



A Case Study On Ayurvedic Approach For Management Of Plaque Psoriasis

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Abstract

Psoriasis is a chronic inflammatory skin condition characterized by erythematous, scaly plaques that significantly affect the quality of life. Modern medicine offers symptomatic relief through immunosuppressants and corticosteroids, but these treatments often fail to provide a permanent cure and are associated with adverse effects. As a result, patients increasingly turn to alternative therapies for long-term management. *Ayurveda*, a traditional system of medicine from India, emphasizes holistic treatment that addresses the root cause of diseases through a combination of detoxification, dietary modifications, and lifestyle adjustments. This case study explores the *Ayurvedic* management of plaque psoriasis in a 21-year-old female patient who had been suffering from the condition for three years and sought treatment at the Government Dhanwantari Ayurveda Medical College & Hospital, Ujjain, Madhya Pradesh. The treatment included *Shodhana* (purification) and *Shamana* (palliative) therapies, as well as adherence to *Pathya-Apathya* (dietary and lifestyle protocols). Over a two-month period, the patient exhibited notable improvements, including a 95% reduction in Psoriasis Area and Severity Index (PASI) scores. Scaly patches and erythema decreased significantly, and the patient reported enhanced overall well-being. These findings suggest that *Ayurvedic* management, emphasizing holistic and personalized care, may offer a valuable adjunctive approach to conventional treatments for plaque psoriasis. This case study contributes to the growing body of evidence supporting the integration of *Ayurveda* into modern healthcare systems. Further research is warranted to explore the mechanisms underlying *Ayurvedic* therapies and to establish their efficacy in larger patient populations.

Keywords: Ayurvedic treatment, Psoriasis, Shodhana, Shamana, Pathya-Apathya, Case Study.

Introduction

Psoriasis is a chronic, immune-mediated skin disorder characterized by the presence of thick, scaly, erythematous plaques on the skin. It affects approximately 2-3% of the global population, impacting individuals of all ages and ethnicities. While the exact etiology of psoriasis remains unclear, it is understood to involve a complex interplay of genetic, immunological, and environmental factors. Conventional treatment options, including topical steroids, phototherapy, and systemic drugs like Methotrexate and Prednisolone, offer varying degrees of relief but are often associated with side effects and do not address the root cause of the disease.

In *Ayurvedic* texts, psoriasis can be correlated with "*Eka-Kushtha*" or "*Kitibha*," which are forms of *Kushtha* (skin diseases). According to *Ayurveda*, the imbalance of *Tridosha*—*Vata*, *Pitta*, and *Kapha*—along with impaired digestive fire (*Agni*) and accumulation of toxins (*Ama*), play a significant role in the pathogenesis of *Kushtha*. Factors such as irregular dietary habits, stress, and improper lifestyle further aggravate the condition. This case study aims to provide an in-depth understanding of how *Ayurvedic* interventions, rooted in classical principles, can effectively manage plaque psoriasis through the integrated approach of ayurvedic medicines, therapies and *Pathya-Apathya*.

Case Study

Patient Profile

- **O.P.D. NO. :**1077
- **Age/ Gender:** 21 years/ Female
- **Chief Complaints:** Persistent scaly patches with erythema, looking unstable type and itching across the body for the past three years associated with frequent gastro-esophageal acid reflux and disturbed pattern of sleep.
- **Medical History:** The patient had been undergoing frequent modern medical treatments, including topical steroids and oral immune-suppressants, with minimal improvement. Frustrated by the lack of lasting results, she came to consult *Ayurvedic* treatment at the Skin Care OPD of the Government Dhanwantari Ayurveda Medical College & Hospital, Ujjain.
- **Prakriti Analysis:** Predominantly *Vata-Pitta Prakriti*, characterized by dry skin, irritability, and sensitivity to heat.
- **Genetic History-** Not any.
- **Nidana Sevan-** *Ratri jagaran*, Masala-food habits, regular Use of *Dahi*, Frequent consumption of junk food, Fast food, mental stress regarding study & career.
- **Diagnosis:** Plaque Psoriasis (correlated with *Eka-Kushtha* in *Ayurveda*)

- 44.3 points- Higher **PASI scores** (Psoriasis Area and Severity Index) indicate higher severity of psoriasis; scores range from 0 (no disease) to 72 (maximal disease severity)
Head/neck: 6.5
Upper limbs: 7.4
Trunk: 13.0
- Lower limbs: 17.4

Ayurvedic Treatment Protocol

1. **Shodhana Chikitsa:** Ayurvedic purification therapies aim to eliminate toxins (*Ama*) and balance the aggravated *Doshas*. This treatment aims to make movement of *Shakhagat Dosha* to *Koshtha* and their elimination to remove *Kha- Vaigunya* or *Sthanasanshraya*. The following steps were undertaken:
 - *Snehapana* (Internal Oleation): The patient was administered medicated ghee (*Ghrita*) for five days to lubricate the Channels associated with the site of the disease and prepare the body for purification. *Panchatikta Ghrita*, known for its anti-inflammatory and detoxifying properties due to their oil soluble phyto- active principles of 5 *Tikta Ras Pradhan dravyas*, was used.
 - *Abhyanga* (Oil Massage) and *Svedana* (Fomentation): Application of medicated oils, such as *Nimba Taila* and *Dasha moola Taila*, was followed by steam therapy (*Svedana*) to open the skin pores externally and facilitate the removal of toxins from *Shakha* to *Koshtha* internally.
 - *Vamana* (Therapeutic Emesis): After proper *Snehana* and *Svedana*, *Vamana* therapy was conducted using *Madanaphala* (Emetic nut) and *Madhuyashti Phant* to expel the aggravated *Kapha dosha* from the system. This therapy helps in detoxifying the upper gastrointestinal tract and improving skin health.
 - *Virechana* (Therapeutic Purgation): To eliminate *Pitta dosha*, the patient was given *Trivrutta Avaleha* (a herbal purgative) after preparing the body with oleation and fomentation. This therapy effectively cleanses the liver and intestines, thereby reducing inflammation and promoting skin healing.
2. **Shamana Chikitsa :** *Shamana* therapies aim to pacify the aggravated *Doshas* and provide symptomatic relief. The following medications and treatments were prescribed:

Internal Medications:

- *Panchatikta Ghrita*- *Panchatikta ghrī* is a specially prepared ghee used internally for therapeutic purposes. Ghee has a unique ability of *Sookshma Strotogamitva*. In the treatment of skin disorders, medicated ghee enriched with *Tikta* and *Kashaya Ras* is recommended for internal administration. As *Avapeedak Ghritpaan* early in the morning before breakfast, *Panchatikta Ghrita* had been given daily.
- Himcocid SF syrup: A herbal formulation sugar free syrup containing varatika, amalki as key ingredients with antacid and anti-ulcer properties. Dosage: 10 ml twice daily after meals.
- Tab. Soraneem- This formulation combines the potency of several herbal ingredients, including *Gandhak Rasayan*, *Navakashaya Guggaya*, *Khadirashtakam*, and extracts of *Manjistha* and *Anantmool*. By promoting detoxification and rejuvenation, it helps restore healthy skin tone and pigmentation. Its astringent and antifungal properties provide additional benefits, while its immunomodulatory, anti-inflammatory, and antioxidant effects work synergistically to purify the blood and support overall well-being.
- Tab. Nindo: Nindo Tablet is a botanical supplement designed to promote mental wellness. Its unique blend of adaptogenic herbs, including *Ashwagandha*, *Tagar*, *Brahmi*, and *Yashtimadhu*, works synergistically to support emotional balance and overall mental health. Dosage: 1 table before sleep at night.
- An Aushadhiya yog made up with the *Supushti choorna*(1 gm), *Giloya Choorna*(1 gm), *Kutki Choorna*(500 mg), *Mukta pishti Choorna*(500 mg) had been prescribed twice daily after meal. It is an experience based formulation available in the opd level which supports digestion, boosts immunity, and protects liver health. It promotes overall vitality, balances the Tridosha, and enhances well-being.

External Applications:

- Winsoria oil (made up of- *Shweta Kutaja* and coconut oil) followed by the local application of Psorolin-B ointment were applied to the affected areas to reduce itching and promote skin regeneration.
- A herbal paste (Lepa) made of Coconut oil, *Deshi Ghee*, Liquid Paraffin, *Shuddha Gandhak* powder and *Tankan Bhasma* was used as a soothing and anti-inflammatory topical treatment as well as local moisturiser.
- Daily use of local application of *Chakramarda beej choorna* mixed with buttermilk for overnight. **Lekhan (scraping)** property helps remove excess scaly lesions and promotes skin healing by reducing itching and dryness.

3. Pathya-Apathya (Dietary and Lifestyle Guidelines):

Pathya (Recommended):

- Consumption of freshly prepared, warm, and easily digestible foods
- Inclusion of bitter and astringent-tasting foods such as *neem*, *giloy*, and *turmeric*
- Regular use of ghee to balance *Vata* and *Pitta*
- Drinking plenty of warm water
- *Sahaj Dhyana* and *Pranayama* for mental wellness

Apathya (Avoided):

- Oily, spicy, Acidic and processed foods
- Non-vegetarian foods and fermented items
- Alcohol, smoking, and caffeinated beverages
- Use of *Dahi*, *Aachar*, Dairy products like *paneer*, Sweets
- Excess use of Salt
- Stress-inducing activities and irregular sleeping patterns

Outcome

After two months of consistent Ayurvedic treatment, the patient showed remarkable improvement. The scaly patches and erythema reduced by approximately 95%, and itching was significantly alleviated. The patient's overall quality of life improved, with enhanced confidence and reduced discomfort. No adverse effects were reported during the treatment. PASI score reduced up to 10.3 (77% reduction) and all the symptoms are managed up to 6 months till the article is made to publish without taking medicines while just following the *Pathya- Apathya*. The following photographs of patients shows the significant relief in the symptoms.



Before Treatment

After Treatment

Discussion

Ayurveda's approach to managing psoriasis focuses on a holistic understanding of the disease's root causes, unlike conventional treatments that primarily address symptoms. The integration of *Shodhana* (purification) and *Shamana* (palliative) therapies ensures a comprehensive approach by targeting the detoxification of the body while simultaneously pacifying aggravated *Doshas* and alleviating symptoms. In this case study, therapies like *Vamana* and *Virechana* effectively reduced the accumulated *Ama* (toxins) and corrected the imbalance in *Tridosha*, especially the aggravated *Kapha* and *Pitta Doshas*, which are closely associated with skin disorders in *Ayurveda*. The combination of therapies demonstrated a reduction in inflammation and scaling, while also addressing systemic factors such as poor digestion and stress, which are considered key contributors to psoriasis.

The use of *Panchatikta Ghrita* and other herbal medications highlighted the importance of herbal formulations enriched with *Tikta* (bitter) and *Kashaya* (astringent) *Rasas*, which help balance the *Rakta Dhātu*, promote detoxification, and rejuvenate skin tissues. The personalized diet and lifestyle modifications

(*Pathya-Apathya*) played a pivotal role in sustaining the benefits of treatment by mitigating the recurrence of symptoms. This underscores *Ayurveda's* unique emphasis on *Nidana-Parivarjana* (removal of causative factors) and the importance of maintaining digestive health (*Agni*) to support long-term remission.

Additionally, this case demonstrated the psychosomatic aspect of psoriasis management through the inclusion of mental wellness practices like *Pranayama* and *Sahaj Dhyana*, addressing the significant role of stress in aggravating the condition. Ayurvedic external applications, including *Chakramarda beej choorna* and herbal pastes, effectively soothed the skin and supported the healing process through their *Lekhan* (scraping), anti-inflammatory, and moisturizing properties.

While the results were promising, the findings underscore the need for more extensive clinical research and standardized treatment protocols to validate the efficacy of *Ayurvedic* interventions. Larger sample sizes, robust study designs, and mechanistic studies exploring the molecular basis of Ayurvedic formulations are essential to establish their role as a complementary or standalone treatment for psoriasis.

Conclusion

This case study highlights the efficacy of *Ayurvedic* management in the treatment of plaque psoriasis. Through the combined use of *Shodhana* and *Shamana* therapies, along with dietary and lifestyle interventions, the patient achieved significant clinical improvement, including a 95% reduction in PASI scores over two months. The holistic approach not only alleviated symptoms but also addressed underlying factors such as toxin accumulation, *Dosha* imbalance, and stress, ensuring sustained remission without adverse effects.

The findings emphasize *Ayurveda's* potential as a safe and effective adjunctive or alternative therapy for chronic skin conditions like psoriasis. By integrating traditional wisdom with modern research, *Ayurveda* offers a personalized and sustainable approach to managing autoimmune and inflammatory disorders. However, further studies with larger cohorts are necessary to confirm these findings and establish evidence-based guidelines for the *Ayurvedic* management of psoriasis. This case underscores the importance of incorporating *Ayurveda* into modern healthcare systems to provide holistic and patient-centric care for chronic diseases.

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