



## INTRODUCTION TO PSORIASIS AND ECZEMA: AN AYURVEDIC LITERARY REVIEW

### Ayurveda

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### KEYWORDS

Kushtha, Psoriasis, Kitibha, Eczema, and Vicharchika.

#### PSORIASIS:

- As per conventional system of medicine, Psoriasis comes under Papulo-squamous disorder with a morphological feature of scaly papules and plaques.
- Psoriasis is an autoimmune disorder of the skin results in hyper proliferation of it. The term Psoriasis originated from the Greek word "Psora" (spelled sora) that means, "itch". It is a chronic skin disease characterized by dry skin and raised, rough, red areas on the skin covered with fine silvery scales. Erythematous, well defined dry scaly papules and plaques ranges from pin head to palm sized. Due to itch scraping causes multiple bleeding points (Auspitz sign).
- Different variants of Psoriasis may co-exist in a particular individual, but the skin lesions share the same hall marks like itching, erythema, thickening and scale. Psoriatic lesions are distributed symmetrically on scalp, elbow, knees, lumbo-sacral and in folds of body.

According to International Psoriasis Council (IPC) it is broadly classified into 5 types-

- Chronic plaque Psoriasis
- Guttate Psoriasis
- Pustular Psoriasis
- Erythrodermic Psoriasis
- Nail Psoriasis



#### Psoriasis (Kitibha)



#### Eczema (Vicharchika)

#### ECZEMA:

- Skin reaction begins with erythema, then vesicles appear. These

ruptures forming crusts or leaving pits oozes fluid.

- This is the exudative or weeping stage. In the process of healing, the area becomes scaly.
- Some authorities limit the word 'Eczema' to the case with internal (endogenous) causes while those caused by external (exogenous) contact factors are called "Dermatitis or Eczematous Dermatitis".
- The skin of patients may be colonized or infected with hospital strains of Staphylococcus aureus. Due to the exfoliative nature of Eczema, modification of patient management is required to protect others from infection.

"Kushtha" is the term applied to "Skin diseases" according to Ayurveda, which is a well known ancient medical science. The management of the Kushtha for symptomatic relief or eradication is beautifully explained in Classical texts of Ayurvedic literature.

#### KITIBHA (CAN BE CORRELATED TO PSORIASIS)-

Kitibha (Psoriasis) is one of the varieties of eleven Kshudra kushtha (comparatively less harmful, easily treated obstinate diseases of skin).

#### Nidan (Causes behind Kushtha)-

- As per Ayurveda, Causes of all varieties of skin diseases are common.
- Intake of Viruddha aahara with contradictory food like fish with milk, intake of Snigdha (unctuous) and Guru (heavy) drinks, Vegadharana (suppression of natural urges like thirst, sleep etc.) Physical exercise in hot climate or after taking heavy meal, Nidanasevan (deeds against the laws of Ayurveda) exposing to hot or cold climate etc.
- Intake of Sheeta jala (cold water) immediately after Aatapasevana (exposing to scorching sun), intake of uncooked food or food in spite of poor digestion etc.
- Deeds against the laws of Ayurveda of Panchakarma (5 purification procedures), excess intake of food like Nava-anna (fresh grains), Dadhi (curd), Matsya (fish), Lavana (salt) and Amla (sour) food articles; excess intake of Mulak (radish), Tila (sesame seeds), Dugdha (milk), Guda (Jaggery) etc.
- As a common law of Nidanaparivarjan (abstinence of etiological factors), these etiological factors can also be considered as triggering factors and to be avoided in the course of treatment.

#### Symptoms and Signs-

- The Dosha has involved in this disease are Vata and Kapha.
- The clinical features are Shyava vaivarnya (Blackish brown discoloration of skin), Kinakharasparsha (rough skin of affected area), Additional Vataja Lakshanas (Symptoms) – Vedana (Pain), Kampa (Tremors), Supti (Tingling numbness) etc.

#### VICHARCHIKA (CAN BE CORRELATED TO ECZEMA)-

Kaphapradhan Kushtha

Stravayukta shyavavarni (Blackish) pitika

Mostly with kandu (Itching)

Additional Kaphaja Lakshanas (Symptoms) like Shita sparsha, Snigdha Twacha (Clammy skin), Krumi-udbhava (Production of maggots), Vikruta Twacha (Utsedhayukta-Guru)

#### Samprapti (Pathophysiology of Kushtha):

According to Ashtangahrudaya, Nidansthana, Adhyaya 14, Prakrupita doshas spread all over the body through Rasaraktavahi siras, ultimately leads to Rakta-Twacha-Lasika-Mamsa dushti and creates 'Shaithilya' (break in binding capacity between the dhatus). This results

in discolouration of skin (Twachavaivarnya)

Also, kledadushti occurs because of the decrease in sauhanan and snigdha in between the dhatus.

### Samprapti Ghatak (Components of Pathophysiology):

Doshadushyasangraha: Tridosha, Rakta-Twacha-Lasika-Mamsa

Sparshanendriya Vikriti:

Swabhava: Darun, Chirakari, Sankramak

Marga: Bahya- In Uttanavastha (Acute stage)

Aabhyantara- In Gambhiravastha (Chronic stage)

### Chikitsatvatve (Principles of Treatment):

#### Samanya Chikitsa Siddhanta of Kshudrakushtha (General Principles of Management):

Condition	Solution
Samprapti	Chikitsa (Sampraptibhanga)
Nidanseva	Nidanparivarjana (To avoid vyayatsyat hetu like Shita-Ushna, Guru-Laghu seva, Sankramaka hetu etc.)
Tridoshachaya	Doshashodhana

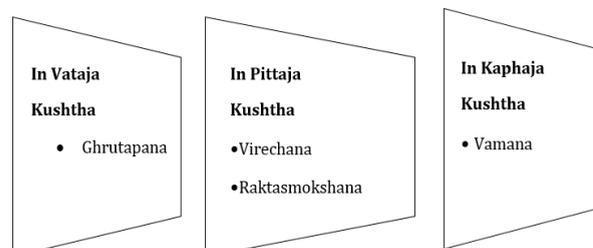
#### Vishesha Chikitsa Siddhanta of Kshudrakushtha (Specific Principles of Management):

##### • Vyadhipratyanika dravyas:

1. Gandhaka
2. Haratala
3. Nimba
4. Khadira etc

#### Samanya Shodhana Chikitsa-

##### According to Charakasamhita, Chikitsasthana, Adhyay-7, Shloka no. 39



#### Shodhana Chikitsa Description-

##### Importance of Shodhanapurvaka Snehana-

It is essential to do proper (samyak) Snehana before Shodhana, so as to increase 'Snigdha' guna in body which generally reduces in Kushtha rugna. Vaidya has to avoid Snehana if Samyak-Snigdha-Lakshanas (like Snehodwega, Malasnigdha etc.) occur.

#### Shodhanopakrama

Precautions to be taken:

'Kushtha' is a Chirakari Vyadhi (Chronic disease). It is difficult to rule out the prakupita doshas in first effort. Not only that, prabhuta shodhana develops 'Vataprakopa' and then ultimately severity.

#### Important points to remember

It is a necessity to keep the patient (Suffering from skin problem) always under Snehana, if Vataprakopa develops after Shodhana. This quantity of sneha should not be much, but for a long period to take control over Vata.

#### Specific features behind management of Kushtha

According to Granthas like Ashtangahrudaya and Yogaratnakara, following are the steps

Vamana (Emesis) could be performed: after every 2 weeks

Virechana (Purgation) could be performed: after every month

Raktamokshana (Blood-letting) could be performed: after every 6 months. (Ashtangahrudaya)

Lepas (Local application therapies) could be performed: after (every) 3 days interval. (Yogaratnakara)

#### Drugs for Shodhana (Purification) in Kushtha-

- For Vamana: Madanaphala, Yashtimadhu, Patol, Nimba etc
- For Virechana: Nishothar, Triphala, Aragwadha et
- For Asthanabasti: Kwatha (Decoction) of Daruharidra, Patol, Nimbapatra, Bahava, Nagarmotha Kalka and mixed with Ghruta or Oil.

- For Anuvasanabasti: Nimba-Karanja taila etc

#### Additional Shodhan therapies in Kushtha-

Siramoksha: If samprapti (pathophysiology) is Gambhira (Mamsagata i.e in advance stage)

Jalaukavacharan: If samprapti Uttana (Twakgata i.e in superficial layer)

#### A) Kalpas For Shamana

##### 1) Aarogyavardhini:

The main ingredient in this kalpa is 'Kutaki' (18 parts) which is Virechaka. Also, other ingredients of Aarogyavardhini (for e.g. Gandhaka and bhavanadravya 'Nimba' act as Kushthaghna).

- Karyas of Aarogyavardhini: Vatakaphaghna, Deepana, Strotorodhanashana, Twacha- Mamsa-Asanhatwanashana.
- Matra - 250 to 500 mg x 3

##### 2) Aarogyamishran:

It is a combination (Aarogyavardhini + Gandhaka + Vangabhasma) having same function as Aarogyavardhini.

- Vishesha Karya in Kaphavataja Kushtha
- Matra - 250 mg x 3

##### 3) Nimbagandhaka Churna:

- It is a combination (Nimbachurna + Gandhakachurna).
- Matra - 250 to 500 mg x 3

4) **Gandhakarasyana:** Gandhaka is famous for eradicating Kushtha. Besides that, it's bhavanadravyas like Chaturjata, Shunthi, Triphala, Guduchi, Bhrungraraja and Godugdha are having "Varnya" and "Rasayana Karyas".

- Matra - 250mg x 3

#### B) Kalpas For Local Application

- 1) Arka Taila
- 2) Bruhat Marichyadi Taila
- 3) Tankan Mishran (Dry)
- 4) Mannasheeladi Lepa (With Ghruta)

#### VATAJA KUSHTHA CHIKITSA:

- It is essential to do Ghrutapana (Snehana) by Siddha Ghrutas like Dashmulasiddha Ghruta, Erandasiddha Ghruta etc.; (having "Vataghna Karya")
- For Shodhan: Nasya, Basti
- Additional features-Shamanrupa Snehana (by above said Siddha Ghrutas)

#### • Kalpas for Shamana-

- 1) **Vati** : Swayambhu Guggulu: Guggulu 80 parts (Vataghna Karya) With ghatakadravyas with Bakuchi 20 parts, Karanja, Khadir, Nimba, Kutaja- each of 2 parts (Kushthaghna Karya). Matra : 250 to 500 mg x 3
- 2) **Arishtas**: Khadirarishta (With Khadiratwak, Bakuchi and Daruharidra as Kushthaghna); Matra: 20 ml x 3 (With double quantity of Ushnodaka)
- 3) **Taila**: Jyotishmati Taila (Kushthaghna)
- 4) **Lepa**: Karanjajjadi Lepa (Kushthaghna)

#### KAPHAJA KUSHTHA CHIKITSA:

- For Purvakarma of Shodhana: use of Siddha Ghrutas like Nimbagruta, Vachagruta, Marichagruta etc.
- For Shodhana: Vamana, Nasya
- For Shamana: Use of above said Siddha Ghrutas everyday in a small matra (but, definite and for a prolonged period.)

#### Pathya and Apathya-

##### I. Pathya (Do's)-

- **Aahara (Food)**
- Old Rice (especially of Shali type)
- Green gram (Mudga)
- Wheat sprouts (Godhum)
- Bitter Vegetables eg. Karela (Bitter gourd)
- Green herbal tea etc.

##### • Vihara (Daily Regimen)-

##### II. Apathya (Don't's)

##### Aahara (Food)-

- Oily, Sour and Spicy food, Extra salty food

Curds (Dadhi) Food with yeast or fermented ingredients like Idali-Dosa etc.

Pizza-Paneer-Shreekhanda etc , Sausages with Vinegar, Raw Tomato etc.

- **Vihara (Daily Regimen)–**
- Over exertion (Atishrama)
- Remaining in sunlight (Aatapasevana) etc.

#### Previous work done–

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