



**“A CASE STUDY OF PSORIASIS W.S.R. ‘VISHAMA NA ANUBADHNANTI...’  
SIDDHANT”.**

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**ABSTRACT**

The presence or absence of any disease (bhava- abhava) occurs according to the particular features of etiology, doshas and dushyas. Body has tendency to brought Dhatus to equilibrium is its swabhava, 'treatment of disorders' (chikitsa) is the kriya to help this process. This is the function of a physician. According to Ayurveda, this therapy is administered with the objective that there should not be disequilibrium (hetu) in Dhatus and that there should be promotion of Dhatus which are in equilibrium. By abstaining from the factors causing disequilibrium & pursuing those causing equilibrium, the imbalanced once are produced. As the well-equipped physician (chikitsa-prabhut) leads to production of balanced dhatus by means of balanced factors, this article is focused on the single case study of a psoriasis patient treated using this Siddhant.

**KEYWORDS**

Siddhant, Psoriasis, Nidana-dosha-dushya, dhatus, Ayurveda, Chikitsa

**INTRODUCTION :**

As we know that the psoriasis is a chir-kari (long term, chronic) vyadhi. Modern science accepts that its an idiopathic disease. In this disease the normal healthy skin is affected and shows abnormalities like scaly patches over body, itching, cosmetic disfigurement etc. and there is alteration in the patient's psychology and physiology also. In Ayurveda, any disease is considered to be formed by the disturbance in dosha- dushyas etc. The presence or absence of any disease (bhava-abhava) occurs according to the particular features of etiology, doshas and dushyas.<sup>7</sup> The measures by which the body Dhatus are brought back to equilibrium constitute the therapeutics i.e. 'treatment of disorders' (chikitsa). This is the function of a physician<sup>8</sup>. According to Ayurveda, this therapy is administered with the objective that there should not be disequilibrium in Dhatus and that there should be promotion of Dhatus which are in equilibrium. By abstaining from the factors causing disequilibrium & pursuing those causing equilibrium, the imbalanced once are produced, as the well-equipped physician (chikitsa-prabhut)<sup>9</sup> leads to production of balanced dhatus by means of balanced factors, this article is focused on the single case study of a psoriasis patient treated using this Siddhant.

Normally a skin cell matures in 21 – 28 days and during this time it travels to the surface, where it is lost in a constant invisible shedding of dead cells. In patches of psoriasis the turnover of skin cells is much faster, around 4 – 7 days, and this means that even live cells can reach the surface and accumulate with the dead cells. This process is described in Ayurveda briefly as “kushnati iti kushta” In psoriasis, the production of new cells occurs too quickly. Skin cells divide and push to the surface in around 4 - 7 days. As a result, excessive numbers of live cells reach the surface before they have matured and build up to form raised, red patches. These patches are usually covered with dead cells to form the fine, silvery scales or thick white plaques (hyperkeratosis), that are so characteristic of psoriasis. Such symptoms are seen in sidhma kushtha.

In this article, the patient of psoriasis is treated completely by breaking this samprapti of psoriasis with the help of “vishaman n anubadhnati” siddhanta. The physiology of cell is brought to normal with the ayurvedic treatment. Which includes mainly nidana parivarjana, pathya palana, rutukalin shodhana followed by proper samsarjana karm, sanshamana chikitsa after sanshodhan and rasayan chikitsa at the end keeping in mind that there should not be relapse of the disease again, i.e. apunarbhava chikitsa.

**A case report as follows:**

A 39 years old Male patient came to OPD with chief complaints of –  
1. Scaling of skin all over body, especially on chest and scalp region.  
2. Reddish patches all over body, especially on chest and scalp region.  
3. Severe itching

Patient was suffering from the above complaints from 6 years.  
K/c/o = Hypertension from 6 months. (due to stress factor.)

**Personal history:**

The patient was totally healthy 6 years back. After that he found small coin shaped lesions over scalp with severe itching and diagnosed as Scalp Psoriasis by allopathic physician. Patient went through allopathic treatment but didn't get total relief. There was quick relapse of lesions after stopping the treatment. The lesions were spread over back of trunk, gradually all over body. Hence, he came to OPD of R A Podar Medical (Ayu) college, Mumbai expecting cure from Ayurvedic treatment.

**Personal History:**

Occupation: a security guard

Hetu: ratri – jagarana due to night shifts, excessive tea intake, smoking habits, vishamashana, atita-kala bhojan, Chinese food, matsya sevana (2-3 times in a week), vegavarodha.

O/E Nadi(Pulse)=78/min,  
Mala=Malavasthambha  
Mutra= prakrut  
Jeevha= alpa Saam

**MATERIAL AND METHOD:****METHOD:** single case study

Material with daily treatment as per Prognosis using yukti pramana: Nidana parivarjan, dosh-dushya samyavastha, pathya sevana, and rutukalin Shodhana chikitsa with Shamana chikitsa, and rasayan chikitsa showed complete relief in this case study.

c/o as mentioned above, that was bahu-dosh avastha. As per Siddhant there is indicated sanshodhan in bahudoha avastha<sup>10</sup> in charaka samhita.

1. So as per kapha doshadhikya, rugna bala, planned for vamana karma.
2. Dipana-pachana : shankha vati 2 BD, agnitundi vati 2 BD at vyanodana kale given with luke warm water for 5 days
3. Achha-Snehapana started after achieving niram avastha after dipana-pachana followed by lukewarm water as anupan. All pathyas during Sneha-vidhi were followed by patient.

After 5 days, samyak snigdha lakshanas were seen.

4. After that 1 day Sarvang Snehana with tila taila & peti Swedana with the steam of Dashmoola kwatha was given.
5. On next day, patient posted for Vamana karma.

**Vamana Dravyas :**

Ikshu rasa for akanth paan

Yashti kwath used as vamaopaga dravya  
Madanphala pippali fant 50ml mixed with yashti kwath given in the middle as per yukti.

Chatan (linctus) = a mixture of vacha churna+ pippali churna + kirata-tikta churna + madhu + saindhav was used to induce vamaana vegas when needed as per yukti.

8 vegas were conducted. Pittant vaman shuddhi achieved.  
After that saindhav-jal paan given to patient  
And tikshna dhumpaana given after completion of vamaana karma.

6. Samsarjan kram were followed by the patient for 5 days.
7. Shaman aushadhi and rasayan aushadhi given to patient after samsarjan kram.

Virechana karm –  
On 15<sup>th</sup> day of vamaana karma dipana-pachana were started for virechana karma as before.

Achha-snehapan given for 5 days  
Sarvang snehan swedana for 2 days.  
For Virechana karma =

Eranda taila = 100ml  
Tablet ichhabedi rasa 1 and ½ tablets with cold water.

This preparation was given in morning in empty stomach orally to patient after sarvanga snehana-swedana.

Total 15 Virechana vegas (loose motion passed) in 12 hours.  
Kaphant virechan shuddhi achieved.

8. Samsarjan krama (rules about diet after Shodhana chikitsa) with Peyadi karma advised for 5 days.
9. Shamana yoga: mahamanjishthadi kwath 3 tsf BD for 15 days  
Hansapdadadi kashay 3tsf BD for 15 days  
Tab kaishor guggulu 2 BD for 15 days  
well prepared combination of Sitopaladi churn + rasayana churn (guduchi, amalaka, gokshura samabhaga) + manikyaa rasa (unjha pharmacy) all mixed churnas given ¼ tsf at rasayana kala with lukewarm water
5. Bahyopachara (External application): nimba tail + Karanja tail for local application on lesions
6. Nidana Parivarjana: Patient was advised to avoid all nidana sevan as mentioned before.

Photographs of before and after the treatment:



After 15 days of virechan, as some symptoms gradually decreased, patient planned for Raktamokshana chikitsa by siravedha. Siravedha performed after 3 days of ghrita-pan 30ml, 60ml, 90ml respectively.

About 200ml blood letting done according to rugna bala. Pathya was advised to patient.

Shaman aushadhi and rasayan aushadhi continued.

#### RESULT:

Patient started to show improvement after Vamaana-virechana karma decrease in symptoms like itching, erythema etc. After Rasayana chikitsa marked decrease in the erythematous lesions and scaling of skin was seen. After siravedha, skin now showed less inflamed patches and itching sometimes. In days patient was 80% cured.

And patient was totally cured after samsarjan kram followed by rasayan chikitsa. After these whole panchakarma procedures patient was strictly advised to follow pathyas so that there should not be formation of visham-anubandh in bodily dosha-dushyas. And there was not seen relapse of the disease till date (2 years). So here the purpose of this siddhanta i.e. "vishama na anubadhnanti" was achieved successfully.

#### DISCUSSION:

Using yukti pramana, proper selection of aushadhi, the proper sequence of shodhana karmas according to rugna bala and pathya- anubandh after whole chikitsa played an important role in this case.

#### CONCLUSION:

It can be concluded that that not only the classical Shodhana and Shamana therapy but there should be pathya- anubandh along with it is highly effective in the management of Psoriasis (sidhma kushtha).

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