

EFFECT OF PANCHATIKA GHRITA MATRABASTI IN MANAGEMENT OF PSORIASIS - A CASE STUDY

Minal S. Vaidya¹, Darshana D. Khadtale²

¹HOD, Professor and PG Guide

²Second Year PG, Kayachikitsa Department, Y.M.T Ayurvedic College and Hospital
Kharghar-410210, Maharashtra, India

Email: darshu1392@gmail.com

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 *Kitibhakupshtha* which is a *Vaat Kapha* predominant *Kshudrakupshtha*. *Kitibhakupshtha* is a type of *kshudrakupshtha* described in different *ayurvedic* classics. The classical symptoms of *Kitibhakupshtha* described in *Ayurveda* resembles with Psoriasis. The clinical feature of *Kitibhakupshtha* 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 *Panchatika 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: *Kitibhakupshtha*, *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*³ 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 (*Mastyashakalopama*)
- Pink discolouration (*Aruna varna*)
- Blackening of the part (*Krishna varna*) etc.

CASE DESCRIPTION-

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 (*Mastyashakalopama*). 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*, *mastyashakalopama* 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*⁴. 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)⁵.

***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*⁶ 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.

REFERENCES

1. Shaha NS. Editor, API Text book of Medicine. 7th ed, Mumbai: The Association of physician of India., 2003, p 1326.
2. www.iamj.in/search_results/images/upload/2607_2616.pdf
3. www.iamj.in/search_results/images/upload/2607_2616.pdf
4. https://www.researchgate.net/publication/272862504_Effect_of_matra_basti_of_panchatikta_ghrita_in_psoriasis
5. <https://www.researchgate.net>
6. <https://www.researchgate.net>

BEFORE TREATMENT



AFTER TREATMENT





Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Minal S. Vaidya & Darshana D. Khadtale: Effect Of Panchatikta Ghrita Matrabasti In Management Of Psoriasis. International Ayurvedic Medical Journal {online} 2019 {cited June, 2019} Available from: http://www.iamj.in/posts/images/upload/993_996.pdf