

AYURVEDIC MANAGEMENT OF SIDHMA KUSHTHA- A CASE REPORT

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ABSTRACT

Skin diseases are major cause of suffering as they affect both body as well as mind. Many a times it becomes social problem. Skin diseases occur about 20-30% of general population. Psoriasis affects 125 million i.e. 2-3% population of the world and 1.5% of Indian population. Changes in skin colour may be due to homeostatic imbalances in the body. In Ayurveda, all pathological manifestations affecting skin are described under the heading of *Kushtha*. *Kushtha* are broadly classified as *Mahakushtha* and *Kshudra Kushtha*. *Sidhma Kushtha* is one among *Sapta Mahakushtha*. It is a *Tridoshajanya Vyadhi* having involvement of *Rakta* and *Kleda*. Features of Plaque psoriasis are similar to *Sidhma Kushtha* characterized by raised silvery scaly lesions. The present case of *Sidhma* is treated with *Virechana*, *Takradhara* and *Shamanoushadhi*. A remarkable improvement in patient's condition was observed within a span of three months.

KEYWORDS: *Kushta*, *Sidhma*, Psoriasis. *Shodhana*, *Shamana*.

INTRODUCTION

The skin is the largest organ in the human body which provides a strong barrier against external insults, serves as an arena for a wide variety of inflammatory processes, including immunity against infection, auto immunity and allergy.¹ Patients having skin disorders always experience physical, emotional and socio economic embarrassment in society.

According to WHO, Psoriasis is a chronic, autoimmune, non-communicable, disfiguring and disabling disease characterized by sharply defined erythematous papulo-squamous lesions. They vary in size from pinpoint to large

excoriating plaques and may manifest as localized or generalized mostly symmetrical, pustular eruptions usually covered with white or silvery scales like dandruff. Lesions cause itching, stinging and sometimes burning pain. It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. Nearly 60% of people with Psoriasis reported their disease to be a large problem in their everyday life.² In Ayurveda, all pathological manifestations affecting skin are described under the heading of *Kushtha roga*. It is a *Tridoshajanya Vyadhi* having involvement of *Rakta* and *Kleda*. The word *Kushtha*

means the disease conditions which make deformities on the skin. It is included under *Ashta Mahagada Vyadhi* in *Ayurveda*. *Kushtha roga* manifests after involvement of *Sapta Dravya Samgraha*. It is also considered as a type of *Rakta Pradoshaja Vyadhi* because *Rakta* vitiation is found as a common pathology in this disorder. *Kushtha roga* are broadly classified as *Mahakushtha* and *Kshudra Kushtha*. *Acharya Charaka* explained *Sidhma* among *Sapta Mahakushtha*³. *Acharya Sushruta* and *Vagbhata* explained it under *Kshudra Kushtha*.

Psoriasis may be correlated to *Sidhma Kushtha* due to resemblance in signs and symptoms. It is characterized by *Sweta* (white), *Tamra* (coppery colour), *Alabupushpa Varna* (discoloration), *Rajobrshtam Vimuchyati* (peeling of skin), appear in *Uras* (chest) or *Urdhwa Kaya* (upper part of the body). It is *Rooksha* (rough) in outside *Snigdha* (oily) inside and is a *Vata Kapha* predominant disease. Due to *Nidana Sevana*, *Doshas* get vitiated enter *Siras* (vein) and vitiate *Twak, Rakta, Lasika, Mamsa* and create *Vaivarnya* (discoloration) in *Twak* (skin).⁴

This is a case report of a psoriasis patient which was successfully managed according to the line of management of *Sidhma kushtha*.

CASE REPORT

A male patient, aged 24 years came to our BVVS Ayurved Medical College and Hospital, Bagalkot OPD with chief complaints of reddish thickened silvery exfoliating scaly lesions with sever itching all over body especially on scalp, hands, legs and back side of the body associated

with powdery discharge, itching and burning sensation over lesions.

Patient was apparently normal 3 years back and gradually developed reddish thickened silvery exfoliating lesions on back region associated with severe itching. On itching, he used to get powdery dust, occasionally blood discharge and burning sensation over lesions. Then it gradually spread to abdomen, both extremities and all over the body. Patient consulted local allopathic physician and took treatment for 3 months. Symptoms were completely relieved for 1 ½ year but again he developed same complaints. Later patient approached our BVVS Ayurved Hospital for better line of treatment.

Shareerika Prakruti of patient was *vata-pitta* with *Madhyama bala* and *Madhyama Satva*. Patient had *Krura Koshtha* and disturbed sleep due to severe itching. He has habit of taking spicy food, non-vegetarian and consumption of alcohol. No history of Diabetes mellitus, hypertension, microbial infections and allergic disease. No as such relevant related family history related to disease was noted.

General Physical Examination:

Pulse rate – 76/min

BP- 120/70 mm of Hg

Local Skin Examination

1. **Site of lesion-** all over the body
2. **Shape-** round
3. **Size -** smaller to bigger one
4. **Colour-** Reddish silvery white
5. **Touch-** Rough, dry, hard
6. **Discharge -** whitish powdery
7. **Candle Greece test-** positive
8. **Auspitz sign-** positive
9. **Koebner's phenomenon –** Negative

CVS – S1 S2 heard, no added sounds
 RS – Air entry bilaterally equal
 P/A – soft, non-tender, No organomegaly
 CNS - conscious and well oriented

The patient has advised to continue the application of *Nalpamaradi taila*, *Manjishtadi taila* and *Eladi taila* and further follow ups were not done.

MANAGEMENT

Date	Treatment	Medicine
23/7/19	<i>Snehapana</i>	<i>Murchita ghrita</i> ⁵ 1 st day – 30ml 2 nd day – 60ml 3 rd day - 100ml 4 th day – 120ml 5 th day- 150ml
28/7/19 to 30/7/19	<i>Sarvanga abhyanga and Bhaspa sweda</i>	<i>Nimba Taila</i> ⁶
31/7/19	<i>Virechana</i>	<i>Trivrit leha</i> ⁷ (80 gms) Total 12 vegas
3/8/19	<i>Shamana oushadhi</i>	1. <i>Patolamooladi Kashaya</i> ⁸ 5ml BD after food. 2. Tab <i>Imupsora</i> ⁹ 1tab BD. 3. Tab <i>Tiktamrutam</i> ¹⁰ 1 tab BD after food. 4. <i>Haridrakhanda granules</i> ¹¹ 1tsf BD after food. 5. <i>Nalpamaradi Taila</i> ¹² + <i>Manjishtadi taila</i> ¹³ + <i>Eladi Taila</i> ¹⁴ for local application.
2nd Visit		
20/8/19 to 22/8/19	<i>Sarvanga abhyanga and Bhaspa sweda</i>	<i>Nimba Taila</i> ⁶
23/8/19 to 28/8/19	<i>Takradhara</i> ¹⁵	<i>Takra+ Yashtimadhu+ Jatamamsi+ Musta</i>
20/8/19 to 20/9/19	<i>Shamanaushadi</i>	1. <i>Aragvadadi Kashaya</i> ¹⁶ 5ml BD after food. 2. <i>Guggulu tikta Kashaya</i> ¹⁷ 5ml BD after food. 3. Tab <i>Zycuminoid</i> ¹⁸ (250mg) 1tab BD after food. 4. <i>Nalpamaradi Taila</i> ¹² + <i>Manjishtadi taila</i> ¹³ + <i>Eladi Taila</i> ¹⁴ for local application.
3rd Visit		
21/09/19 to 23/09/19	<i>Sarvanga Ab hyanga and Bhaspha Sweda</i>	<i>Nalpamaradi Taila</i> ¹² + <i>Manjishtadi taila</i> ¹³ + <i>Eladi Taila</i> ¹⁴ for local application.
24/09/19	<i>Sadyo virechana</i>	<i>Trivrit leha</i> ⁷ (50gms) Total vegas- 8
25/09/19 to 27/09/19	<i>Sarvanga Abhyanga and Bhaspha Sweda</i>	<i>Nalpamaradi Taila</i> ¹² + <i>Manjishtadi taila</i> ¹³ + <i>Eladi Taila</i> ¹⁴ for local application.
28/09/19	<i>Sadhya virechana</i>	<i>Trivrit leha</i> ⁷ (50gms) Total vegas- 12

Pathya Advised: Sali rice, Yava, Godhuma, Laghu anna panna, Mudga, Karavellaka, Tila taila, Tikta rasa pradhana ahara, Jeerne anna (eat only when earlier food is digested),

Apathya Advised: Amla Katu, Lavana rasa pradhana ahara, Dadhi, Guda, Masha, Diwaswapna, stress, excess exposure to Atapa, Vegavarodha.

TREATMENT OUTCOME

Features	Before Treatment	After Treatment
1.Itching	Severe	Absent
2. Lesions	Severe	Absent
3.Powdery Discharge	Severe	Absent
4.Burning sensation	Severe	Absent
5.Sleep	Disturbed	Sound sleep
6. PASI Score	19.6	0.4

After *Shodhana Karma* the raised erythematous lesions decreased and flaking of deceased skin was seen. Symptoms like itching, roughness and scaling were also reduced and burning sensation at the site of lesions were also less. *Takradhara* showed significant reduction in dandruff, powdery discharge and scalp scaling, mind also got relaxed. After repeated *Shodhana* and intake of *Shamanaushadhis*, new skin lesions are not developed. Skin now showed as less inflamed with small patches. Reduction of PASI score from 19.6 to 0.4 seen.

DISCUSSION

The condition was approached and managed with the line of management of *Kushtha* It is a *Kleda Pradhana Vyadhi* which involves *Sapta Dravyas* in its pathogenesis. The present condition is *Vata Pitta Pradhana Kushtha*. The predominance of *Vata* causes

pain, dryness, scaling of the skin. *Pitta* vitiation leads to burning sensation, redness, inflammation etc.²

As there is involvement of both *Pitta* and *Rakta* due to *Ashraya Ashrayee Sambandha*, When excessive amount of *pitta* is expelled out from the body it helps to purify the *rakta* also, and cures the *Raktapradoshaja vikaras* like *Kushta*. *Kledata* formed due to *Ishat Sneha, Dravata, Visra Guna* of *Pitta* can be controlled by repeated *Virechena* / *Nitya Virechena*. This helps to check the frequency of recurrence and further spread of disease. *Shodhananga snehapana* with *Murchita ghrita* followed by *Abhyanga* with *Nimba Taila* (*Nimba* having *Tikta Rasa, Ruksha, Laghu* and *Vishad Guna* does *Lekhana, Karshan* and *Kleda Shoshana*) for 3 days, then *Trivrit leha* 80 gm given.^{5,6,7}

After adopting *Samsarjana Krama Shamanaushadhis* advised are *Patolamooladi Kashaya* is a *Shodhana Kashaya* and having *Tikta Rasa, Kledahara, Pachaka Pitta Prasadana* and acts as *Nitya Virechana*.⁸

Tab Imupsora has key ingredient as *Manjishta* which exhibit keratolytic activity that helps to soften and shed of the rough outer layer of the skin. *Manjishta* with *Guduchi, Triphala* help in immune modulation, act as antiseptic and antibacterial and *Katuki* exerts UV-potentizing action.⁹

Tab Tiktamrita contains *Guduchi, Vasa, Patola, Nimba, Guggulu* exhibit anti-septic antibacterial anti-inflammatory and anti-pruritic activity.¹⁰

Haridrakhanda is advised as it is best *Rasayana* for *Kushtha Roga*. *Charaka* has categorized *Haridra* as *Lekhaniya, Varnya*,

Vishaghna, Kushtaghna, Kandughna, Vranaropaka. Haridra (turmeric) has been shown to exhibit anti-inflammatory, antimicrobial anti-oxidant and anti-neoplastic properties. It is described as “*Kandunam Paramaushadam*”¹¹. Growing evidence shows that an active ingredient of *Haridra* i.e “Curcumin’ has ability to inhibit the Phosphorylase kinase, which are increased in psoriatic patients. It also inhibit the proliferation of psoriatic like cells, by the down regulation of pro-inflammatory cytokines. Moreover, curcumin significantly enhances the skin- barrier function. The important effect of curcumin is the inhibition of potassium channels expressed on T cells, which seem to be involved in the onset of psoriasis¹⁹

On 2nd visit *Abhyanga with Nimba Taila* for 3 days to obtain mru data of the skin and helps for proper absorption followed by *Takra dhara* was adopted as it normalizes the excessive proliferation of skin and removes dryness, scales and reduces itching. *Takra* having lactic acid moisten and lessen the scaling and also it is good vehicle for Trans dermal absorption. *Yashtimadhu Takra Dhara* showed good result in minimizing the scaling, roughness, burning sensation. *Yashtimadhu* has *Madhura Rasa, Sheeta Virya, Madhura Vipaka*. It is *Vata Pitta Shamaka*. Moreover it is proved that *Yashtimadhu* has healing, anti-ulcer, anti inflammatory, skin regeneration activity. Sodium, glycyrrhizate possessed anti-ulcer activity and stimulation of regeneration of skin.¹⁵

Aragwadhadi Kashaya having ingredients like *Aragvadhya, Patolamoola, Guduchi, Bhunimba* etc which possessing the property

of *vata hara, Ushna virya and Katu vipaka acts as Krimighna, Kandughna, Kledahara*²⁰

Guggulu tikta Kashaya is combination of *Guggulu, Nimba, Amritha, Vrisha, Patola etc* act as blood purifier that help to fight inflammation and infections. The proven anti-inflammatory herb i.e *Guggulu* helps to fasten the healing process. The anti-bacterial and fungicidal property of *Nimba* helps to cure the infections.¹⁷

Tab Zycuminoid is enriched with the goodness of *Haridra* and *Pippali* helps to fight against skin pigmentation and improve the skin complexion.¹⁸

On the 3rd visit every third day *Sadhyovirechena* was given after *Abhyanga for repeated Shodhana*. For topical application *Nalpamaradi taila, Manjishta Taila* and *Eladi Taila* are advised.

Nalpamaradi Taila is effective in *Pitta vitiated Kushta*. It has *Kushtaghna, Kandughna, Daha Hara* properties. It is *Rakta and Varna Prasadaka*. It contains *Ksheerivriksha Dravya* which are *Kashaya Rasa Pradhana, Pitta* and *Kaphahara* and contains tannins as their main chemical constituents which inhibit bacterial growth.¹²

Manjishta can prevent burning, itching and other fungal or bacterial infection and promotes skin healing by local action on skin and promotes collagen formation. Due to property of *Ropana, Shothahar*, promotes wound healing. *Kandughna* and *Vishaghna* properties prevent skin from secondary infection of skin due to itching. *Pittashamak* and *Varnya* property promotes skin texture, colour and luster.¹³

Eladi Taila being *Vata Kaphara, Varnya, Kandughna and Vishaghna*¹⁴

CONCLUSION

Repeated *Shodhana Karma* as per classics in accordance to *Dosha, Kaala, Agni Desha* etc. should be administered to remove the root cause of the disease and prevent the disease from its occurrence. Combined effects of these treatments are helpful in breaking of immunological reaction, removal of a toxic substance from the body, relieving from pain, inflammation, infection, and to improve general body condition. Thus, *Ayurvedic* management provides significant relief and improves the quality of life in psoriasis.

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Figure 1: During 1st Visit



Figure 2 : During 2nd visit



Figure 3 : During 3rd visit



Figure 4: After treatment

