



TO STUDY THE EFFICACY OF HARIDRA AND AMALAKI CHURNA ORALLY & SNEHANA WITH JIVANTYADI GHRITA TAILA (YAMAKAM) AND NADI SWEDANA WITH EARTH WORM SOIL IN THE MANAGEMENT OF KITIBHA (PSORIASIS)

Dr. Achintam Dash

P.G. Scholar, Department of Kayachikitsa, Govt. Ayurvedic College & Hospital, Jalukbari, Guwahati-14

Dr. Bishnu Prasad Sharma*

Professor & Head, Department of Kayachikitsa, Govt. Ayurvedic College & Hospital, Jalukbari, Guwahati-14 *Corresponding Author

ABSTRACT

Psoriasis is a common immune mediated papules. Squamous skin disease & has probably been the subject of more investigate efforts than any other dermatological disease. Psoriasis have significant adverse effect on psychological & social discomfort on patient's health. Psoriasis is a non infectious, chronic inflammatory erythematous plaques with silvery scale. In ayurveda psoriasis can compare with Kitibha. It can easily treated by Ayurvedic medicines. Amlaki & Haridra churna orally. Snehan with Jivantyadi Ghrita taila & nadi swedana with earthworm soil were used to treat psoriasis or kitibha on 70 patients were randomly selected from OPD & IPD of Kayachikitsa Dept., Govt. Ayurvedic College & Hospital, Guwahati-14, Assam. The data shows great improvement on management of psoriasis.

KEYWORDS : Kitibha, Amlaki & Haridra churma, Jivantyadi Ghrita taila & nadi swedana with earthworm soil

INTRODUCTION:

Ayurveda the holistic health science gives to maintain the homeostasis of the body & mind. Psoriasis is an auto-immuno skin disease (papuloscumors), a non-infectious, chronic inflammatory erythematous plaques with silvery scale. It has significant adverse effects on patients psychological & social aspect. In Ayurveda all type of skin diseases are mentioned under a single heading Kustha. It is divided into 2 groups (a) mahakustha, (b) Ksudrakustha). Psoriasis can compare with Kitibha one of the types of ksudrakustha, clinical features of kitibha & psoriasis quite familiar. The treatment of psoriasis is much difficult due to its chronic & reunion nature. In modern treatment of medicine psoriasis mainly treated with Puva & corticosteroid or other agents. But success rate is very less. But Ayurveda have good result in treatment of psoriasis. Amalaki, Haritaki, Jivantyadi Ghrita taila & Earth soil vapor shows good result in the treatment of psoriasis.

AIM & OBJECTIVE:

To evaluate the efficacy of Haridra & Amalaki churna (internally), Jivantyadi Ghrita Taila & Vapour of Earth warm soil in the management of Kitibha (Psoriasis).

MATERIALS & METHOD:

Sources of Data:

a) **Patients:** Patients suffering from psoriasis will be selected from OPD & IPD of GACH, Jalukbari, Guwahati-14.

b) **Literary:** Literary aspects of the study will be collected from Ayurveda classics & Modern texts along with recent medical journals.

METHOD OF COLLECTION DATA:

a) **Diagnosed cases of psoriasis.**

b) **Inclusion criteria:**

- Patient between the age group of 10-70 years.
- Psoriasis patient which were diagnosed as per the criteria.
- Patient of either sex will be selected.

c) **Exclusion criteria:**

- Uncontrolled metabolic disorder
- Pregnant woman.
- Lactating woman.
- Patient having other than psoriatic skin disease.

SAMPLING METHOD:

100 psoriasis patients will be selected from OPD & IPD Dept. of Kayachikitsa of GACH, Jalukbari, Guwahati-14 according to criteria.

STUDY DESIGN:

A clinical survey of patients attending OPD & IPD Dept. of Kayachikitsa of GACH, Jalukbari, Guwahati-14 will be made and patients fulfilling the criteria as per the proforma will be selected for the study. A clinical evaluation of patient will be done by collection of data through information obtained by detailed history of physical examination. The study will be an open label clinical study in **one group** at OPD & IPD in 100 patients. They will be given **Jivantyadi Ghrita Taila (Yamakam)** for external application for **three months** along with earth worm soil vapour for **20 days**, and **3 gm of Haridra & Amalaki Churna** in divided doses internally for **3 months**. The patients will be strictly advised to follow **pathyapathya** & they will be assessed according to criteria before & after treatment.

STATISTICAL ANALYSIS: Total 100 no. of patient registered 30 patients have dropped out and 70 patients have been taken for study. Mean, standard deviation, standard error and z value are calculated and finally t value are observed to know statistically significant or not.

OBSERVATION & RESULT:

Out of 70 patients i.e. 71.43% was male and majority i.e. 35.72% belongs to age group 31-40 years. Most of the patients were Hindu i.e. 85.72%, majority of i.e. 35.72% was servicemen & majority of social habitat 71.43% were from urban area, majority of non-vegetarian i.e. 92.85%, majority of addiction was betel nut i.e. 42.85%, majority of winter season i.e. 57.14% etc.

Table 1: Effect of treatment on itching (n=70) duration 60 days:

		Mean	SD	SE	Z value	P	Remarks
Itching	BT	2.7	0.45	0.07	12.8	<0.001	H.S.
	AT	1.8	0.4				

The mean value of itching before treatment was 2.7 and it is reduced to 1.8 after treatment, significantly at the P value less than <0.001.

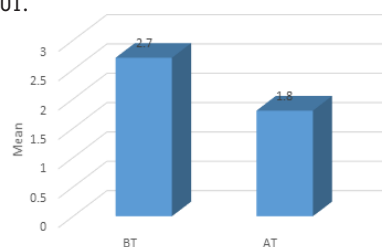


Fig. 1: Effect of treatment on itching (n=70) duration 60 days

Table 2: Effect of treatment on scaling (n=70) duration 60 days:

		Mean	SD	SE	Z value	P	Remarks
Scaling	BT	2.3	0.45	0.09	8.8	<0.001	H.S.
	AT	1.5	0.67				

The mean value of scaling before treatment was 2.3 and it is reduced to 1.5 after treatment, significantly at the P value less than <0.001.

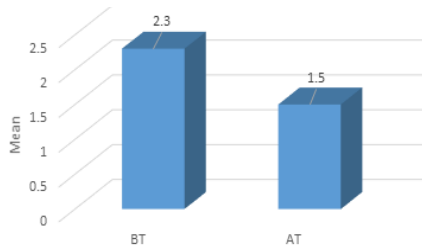


Fig.2: Effect of treatment on scaling (n=70) duration 60 days

Table 3: Effect of treatment on erythema (n=70) duration 60 days:

		Mean	SD	SE	Z value	P	Remarks
Erythema	BT	1.6	0.73	0.11	4.5	<0.01	S.
	AT	1.1	0.7				

The mean value of erythema before treatment was 1.6 and it is reduced to 1.1 after treatment, significantly at the P value less than <0.01.

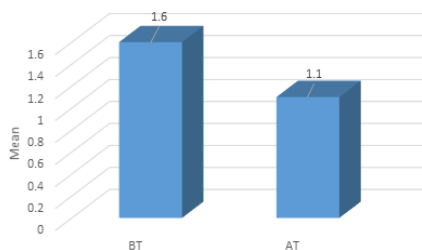


Fig.3: Effect of treatment on erythema (n=70) duration 60 days:

Table 4: Effect of treatment on epidermal thickening (n=70) duration 60 days:

		Mean	SD	SE	Z value	P	Remarks
Epidermal thickening	BT	1.4	1.4	0.1	5.0	<0.01	S.
	AT	0.9	0.7				

The mean value of epidermal thickening before treatment was 1.4 and it is reduced to 0.9 after treatment, significantly at the P value less than <0.01.

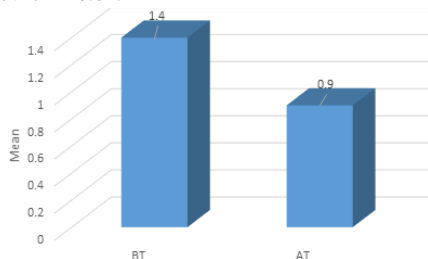


Fig. 4: Effect of treatment on epidermal thickening (n=70) duration 60 days:

DISCUSSION & CONCLUSION:

Psoriasis one of the most typical skin disorder characterized by erythematous, silvery scaled etc. It is an auto immune disorder & it's not curative in modern medicine.

In Ayurveda all the skin disorder described under a single heading 'Kustha' but psoriasis can be co-related with one of the type of 'Ksudra kustha' i.e. 'Kitibha. Maximum clinical

features are almost similar with kitibha. The medicines Jivantyadi ghrita taila & haridra & amalaki churna shows such a good result in Ayurvedic classics for treatment kitibha.

The present clinical study shows the Jivantyadi ghrita taila (local application), haridra & amalaki churna (orally) & vapour of earthworm soil shows very much effective result to treat psoriasis. No such kind of adverse reaction shown during treatment. Though this study is kind of a preliminary study as a part of educational research programme with limited number of patient within a fixed time period.

REFERENCES:

1. Ayurvedic Dermatology & venereology – Dr. L. Mahadevan, chapter I, Page-13.
2. Harrison's principle of Internal medicine – Vol-I, 17th Edition, Section-9, Ch-52, Page-315.
3. Golwalla's medicine, 23rd Editions, Chapter Dermatology, Page-806
4. Charak Samhita – Brahmananda Tripathi, Ch/Ci./7/21
5. Susruta Samhita – Dr. Anantaram Sharma, Su./Ni./5/14.
6. Astanga Hridaya – Brahmananda Tripathi, As.Hr. Ni./4, As.Hr.Chi.19
7. Madhav Nidan – Vol. II – Dr. Brahmananda Tripathi, M.N. 49/18.