Case Study

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EFFECT OF SHODHANA AND SHAMAN CHIKITSA IN THE MANAGEMENT OF PSORIASIS: A CASE STUDY

Vishal Aggarwal ^{1*}, Tinkle Rani ¹, Arun Gupta ²

¹ PG Scholar, Panchakarma Department, Ch. Brahm Prakash Ayurved Charaka Sansthan, New Delhi, India

² Professor, HOD, Panchakarma Department, Ch. Brahm Prakash Ayurved Charaka Sansthan, New Delhi, India

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*Corresponding author

E-mail: dr.vishalagg@gmail.com

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ABSTRACT

Psoriasis is a visible skin condition of chronic origin substantially affecting the physical as well as psychological life of the person thus affecting the quality of life. To combat the same, modern medicine comes with varieties of treatment options but none of them fully cure neither give very promising results to improve quality of life. In Ayurveda, Psoriasis shares the correlation with Ekakushtha. The aim of this study is to evaluate the role of Ayurveda treatment modalities in Ekakushtha. A male patient aged 27 years presented with the signs and symptoms as well-defined, slightly raised silvery scales all over the body, mainly presented on flexors surfaces of bilateral legs, hands and over the trunk region along with severe dryness of whole body, powdery discharge with severe itching, diagnosed as Ekakushtha (chronic psoriasis) and was treated with both external and internal medications, which included Vaman Therapy (purificatory emesis) and Shamana (palliative treatment). Shodhana was given as Samyak Snehan (proper oleation) followed by Vamana Karma (therapeutic emesis), in which vitiated Doshas are expelled out through Urdhvamarga (through mouth) and Shamana was given by classical Ayurvedic medications. At the end of Vamana, Pittantik Vamana was achieved. Patient felt notable reduction from erythema, Kandu (itching) and scaling during treatment. This case study showed Vaman karma followed by palliative treatment to be a better treatment option which gives significant improvement in Psoriasis.

Keywords: Psoriasis, Ekakushtha, Vaman Karma, Shodhan, Shaman.

INTRODUCTION

A very famous common saying, “first impression is the last impression” beautifully explains that skin is the first expression of a person and sometimes even expresses the health of a person since it reflects the harmony of the internal functions of the body. Psoriasis is a skin condition which affects the person on physical as well as on psychic levels since it is clearly visible to the other people unlike other health conditions. A chronic version of the same makes it even more difficult to deal with as it may take a toll on one's social life, relationships, self-confidence and even more, for being an everyday part of life which ultimately creates a situation of being in depression, anxiety and self-doubt.

Psoriasis is the consequence of a speeded-up skin production process due to over active immune system and is commonly found recurrent autoimmune disease. Here the lifecycle of the skin cells get speeded up which causes the skin cells to build up rapidly over the skin. The extra cells form scales and red patches which are itchy and sometimes painful. The present lifestyle and food habits makes it even easier to develop the pathogenesis and increasing the prevalence of the disease. It is a common dermatological problem affecting the population with the prevalence rate of 0.44% - 2.8% in India¹.

As per the Ayurvedic literature, Psoriasis shares the resemblance with one of the 18 types of kushtha, named Ekakushtha. Acharya Charaka in Charaka Samhita briefly explained about its Nidana, Purvarupa, Roopa and Chikitsa. Mithyahara and Mithyavihara (irregular food habits and lifestyle), virudhahara (consumption of foodstuffs such as dairy products with fish, black gram, seafood sour and salted items that are not supposed to be taken together), not properly following the regime after any Panchakarma

procedure, suppression of the natural urges, disrespecting the deities or the persons which are supposed to be worshiped and respected, etc; are described to make the etiology² to further aid in making the pathogenesis to vitiate three doshas and thus cause Shaithilya of twak, mamsa, lasika and Shonita³. The Shithilata doshas get localized there and produce kushtha. Patient usually came to the clinical setup with the complaints like kandu, srava and whitish scaly lesions. Other than these Aswedana (reduced sweating), Mahavastu (extended skin lesion), Matsyashakalopamam (scaling of skin similar to scaling in fish) are the cardinal features of Ekakushtha⁴. The three fold fundamental management of Ayurveda science aims to cure chronic diseases like Ekakushtha with Shodhana (purification), Shamana (pacification) and Nidana Parivarjana (avoidance of causative factors). Since Ekakushtha is a kapha pradhana vyadhi and originated due to Santarpanotha Nidana, Vaman karma was selected for the present case study followed by shaman chikitsa for one month and proved to be a better treatment option with significant improvement.

Case report Patient Information

A 27 year old male patient, visited in OPD of Chaudhary Brahm Prakash Ayurved Charaka Sansthan, Khera Dabar, New Delhi, with the following complaints- Whitish to reddish scaly lesions over whole body at multiple site since one year, with itching, discharge and discolouration on 12 march 2020. According to the patient he was asymptomatic one year ago and first noticed a lesion on the left hand, as the time passes, it further spread to various bodily parts gradually seeking to which he visited a nearby clinic and get some topical application and got relief for that period of time and again it started and the condition become

worsened. Personal history reveals that patient had an irregular job timing patterns including irregular food habits, irregular timings of food and eat too much of non-veg foods, use of dairy products like milk with unwholesome combinations for almost all the days adding to which sleep pattern was also disturbed which usually resulted in a sleep deprived state. Clinical examination was done as follows.

Ashtavidha Pariksha

- Pulse (Nadi)-76/min
- Stool (Mala)- Constipated (Vibandha)
- Urine (Mutra)-Normal
- Tongue (Jihva)- Coated (Saam)
- Speech (Shabda)- Normal speech
- Skin (Sparsha)- Rough (Khara)
- Eyes (Druk)- Normal
- Built (Akriti)- Medium (Madhyama)

Skin Examination

1. Inspection

- Appearance- well-defined, slightly raised silvery scales all over the body, mainly presented on flexors surfaces of bilateral legs, hands and over the trunk region along with severe dryness of whole body
- Colour- Reddish to White silvery scales
- Uniformity- Generalized
- Thickness- More than 0.5 cm in diameter
- Lesions- Plaques, Dry skin

2. Palpation

- Temperature- Warm
- Texture- Rough

3. Signs

- Oil drop sign- Positive
- Candle Greece Sign- Positive
- Auspitz Sign- Positive

Based on the clinical presentation it was considered as psoriasis, thus treated on the line of treatment of kushtha. As the associated features indicating an aggravating state of kapha dosha, thus Samshodhan (vamana karma) followed by Sanshamana was planned accordingly.

Plan of treatment

Shodhan chikitsa (vamana karma) followed by shaman chikitsa.

1. Shodhan chikitsa

Poorvakarma

1. Examination and initial assessment of the patient
2. Explanation of do's and don'ts to the patient
3. Deepana pachana
14/03/2020- Chitrakadi vati 2 TID
15/03/2020 - Chitrakadi vati 2 TID
16/03/2020- Chitrakadi vati 2 TID
4. Antah Snehana (internal oleation): Shodhanartha Snehapana with Mahatriphala ghrita.

Table 1: Schedule of Antah Snehana (Shodhanartha Snehapana)

Day	Date	Dose	Time of Ghee administration	Kshudha Kala (Hunger time)
1.	17/3/2020	50 ml	6:37 AM	2:45 PM
2.	18/3/2020	80 ml	6:40 AM	1:40 PM
3.	19/3/2020	120 ml	6:32 AM	7:10 PM
4.	20/3/2020	180 ml	6:31 AM	5 PM
5.	21/3/2020	200 ml	6:35 AM	3:05 PM

5. Visrama kala: On 22/03/2020

Kaphotkleshaka Diet- Dahi, milk, sweet dish like Suji halwa.

6. Bahya Snehana (external oleation with Brihat Marichyadi oil) and Swedana (with Dashmoola Bashpa Swedana): on 22/03/2020 and 23/03/2020.

Pradhana karma

Vaman karma on 23/03/2020

Vaman Yoga- Madanaphala Pippali Churna 6 gm + Saindhava 2 gm + Madhu (quantity sufficient)

Vamanopaga dravya: Yashtimadhu Phanta.

Table 2: Drug administered during Vaman Karma

Drug	Quantity
Milk	2500 ml
Vaman Yoga	6 gm
Yashtimadhu Phanta	3000 ml
Lavanodaka	2000 ml

Table 3: Inferences after Vaman Karma

Maniki (measurement) Input	7500 ml
Maniki (measurement) output	8200 ml
Antiki (procedural Inference)	Pittantik Vaman
Vegiki (number of emetics)	5 + 4
Laingiki (symptoms)	Samyak Shuddhi lakshanas present
Type of Shuddhi	Madhyam Shuddhi

Paschatkarma

Hands and face washed with Luke warm water. Dashmoola haridradi Dhumapana was given. Explanation of Samsarjana karma was done. Parihara vishyas to be followed was explained.

Since the type of Shuddhi attained was Madhyam, hence Samsarjana karma (Peyadi karma) advised for 5 days.

2. Shaman chikitsa for one complete month.

Table 4: Shamana chikitsa

S. No.	Drugs	Dose	Route of administration
1.	Arogyavardhini Vati 125 mg	2 tabs BD	Oral
2.	Panchanimba churna	6 gm BD	Oral
3.	Brihatmanjishthadi Kwath	40 ml BD	Oral
4.	Brihat Marichyadi oil	TDS q. s.	Local Application

RESULT

Treatment gone better than what was expected. Improvement was seen during the snehapana kala itself as the scaling was markedly reduced. After vamana karma, there was significant decrease in itching and discharge also. Patient came for follow up after 7 days (after Samsarjana karma) and there were more remarkable changes noticed in scaling, dryness, itching and discharge and

prescribed for shaman chikitsa. Then after one month, he again came for follow up then the skin came almost near to normal appearance. During 5 months course of the above treatment and five follow-ups the patient improved about 70% - 80% in all the symptoms. There was significant reduction in itching and discolouration of the skin and there is no evidence of recurrence till date August 2020.

Figure 1: Before Treatment

Figure 2: After Treatment

DISCUSSION

Psoriasis is usually considered as an incurable disease in modern system of medicine thus never guarantees a cure but provides treatment objectives which aim towards improving the physical as well as psychic life style in day to day basis and aids for improving the quality of life. To comply on these, usual treatment objectives include removal of the scales and cease the cascade of events of rapid skin growth due to overactive immune system, for which there is a wide range of treatment options like topical applications (corticosteroids ointments), light therapy, Photodynamic therapy, vitamin A derivative, vitamin D analogues, anti-inflammatory drug therapy, stress management, petroleum jelly, ultraviolet light therapy, moisturizer, etc.

Probable Mode of Action of Vamana Karma

The present case was examined properly and found to be a case of psoriasis which resembles Ekakushtha, a Vata Kaphaja type of tridosha imbalance, for which we planned to give shaman chikitsa only after Samshodhan so that there will be better absorption of the shaman medication as the bodily channels (Strotasa) are much more absorptive for drugs, after Samshodhan chikitsa, therefore vamana karma was considered as the treatment choice.

To make the Shithil doshas to get detached from the Leenastha dhatus, Ama has to be removed thus deepana pachan was performed to digest the Ama which makes the Dosha Nirama and increases the Agni.

Abhyantara Snehana helps to lubricate the Strotasa for the streamline flow movement of the aggravated morbid doshas and dissolve the Dosha to increase the volume for proper flow of the Vegas and makes the Dosha free from their binding sites, Abhyanga and Swedana helps the Dosha to liquefy and disintegrate. All these preparatory measures help to mobilize the Dosha from Shakha to Koshta. Deepan Pachana was done by Chitrakadi vati 2 TID for 3 days and 4th day onwards snehapana was started with Mahatriphala ghrita and Samyak Snigdghata (proper oleation) was observed on the 5th day. On 6th day, Visrama kala, kapha Utkleshana ahara was given and Bahya Snehana and Swedana were done. On 7th day, after performing the Bahya Snehana and Swedana, vamana karma performed early morning, specifically in Kaphaja kala, using Madanphala, Saindhava, and Madhu. Madanphala being anapaayitwat (not causing any complication), tikta and Madhur in rasa, is laghu, ruksha and ushna, acts as a better emetic agent in kapha aggravated conditions such as kushtha, Anaha, Shoth, Pratishyaya, etc. Madhu with Saindhav lavana performs the action of kapha Chedana and vilayana. To further accelerate and for the continual emetic action of Madanphala, Vamanopaga Yashtimadhu Phanta was used, as it is vata-pitta pacifying, aids in the proper and painless expulsion of Apakva pitta dosha, also, its Madhur rasa helps in soothing the buccal cavity irritated due to the wear and tear of the buccal mucosa due to upcoming Vegas and katu pitta. By vamana Dushita kapha along with Apakva pitta was removed thus breaking the pathogenesis of Ekakushtha. After achieving Madhyam Shuddhi, Samsarjana karma was advised for 5 days of Peyadi karma, to replenish the gut mucosa which is severely affected during the tedious process of Shodhan karma.

Probable mode of action of Shaman Medications

Arogyavardhini vati is one of the many magical Ayurvedic formulations which are strongly prescribed in myriads of ailments and works wonders for various skin conditions. The abundance of Triphala and Kutaki with other ingredients performs the action of various kind right from the pitta Virechan from the liver, removal of Ama from the microcellular levels, to anti-inflammatory action, making it an option to be opted for Kushtha, Yakrit Vikara, Fever, Oedema, Jaundice, Indigestion, deranged metabolism and various skin disorders⁵. With the consideration of the above facts Arogyavardhini Vati was chosen for the present case.

Pancha Nimba Churna is a single drug medicine made with different parts of the plant, belongs to the medicinal group described in Kushthadhikara, indications being all types of Kushtha, Visarpa, Nadi Vrana, Dushta Vrana, Kamala, diseases occurring due to vitiation of kapha, rakta and pitta⁶.

Brihat Manjishthadi Kwath having abundance of tikta dravyas performing the action of kapha pittaghna, Rakta Prasadana, Vishaghna, Kushthaghna, Kandughna and Daha Prashamana, thus indicated in Kushtha, Jwara and Vatarakta which has dominancy of Pitta dosha and Rakta as dushya⁷, hence proving its necessity to be used in the present case.

Brihat Marichyadi Taila is used as a topical application as it performs as a vehicle for delivering the desired drugs to the local site of lesions. It contains mostly drugs having katu and tikta rasa predominance and being an oil base, it also performs the action of vata shaman and thus reducing the scaling of the skin. Main indications are Kushtha, Vrana, Pama, Vicharchika, Visphota⁸, etc.

CONCLUSION

It has been concluded that shaman chikitsa after performing shodhana chikitsa gives better results in breaking the samprapti Vighatana and treating the skin condition, psoriasis which usually termed next to incurable as per the modern medicine. Hence one must always provide a shodhana chikitsa before shaman chikitsa for the deeper rooted skin conditions like psoriasis.

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