



Effect of Vamana Karma in the management of psoriasis – a case study

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ABSTRACT

Psoriasis is a non-communicable, disfiguring, chronic, painful, and disabling disease for which there is no cure and creates a negative impact on patient's quality of life. The reported prevalence of psoriasis in India ranges between 0.44% to 2.8%¹ and that of developing countries ranges between 0.05% to 6.6% making psoriasis a serious global problem². Psoriasis causes great emotional, physical and social burden. *Ksudrakushtha* described in ayurveda consists of many skin disorders and one among them is *Kitibha-Kushtha*. It is *Vata- Kapha* predominant disorder with the features like *Shyavavarna*, *Kathin*, *Kharasparsh*, *Kandu*. Patients suffering from Psoriasis complain about substantial amount of dryness, itching, blackish-brown rashes which is characteristic feature of *Kitibha-Kushtha*, these symptoms shows *Vata-Kapha* predominance of disease. Ayurveda has unique treatment modalities which provides long lasting results and a better life to patients. *Shodhana* is one such modality

which is adopted in *Bahu Dosha* Avastha³. In this study one patient of *Kitibha-Kushtha* was taken. Patient was treated with Classical *Vamana Karma* (therapeutic emesis). The result was encouraging.

Keywords: Psoriasis, *Kitibha-Kushtha*, *Vamana Karma*, Ayurveda, *Panchakarma*

INTRODUCTION

Panchakarma is a unique treatment modality in Ayurveda which attracts the attention of people for the management of various disorders and also for their preventive and promotive effect. With an increase in awareness about Ayurveda and its global acceptance, it is the need of the hour to work on individual *Karma*, in a scientific manner. Therefore, in the present study *Vamana Karma* was been selected for the treatment of *Kitibha-Kushtha* (psoriasis). *Vamana* is a procedure in which the vitiated *Kapha Dosha* from all over the body is brought to *Aamashaya* (stomach) and is eliminated out by means of medically induced vomiting⁴.

For the *Vamana Karma*, *Madanaphala* is considered the foremost drug because it does not produce any adverse effect⁵. In Charaka Samhita apart from *Madanaphala*, five more *Vamaka kalpas* and in total 355 *Vamana yogas* have been described⁶. In *Kitibha-Kushtha* there is dominance of *Kapha* and *Vata Dosha* in particular and generalized vitiation of *Twak* (Skin), *Rakta* (blood), *Mamsa*(Muscle Tissue).It is one among the *Kshudra Kushtha* (minor skin diseases) with the. The symptoms in *Kitibha-Kushtha* correspond to that in psoriasis⁴. Thus, in the present study *Madanaphala* was selected as a drug of choice to conduct *Vamana Karma* in patient of psoriasis.

MATERIAL AND METHODS

The patient presented with signs and symptoms of Psoriasis along with clinically diagnosed & confirmed case of Psoriasis from OPD & IPD section of Dr. N A Magadam Ayurvedic Medical College and Hospital was taken for study.

CASE HISTORY

A 58-year-old man presented with a 7-year history of poorly controlled scaly papules, and plaques on his entire body along with itching and powder discharge. The patient came seeking an alternative treatment after multiple years of topical corticosteroid use with suboptimal results and difficulty applying the cream/ointment on his entire body. The patient has history of psoriasis in his family. He did not complain of joint tenderness, swelling, or stiffness.

TREATMENT GIVEN

Treatment	Yoga	Duration
<i>Dipana Pachana</i>	1.Tab. <i>Arogyavardhini rasa</i> 2 bid 2.Tab. <i>Chitrakadi vati</i> 2 bid	8 days
<i>Snehapan</i>	<i>Mahatiktaka Grita</i> 1 st day- 30 ml 2 nd day – 60ml 3 rd day – 90ml 4 th day – 120ml 5 th day – 150ml	5 days (upto <i>samyaka snigdha lakshana</i>)
<i>Vamana</i> ³	<i>Akanthapan</i> – milk 1.5 liter <i>Vamanopaga</i> – <i>Yastimadhu phanta</i> 8 liter <i>Vamana yog</i> – <i>Madhu</i> - 60ml <i>saindhava</i> – 10gm <i>Madanaphala churna</i> -10gm <i>Yastimadhu churna</i> -5gm <i>Vacha churna</i> – 5 gm <i>Saindhava jala</i> – 2 liter	1 day

RESULTS:



Figure 1 - Before Vamana Karma



Figure 2 - After Vamana Karma

DISCUSSION

According to Acharya Charaka, *Kushtha* is a *Bahudosha* condition and *Kleda Pradhana Vikara*⁷. He also emphasized on the important of *Sapta Dravya* (because *Saptadravyas* are playing as *Sannikrishta Hetus* for *Kushtha*) i.e. *Tridosha* and *Twaka, Rakta, Mamsa, Ambu*⁸.

Kushtha is produced when there is *Dosha Dushya Sammurchana* in *Twak*. *Kitibha-Kushtha* is *Tridoshaja Vyadhi* with predominance of *Vata- Kapha*⁹. Repeated *Shodhana Karma* is indicated in *Kushtha* due to involvement of *Bahu Dosha*¹⁰. *Samprapti*(~Pathogenesis) of *Kitibha-Kushtha* involves *Rasa, Rakta* and *Mamsa*

*Dhatu Dusti. Rasavaha, Raktavaha, Mamsavaha and Swedavaha Srotodushti*¹¹. Root cause for all the diseases is *Agnimandya*¹², which further produces *Aama & Aamavisha*, after a certain period of time this *Aamavisha* gets converted into *dushivisha* which is later exhibited as *Kitiba Kustha*¹³, the *Aamavisha* thus formed spreads to whole body and disturbs the normal physiology of the *Dhatu*, thereby rendering them *Shithila*. *Dhatu Shithilata* further progresses. The three *Dosha & Poshaka Amsha* of four *Dushya* reach the *Shithila Dhatu* & settle there to start the pathology in that tissue. Considering the status of *Agni, Dosha, Dushya*, and *Vyadhi Lakshana*, classical *Vamana Karma* was administered in this study. Due to *Ushna, Tikshna and Laghu Guna* (Hot, penetrating and light property) *Chitrakadi Vati* and *Arogyavardini Rasa* was used for *Deepana* and *Pachana* which helped in reducing the *Aama Dosha* and increasing *Agni*. There after *Mahatikta Ghritam* was given for the *Snehapana*. *Snehapana* reduced the burning sensation (*Daha*), lubricated the body and thus reduced dryness over the scales. The patches of psoriasis are dry & scaly. It is due to rapid turnover of epithelium, this is slowed down by *Mahatikta Ghritam* which provides proper moisture to it. As dryness is reduced, there was a soothing analgesic effect experienced by the patient. It can be said that *Mahatikta Ghritam* reaches deep into the body tissues causing partial rejuvenation of cell organelles and softening the stagnated metabolic wastes and makes their elimination possible. *Swedana* done removed obstruction in *Srotas* (~Channels) and helped to bring *Doshas* from *Sakha*

(~Periphery) to *Koshtha* by *Srotoshodhana* (~Purification of channels) and by the help of *Vamana Karma, Dosha* were eliminated. *Samshodhana* therapy has the capability of preventing relapse of disease. Acharya Charaka has specifically mentioned that there is a chance of recurrence of a disease when treated with only *Shamana* therapy (internal medicine) but when *Samshodhana* is done there is no chance of recurrence. Recurrent relapse is the major problem in Psoriasis patients so *Vamana Karma* will prove beneficial in preventing this relapse. The drugs used during *Vamana Karma* such as *Madanphla, Yastimadhu, Vacha, Saindhava, Madhu* are having *Tikta Rasa, Kandughna & Kusthagna* property.

CONCLUSION

In this case there was marked improvement in reduction of symptoms. The treatment applied here as described in our classics i.e, *Sodhana* in the form of *Vamana* helped in proper management of *Kitiba-Kushtha* (~Psoriasis). Hence *Shodhana Chikitsa* (~Bio purification) along with *Shamana Aushadi* (~Internal medicines) and *Pathyapathya* (healthy dietary and lifestyle regimen) can provide a ray of hope in management of *Kitiba-Kushtha* (~Psoriasis). Since it is a single case study, there is a further scope to conduct the study with larger sample size.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurlog: National Journal of Research in Ayurved Science- 2023; (11) (03): 01- 05

