

Importance of *Shodhana* in the Management of Skin Disease with special reference to Psoriasis – A Case Study.

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ABSTRACT: Psoriasis is an autoimmune disorder with high recurrence rate. In modern science there is no specific medicine available for the complete cure of the disease. Ayurveda has explained the disease under the heading of *Kushta*. It is advised to administer *Shodhana Karma* in such disease. So it was an attempt done to show the effect of *Shodhana* in the management of Psoriasis (*Vamana, Virechana and Raktamokshana*) because the *Dosha* involved in the pathogenesis of any disease may aggravate even after *Shamana* therapy but not after *Shodhana* if done in appropriate manner after *Dashavidh Pariksha*. A male patient of 57 years old having psoriatic patches all over body since 6 years with sever itching started with a single patch over abdomen but ignored by him and treated with local ointments but the result was a big zero. Patient came to the OPD of Jupiter Ayurved College, Nagpur. After detailed history of patient and his life style patient was advised to do *Nidana Parivarjana* and a chart of do's and don'ts i.e. *Pathyapathya* given to him to strictly follow it. Then it was decided to treat the patient with *Shodhana* as per classical references. Before starting with the *Vamana* he was first treated with *Rukshana Churna* for 7 days (A.H.S. 16/37) with the help of *Triphala, Vidanga, Mustha and Khadir* 500mg each in combination trice a day for 7 days. Then the assessment of his patches, itching sensations, discharge was noted. Then he was administered *Vamana* by *Yashthimadhu Phanta* and *Nimbatwaka Kwatha* preceding *Snehapana* by *Panchatikta Ghrita*. After *Sansarjana Krama* patient was taken for *Virechana* by *Jayapala* containing medicine i.e. *Ichchabhedi Rasa* followed by *Raktamokshana* by *Siravedha*. A very well significant result was obtained in resolution of psoriatic patches, itching and discharge through the patches. Before and after treatment data in each process was collected in form of photographs. Details will be provided at the time of presentation. May this will help many students, scholars, physicians in future.

Keywords: Psoriasis, *Kushta, Nidan Parivarjan, Shodhan, Vaman, Virechan, Raktamokshan*

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Introduction: Psoriasis is an autoimmune disorder with high recurrence rate. It is a complex, chronic, multifactorial, inflammatory disease that involves hyper proliferation of the keratinocytes in the epidermis with an increase in the epidermal cell turnover rate. Environmental, genetic, and immunological factors appear to play a role. It is diagnosed clinically. There are various types of psoriasis like vulgaris, plaque, guttate, inversus, pustular. In modern science there is no specific medicine available for the complete cure of the disease. Ayurveda has explained a disease having similar symptomology under the heading of *Kushta*. In this *Kushta* it has been advised to administer *Shodhana*^{1}.

So it was an attempt done to show the effect in the management of Psoriasis through *Shodhana Karma* (*Vamana, Virechana and Raktamokshana*) because as per *Acharya Charaka* the *Dosha* involved in the pathogenesis of any disease may aggravate even after *Shamana* therapy but their elevation is not possible once they are removed from the body through *Shodhana Procedure*^{2} if done in appropriate manner after *Ashtavidh Pariksha*. In *Charak Samhita* it has been clearly mentioned that a physician should not get embarrassed if he is not able to diagnose any disorder by its name. Instead of that he must find the *Dosha* predominant and their imbalance in such patient and should treat these *Dosha* instead of disease ^{3}. Treating *Dosha* should be the prior goal of any physician because their imbalance is

solely responsible for the production of any disorder ^{4}.

Patients Information

A male patient (XXX) of age 57 years came to the *Panchakarma* OPD of Jupiter Ayurved College, Nagpur on 12/6/2021. He belongs to Muslim community with the middle class economic status. He was complaining about the patches spread all over the body having severed itching in them and oozing of a watery discharge from the patches since 6 years making his life worsen. The patches from different angles were taken with his due permission. In the OPD patient was asked to write down in his own handwriting and understandable language that how the disease he has been suffering since years commenced and progressed furthermore.

Case History

On next day patient came with the note of his own handwriting that he was well before 6 years. Then he developed one indurated patch on abdomen with itching over it in 2015. He ignored it for some days and applied local ointments. But it was not resolving. Then multiple patches started appearing over the body (2016). Then he got to know that that was a serious problem. He took medicines from general practitioner near his residence, still he did not get satisfactory relief. He tried each and everything he could but the result was a big zero. Some of his friend advised him to take *Ayurvedic* treatment since he had got a good relief on skin disease he was suffering from. With this background patient came to us.

Ashtavidha Parikshan {5}

| | |
|-----------------|------------------------|
| Nadi (Pulse) | : 76/min |
| Mala (Stool) | : Samyaka. |
| Mutra (Urine) | : Ati mutra pravartana |
| Jivha (Tongue) | : Alpa Sama |
| Sparsha (Touch) | : Samashitoshna. |
| Shabda (Speech) | : Spashta |
| Drika (Eyes) | : Prakrita |
| Akriti (Built) | : Madhyama |

Systemic Examination:

- RS : Air entry bilaterally equal, No Adventitious sounds
- CVS : S1S2 normal, Apex beat in position. No murmurs.
- CNS : Conscious, well oriented.

Per abdomen examination

- Soft, NT
- Liver/Spleen/Kidney : NP
- Percussion : Resonant

Investigations

All the basic blood investigations were done at the Jupiter Ayurved college, Nagpur like Complete blood count, fasting and post meal blood sugar levels, electrocardiogram, bleeding and clotting time, and all the investigations were within normal limits which are as follows -

CBC : Hb - 11 gm%, RBC - 4.25 millions/cumm, TLC - 6500 /cumm, Neutrophils - 58 %, Lymphocytes - 26, Eosinophil - 4%, Monocytes - 6%, Basophils - 01 %, Platelet - 174000/cumm, ESR - 11 mm/hr, Fasting BSL - 89 mg/dl, Post prandial - 126 mg/dl, Bleeding Time : 2 min, Clotting Time : 6 min

Other History

- Known case of Hypertension (since 8years) and on tab Amlodep AT (5-50) once a day

- Known case of Type 2 Diabetes Mellitus and on tab Metformin 500 mg twice a day before meal
- No history of Ischemic heart disease, Asthma, tuberculosis or any other major illness
- No any surgical history.
- No documented drug allergy.
- Family History is also not significant

Hetu

- **Aharjanya** : Excessive salt consumption, non-veg (fish, chicken etc) very frequently.
- **Vyasana** : Madyapana (Wine-180ml) Once or twice in a week since many years. Smoking 8-10 cigarettes daily, 10-15 cups tea daily, Kharra (tobacco) daily
- **Vikrit Srotasa** : Raktavaha, Rasawaha, Swedovaha.
- **Vikrit Dosh** : Tridosh (Kapha dominance)
- Vikrit Dushya** : Tvacha, Rakta, Mansa, Lasika {6}.

Management

It has been said in *Ayurved* that avoiding the causes of disease is one of the treatments of that disease, that's why *Nidana Parivarjana* is advised to the patient and a life style modification chart was given to him having indications from waking up in the morning to going to the bed. A chart of Do's and Don'ts (*Pathyapathya*) is also provided to the patient.

Rukshana

As per the reference from *Astanga Hridaya*, it was decided to give Rukshana {7} in this patient with the help of following drugs.

Triphala (500mg), Vidanga (500mg), Nagarmotha (500mg), Khadira

(500mg) in combination thrice a day for 7 days (15/6/2021 – 21/6/2021)

| Lakshan | Before Rukshana | After Rukshana |
|--------------------------|--|---|
| Patches | Endurated patch | Enduration decrement in some patches |
| Itching | Sever and continuous itching | Intensity of itching decreases with occasional itching |
| Discharge | Discharge was present from the patches | No discharge since 4 th day of <i>Rukshana</i> |
| Patients estimate | Patient was fed up of his disease | A light of hope developed in patient |



Vamana

After *Rukshana* it was planned to give *Vamana* to the patient and for that *Snehapana* is started from (23/6/2021 – 29/6/2021) with the help of ***Panchatikta Ghrita*** in *Vardhamana Matra* for 5 days

Madhyam Snhena {8}. During this period all the instructions has been given to the patient as per text and his life style. And finally, *Vamana* was conducted on (01/07/2021) with the help of *Nimbatwak Kwatha* and *Yashthimadhu Phant*.

Results:

| | |
|------------------------|--|
| <i>Laingiki</i> | <i>Daurbalya (Weakness), Laghavata (Light and fresh)</i> |
| <i>Antiki</i> | <i>Pittanta</i> |
| <i>Vaigiki</i> | <i>8 Vega</i> |

After *Vamana* also the assessment was done as above and found an improvement than the former assessment. Pitchers were taken in the angles taken previously for comparison.



Vaman Procedure



Before Vaman



After Vaman

Virechana:

After *Sansarjana Krama* for *Vamana*, *Virechana* was planned in a row. For that *Snehapana* was given for 3 days with *Panchatikta Ghrita*

Virechana was done with the help of *Ichchhyabedi Rasa 2 tab* along with *Shita Jala* as *Anupana* having *Jaipala* as its main content

Results:

| | |
|-----------------|------------------|
| Laingiki | <i>Laghavata</i> |
| Antiki | <i>Kaphanta</i> |
| Vaigiki | 18 Vega |

The same assessment was done after *Virechana* also showing better improvement than the previous assessment. Pitchers collected from the same angles as that of previous.



Raktamokshana

Raktamokshana was done from a great sephanous vein with 18 number needle in a quantity of 250 ml.



Raktmokshan Procedure



Before Rakamokshan



After

Raktamokshan

Similar assessment criteria are applied here also.

Patient's Estimate

According to the patient there was a gradual fainting and resolution in

the patches all over the body with no itching and no discharge at all during all *Shodhana* procedures.

Follow up and Result :

| | | |
|---------------------------|--------------|---|
| 1 st Follow Up | 16 / 9 / 21 | No itching, No discharge, Patches size decreasing and the colour started fading and elevations also started becoming flat |
| 2 nd Follow Up | 20 / 10 / 21 | No itching, No discharge, Patches size decreasing and the colour started fading and elevations also started becoming flat comparing with the previous follow up, No new patch was noticed. |
| 3 rd Follow Up | 22 / 11 / 21 | No itching, No discharge, Patches size decreasing and the colour started fading and elevations also started becoming even flat merging with the skin surface now. No new patch was noticed. Patient was happy |

At a glance assessment of the patient's disease is shown from the photographs at different intervals of different treatment by various *Shodhana Karma* and final assessment after three follow ups was also recorded in the form of pictures before and after the *Shodhana*.



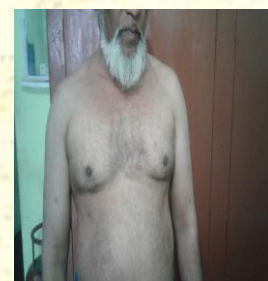
Before



After



Before



After

Consent :

Written consent of the patient was taken before conduction the *Panchakarma* procedures in the Hindi language.

Discussion: *Kushta* is *Saptadushta Sangraha Vikara* as per Ayurveda, including *Twak* (skin), *Rakt* (blood), *Mans* (Tissue) and *Lasika* (Serous fluid) along with the *Tridosha* [9]. *Vaman* and *Virechana* procedure help to remove the vitiated *Dosha* from the body resulting in non-relapsing condition of the *Kushta*. Through *Vamana* the vitiated *Kapha Dosh* is expelled out of the body resulting in reduction in the size of the patches and relief in the itching as the elevation in the patches are caused by *Kapha* and itching to results from vitiated *Kapha*. *Virechan* removes vitiated *Pitta* from the body resulting in improvement in the metabolic procedures in the body reducing the production of the *Ama* thus resulting in good health. *Raktmokshan* removes the vitiated *Shakhagat Dosha* circulation in the blood through bloodletting.

Conclusion:

From the study done above it is clear that, *Shodhana Karma* have the power to treat the dreadful diseases in the society if used properly. It does not cause any sensitivity reactions to the body, neither form a resistance in someone, In *Ayurved* also frequent *Shodhan* procedures are advised in the patient suffering from *Kusht*.

Through repeated application of various *Panchakarma* procedures along with the oral medication's complete removal of the vitiated and deranged *Dosha* in the body occurs. Along with these *Panchakarma* procedures patient also been advised various oral medications like

Arogyavardhini Vati, *Gandhak Rasayan*, *Sukshma Triphala*, *Krumikuthar Ras*, *Vidagarisht* and *Khadirarisht* and it is also been advised to the patient to be ready for regular *Panchakarma* procedures.

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