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

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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 chakrapani 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 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.

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 auto-immune 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 raktaja 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. **Vikriti**: vatakapha
3. **Sara**: madhyam
4. **Samhanan**: madhyam
5. **Pramana**: madhyam

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 access the improvement of the affected area.

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

<p>| Table 1 |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|</p>
<table>
<thead>
<tr>
<th>Plaque characteristics</th>
<th>Head</th>
<th>Upper limbs</th>
<th>Trunk</th>
<th>Lower limb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erythema</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Thickness</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Scaling</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

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

**Fig1:** picture showing red scaly plaques over the skin on the 1\(^{st}\) day

**TREATMENT**

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

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

*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**

**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. Gradually 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*

<table>
<thead>
<tr>
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<td>1</td>
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<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Scaling</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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 *dhatus*, *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. *Ekkutha* 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 *pasch-yat karma* (*samsarjan karma*). This case study re-viles the effect of repeated *shodhan karma* (*panch-karma*) in psoriasis. Thus repeated *panchakarma* should be done with a strategy to manage such diseases. As quoted in *Ayurvedic* texts:

\[
\text{Pakṣātpaścāchardanān’yabhyupēyānmāśānāmśat} \\
\text{snsanāścāpyadyathāt |} \\
\text{tryaḥṛt tryahṛtnastataścāvapīśānāmśēsvastraṁ} \\
\text{mōkṣayēt şatsuṣaṭsu || cakrapāṇī 2}
\]

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