

## A CASE STUDY OF PSORIASIS VULGARIS WITH AYURVEDA TREATMENT

Dr. Suhel Shaikh

PG Scholar, Agadtantra Evum Vidhivaidyak

Dr. Tushar Khairnar

Associate Professor, Agadtantra Evum Vidhivaidyak

Dr. Jayant J Phadke

HOD and Professor, Agadtantra Evum Vidhivaidyak

**College of Ayurveda and Research Centre Nigdi, Pune**

Email id: shaikhsuhel422@gmail.com

### ABSTRACT:

Psoriasis vulgaris is recognized as one of the most prevalent autoimmune disease caused by inappropriate activation of the cellular immune system. It is classified as a papulosquamous disorder with morphological features of papules and plaques. Symptoms of psoriasis are compared with kitibha or EkKushtha according to Ayurvedic literature. Here I would like to present a case of 75 Yrs male patient suffering from Psoriasis vulgaris which has been satisfactorily treating with ayurvedic medicine at our institute's OPD. Patient has been taking the medicine and responding well to Araghwadhaghrit, Madhusnuhirasayan internally and locally with 777 oil.

Key words: Psoriasis vulgaris, EkKushtha, MadhusnuhiRasayan, AragvdhadiGhrut, 777 oil, Levocetizine .

## INTRODUCTION

In Ayurveda, all skin disease are grouped under a broad heading of kushtharog. *Ekkushtha* is one of the such diseases explained under the heading of *kshudrakushta*. The classical symptoms of *Ekkushtha* described in Ayurveda resembles with Psoriasis.

Psoriasis. Psoriasis is a disease which affects the skin and joints. It commonly causes red scaly pathes to appear on the skin. The scaly pathes caused by psoriasis called as psoriatic plaques.

**AIM:** To study the effect of Ayurvedic medicine in the management of Psoriasis vulgaris.

## OBJECTIVES:

1. Psoriasis vulgaris Case taken from Agadtantra OPD of Ayurved Rugnalaya Nigdi.
2. To study the effect of Ayurvedic medicine in Psoriasis vulgaris case.

## REVIEW OF LITERATURE:

Types of Psoriasis

1. Plaque psoriasis.
2. Guttate psoriasis.
3. Inverse psoriasis.
4. Erythrodermic psoriasis.
5. General pustular.
6. Locallised pustular

## MATERIALS AND METHODS:

This is study has been done at Pdea's Ayurved Hospital and Sterling MultispecialityHospital,Nigdi,Pune.A case of Psoriasis Vulgaris which in the form of Plaque psoriasis treating with Ayurvedic treatment Medicine which has been used in this study are Madhusnuhi rasayan, 777 oil, Aaragwadhadi ghrut and Levocetizine.

## PROPERTIES AND MODE OF ACTION OF DUG USED IN THIS CASE.

### 1. **MadhusnuhiRasayanam:**

Madhu, Ela, Vidang, Trivurutt, Haritaki, Twak, Bharangi, Ashwagandha, Aamlaki, Patra, Kushtha, Madhusnuhi, Bibhitaki, Kesar, Dhanyak, Guggulu, Sunthi, Saindhav, Jatipatra, Gandhak, Marich, Yava, Jatifala, Pippali, Karveer, Chavya

### 2. **Madhusnuhi:** Ras: Tikt, Gun: laghu, ruksha, Vipak: Katu, Virya: Ushna, Karma:

Tridoshshamak. MadhusnuhiRasayanam is beneficial for vata and kafa defects. All ingredients present in it have antiinflammatory properties. Seiboldogenin is active principle found in smilaxchina, the main ingredient of Madhusnuhirasayanam.

### 3. **777 oil:**

Effectively removes psoriatic scales. offer prolonged period of remission. Decrease inflammatory responses.

Wrightia Tinctoria: Shwet Indrayava

Oleum Cocos Nucifera: Cocconut.

### 4. **Aaragvadhadrut:**

Aaragvadh, Bhunimb, Karela, Indrayava, Patol, Madanf, Nimb, Karanj, Ghee, Amruta, Putikaranj, Palash, Madhustrav, Saptacchada, Patha, Agni, Aaragvadhadrut is a Herbal ghee form which is used for snehan before panchkarma and also used in the treatment of skin disorder such as psoriasis. contains oil soluble and water soluble phyto-active principles of medicinal herbs.

### 5. **Levocetizine:** Antihistamine.

This study has been done at Pdea's Ayurved Hospital and Sterling Multispeciality Hospital, Nigdi, Pune. A case of Psoriasis Vulgaris which in the form of Plaque psoriasis treating with Ayurvedic treatment.

- Patient Name: Rameshwar Raghunath Agarwal.
- Age: 75 yrs

- Registration number:18/G/1628
- Date:11/01/2018
- c/o: 1) Itching ++ at upper part of wrist, LL and knee.
- Scaly patches at upper part of wrist, LL and knee
- Bleeding after itching +
- H/O Psoriasis vulgaris since 20 yrs, taking allopathic treatment from outside.
- H/O HTN, Anaemia, Parkinsonism
- H/O Smoking, Alcohol But presently stopped
- Diet History: Veg Spicy Foods, curd,

**OBSERVATION :**

- Pulse:86/mnt
- BP: 140/80mmhg,
- Weight:75.7kg,
- Aakruti: maddhyam,
- Jivvah:sam,
- Stool: No H/o constipation

**ASSESSMENT CRITERIA:**

Itching	
Grade	Complaints
1	No Itching
2	Mild Itching
3	Moderate Itching

Scales	
1	No Scales
2	Mild Scales
3	Moderate Scales
4	Severe Scales

AuspitzSign	
1	No Auspitz Sign
2	Marked Visible
3	Difficult to visible

Colour of the Skin	
1	Normal Skin Colour
2	Blackish Red
3	Pinkish Red
4	Bloody Red

**Treatment:**

Rx on 11/01/18

1. MadhusnuhiRasayan (AVS Kottakal) 1-0-1 tsf.
2. 777 Oil (JRK) L/A After bath , At night.
3. AaragwadhadiGhrut 1-0-1 tsf.
4. Tab Levocetizine 0-0-1

**Followups-3**

1)15/03/18

Complaints	Grade
Itching	2
Scales	2
Skin colour	2
Auspitz sign	1

Rx Continue Above treatment

2) 22/03/18

Complaints	Grade
Itching	1
Scales	1
Skin colour	2
Auspitz sign	3

Rx shodhaktel is prescribed for local application along with above treatment

3) 30/08/18

Complaints	Grade
Itching	1
Scales	1
Skin colour	1
Auspitz sign	2

Rx Continue above treatment

MadhusnuhiRasayan ,777 oil, AaragwadhadiGhrut and levocetizine

**Before treatment:**



1

2

3

**After treatment**



1

2

3

**DISCUSSION**

I had also done pilot study on five patients before this patient with the same drug and i had seen the satisfactory results in those patients also. Inthis study also a satisfactory observations founded.

**RESULT**

Patient has taking the treatment since five months and he is continuing this treatmentment. His complaints are decreasing and he is satisfied with the treatment. It means the drug which had used on this patient is effective.

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