



## Effect of shodhana and shamana chikitsa in mandala kustha (psoriasis): a case study

Jyoti Bala Sahu\*<sup>1</sup>, Anand B. More<sup>2</sup>, Nandini A. More<sup>3</sup>

1. MD. Scholar P.G. Dept. Of Roga Nidana EvamVikriti Vigyana,
2. Professor and H.O.D. M.D. Ph.D. (Roga Nidana) Dept. Of Roga Nidana EvamVikriti Vigyana. Contact No.9422025732, Email.Id. = [drmoreanand@gmail.com](mailto:drmoreanand@gmail.com)
3. Associate professor, Deptt. Of Rasa Shastra Evam Bhaishajya Kalpana, Contact No. 9422004732, Email Id. – [drnandinimore@gmail.com](mailto:drnandinimore@gmail.com)

Bharati Vidyapeeth (Deemed To Be) University Pune, Maharashtra.

\*Corresponding Author: Contact No. 7083699585, Email.Id. – [drjyotisahu08@gmail.com](mailto:drjyotisahu08@gmail.com)

### ABSTRACT:

Skin is the largest organ of the body both by surface area and weight. This covers the entire body. The thickness of skin varies considerably over all parts of the body and between young and old, men and women. It helps to regulate body temperature, stores water fat and permit sensation of touch. Psoriasis is a chronic dermatosis characterized by covered by silvery loose scales. Treatment available on contemporary system is not curative but suppressive only. The prevalence of psoriasis is 8%. Prevalence equal in males and females. A case of Mandala Kustha discussed here. Patient successfully treated with Shodhana (Virechana karma) & Shamana Chikitsa. After course of 2 months treatment provides significant relief in Sign and

Symptoms. In our classics mentioned Shodhana Chikitsa for Kustha Roga. Considering the sign and symptoms of patient was treated with classical Virechana karma (therapeutic purgation) and Shamana Chikitsa according to line of treatment of Kustha (Psoriasis). Assessment was done on before treatment, after treatment and after follow up of 2 months; pictures were taken before treatment and after treatment. Remarkable improvement was noticed, induration and itching after Virechana treatment.

**Keywords:** Kustha, Mandala Kustha, Shodhana Chikitsa, Virechana Karma, Shamana Chikitsa.

### INTRODUCTION:

In Ayurved skin is stated as Tvaka or Tvacha. Tvacha is Adhishtana of one of

the Panchagyanendriya i.e. Sparshandriya . Tvacha is Adhishtana of Vayu and brings out its function. Bhrajaka pitta is located on the Tvacha for giving luster and colour and snigdhatta, shlakshnata, mrudduta, sthirata, prasannata, snigdhavarnata are the attributed to Kapha. The skin is the first line of defence against the environmental agent and mirror or internal pathology. Psoriasis is a chronic, relapsing skin disorder characterised by erythema and elevated scaly plaques<sup>(1)</sup>. In Ayurvedic classics the all Tvacha Rogas are described under one broad term called Kustha Roga. The classification of diseases is mainly bifurcated under two headings viz., Santarpanotha (excessive nourishing) and Apatarpanotha (nutritional deficiency), the understanding of which is very important to plan the appropriate line of treatment through Apatarpana Chikitsa and Santarpana Chikitsa, respectively. Diseases such as Psoriasis presenting with Bahudoshha Lakshanas are to be viewed under Santarpanotha Vikaras, the management of which is through Apatarpana Chikitsa, occupied mainly by Shodhanas such as Virechana Karma<sup>(2)</sup>. Virechana is useful in the disorders in which Pitta is associated with Kapha. Careful study shows that there is resemblance in symptoms of Mandala Kustha and Psoriasis.

### A CASE REVIEW:

A 29 year old Male patient. Presented with chief complaint of Arakta varna patches over above back, Gulpha Sandhi. Lesion having silvery scales and falling after rubbing with severe Kandu and Daaha. This condition clinically

correlated to Mandal Kushtha in particular described in Ayurveda. All these symptoms started since last 4 years. All above mentioned symptoms were progressive in nature and this period patient consulted by many physicians, Dermatologist but did not get relief. On the basis of sign and symptoms patient were diagnosed as Pitta associated with Kapha Dosha Dushti in Mandal Kushtha (Santarpanjanya) according to Ayurved. On first visitation patient was carried out all routine blood investigations as Complete blood count, Blood sugar level, Liver function tests, Renal function tests and Routine and Microscopic Urine examination to rule out any possible associated disorder. But finding of these investigations were found within normal limits.

**Personal History:** Name – XYZ, Age – 29 yrs., Occupation – Business, Sedentary life style, Unmarried, Desha – Anoop Desha, Vyasana (Addiction) – No any specific.

**Asthavidha Pariksha (Clinical Observations):** Nadi (Pulse) – 78/min., Rakta chapa (B.P.) –130/80 mm/Hg. Mala (Stoola) – Sama, Mutra( Urine) - Pittavarni sadaha, Jivha – Sama, Shabda- Spastha, Sparsha – Khara, Druka – Avishesh, Akriti – Madhyama, Sveda (Sweating) – Atisveda, Nidra – Khandit, Agni – Mandya, Bala - Madhyama. **Hetu:** Aharaj Hetu - Katu, Lavan Rasatmak , Spicy, Vidahi anna, dairy products with fish, Viharaj Hetu - Diwasvapa, and Manas Hetu - Krodha atisevan.

**TREATMENT PROTOCOL:** The treatment is carried out in two phases.

**First Phase:** First phase of treatment included Shodhan Karma (Purification procedure) i.e. Virechana (Process of Purgation). Then strictly followed by Sansarjana Karma (Dietetic regimen) for

7 days. According to course of disease and involvement of Pitta-Kapha Dosha Dushti, Rakta Dhatu and Tvaka Dushti and Sharira –Manas bala of patients, we planned for Virechana karma.

**Table No. 1 For Shodhana Chikitsa (Virechana Karma):**

S.no	Karma	Drugs	Dose	Administration
1	Snehapana (Internal Oleation)	Mahatikta Ghrita	25ml., 50ml., 75ml., 100ml., 125ml.	Once in a day in early morning on empty stomach for 5 days. With lukewarm water.
2	Sarvanga Snehana & Swedana (External Oleation & Sudation)	Tila tail for Snehana and Nirgundi Vashpa sweda.	-	Once in a day up to 5 days. And on 7 <sup>th</sup> day. On empty stomach.
3	Virechana (Purgation)	Tab Icchabhedi Rasa	(125 mg.) 3 Tablets	On 7 <sup>th</sup> day, Anupana – Luke warm water. Total Vegas – 16
4	Sansarjana Karma (Dietetic regimen)	Mandapeyavilepi krit&akrityush, mamsa rasa		7 days.

**Second Phase:** After Shodhana, second phase of treatment Shamana Chikitsa initiated in the form of oral medication by using Kasha and Rasa Aushadhi and Nidan parivarjana.

**Table No. 2 Shamana Chikitsa (Pacifactory):** Certain drugs was given continuously for 1 Month-

S.no.	Drug	Dose	
1	Khadira	70gm.	2.5gm Thrice a day Svyanodana Kala with luke warm water.
2	Rasamanikya	125mg.	
3	Daruharidra	50gm.	
4	Nimbapatra	20gm.	
5	Chandan	60gm.	
6	Vidanga	20gm.	

**Table No. 3** First Follow up after one month and continuation of this drugs till second month.-

S.no.	Drug	Dose	
1	Arogyavardhini	30gm.	2.5gm Thrice a day Svyanodana Kala with luke warm water.
2	Chandan	60gm.	
3	Khadira	70gm.	
4	Vidanga	20gm	
5	Dhanyak	20gm.	
6	Ananta	20gm.	
7	Psora Oil (Sitaram Pharmacy)	3 times a day. (For local application).	

## RESULTS:

Effect of Shodhana Karma –

Red Patches lightened no Itching, Dryness reduced, Appetite improved, Niram Mala pravritti, Prakrit Mutra pravritti, Sweda samyaka.

## SKIN LESIONS:

### Before Treatment-



### After Treatment-



## VIRECHANA KARMA PROCEDURE & MODE OF ACTION:

Virechana karma is a type of Panchkarma Shodhana therapy; patient is made to undergo controlled purgation to flush out body toxins like Liver toxins, Colon toxins. Virechana is indicated in high Pitta condition like Skin disorders, Blister, Abscess, Liver disorders etc. Mahatikta ghrita is used for Snehapana (Internal Oleation), given at the morning time after assessing the strength of digestive fire and bowel nature, ghrita is given till proper Oleation symptoms appear (5 days). After internal Oleation, patient is given full body massage with Tila Oil for 25-30minutes, followed of whole body Sudation by used Nirgundi steam (10-15minutes) for 1<sup>st</sup> to 5<sup>th</sup> day and on 7<sup>th</sup> day. ON 7<sup>th</sup> day early morning on empty stomach patient is given Abhyanga, Swedana, after bath patient is given medicine for purgation like Icchabhedi Rasa 3 tablets with Luke warm water. Now patient is advised to walk for 20 minutes. Purgation starts after 30-60minutes. Total number of frequency is 16. After every frequency patient is given Luke warm water. This controlled purgation is beneficial to flush

out body toxins. And helps in maintaining normal functioning of body.

**DISCUSSION:** Psoriasis is a chronic and well known disease for its course of remission and exacerbation. On the basis of sign and symptoms that diagnosed as Mandala Kustha in Ayurved with predominance of Pitta – Kapha Dushti. Snehapana reduces the burning sensation (Daha), lubricates the body and thus reduces dryness over the scales. Virechana is carried out for Pitta and Rakta Vitiated diseases. Kustha is a Rakta pradoshaj vikara, so Virechana pacify the basic causative factors (Doshas) and brings early recovery. In Pitta predominant Kustha, Ushna and Tikshna Guna of Pitta increases in body so the dravyas having Sheeta Veerya should be use in this type of Kustha. Madhura, Tikta, Kashaya Rasa possesses Pittahara property, Kashaya Rasa does Raktavishodhana and rejuvenate Skin, Kapha and Lasika Shoshana is done by Tikta Rasa. Here some of the preparation selected on the basis of involvement of Dosha, Dushya of the disease. Khadira is the best medicine in all type of Skin diseases, Rasamanikya<sup>(4)</sup> is beneficial for Skin diseases, due to its contains Haratal. Daruharidra is Raktashodhaka, Nimba patra is Kapha Pittaghna, Vidanga is Krimighna, Chandan is Sheetal, Daaha shamak which is used in Pitta vikara, Dhanyaka is used in Daaha and Krimi roga. Ananta, Arogyavardhini is

Kusthahar. Psora Oil is best for skin diseases, especially Psoriasis, itching, scaling of skin. No progress of symptoms was seen during the course of the treatment, and after treatment.

**CONCLUSION:** As recurrent relapse is the major problem of Psoriasis patients, so Shodhan and Shaman chikitsa were proved beneficial in preventing relapse. It is concluded that, Ayurvedic line of management gives promotion and preservation of health by removing toxic wastes from body, which gives the healthy and peaceful life to patient. Hence it can be concluded that Shodhana Karma -Virechana Karma & Shamana Chikitsa are beneficial and safe.

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