like redness and scaling was reduced in some percentile hence there was mild progress in the condition. The improvement was slow, gradual and steady, which resulted with positive outcome and great results. Gradu-

ally with proper sitting of *shodhana* at regular intervals, the scaling of skin decreased, plaques were removed by a normal skin with no erythema, no itching and finally lesion disappeared and the normal skin started appearing. The patient was given *takra dhara* in form of external therapy and significant relief was noticed in sleeping pattern and there was marked relief in the stress factor.

Dermatological examination was done on regular intervals and PASI (Psoriasis area severity index) score was taken for assessment parameter of improvement. There were significant decreases in PASI score after *shodhana karma (purification therapies)*.

After treatment PASI score

Plaque characteristics	Head	Upper limbs	Trunk	Lower limb
Erythema	0	1	1	1
Thickness	0	0	0	0
Scaling	0	0	0	0

Lesion score: 0-none, 1-slight, 2-moderate, 3-severe, 4-very severe

DISCUSSION

Health as per *ayurvedic* text is quoted as “one who have equilibrium in *dosha*, normalcy in *agni*, equilibrium in *dhatu*, *mala* and other physiological activities, delighted *atma mansa indriya* is considered as healthy (*swastha*). To attain this equilibrium and normalcy in the body *samsodhan karma* has been explain to detoxify the morbid *doshas* out of the body. *Ekkustha* is a *vatakapha pradhana vyadhi* which is characterised by unhydrosis, fishy silvery scaling along with red patches over the skin. For *kapha pradhan* disorders *vaman karma* is the line of treatment, *vaman karma* is done when *kapha* is in *utklesh avastha* (aggravated form), so firstly *vaman* was done to expel out the *kapha* henceforth breaking the *samprapthi* (pathophysiology) of the disease. *Vaman karma* was followed by *virechan karma* which is very much indicated in *samshristha avastha of vata* and *kapha dosha* and is main purificatory procedure for *pitta dosha*. *Virechan* pacifying the morbid *pitta* and help *bhrajak pitta* to carry out its function normally hence helping the skin lesions to heal. Psychological stress in one of the main reason to trigger the disease condition and *takra dhara* reduces the *mansika doshas* hence reduces the psychological stress, so *takra dhara* over the forehead was done for 3 sitting to reduce the stress level of the patient.

CONCLUSION

The complete course of *panchakarma* including *vaman*, *virechan*, *shirodhara* etc. is very safe and effective methods in management of psoriasis. And it is helpful in preventing the reoccurrence of the disease. *Panchkarma* was done as per *ayurvedic* text by properly following the *poorva karma* and *paschyat karma* (*samsarjan karma*). This case study re-

viles the effect of repeated *shodhan karma* (*panch-karma*) in psoriasis. Thus repeated *panch-karma* should be done with a strategy to manage such diseases. As quoted in *Ayurvedic* texts:

*Pakṣātpakṣācchardanān'yabhyupēyānmāsānmāsāt
snsannañcāpyadhstāt |
trayahṛāt tryahṛātnnastataścāvapīnānmāsēṣvastram
mōkṣayēt ṣaṭsuṣaṭsu || cakrapānī 2*

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