EFFECT OF PANCHATIKTA GHrita MATRABASTI IN MANAGEMENT OF PSORIASIS - A CASE STUDY

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ABSTRACT
Named for the Greek word psora meaning itch, psoriasis is a non contagious chronic inflammatory skin disease that affects more than 2% of the adult population¹. In this disease, the skin over the entire body develops erythema and scaling. Any change in skin colour disturbs the patient both mentally and physically. Psoriasis is an autoimmune disease in which scaling and itching disturbs the daily routine of the patients. Because of its recurrent nature the disease has remained a great problem. There is no certain cure for this disease. Modern medicine provides symptomatic relief but also has side effects in long course. The Ayurvedic diagnosis is considered as Kitibhakushta which is a Vaat Kapha predominant Kshudrakushtha. Kitibhakushta is a type of kshudrakushtha described in different ayurvedic classics. The classical symptoms of Kitibhakushta described in Ayurveda resembles with Psoriasis. The clinical feature of Kitibhakushta described by Acharya Kashyap represents remission, relapse and seasonal variation which are present in Psoriasis². Modern medical science treats Psoriasis with corticosteroids but these therapies give serious side effects like hepato and nephrotoxicity, bone marrow depression etc. Hence, it is the need of time to find out safe and effective treatment for Psoriasis and here Ayurveda plays an important role. The unique treatment modality of Ayurveda provides long lasting results and a better life to patients through its three basic principles i.e. Shodhana, Shamana and Nidan parivarjana.

OBJECTIVES - To study the effect of Panchtikta Ghruta Matrabasti in psoriasis. METHODOLOGY- Single case study of patient with psoriasis was selected from OPD YMT Ayurvedic Hospital, Kharghar. RESULTS- Highly significant results observed in subjective and objective criteria.

KEYWORDS: Kitibhakushta, Shodhana, Shamana, Nidan Parivarjana

INTRODUCTION
Psoriasis is a common, chronic, non communicable skin disease, with no clear cause or cure. The negative impact of this condition on people’s lives can be immense. Psoriasis affects people of all ages, and in all countries. The reported prevalence of psoriasis in countries ranges between 0.09% and 11.43% making psoriasis a serious global problem with at least 100 individuals affected worldwide. Psoriasis is a painful, there is no cure and with great negative impact on
patients quality of life. It can occur at any age, and is most common in the group 50-69.
The etiology of psoriasis remains unclear, although there is a suggestion that psoriasis could be an autoimmune disease, no autoantigen that could be responsible has been defined yet.

In Ayurveda, all skin diseases are grouped under a broad heading of Kushtha Roga. Kitibha Kushtha is one of such disease explained under the heading of Kshudra Kushtha. Even though, in terms of severity, incidence and prognosis, it is not a minor kind. The classical symptoms of Kitibha kushtha described in Ayurveda resembles with Psoriasis. The clinical feature of Kitibha Kushtha described by Acharya Kashyap represents remission, relapse and seasonal variation which are present in psoriasis-
- Reduced perspiration (Aswedan)
- Increased perspiration (Atiswedan)
- Discolouration of the skin (Twak vaivarnya)
- Itching (Kandu)
- Pricking sensation (Nishoda)
- Numbness (Suptata)
- Horripilation (Lomaharsha)
- Fatigue (Klama) etc.

Clinical features of psoriasis-
- Reduced sweating (Asweda)
- Extend skin lesions (Mahavastu)
- Scaling of skin similar to the scales of the fish (Mastya shakalopama)
- Pink discolouration (Aruna varna)
- Blackening of the part (Krishna varna) etc.

CASE DISCRPTION-
A 63 years old female newly diagnosed with psoriasis presenting with red patches all over body, itching over the patches, burning sensation over patches since 2 months. Also a k/c/o DM since 10 years presented in OPD of Y.M.T Trust’s Ayurvedic Hospital, on 8th October 2018. She was known case of T2DM, she was on combination of Glimepiride (2mg)+ Metformin (500mg)+ Voglibose (0.2mg) ones a day before breakfast.

DIAGNOSIS- In view of modern science, it was a clearly case of Psoriasis. According to Ayurveda, the patient clearly shows symptoms of Kushtha such as Itching (Kandu), Discolouration of the skin (Twak vaivarnya), Scaling of skin similar to the scales of the fish (Mastya shakalopama). But precise diagnosis established was Kitibha Kushtha.

TREATMENT GIVEN- The patient was administered classical Matrabasti and internal medication. All oral and local medicines of psoriasis were stopped. And other allopathic treatment for diabetes was continued as before.

TREATMENT OUTCOME- After starting panchatikta basti treatment along with oral medication her symptoms like kandu, twak vaivarnya, mastya shakalopama started to reduce over course of time. In between the basti procedure the symptoms starts to improve.

DISCUSSION

The disease psoriasis appears to be largely a disorder of keratinization. The basic defect is rapid displacement of epidermis in psoriatic lesion (3-4 days instead of 28 days in normal skin). There is evidence that both hormonal and immunological mechanisms are involved at a cellular level. The raised concentrations of metabolites of arachidonic acid in the affected skin of people with psoriasis are related to the clinical changes.

Ayurveda provides promising treatment for the disease. In addition to general therapy following a proper regimen and elimination of harmful factors from the patient’s working and living condition, play a very important part in the treatment of psoriasis. The treatment purifies the entire system and establishes the metabolism of the patients.

MODE OF ACTION-
Purification procedure (Basti therapy)
Sushruta described the indication of basti in sansargan and sannipataj vikara. Due to dominance of tridosha in kushtha as its stroke area is from head to toe favoured treatment of Matra Basti.
Matra basti is a type of Sneha Basti is also known as Anuvasan basti. Use of Anuvasan basti of
tiktarastmak dravya in the treatment of Kushtha is described in Charak Samhita. Tikta rasa pradhan dravyas are Deepak, pachak and kaphaghna. Tikta rasa is lekhana and vishaghna in nature and destroys kleda. The effect of tikta rasa on skin is swedaghna, kandooghna, kushthaghna, dahprashmana and stirikarana. Therefore, Panchatikta Ghrita was used in Matra Basti for the treatment of psoriasis in present study. Panchatikta Ghrita 60 ml was administered per rectally as Matra Basti after lunch. After this procedure advised patient to relax for 30 minutes. Basti was given per day for three weeks. Patient was followed up at one week of interval. At the end of 3rd week the result was assessed. Prior to Matra Basti internal medicines are given.

Internal Medication

Kaishora Guggulu: Kaishora Guggulu is good herbal combination which corrects the function of stomach and intestine, which helps improving digestion and removing toxins from the body. It has anti-bacterial, anti-inflammatory, anti-oxidant, anti-microbial property which helps in treating wounds. It is good blood purifier therefore, corrects Raktadushthi (vitiation of blood). Arogyavardhini Rasa: Arogyavardhini Rasa is a formulation which improves good health. According to observation, due to stress of workload and mental stress of living with psoriasis, digestive upset due to faulty dietary habits and lifestyle may aggravates this disease condition. The holistic approach of Ayurvedic system of medicine provided purification procedure like Virechana procedure which removes the toxic waste materials from the body and also boosts the immune system.

CONCLUSION

Due to the fact that content of Panchatikta ghrita can rectify all three vitiated doshas involved in Psoriasis. Basti is said to be half of the treatments, the basti can cure sansargaj and sannipataj diseases hence matra basti of panchatikta ghrita found effective in the treatment of psoriasis.

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BEFORE TREATMENT

AFTER TREATMENT
Source of Support: Nil
Conflict Of Interest: None Declared