THE EFFECT OF SHODHANA KARMA IN EARLY PSORIASIS
A CASE REPORT
Sawant Shreya Umesh    Sawant Umesh Vasant
Dept. of Rachana Sharira, Dr. D. Y. Patil College of Ayurved and Research Institute,
Nerul, Navi Mumbai, India

ABSTRACT
Psoriasis is a very critical disease to treat which cannot be cure completely. Modern medicine gives symptomatic relief for a short time. And also there may be side effect of anti psoriatic medicines like G.I. upset, anorexia. As per Ayurvedic point of view, psoriasis is treated as a kushtha. Tridoshas are main contributing factors in it. Contrary to the available medical treatment; Ayurvedic Shodhana karma responds a systemic holistic treatment approach in the treatment of early psoriasis. It gives effective results in early stages without any side effects. This treatment also prolongs the duration of recurrence of symptoms. A patient of known psoriasis in early stage was treated with repeated Shodhan Chikitsa is presented as a case study in this article.

Keywords: Psoriasis, Ayurveda, Shodhana Chikitsa

INTRODUCTION
Psoriasis is an immune mediated genetically determined common dermatological disorder which affects skin, nails, joints and having various systemic associations. There is evidence that the disease is associated with a high impact on the health-related quality of life and considerable cost. It is typically a lifelong condition.

In India the prevalence of psoriasis varies from 0.44 to 2.8%, it is twice more common in males compared to females.¹ Relapses are common and the patterns of relapses are also varies in different individuals. Some have early and frequent relapses and others have long-term remissions of their disease process with infrequent relapses.

Psoriasis produces significant adverse effects on the psychological and social aspects of life mainly because of its visibility. Individuals with psoriasis may feel self-conscious about their appearance and have a poor self-image that stems from fear of public rejection. The disorder is a chronic recurring condition that varies in severity from minor localized patches to complete body coverage.

There are many treatments available, but because of its chronic recurrent nature, psoriasis is a challenge to treat. Modern medicines give symptomatic relief for short time.

As per Ayurvedic point of view, this condition was diagnosed as Kushtha. Tridosha are main causative factors.² so, contrary to the available medical treatment /management, shodhana karma which is the
specialty of Ayurved, respond a systemic systematic and holistic treatment approach in the treatment of early psoriasis. So, a known patient of early psoriasis was treated with such treatment protocol is presented as a case study in this article.

**MATERIALS & METHODS**

A diagnosed patient of early psoriasis, age-35 yrs

Occupation: Accountant,

Place – clinic in kamothe, Navi Mumbai.

H/O- constipation, anorexia, mental stress,

NO H/O: any addiction or hereditary

C/O: red small patches on face and back, dandruff, scalp itching for 7-8 months.

**Shodhana karma**

Step i-  *pachana chikitsa* for 15 days. *nimbu tail* application for dandruff.

Step ii - *snehpan* with *mahatikta ghrita* till *samyak snahpan lakshana*

Step iii- *vamana* with *madan phala, yashtimadhu kwath* etc. Followed by *sansarjana krama* for 7 days

Fruits of Madana are considered to be the best among the emetics because they are free from any adverse side effects.⁴

Step iv- *snehpan* with *mahatikta ghrita* for 5 days

Step v- *virechana* with *aragwadadi kwatha*⁵ followed by *sansarjana krama* for 7 days

**RESULTS**

**Effect of shodhana karma in 2007:**

Red patches lightened, itching reduced, dandruff reduced, anorexia decreased.

Medicines given for 2-3 months – *raktapachak yog, aaragvadh kapilla vati, mahatikta greta*

**No complaints in between 2007 -2009**

In 2010- reoccurrence of symptoms: red patches only on forehead, on cheeks, slight itching, and dandruff.

Shodhana karma given again

**Effect of shodhana karma in 2010:**

- red patches lightened
- no itching
- dandruff reduced,
- appetite improved

1. Medicines given for 6 months – *raktapachak yog, aaragvadh kapilla vati, mahatikta ghrita*

2. Diet –plain diet, avoidance of spicy, oily foods, fermented foods, curd, pickles.

3. Meditation for mental stress

---

*Figure 1- Patches on scalp & back*
No complaints since 2010 till date as per regular follow up

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>In 2007 After shodhan karma</th>
<th>In 2010 Recurrence of Symptoms</th>
<th>In 2010 After shodhan</th>
<th>In 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>red patches on face</td>
<td>![down arrow]</td>
<td>red patches only appeared on forehead</td>
<td>![down arrow]</td>
<td>![no recurrence till date]</td>
</tr>
<tr>
<td>red patches on back</td>
<td>![down arrow]</td>
<td>red patches only appeared on cheeks</td>
<td>![down arrow]</td>
<td>![no recurrence till date]</td>
</tr>
<tr>
<td>dandruff</td>
<td>![down arrow]</td>
<td>dandruff</td>
<td>![down arrow]</td>
<td>![no recurrence till date]</td>
</tr>
<tr>
<td>tremendous itching</td>
<td>![down arrow]</td>
<td>itching</td>
<td>![x]</td>
<td></td>
</tr>
</tbody>
</table>

Figure 2- Decreased symptoms after Shodhan Chikitsa

**DISCUSSION**

In Ayurveda, panchakarma is the main shodhana chikitsa which purifies all dhatu, balances tridoshas and removes all impurities from the body. So shodhana karma is indicated in diseases like kushtha, prameha, visarpa etc. in which vitiated doshas vitiates dhatu afterwards.

The sutra about vamanarhata⁶ and virechanarhata⁷ in kushtha given in Charak Samhita is also proved by this case study of early psoriasis which was treated as a kushtha.
No other side effects were seen after *shodhana karma*. It proves the effect of *shodhana karma* over modern medicines. After repeated *shodhana karma*, effective results were seen decreasing intensity of symptoms like itching, redness of skin which are very irritating and affect routine work.

**CONCLUSION**

Ayurvedic traditional method of treatment gives better result in a critical disease like psoriasis. Repeated *Shodhana karma* can control psoriasis in early stage. *Shodhana karma* gives both subjective and objective relief to the patient from early psoriasis symptoms. And also prolongs recurrence of symptoms without any side effect.

**ACKNOWLEDGEMENT**

Authors acknowledge all colleagues, parent and teachers who helped a lot in making this article very effective in very short time. Author acknowledges co-author for his valuable contribution. Acknowledgement is given to sincere patient who gave opportunity to make this article.

**REFERENCES**


**CORRESPONDING AUTHOR**

Dr. Shreya Umesh Sawant  
Assistant Professor of Rachana Sharira  
Dr. D. Y. Patil College of Ayurved and Research Institute  
Nerul, Navi Mumbai, India  
Email: sawant_ujjwala@yahoo.com

Source of support: Nil  
Conflict of interest: None Declared