

THE EFFECT OF SHODHANA KARMA IN EARLY PSORIASIS A CASE REPORT

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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.



Figure 1- Patches on scalp & back

In 2007

As per provisional diagnosis & treatment for *kushtha*, decided to give *shodhana karma*.

Shodhana karma

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

Step ii - *snehpan* with *mahatikta ghrta*³ till *samyak snehapan 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 ghrta* 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, aragvadh kapilla vati, mahatikta ghrta*

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, aragvadh kapilla vati, mahatikta ghrta*

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

3. Meditation for mental stress

No complaints since 2010 till date as per regular follow up

Symptoms	In 2007 After <i>shodhan karma</i>	In 2010 Recurrence of Symptoms	In 2010 After <i>shodhan</i>	In 2013
red patches on face	↓	red patches only appeared on forehead	↓	No Recurrence till date
red patches on back	↓	red patches only appeared on cheeks	↓	
dandruff	↓	dandruff	↓	
tremendous itching	↓	itching	✘	



Figure 2- Decreased symptoms after Shodhan Chikitsa

DISCUSSION

In *Ayurveda*, *panchakarma* is the main *shodhana chikitsa* which purifies all *dhatu*s, balances *tridosha*s and removes all impurities from the body. So *shodhana karma* is indicated in diseases like *kushtha*,

prameha, *visarpa* etc. in which vitiated *dosh*a s vitiates *dhatu*s afterwards.

The sutra about *vamanarhata*⁶ and *virechanarhata*⁷ 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.

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