



Review Article

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DETAILED VIEW OF PSORIASIS AND ITS SHODHANA TREATMENT

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Abstract

Psoriasis is a complex, chronic, multifactorial, inflammatory disease which involves hyper proliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate. At present time, Psoriasis is one of the most common human skin diseases. Majority of the dermatological disorders have been described under the roof of Kushtha in Ayurveda. 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 explains repetitive Shodhana karma to be done on regular intervals to cure the disease. was given Shodhana karma (Vaman, Virechan) followed by at regular interval to access 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.

Key-words - Psoriasis, Detoxification, Ayurveda, Shodhana karma

Introduction

There are persons who have skin allergies, infections, or even deadly diseases. Some of these issues are so serious that some people lose their confidence as a result of the uneasy stares they receive from others. Their skin includes ugly flaky patches, plaques, or blemishes that are highly noticeable and difficult to conceal. As a result, it's best to use caution when experimenting with your beautiful skin. Psoriasis is one of the most hazardous of these disorders. It most commonly affects persons under the age of 35.

Psoriasis is a persistent skin illness characterized by the development of small papules and bigger regions of inflammation. Lesions are most commonly found on the elbows, lower limbs, and knees. Psoriasis is a skin disease that severely undermines a person's self-esteem. It is distinguished by the presence of silvery scales or fish scale-like plaques on the skin. What occurs is that our T-cells, a kind of white blood cell, ordinarily fight germs and viruses in our bodies, but in Psoriasis, these cells begin attacking healthy skin cells. Skin cells are quickly shed, and the skin becomes dry and itchy, which is so bad in some people that blood seeping occurs often, coupled with Pus and Secondary Infections.

Psoriasis patients must understand that a timely diagnosis of the problem, a controlled, balanced, and nutritious diet, stress-free living, and a well-thought-out Psoriasis Treatment in Ayurveda and Panchkarma supported by yoga will be the correct and safer path to managing and freedom from Psoriasis. Psoriasis (Kitibh Kust) is caused by a vitiation of the Vata, Kapha, Pitta, and Rakta doshas, according to Ayurveda. The consumption of incompatible foods, the accumulation of toxins, and so on are regarded two of the primary energies/humors for preserving our body's homeostasis. The key alterations that occur in the system during it are the accumulation of low intensity toxins (Dooshi visha). Poor dietary habits, intake of food items that should not be consumed together (dairy products with fish), excessive consumption of yogurt, dark gram, fish, harsh and salty foods, and so on can all contribute to pathogenesis. The use of alcohol and cigarettes will serve as a trigger in this case. Ayurveda emphasizes the role of worry and stress in the treatment of psoriasis. According to Ayurveda, Psoriasis Treatment in Ayurveda and Panchkarma is conducted using "Panchkarma" drugs that detoxify the body or dispose of poisonous material from the bodily fluids.

Ayurvedic view

Human skin illness is widespread all over the world, and it is significant because a loss of normal skin function, although occasionally life threatening, may significantly degrade quality of life. This may be exacerbated by the fact that persons with skin illness may face stigma; occasionally, others assume that skin abnormalities are the consequence of communicable disease. Psoriasis is a rather common dermatological disorder. It is an immune-mediated illness with erythematous, clearly defined papules and spherical plaques surrounded by a silvery micaceous scale. Plaque-type psoriasis is the most prevalent kind, affecting up to 2% of the world's population, with both males and females suffering equally.

Plaque-type psoriasis patients have stable, slowly expanding plaques that remain unaltered for an extended length of time. The elbows, knees, gluteal fissure, and scalp are the most commonly afflicted locations. The level of involvement appears to be symmetric. Plaque psoriasis often begins slowly and progresses slowly. It seldom subsides on its own. The Koebner phenomenon appears during the active period of the illness. Wornoff's ring frequently appears throughout the disease's healing phase. Other prominent signs of the condition are the Auspitz sign and the Candle grease sign. The major aberration in psoriasis is increased epidermal proliferation caused by excessive cell multiplication in the basal layers. Keratinocyte transit time is decreased, and epidermal turnover is lowered from 28-30 days to 5-6 days.

Ayurveda defines Kustha as "Kushnati vapuh iti Kustham" or "KusthamShareeram kushnati kutchitam karoti." According to Acharyas, there are two forms of Kustha: Mahakustha (chronic and difficult to treat) and Kshudra kustha (mild skin diseases). Again, there are seven varieties of Mahakusthas and eleven types of Kshudra kusthas. Vicharchika is defined in Ayurvedic writings as Kshudra Kushtha, and while the Kushtha have tridosha dushti, Vicharchika is primarily caused by Kaphapradhanata. According to Charaka, for any ailment in which doshas are vitiated, three forms of therapy should be used: Antaparimarjana, which is internal drug administration, Bahirparimarjana, which includes Abhyangadi, and Shastrapranidhana. Chedana, Bhedana, Vyadhana, Darana, Lekhana, Utpatana, Seevana, Eshana, Kshara, and Jalauka are some of the names.

Aharaja Nidana- Taking excessive amount or constant usage of certain foods like new formed rice, heavily digestible foods, citrus fruits, milk, curd, fish, jaggery, unrefined sesame oil, Horse gram, black gram, field beans, food articles (sweets) prepared by sugars, and carbohydrate rich foods. Improper food habits play an important role in the etiology of Kustha.

Viharaja Nidana- Day sleep, sexual intercourse, suppressing the natural urge of the body, excessive exposure to sunrays, excessive worry/grief, excessive physical exercise.⁸

Other Nidana - Behavioral misconduct, excessive worry, grief, antisocial activities, hereditary disorder.

Prodromal features of Psoriasis (Purvarupa)

- Reduced perspiration (Aswedan)
- Increased perspiration (Atiswedan)
- Discolouration of the skin(Twak vaivarnya)
- Itching(Kandu)
- Pricking sensation(Nistoda)
- Numbness(Suptata)
- Horripilation(Lomaharsha)
- Fatigue (Klama) etc.

Clinical features of Psoriasis (Rupa)

- Reduced sweating (Asweda)
- Extended skin lesions(Mahavastu)
- Scaling of skin similar to the scales of the fish(Matsya shakalopama)
- Pink discolouration(Aruna varna)
- Blackening of the part (Krishna varna) etc.

Treatment

The common approach for the treatment for psoriasis is by eliminating ama and then balancing the doshas by detoxification which is followed with palliative medicine and strict diet. There are some modes of treatment in psoriasis, such as Ghritapana (Oral

administration of medicated Ghee), Shodhana – Vamana(emesis), according to the need Virechana (Purgation) can also be carried out or else both are also recommended one after the other and Shamana Aushadha (Medication), both external and internal medication is carried.

There are three main procedures in panchakarma

Poorva karma (pre-operative stage)

Snehapanam - Intake of medicated ghee or oil for a period of 3, 5 or 7 days in which the dosage and the type of oil/ghee is selected based on the person's body constitution and the predominance of dosha in the disease, for e.g. Maha tiktaka ghritam, Tiktaka ghritam, Guggulu tiktaka ghritam, Nimbadi ghritam. It is observed that dryness and scaling of skin is considerably reduced during this period.

Pradhana karma (operative stage).

Abhyangam - Oil massage all over the body with selected oil e.g. Ayyapala Keratailam, Naalpamaradi Tailam, Shudha Durvadi Tailam, Gopadamajadi Keratailam.

Swedanam - Sudation therapy is done parallel to abhyangam which helps to eliminate the toxins collected in the process of massage. E.g., fomentation with Triphala Kashayam, Dasamoola Kashayam, Naalpamaradi, Aaragwadadi, etc. And then any one of the Panchakarma is done.

Pashchat karma (post-operative procedures)

Following the samsarjana krama (dietary regimen) depending upon the Agni bala (digestive capacity) of the individual. In a person with severe aggravation of three doshas multiple times of Shodana is done with utmost care.

Shodana (purification therapy)

Ideal purification therapy to prepare the body is panchakarma that comprises of five therapies which are:

1. Vamana (emesis) - intake of herbal decoction that induces vomiting - to eliminate kapha predominant Kushta

2. Virechanam (purgation) - intake of medicine that eliminates the toxins accumulated in the digestive area through purgation - to eliminate the pitta predominant Kushta
3. Basti (enema) - herbal decoction or medicated oil is administered through rectum to excrete the toxins collected from the large intestine
4. Nasya (nasal drop) - administration of herbal drops through nostrils - especially used in scalp psoriasis
5. Raktamokshana (bloodletting) - by vein puncture or by medicated leech therapy - eliminates the impure blood.

Shamana (Palliative medicines)

Herbal formulations - Decoctions such as Manjishtadi Kashayam, Guduchyadi Kashayam, Mahatiktakam Kashayam, etc.

Tablets like Kaishora Guggulu, Arogyavardhini vati, Brahmi vati, and Gandhaka rasayanam.

Choorna like Guggulupanchapalam churnam, Avipathikara churnam, Sidharthaka snana churnam (for bath).

Lepa-Mahatikaaka lepam, Aragwadhadhi churna lepam.

Oils - Ayyapala kera tailam, Gopadmajadi kera tailam, Durvadi keram, Nalpamaaradi kera tailam, Durdhurapatradi kera tailam.

Steps for psoriasis treatment in Ayurveda

- Step 1: First of all, blood purifiers are given to the patients to reduce increased toxins inside the body. Neem Capsule and few herbal powders and Rishthas in classical medicines are famous for this thing.
- Step 2: Secondly, emphasis moves toward liver care. Detoxification of liver is done through various therapies like Vamana / Virechana which in turn improves the immunity of the body.
- Step 3: Wrong anti-biotics & anti-histamines are avoided with the help of herbal natural medicines so as to avoid their side effects on various parts of our body. Deep Ayurveda has its effective herbal medicines which performs the same task as done

by anti-biotics & anti-histamines without having any side effects like Gandak Rasayan, Panchtik Ghrut Guggul, Chander Prabha Vati etc.

- Step 4: Various herbal medicated oils & formulations have been prepared for traditional ayurvedic treatment at our all clinic having almost all the benefits like anti-allergic, anti-fungal, anti-bacterial and antibiotics.
- Step 5: Rejuvenation of cells is done through immune boosters & modulator herbs like Amla, Ashwagandha, Shatavari, Brahmi etc. Ayurvit Multivitamin Herbal capsules is the medicine available at Deep ayurveda for this purpose.
- Step 6: At last, Ayurveda emphasizes on the proper rejuvenation, relaxation & toning of nervous system through various neuro-tonic herbs like Brahmi, Shankhpushpi, Jatamansi, Tagar, etc.

Discussion

In general, psoriasis is misunderstood, and instead of treating it as a severe disease, people begin self-medicating or using hazardous antibiotics and pharmaceuticals, which only worsen the situation as the root cause of this problem are stress & poor lifestyle because Psoriasis is an auto-immune disorder. To manage the skin disorders, modern treatment for psoriasis includes topical treatment, injection of steroids, immune suppressing medicines, and so on; nevertheless, long-term use of such treatments has its own set of disadvantages. With the aim of better control on Psoriasis, Ayurveda also has a specific schedule comprised of various Panchkarma treatment aspects that includes purely herbal originated internal and external medications. A Rough idea of this complete Panchkarma treatment is as follows:

- a. Consumption of medicated ghee, considering the Dosha type of the Psoriasis and the person, for 7 to 10 days.
- b. Vaman and Virechan is done by inducing vomiting (Vamana) and purgation (Virechana)
- c. Shirodhara the above detoxification is followed by medicated Oil or Buttermilk dripping overhead (Shirodhara) and pasting the entire body with a paste of medicines and mud.

d. Basties (Medicated enemas)-these are being done for 8-10days and internal medicines like herbal formulations, herbal concoctions and medicated ghee need to be consumed for at least 120 to 180days.

A strict diet regime needs to be followed during the entire treatment period and it is better to continue as vegetarian diet. Non-Veg, Alcohols and salted thing have to be restricted. It is better to avoid junk food also. Psoriatic must keep a state of mental calmness. At Deep Ayurveda, there are very effective Panchkarma treatment methods as well as herbal formulations for Psoriasis disease. This duration of treatment may vary from person to person, depending upon the age, body disposition, condition of the disease like its aging and type, dietary habits and life style of the patient, etc. We have successfully treated hundreds of Psoriasis patients (Psoriasis Treatment in Ayurveda and Panchkarma) with very good results.

Effect of Shamana Drug

➤ Vajraka Ghrita

After analyzing the Rasadi- Panchaka of Vajraka Ghrita it was found that this Sidhha Ghrita has dominant Tikta, Katu, Kashaya Rasa, Laghu and Rooksha Guna, Ushna Virya, Katu Vipaka. It acts mainly for Kapha and Vata Dosha. In this combination 40% drugs are Tridosh-har. As Kushtha is Tridoshaja Vyadhi it helps in Samprapti Vighatana. Vajraka ghrita has 100% Laghu, 60% Rooksha Gunayukta Dravyas. As most of the drugs have Deepana-Pachana properties i.e., 50%, it is helpful to enhance Agni and for the digestion of Aama. As Jatharagni enhances, it ultimately increases power of dependant Dhatvagnis. In Eka-kushtha both Rasdhatvagni and Mansadhatvagni get disturbed. They should be proper as they are responsible for the Tvacha-Utpatti. As maximum drugs are Laghu, Rooksha and have Tikta-Kashaya Rasa which has Sroto-Vishodhaka property. It decreases Sanga in the Srotas. As all path is cleared these Srotasas start nourishment of the body in proper manner. Guduchi, Amalaki, Haritaki, Bibhitaki has potent Anti-inflammatory, Analgesic, Antibacterial, Immunomodulatory, Antioxidant property. It plays key role in reducing inflammation and early prematuration of cells. Drugs like Amruta, Amalaki, Haritaki;

Bibhitaki has potent Rasayan property which helps in preventing the multiple relapses of the disease by strengthening body's own immune system.

Conclusion

Psoriasis is a non-infectious chronic inflammatory disease of skin characterized by well-defined erythematous plaques with silvery scales having chronic fluctuatory course affecting both sex and different age groups. Kustha is described as one of the most chronic diseases in Ayurvedic literature. Under the roof of Kustha, Ayurveda described a wide range of dermatological disorders including its classification, etiopathogenesis, clinical presentation, prevention and management. 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 Paschat karma.

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