



## A CASE STUDY ON PSORIASIS WITH HERBOMINERAL MANAGEMENT

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## ABSTRACT

**AIM:** Skin disease has a high prevalence throughout the world. Skin is the outermost covering of the body. It is a mirror that reflects the harmony of internal functions of the body. It is an autoimmune disease. It provides risk for all stages of life. The present study is aimed to show the effect of Herbomineral drugs on Psoriasis. **BACKGROUND:** Psoriasis is characterised by well-defined Erythematous plaques with characterised silvery, large, loose scales, accentuated by grating the lesions. According to Ayurveda, Psoriasis is correlated with Ekakushtha. Ekakushtha is mentioned in Ayurveda classics under Kshudra Kushtha<sup>1</sup> and has a predominance of Vata- Kapha dosha.<sup>2</sup> **CASE DESCRIPTION:** A 55 yr old male patient came to the OPD of Rajakiya Ayurveda Hospital, Patna from the local place of Patna district with complaints of severe itching as well as burning, extensive scaling of the skin, pain, lesions on the whole abdomen, both feet and hands with red demarcation since 5 yrs. The effect of treatment was assessed based on decreasing lesions and relief from itching. **CONCLUSION:** After the intervention of the Herbomineral drug for 2 months there was a marked improvement seen in the explained sign & symptoms.

**Key words:** Psoriasis, Ekakushtha, Kshudra Kustha, Herbomineral drug

## INTRODUCTION

Psoriasis is an autoimmune disease. It provides risk for all stages of life. Psoriasis is characterised by well-defined erythematous plaques with silvery white

scales with a predilection for the extensor surface and scalp and a chronic fluctuating course. According to modern medicine is classified under the group of

papulosquamous disorders. The exact aetiology is unknown, but many factors can be incriminated. Several types of Psoriasis can be related to certain diseases described in Samhitas. It is correlated with Ekakushtha. Ekakushtha is mentioned in Ayurveda classics under Kshudra kushtha. Etiological factors lead to the vitiation of tridosha, especially Vata and Kapha. Indulgence in the sinful act and ill Manovritti are associated with mental factors for causing. Acharya Charak has mentioned the symptoms of Ekakushtha as Aswedanam, Mahavastu, Matsyashakalopamam<sup>3</sup>, and Acharya Sushruta described its symptoms as Krishna-Aruna Vamata.<sup>4</sup>

**MATERIALS & METHODS**

**PLACE OF STUDY:** OPD of Rajkiya Ayurveda Hospital, Patna, Bihar

**CASE REPORT:** A 55-Year-old male patient came to the OPD of Rajkiya Ayurveda Hospital, Patna with Registration no.82419b00867 with chief complaints

1. Severe itching
2. Burning sensation
3. Pain

4. Lesions over the whole body
5. Scaling of skin and falling during rubbing

**ON EXAMINATION** Lesions were scaly papules over both hands and legs, whole abdomen with symmetrical and well-demarcated. On the basis of clinical history and examination, the condition was diagnosed as plaque psoriasis.

Auspitz sign- present

Candle grease sign- not present

**HISTORY OF PRESENT ILLNESS:** - Patient was asymptomatic for 5 years. After that, he developed complained of a scaly rash on his for the arm which gradually progressed and involved his whole abdomen and both legs. There is severe itching and rashes along with a burning sensation and scaling after scratching on enquiry he said that lesions aggravate in winter. He had taken the allopathic drug for 1 year, but only symptomatic relief was provided by it due to discontinuity again the symptoms aggravated.

**PAST HISTORY:** Not significant

**FAMILY HISTORY:** Not significant, **PERSONAL HISTORY**

Table 1: Personal history

Name: xyz	Appetite: Moderate	Bowel: Irregular
Age: 55 yrs.	Dietary habits: Mixed	Sleep: Normal
Wt.: 70kg	Bladder: Regular	Habitat: Urban
Occupation: Business	Social status: Middle class	Agni: Madhyam
Bala: Madhyam	Koshtha: Madhyam	Addiction: None

**ASHTAVIDHA PARIKSHA**

Table 02: Asthavidha pariksha

Nadi(pulse)- 74/min	Shabda(speech)- Clear
Mala(bowel)- Mild constipated	Sparsha(touch)- Normal
Mutra(bladder)- Normal	Drika(eyes)- Normal
Jivha(tongue)- Slightly coated	Akriti(built)- Madhyam

**PLAN OF TREATMENT:** Anubhuta Prayog was selected for the treatment of disease in the form of internal and external uses.

Selected Drug for Internal and External Uses:

Table 03: Dose, Route of administration, Anupan of drugs used

Name of medicine	Dose	Route	Kala	Anupana
Chopchinyadi churna	3gm	oral	After the meal (2 times)	Lukewarm water
Bakuchi churna	250mg			
Amrita satva	500mg			
Rasamanikya	125 mg			
Mahamanjsthadi kwath	20ml			An equal amount of water

Kaishore guggul	2 goli			Lukewarm water
Arogyavardhani vati	2 goli			
Gomutra	-----	Local(prakshalana)	2 times	-----
Kajjalikodaya mlahara	3gm (or as required)	Local application	2times	-----

Duration: 60 days of treatment with regular follow-up every 15 days

**ADVISED PATHYA APATHYA; -**

Table 4: Pathya- Apathya

Regimen to follow(pathya)	Regimen to restricted(apathya)
Green vegetables, fruits, lukewarm water, ginger water. Adequate sleep, hygiene maintains, wearing clean cloth, bath with some Neem leaf water, free from stress	Nonveg, salty spicy meal, sour food, junk foods, curd-fish. Diwaswap, bad habits

**Assessment of Effect of Drug on The Basis of Grading Pattern of Subjective and Objective Parameters: -**

Table 05: Grading pattern of Subjective and Objective parameters

<b>Lesion (Rash)</b>	Grade
Severe	3
Moderate	2
mild	1
No lesion	0
<b>Kandu(itching)</b>	Grade
Severe	3
Moderate	2
Mild	1
No itching	0
<b>Scaling</b>	Grade
Severe	3
moderate	2
Mild	1
No scaling	0
<b>Daha (burning sensation)</b>	Grade
Severe	3
Moderate	2
Mild	1
No daha	0
<b>Toda(pain)</b>	Grade
Severe	3
Moderate	2
Mild	1
No pain	0

**OBSERVATION & RESULTS: -**

Table 6: Progress of treatment

Follow up visits	Lesion	Kandu	Scaling	Daha	Toda
After 15 days	3	3	2	1	2
After 30 days	2	2	1	1	1
After 45 days	1	1	1	0	0
After 60 days	1	0	0	0	0

Assessment of signs and symptoms of the patient regarding Psoriasis was done during each follow up i.e

after every 15 days. The above table shows that there is significant relief in all signs and symptoms of Pso-

riasis after 2 months of intervention. It means the selected management of Psoriasis is effective.

## DISCUSSION

According to Ayurveda, Psoriasis (Ekakushtha) is a vata-kapha dominant disease with scaly lesions, itching, burning, and pain are the clinical features. Drugs in Anubhuta yoga having Chopchinyadi churna have anti-inflammatory action which relieves pain and action in skin disease. Amrita satva acts as an immunomodulator which increases the immunity of the body. Bakuchi churna acts as a blood purifier and improves the colour of the skin. Rasamanikya<sup>5</sup> has antimicrobial property, kanduhara, and increase the colouration of the skin. Whereas Arogyavardhani vati helped to improve liver function by removing

the toxins, raktavardhan. Kaishore guggul acts as a blood purifier. Mahamanjisthadi kwath acts as the best blood purifier. Externally used drugs were Gomutra<sup>6</sup> for shodhan, and ropana for lesions. It has antihelmintic, antifungal, and healing properties. After external washing of lesions areas, Kajjalikodaya malhara<sup>7</sup> was used topically which has vranaropaka property. Its ingredients have lekhan properties which remove scaling of lesions and control itching. Along with the above medications, pathya-apathya and hygiene maintenance were also advised to the patient. The patient followed all protocols of treatment and responded very well to treatment.

## CONCLUSION



Fig.1 Before Treatment. Fig.2 After Treatment(30 days) Fig.3 After T treatment (60 days)

Hence it is concluded that the external use of Gomutra and the local application of Kajjalikodaya mlahara along with the internal use of herbomineral drugs and proper hygiene maintenance are highly effective in the management of Psoriasis (Ekakushtha).

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