

ROLE OF VAMANA IN PSORIASIS-A SINGLE CASE STUDY

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ABSTRACT

Psoriasis is a most common clinical condition now a days. In this condition the life span of skin cells are speeded up results in skin cells to buildup rapidly on the surface of skin results in scaling. Ayurveda included it under the broad spectrum of classification kushta. Here we are removing the root cause and there by reducing the symptoms. In the present era life style and food habits of the people like taking too much junk foods spicy foods, taking of curd along with fish, chicken etc increases the prevalence of the disease. Here a case of male patient presented with complaints of psoriasis was treated with vamana and by oral medication. condition of the patient was accessed before and after treatment and remarkable change was noticed.

Keywords: psoriasis, kushta, vamana.

INTRODUCTION

Skin is the mirror which reflects the harmony of the internal functions of the body. Any change in the skin disturbs the patient both physically and mentally. Psoriasis is a commonly found recurrent autoimmune disease. It has negative impact on physical, motional and psychological well being of the patient. Here the lifecycle of the skin cells get speeded up. it causes the skin cells to buildup rapidly over the skin. The extra cells form scales and red patches which are itchy and sometimes painful. According to Ayurvedic literature it was included under the broad spectrum of term kushta. Due to intake of mithyahara, virudhahara, mithyavihara tridosha get vitiated and cause shaithilya of twak, mamsa, lasika and shonitha. Due to their shithilatha doshas get localized there and produce kushta. In the present era lifestyle and food habits like taking of fast foods junk foods etc increases the prevalence of the disease. It is the common dermatological problem affecting up to 2.5% of world population. The reported prevalence of psoriasis in countries ranges between 0.9% and 11.4% makes psoriasis a serious global problem. In India it has 1% incidence.

Ayurveda considers it as a bahudoshavastha condition in which shodhana is the main line of treatment. In this condition patient with the symptoms like kandu, srava, whitish scaly lesions was treated by vamana.

CASE REPORT

A male patient aged about 48 years came to the opd of our hospital with severe skin problem. He complaints of whitish scaly lesions with severe itching, discharge and while scratching falling of powdery substance, especially over the dorsal surface of hand, extensor surface of the arms and also in the legs.

2 year before he first noticed a lesion on the head, further it spreads to the body. Then he went to a near by clinic and they give some tropical application and he got relief for that period of time and again it started and the condition become worsened.

Personal history reveals that patient had irregular food habits, irregular timings of food and eat too much nonveg foods, using of curds almost all the days, also has the habit of drinking and smoking. Physical examination showed whitish scaly lesion over the scalp legs and hands. Auspitz sign and kobers phenomenon is positive. Based on the clinical

presentation it is considered as psoriasis. This patient treatment of kushta.
is treated in the ipd of our hospital as the line of

Symptoms	Finings positive / negative
Raised red patchy area covered with whitish Scales	Positive
Itching	Positive
Cracking of the plaques, burning sensation	Absent
Area of body affected- scalp, hands, legs	
Thickened nails	Positive
Painful and swollen joints	Negative
Auspitz sign	Positive
Kobers phenomenon	Positive

Patient is having the symptoms like kndu, pidaka, srava, whitish scales (Shweta), krishtam rajaha kirel (scratching causes sheading of powdery substance) is treated by vamana using madanaphala 4gm+vacha 2gm+1 gm saindhava+madhu

TREATMENT

Purvakarma

7/2/19- Agnithunti vati 2 tid
8/2/19 _ Agnithundi vati 2 tid
9/2/19- Agnithundi vati 2 tid
Next day snehapana with Thikthaka ghritha .

10/2/19	50 ml	Appetite at 10 am
11/2/19	90 ml	11 am
12/2/19	180 ml	12 pm
13/2/19	310 ml	4 pm

14/2/19 – visrama kala
Dadi pathya and karanja nimba parisheka
15/2/19- Karanja nimba parisheka

Pradhanakarma

Vamana with madanaphala 4gm+ vacha 2 gm+ saindhava 1gm + madhu
Vamanopaka dravya used is yashti madhu phanta

Time	Input	Vega	Observation
7.15 am	1 glass milk	-	-
7.16 am	1 glass milk	---	-----
7.20 am	Medicine	-----	-----
7.23 am	1 glass milk	-----	Sweda pradurbhava
7.30 am	1 glass milk	-----	Lalasarava
7.40 am	1 yashti madhuphanta	1 Vega	Milk+phanta+curdling
7.45 am	1 yashti madhu Phanta	-----	-----
7.46 am	-----	1 Vega	Milk+ phanta
7.47 am	-----	1 Vega	Milk+phanta
7.47 am	1 yashti madhu Phanta	-----	-----

7.48 am	1 yashti madhu phanta	1 Vega	Medicine+phanta
7.50 am	1 yashti madhu Phanta	1 upavega	Phanta+kapha+medicine
7.51 am	1 phanta	-----	-----
7.52 am	1 glass phanta	1 upa vega	Phanta+kapha+medicine
7.55 am	1 glass phanta	1 upa vega	Phanta
8.00 am	1 glass lavanodaka	-----	-----
8.11 am	1 glass lavanodaka	1 vega	Phanta+kapha
8.15 am	-----	1 upa vega	Watery + kapha
8.20am	1 lavanodaka	1 vega	Watery+pitta

Paschat karma

Hands and face washed with Luke warm water and haridradi dhoomapana was given.

Anthiki – pittanta

Vegiki - 6vega, 4 upa vega

Laingiki – samyak shudhi lakshanas present

Suddhi- madhyama

Samsarjana karma advised for 5 days

OUT COME OF THE TREATMENT

Patient was fully satisfied with the treatment. Improvement was seen during the snehapana time itself. After vama karma marked decrease in the whitish scaly lesion, dryness, itching and discharge. After that patient as continued with shamana medicines

Follow-up After 15 days patient came for follow up and there was remarkable change was noticed scaling ,dryness ,itching ,discharge reduced. Then after 1month he came for follow up then the skin came almost to normal condition.

DISCUSSION

Condition is managed and approached with line of treatment of kushta. After examination it is found that it is having predominance of kapha and vata(shweata varna, matsya shakalopama,kandu, srava,rukshata,sheetatwa).This condition can be correlated with eka kushta (vata kapha) so vama was taken as the line of treatment.Deepana pachana was done with Agnithundi 2 tid for 3 days and from the 4 th day onwards snehapana was started with thikthaka ghritha and samyak snigthata was observed

on the 4 th day.5 th day visrama kala utkleshana ahara is given (kshira,ikshurasa,idli,vada,milk sweets etc.) and karanja nimba parisheka was given. Karanja and nimba are having twachya and kandughna property. 6 th day karanja nimba parisheka was done and vama was performed using madana phala 4 gm +vacha 2 gm+saindhava 1gm+madhu ,madhanaphala is having madhura,thiktha rasa ,kapha hara and lekhana property.Vacha is having kapha vata hara property and lekhana .saindhava is sukshma ,tikshna,anushna .madhu is yogavahi in nature Madhu and saindhava helps in kapha chedana and vilayana..As vamanopaka yashtimadhu phanta is used.Mainly kushtas are tridoshaja and treated according to the dosha predominance. Here kaphaja lakshanas are more so vama is selected .Vama is done in kaphaja condition and also in samsrishta avastha.By vama dushita kapha is removed ,obviously shudhi of rasa dhadhu occurs ,which causes raktha shuddhi.Apakva pitta is also removed by vama ,which causes reduction of the kushta.

CONCLUSION

Psoriasis is a disease which has impact on body and mind. Ayurveda aims at removing the root cause of the disease. It is a bahudoshavastha condition and shodhana is the main line of treatment. If we are cutting a tree without cutting its root it will grow again,but if we remove it from the root it won't grow again, like that here the root cause is the vitiated dosha and by shodhana we are removing that. Here vama help in removing the apakva pitta and sleshma , thereby help in reducing the skin disease.

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