



Case Study

## MANAGEMENT OF SCALP PSORIASIS THROUGH AYURVEDA: A CASE REPORT

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### ABSTRACT

*Kitibha* of Ayurvedic literature is compared and accepted with Psoriasis. It pacifies *Vata* and *Kapha Dosh*. Scalp Psoriasis is a widespread condition of the skin, which causes elevated, reddish, sometimes skinny spots. It may occur as one or several patches and even affect the whole scalp. **Objective:** To see the effect of *Ayurvedic* drugs and local applications can help in *Kitibha kushtha*. **Methodology:** In this case, a 20-year male patient had been experiencing symptoms of Reddish-white patches over-head, scaling of skin, Itching all over body. *Ayurvedic* medicines were used in the study for two months. **Discussion:** The major goal of the treatment is to help to eliminate scales. The medicines were used in the study also purify the impure blood. *Ashtmurti Rasayana*, *Gandhaka Rasayan* both are blood purifier also work as broad-spectrum antibiotics *Ashtmurti Rasayana* has *Jantughna* property. *Panch Nimba Churna* is purifying in nature. *Rasa Manikya* has antimicrobial property and balances *Vata-Kapha dosha*. It removes *Ama* (toxins) accumulated under the skin. *Godanti* helps in *Pitta* balance and anti-inflammatory property. **Conclusion:** Each science has its own fundamentals of the management and success rate with its own limitations. But still now an effective and promising cure for Psoriasis is not found. So, there is need of era to develop some Ayurveda treatment modalities for Psoriasis. Keeping the fundamentals of management in mind the current study was conducted which will be helpful for curing the *Kitibha Kushtha* (Psoriasis).

### INTRODUCTION

Psoriasis is a chronic inflammatory skin disease with a strong genetic predisposition and autoimmune pathogenic traits. Psoriasis is one such disease in which skin cells multiply ten times faster than normal. Nowadays the percentage of people suffering from Auto Immune diseases is increasing day by day. The clinical presentation varies from mild to severe and typically presents with asymmetric, sharply demarcated, silvery white erythematous scaly plaques. Though the exact cause for these diseases is unknown Many attribute it to bacteria or fungus that cause immune system alterations, stress genes and the common cold are the triggers. Psoriasis is one such disease in which skin cells multiply ten times faster

than normal. Patients with scalp psoriasis may also suffer from severe emotional effects.

Scalp comprises the forehead and the hair-bearing regions. It extends from the supraorbital ridge anteriorly to the highest nuchal line posteriorly. Skin, subcutaneous connective tissue, galea, subaponeurotic loose areolar tissue, and pericranium are the five layers that make up the scalp.

The scalp is one of the most commonly affected region in psoriasis. However, due of difficulties with the administration of medication, scalp psoriasis can be challenging to cure. Patient's quality of life must be improved with effective treatment plans for scalp psoriasis.

In modern science and *Ayurveda* a lot of research work has been done on etiology, pathophysiology and treatment of Psoriasis. In both sciences lot of work is still going on. Each science has its own fundamentals of the management and success rate with its own limitations. But still now an effective and promising cure for Psoriasis is not found. Allopathic drugs have hazardous side effects. So there

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**Prevalence:** The worldwide prevalence is about 2%, but varies according to regions<sup>[1]</sup>. Between 45-56 % of psoriasis patients also have scalp psoriasis. However, up to 90% of people with psoriasis can experience

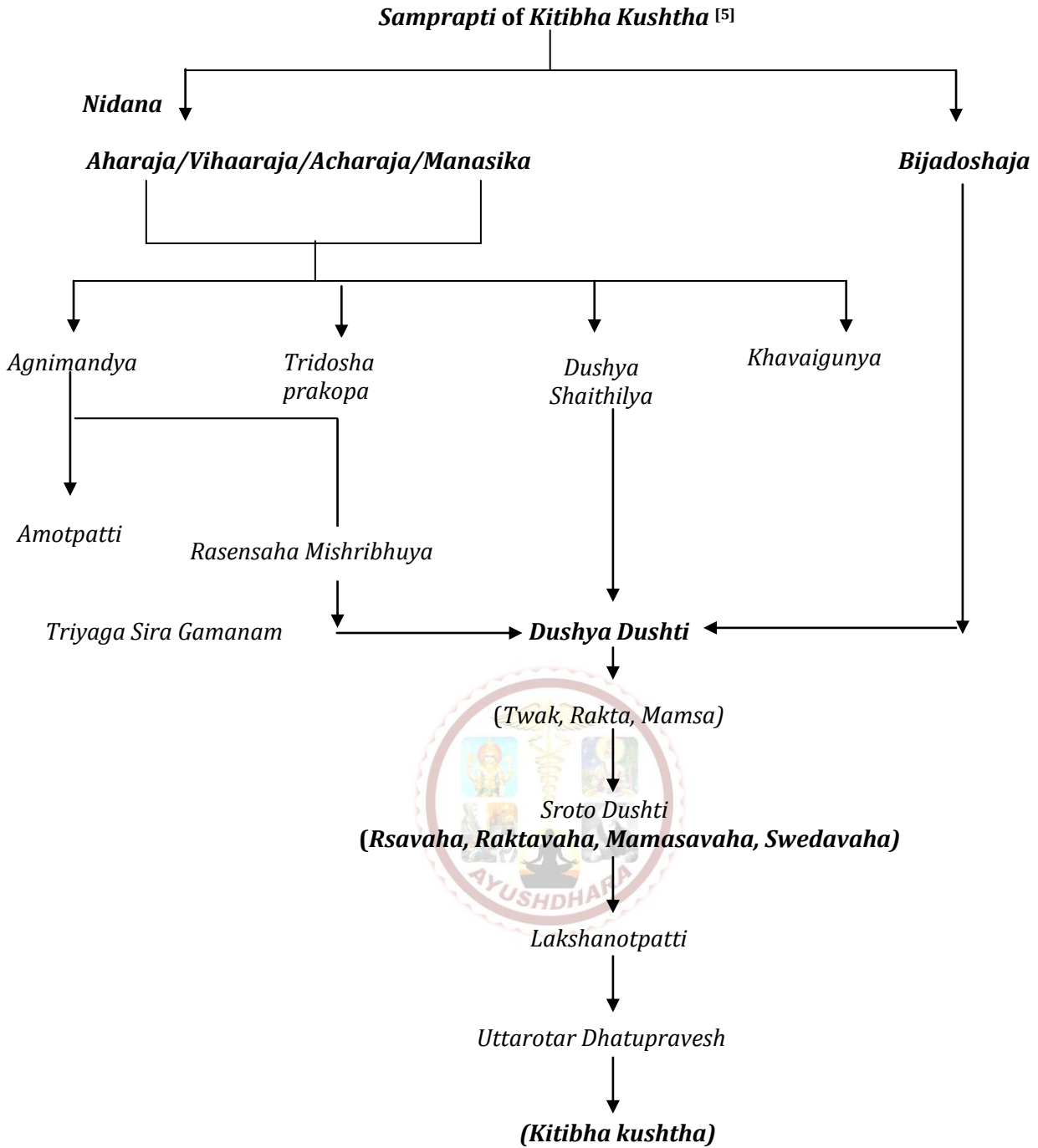
scalp psoriasis during their lifetime. The reported prevalence of psoriasis in countries ranges between 0.09% to 11.43%<sup>[2]</sup>. According to Ayurveda, all skin conditions fall under the umbrella term "*Kushtha*". Although the heading is common for all skin diseases there is further classification and nomenclature of skin diseases as per the *Doshas* as they play a vital role in deciding the line of treatment of the disease.

**Table 1: Involvement of Dosh in Lakshana of Kitibbha Kushtha** <sup>[3]</sup>

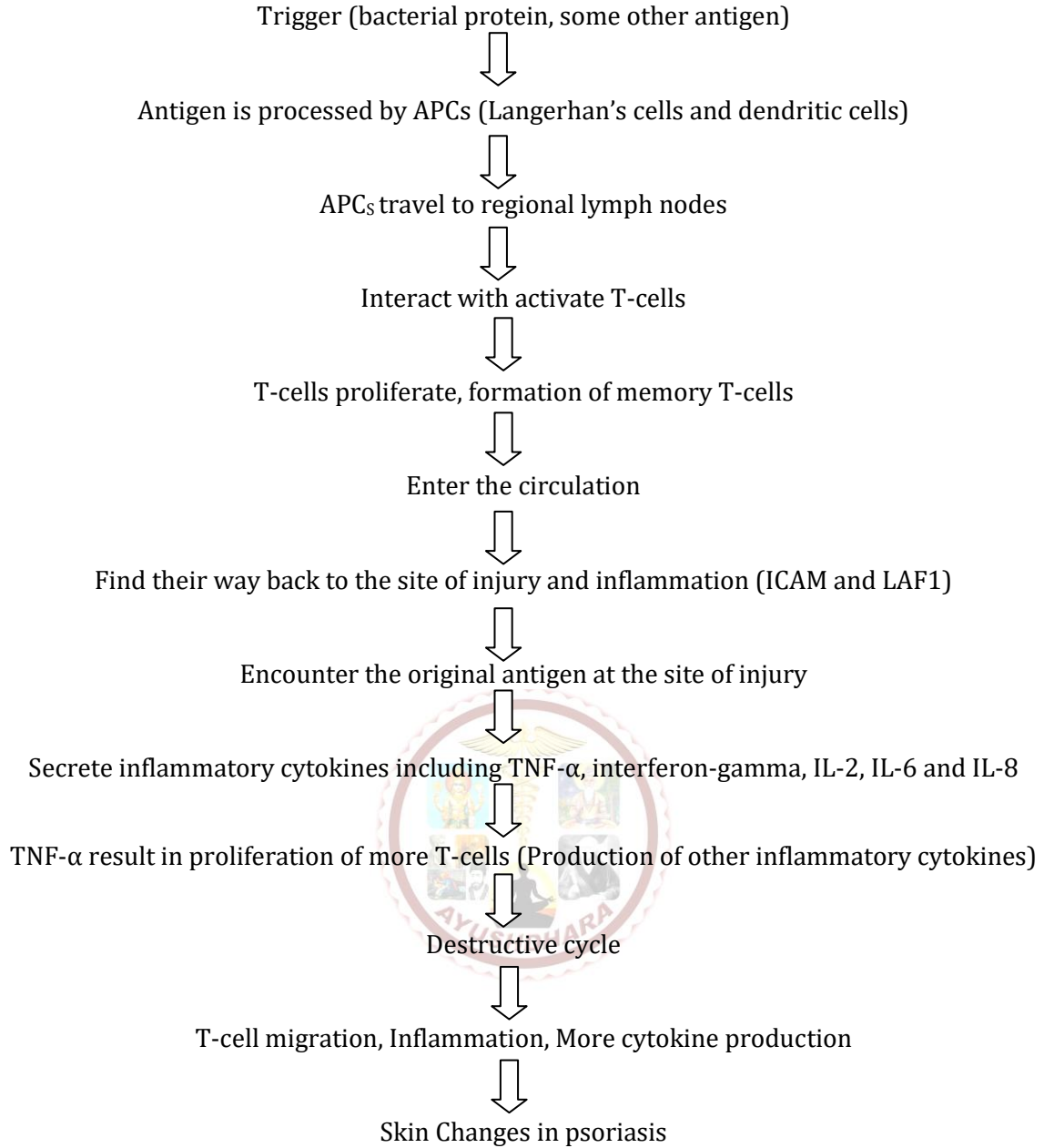
S.No.	Lakshana	Dosha
1.	<i>Shyavavarna</i>	<i>Vata-Kapha</i>
2.	<i>Kina</i>	<i>Kapha</i>
3.	<i>Kharasparsha</i>	<i>Vata</i>
4.	<i>Kathina (Parusha)</i>	<i>Vata</i>
5.	<i>Srava</i>	<i>Kapha-Pitta</i>
6.	<i>Ugrakandu</i>	<i>Kapha</i>
7.	<i>Vritta</i>	<i>Vata</i>
8.	<i>Ghana</i>	<i>Vata-kapha</i>
9.	<i>Snigdhasparsha</i>	<i>Kapha</i>
10.	<i>Krishnavarna</i>	<i>Vata</i>

**Table 2: Analysis of Dhatu Dushti, Srotasa Dushti, Strotodushti type in the symptoms of Kitibha- Kushtha** <sup>[4]</sup>

S.No.	Lakshana	Dhatu Dushti	Srotas	Srotodushti type
1.	<i>Shyava varna</i>	<i>Rasa, Rakta</i>	<i>Rasavaha, Raktavaha</i>	<i>Sanga</i>
2.	<i>Kina</i>	<i>Rasa</i>	<i>Rasavaha</i>	<i>Sanga</i>
3.	<i>Khaarasparsha</i>	<i>Rasa</i>	<i>Rasavaha</i>	<i>Sanga</i>
4.	<i>Kathina (Parusha)</i>	<i>Rasa, Mamsa</i>	<i>Rasavaha, Mamsavaha</i>	<i>Vimargagamana</i>
5.	<i>Srava</i>	<i>Rasa, Rakta</i>	<i>Rasavaha, Raktavaha</i>	<i>Sanga</i>
6.	<i>Ugrakandu</i>	<i>Rasa, Mamsa</i>	<i>Rasavaha, Mamsavaha</i>	<i>Sanga</i>
7.	<i>Vritta</i>	<i>Mamsa</i>	<i>Mamsavaha</i>	<i>Sanga</i>
8.	<i>Ghana</i>	<i>Mamsa</i>	<i>Mamsavaha</i>	<i>Vimargagamana</i>
9.	<i>Snigdhasparsha</i>	<i>Rasa, Mamsa</i>	<i>Rasavaha, Mamsavaha</i>	<i>Sanga</i>
10.	<i>Krishnavarna</i>	<i>Rasa, Rakta</i>	<i>Rasavaha, Raktavaha</i>	<i>Sanga</i>



**Patho-physiology of Psoriasis**



**Table 3: Samprapti Ghataka**

<i>Dosha</i>	<i>Tridoshaja</i>
<i>Dushya</i>	<i>Twak, Rakta, Matvagnimandhyamsa, Lasika</i>
<i>Agni</i>	<i>Jatharagni and Dhatvagnimandya</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Mamsavaha and Ambuvaha</i>
<i>Sroto Dushti lakshana</i>	<i>Sanga and Vimargagamana</i>
<i>Marga</i>	<i>Bhaya Rogamarg</i>
<i>Udabhavasthana</i>	<i>Amashaya and Pakvashaya</i>
<i>Sancharasthana</i>	<i>Triyaka gami Sira</i>
<i>Gati</i>	<i>Triyaka</i>
<i>Adhithana</i>	<i>Twak and uttrottar Raktadi Dhatu</i>
<i>Vyadhi swabhava</i>	<i>Chirkari</i>

**Case Report**

Name: XYZ

Age: 20 yrs

**Present Complaints**

Patient came in with complains of A 20 year old male patient came to NIA OPD no.3 with chief complaints of

1) Patches all over the head with dandruff.

2) Scaling of scalp skin.

3) Itching over the scalp.

Patient had above complaints since 5 years.

H/O Productive Cough in morning.

No H/o Dm/HTN, Asthma.

The patient was normal 5 year back. Since then patient have been suffering from Reddishwhite patches over head, Scaling of skin, Itching all over body since 5 years. For this; patient took treatment from different Allopathy doctors but got no relief, then he came to NIA hospital in *Kriya Sharir* department OPD no.3 for further management.

**Occupation:** Student of BA-LLB.

**1<sup>st</sup> Treatment Plan** (For 1 month)

**Before food**

1) *Ashthmurti rasayan*<sup>[6]</sup> 250 mg + *Gandhak Rasayan*<sup>[7]</sup> - 500mg + *Rasa Manikya*<sup>[8]</sup> 125 mg + *Panchnimba churna*<sup>[9]</sup> 1gm + *Trivang Bhasma*<sup>[10]</sup> 125 mg + *Godanti Bhamsa*<sup>[11]</sup> 500 mg BD with water.

**After Food:** 2) *Haridra Khanda*<sup>[12]</sup> 1Tsf with *Panchtikta ghrita*<sup>[13]</sup> 10 ml BD

**At Night**

*Triphla churna*<sup>[14]</sup> 5gm + *Kutaki churna* 1gm HS with luke warm water.

L/A: *Kanak ksheeri* oil for local application.

**Result after 1<sup>st</sup> month of treatment**

There was a significant relief in patient in all symptoms.



**Before  
Treatment**



**After  
Treatment**

**2<sup>nd</sup> Treatment plan (after 1month of medication)****Before food**

1) *Ashthmurti rasayan* -250 mg + *Gandhak Rasayan* - 500mg + *Rasa Manikya* 125 mg + *Panchnimba churna* 1gm + *Trivang Bhasma* 125 mg + *Godanti Bhamsa* 500 mg BD with water.

**After Food:** 2) *Haridra Khanda* 1Tsf with *Panchtikta ghrita* 10 ml BD

**At Night**

*Triphla churna* 5gm + *Kutaki churna* 1gm HS with luke warm water.

L/A: *Kanak ksheeri* oil for local application.

After two months of treatments Now Patient is completely cure and not taking any medication for the scalp psoriasis. Patient is so happy and living a healthy life.

**Subjective Parameters**

**Shyavavarna (Blackish Discolouration)**

Characteristics features	Grading
Nearly normal skin colour	0
Brownish red colour	1
Blackish red discolouration	2
Blackish discolouration	3

**Kina (Scaling)**

Characteristics features	Grading
No scaling	0
Mild scaling by rubbing/by itching (scaling from some lesions)	1
Moderate scaling by rubbing/by itching (from all lesions)	2
Severe scaling by rubbing/by itching (from all lesions)	3

**Kharasparsha (Dryness)**

Characteristics features	Grading
No dryness	0
Dryness with rough skin ( <i>Ruksha</i> )	1
Dryness with scaling ( <i>Khara</i> )	2
Dryness with cracking ( <i>Parusha</i> )	3

**Kathina (Hardness)**

Characteristics features	Grading
No hardening of skin	0
Hardness of skin but no criss-cross marking	1
Blackish red discolouration	2
Severe lichenification	3

**Srava (Oozing)**

Characteristics features	Grading
No discharge	0
Occasional discharge after itching	1
Occasional oozing after itching	2
Excessive oozing making clothes wet	3

**Kandu (Itching)**

Characteristics features	Grading
No itching	0
Mild itching not disturbing normal activity	1
Occasional itching disturbs normal activity	2
Itching present continuously and even disturbing sleep	3

**Table 4: Pathyapathya chart**

Aharaj Vargas	Pathyaj (Do's)	Apathyaj (Don't)
Vegetables	Pointed Gourd, Ridge Gourd, Bottle Gourd, Fenugreek seed	Raddish, Brinjal, Lemon, Lady finger, Tomato
Cereals	Wheat, Rice, Barley, Millet	Rice Ball, Black Gram, Red Lentil, Jaggery
Fruit	Walnut, Fig, Almond, Cashew	Sour fruits
others	Honey, Ground Nut, Ghee, Milk	Fast food, Fish, Curd, ice cream, cold drinks
Vihara (Activities)	Regular exercise, Pranayam	Day sleep, Controlling, Natural urges, Sweating

**DISCUSSION**

The treatment involves purification of impure blood. Because pure blood helps to eliminate the flaking skin lesions and simultaneously stopping the process of formation of new lesions. *Ashtmurti Rasayana* has *Jantughna*, *Rakta Shodhak* properties, it works on balancing of *Vata*, *Pitta* and *Rakta*, *Mamsa*, *Meda Dhatu*. *Gandhak Rasayan* is a classical drug, is blood purifier, It has antioxidant, digestive stimulant (mild effects), anti-inflammatory properties. It is a broad-spectrum antibiotic. *Rasa Manikya* works on *Twak roga* (skin disorders) and diseases due to aggravated *Vata* and *Kapha doshas*. *Panch Nimba Churna* detoxifies the body, increases hemoglobin level, balances *Kapha*, improves blood circulation and has anti-inflammatory properties. *Trivang Bhasma* has androgenic and aphrodisiac action. It balances *Vata* and *Pitta*, antidiabetic. *Godanti Bhasma* balances *Pitta dosha* and provides cooling effect in the body. It also has anti-inflammatory property. *Haridra Khanda* is

Anti allergic. It is used in Itching skin disorders, Fungal skin disorders and *Sheeta pitta*. *Panchatikta Ghrita* is *Shothahara* (anti-inflammatory), it gives relief from itching and irritation of skin, it also has *Pitta* balancing and *Shodhan* (detoxification) properties. *Triphla* powder is anti-inflammatory agent, antioxidant, it has anti-cancer properties. *Kutaki* powder has *Bhedana*, antioxidant and hepatoprotective. *Kanak ksheeri oil* impairs Keratinocytes, interferes in co-stimulatory molecules communications, it also helps to prevent silvery scaly lesions.

**CONCLUSION**

In modern science and *Ayurveda* a lot of research work has been done on etiology, pathophysiology and treatment of Psoriasis. In both sciences lot of work is still going on. Each science has its own fundamentals of the management and success rate with its own limitations. But still now an effective and promising cure for Psoriasis is not found.

Allopathic drugs have hazardous side effects. So there is need of era to develop some *Ayurveda* treatment modalities for Psoriasis. Keeping the fundamentals of management in mind the current study was conducted which will be helpful for curing the *Kitibha Kushtha* (Psoriasis).

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