

**DIAGNOSTIC TOOL TO EVALUATE PSORIASIS W.S.R EKAKUSHTA****Jyoti kumari¹, Arun kumar², Atal Bihari Trivedi³**

¹MD Scholar, Department of Kayachikitsa, Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi 110073.

²MD Scholar, Department of Kayachikitsa, Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi 110073.

³Associate Professor, Department of Kayachikitsa, Chaudhary Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi 110073.

Corresponding Author: yk860451@gmail.com<https://doi.org/10.46607/iamj0910102022>**(Published Online: October 2022)****Open Access**

© International Ayurvedic Medical Journal, India 2022

Article Received: 10/09/2022 - **Peer Reviewed:** 08/10/2022 - **Accepted for Publication:** 11/10/2022**ABSTRACT**

As we all that in this new world, Psoriasis is becoming an emerging disease due to mismanaged diet and lifestyle of people. Plaque Psoriasis is the most common among all types of Psoriasis named Flexural or inverse Psoriasis, Guttate or eruptive, Pustular, Palmoplantar, Erythrodermic, etc. It is also known as Psoriasis Vulgaris, which is characterised by raised lesions, inflamed skin, silvery plaques with clear borders, and also with the erythema. Due to its emerging nature, Diagnosis is an important step for the treatment purpose. Almost everybody suffers from skin disease sooner or later in the lifespan of their life. 5 to 10% consultation is If the diagnosis is precise, treatment act instantaneously whereas improper or misdiagnosis leads to ineffective treatment and may lead to the progress of the disease in the form of different complications. So, it is essential to diagnose the disease as soon as possible the cure of the disease.

INTRODUCTION

Skin disease is common in humans. Type of skin disease and dermatological disorders are huge in numbers. One emerging skin disorder is "Psoriasis" due to unmanaged diet habits and lifestyle among all types of psoriasis "Plaque Psoriasis" which is known as Psoriasis vulgaris. It appears as raised, inflamed red skin, covered by silvery patches or scales. The most common sites are Elbow, Knee, Sacrum, Hands, Feet, and low back. Almost everybody suffers from skin disease sooner or later. If the diagnosis is precise, treatment act instantaneously whereas improper diagnosis leads to ineffective treatment and may lead to the progress of the disease in the form of different complication. So, it is important to diagnose the disease as soon as possible. Diagnosis should precede treatment wherever possible for this purpose, Diagnostic approach should be good for the treatment approach. It is assumed that in consultations of general practice, skin problem involves around 5 to 10percent of total consultation. The precautionary methods are very much essential to save and protect the skin from disease or disorders. In modern times, Human life is submerged in the sea of different pollution and inappropriate habit of food taking which affect our delicate and beautiful structure known as 'skin'.

AIM AND OBJECTIVE: To review available literature for diagnosis of Psoriasis.

MATERIAL AND METHODS

Different *Ayurvedic* and modern medicine textbooks and Articles are available on different platforms.

APPROACH TOWARDS PATIENT:

- It is far better to take a brief introductory history and then decide to look at the disease, and what further history and investigation are required.
- Details of older treatments and in many cases, it is better to know what topical and systematic treatment the patient has taken to get knowledge of the reaction and other many things related to the treatment.
- It is essential to examine the whole skin surface, scalp, and nails in presence of natural sunlight or good light.

- The overall distribution of lesions or patches, since different problems, have a specific presence of distribution in certain parts of the body.

DIAGNOSTIC EVALUATION:

Collect history

Physical examination/Integumentary examination

Skin biopsy, under local anaesthesia

Blood and Radiography to rule out Psoriatic arthritis (ESR, C-Reactive Protein).

EXAMINATION FOR PSORIASIS:

Mainly inspection is to be carried out in the examination of the skin. Any changes in complexion, colour, texture, or any other abnormal character over the skin should be carefully observed by the examiner.

Any Salyaja or Vranaja scars should also look by the examiner.

For any abnormal node, check its mobility, pain, and tenderness. Defemite between the lesions for specific skin disorders.

INTEGUMENTARY EXAMINATION

Skin

Colour of the skin-Normal colour of skin

Lesion-Secondary lesions

Character-Size: variable size

Colour: Silvery

Shape: Asymmetrical

Individual Lesion

Surface: Extensor surface (Elbow, Knee mostly), Scalp, Nails, Flexure surface, Palms.

Scaling-Present

Nature-dry flakes, Itching-Present, Discharge-Absent, Distribution-Symmetrical over extensor surface

The superficial sensation of lesion-Present

Candle grease sign, Auspitz sign, Koebner Phenomenon-Positive. **SIGNS TO IDENTIFY PSORIATIC LESIONS**

LESIONS

Koebner phenomenon¹-It is a phenomenon, in which new psoriatic lesions occurred at the site of any skin injury.

Warnhoff's ring-It is a phenomenon in which a ring of peripheral balancing skin around a psoriatic plaque occurs due to the result of local accumulation of PG, PGE2.

Auspitz's sign: It is a sign in which small bleeding points are seen upon lifting the Psoriatic scale due to suprapapillary thinning.

Inflammatory markers: Blood cultures

PASI²(Psoriasis area severity index) Score: For the measurement of the severity of psoriasis PASI score is a widely used tool. It combines assessment of lesion severity and area affected by the disease. It ranges from 0(no disease) to 72(maximum).

DERMATOLOGY LIFE QUALITY INDEX³:Questionnaire is a commonly used tool to measure social, emotional, and functional impairment from psoriasis

Diagnostic mythology in Ayurveda: *ROGA PARIKSHA* (Disease analysis) *ROGI PARIKSHA* (Patient's examination)

Roga pariksha include *Nidan Panchak* and *Rogi pariksha* includes *Trividha*, *Shadvidha*, *Ashtavidha*, and *Dashavidha Pariksha*.

Table 01: DASHAVIDHA PARIKSHA⁴-For Patient's Examination in Ayurveda

1. <i>Prakriti</i> (Constitution of the body)	6. <i>Satwa</i> (Mental status)
2. <i>Vikriti</i> (Stata of disease)	7. <i>Aahar Shakti</i> (Digestive capacity)
3. <i>Saara</i> (Systemic strength)	8. <i>Vayama Shakti</i> (Power of exercise)
4. <i>Samhanana</i> (Compactness)	9. <i>Vaya</i> (Age)
5. <i>Satmya</i> (Suitability)	10. <i>Bala</i> (Strength)

Twaksaara Pariksha⁵-Skin has lustre (*Saprabha*) and smoothness (*Shlakshna*), soft (*Mrdu*), clear skin (*Prasanna*) with fine, sparse, deep-rooted (*Gambhira*) and delicate hairs (*Sukumara*) and is lustrous are signs that are present in the person who has constitutional essence (*Sara*) of skin. This essence indicates happiness (*Sukha*), good fortune (*Sowbhagya*), power (*Aishwarya*), enjoyment (*Upabhoga*), intelligence (*Buddhi*), learning (*Vidya*), health (*Arogya*), cheerfulness (*Praharshana*) and longevity (*Ayushya*). *Twaka* is an associate organ of *Mamsavaha Srotas*, it is described as *Moola* of *Mamsavaha Srotas⁶*. *Acharya Charak* and *Acharya Sushruta* mentioned *Kushta* in a different layer of Skin. *Acharya Charak* mentioned 6 layers of skin named *Udakadhara*, *Raktadhara*, *Tritiya*, *Chaturtha*, *Pancham*, and *Shastham*, *Kushta* manifested in the Fourth (*Charutha*) layer⁷. *Acharya Sushruta* mentioned 7 layers of skin named *Avabhasini*, *Lohita*, *Sweta*, *Tamra*, *Vedini*, *Rohini* and *Mamsadhara* and *Kushta* affect the fourth and fifth layer (*Vedini* and *Tamra*)⁸.

DISCUSSION

In the review article, we discuss the diagnostic approach toward Psoriasis specially Plaque Psoriasis (Psoriasis vulgaris) which is one of the most common

and emerging diseases of the skin nowadays. It is characterized by a well-raised lesion with silvery plaque, colour varies from pink to reddish colour mostly over the extensor surface of the body. with time it includes the nail, scalp, and joints. Diagnosis of such disease is important in its initial phase because with the passing of time it expands to the whole body and also causes mental stress to a person.

CONCLUSION

In the modern era, the human being is submerged in the ocean of different types of pollution and inappropriate diet and lifestyle, which effects the beautiful structure of our body known as skin (*Twak*). we have a focus on early diagnosis with a different approach as mentioned in the article because we know the re-occurring nature. It effects a person's physical and mental health, which also effect the social life of person.

REFERENCES

- ¹ A Comprehensive Textbook of Psoriasis by Peerzada Sajad Ahmad, Iffat Hassan Publisher Jaypee Brothers Medical Publishers; Edition: First, Chapter 7, Clinical Presentation of Psoriasis, Page no.17
- ¹ A Comprehensive Textbook of Psoriasis by Peerzada Sajad Ahmad, Iffat Hassan Publisher Jaypee Brothers

Medical Publishers; Edition: First, Chapter 9, Assessing the severity of Psoriasis, Page no.74

¹ A Comprehensive Textbook of Psoriasis by Peerzada Sajad Ahmad, Iffat Hassan Publisher Jaypee Brothers Medical Publishers; Edition: First, Chapter 9, Assessing the severity of Psoriasis, Page no.75

¹ Caraka Samhita of Agnivesa of Cakrapanidatta by Pt. Kasinatha Shastri, Edited by Dr. Gangasahaya Pandeya, Publisher-Chaukhambha Sanskrit Santhana editionreprint-2011, Vimansthana Adhyaya 8, Rogabhisagjityam vimana, shloka 94.

¹ Caraka Samhita of Agnivesa of Cakrapanidatta by Pt. Kasinatha Shastri, Edited by Dr. Gangasahaya Pandeya, Publisher-Chaukhambha Sanskrit Santhana editionreprint-2011, Vimansthana Adhyaya 8, Rogabhisagjityam vimana, shloka 103.

¹ Diagnostic Methods in Ayurveda by Prof. Ajay kumar Sharma and Dr. Vinod kumar Gautam, Publisher-Chaukhambha Visvabharati, Edition-reprint 2018, Chapter 14 Mamsavaha Srotasa Pariksha, Page no.292.

¹ Caraka Samhita of Agnivesa of Cakrapanidatta by Pt. Kasinatha Shastri, Edited by Dr. Gangasahaya Pandeya, Publisher-Chaukhambha Sanskrit Santhana editionreprint-2011, Sharir Sthana Adhyaya 7Sharir Sankhaya, Sholaka no-04, Page no.806.

¹ Sushrita Samhita of Maharishi-Sushruta, Edited with Ayurveda-Tattva-Sandipika, by Kaviraja Ambika dutta shastri, Publisher-Chaukhambha Sanskrit Sansthan edition reprint -2018, Sharir Sthana Adhyaya 4 Garbha vyakarana sharer, Shloka no-04, Page no.37.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Jyoti kumari et al: Diagnostic Tool to Evaluate Psoriasis W.S.R Ekakuṣṭha. International Ayurvedic Medical Journal {online} 2022 {cited October 2022} Available from: http://www.iamj.in/posts/images/upload/2722_2725.pdf