

## EFFICACY OF PANCHAKARMA THERAPY IN THE MANAGEMENT OF MANDAL KUSHTHA W.S.R TO PSORIASIS

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Article Received on  
23 April 2018,

Revised on 13 May 2018,  
Accepted on 02 June 2018

DOI: 10.20959/wjpr201812-12409

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### ABSTRACT

Kushtha is caused by vitiation of Tridoshas that is vat, pitta & kapha in persons intake unwholesome regimen like- virodhi anna-pan intake of wrong food combination such as milk with fish, not properly elimination of doshas by panchakarma procedures like vaman etc. But in modern medical science Psoriasis is caused by a complex interplay between the immune system, psoriasis-associated susceptibility loci, autoantigens, and multiple environmental factors. It is a skin disease that causes itchy or sore patches of thick, red skin with silvery scales. We usually get the patches on elbows, knees, scalp, back, face, palms and feet, but they can show up on other parts of your body. In this case the problems start from scalp and spreading into all over the

body. It is a single case presentation of 1 patient. Treatment protocol are.

Vaman karma:- As per described in charak chikitsa7.

Virechan karma:- By common virechan dravyas.

Yog basti:- Combination of five anuvasan and three niruh basti.

Takradhara:- Sirodhara of takra.

The patient suffering from mandal kusht included in study were selected from University College of Ayurveda, Jodhpur during the period March to may . Efficacy of above three procedure are good and give significant result.

**KEYWORDS:** Mandal kusht, psoriasis, vaman, virechan, basti, panchtaikt grita, mahamanjistha kwath, takradhara.

## INTRODUCTUION

मन्त्रापपाच यष्यत्र दाच मन्त्रद्यमः A which means, any disease that damages normal skin texture is considered to be grouped under kushtha roga.

According to ayurveda all type of skin disease have been grouped under kushtha roga there are 18 types of kushtha roga or skin disease which has been majorly classified as-

Maha kushtha:-It is 7 types of major skin disease,

Kshudra kushtha:- Its 11 types of less severe skin disease.

Psoriasis also has many verities like scalp psoriasis, guttate psoriasis, plaque psoriasis, pustular psoriasis etc. These can be compared various type of kushtha roga according to their corresponding symptoms.

Kushtha samprapti:- the three vitiated doshas -vat, pitta & kapha in tourn vitiated the twak (skin & ras dhatu), rakt (blood), mans (muscular tissue), ambu (lymph & plasma part of blood tissue) these taken together, constitute the seven fold pathogenic substance of kushtha.

Mandal kushtha:-

Mandal kushtha is characterized by the following

गिह्रपपाग हत्रसासत्रचकरपयागच शुर्पापीपवज्जचषशचपाग पुत्रस्थपवम्चपयःपपाग पुस्थपवपकभवपतजगिचपगपाग  
अनत्रअनशुपत्रस्थाषएलथ्रीपपयजाप अनत्रस्थकलमःत्राभजाप विहचजभित्रचैपपाग कलजाग षवभाःथपाग भाःथमन्त्रद्यपाग  
।यरपपचः ठै

They are unctuous, elevated, white and red in colour and covered with white/silvery scales/hairs, excessive sticky exudation, itching and infested with numerous germs. Their causation, manifestation & ulceration are sluggish and round in shape.

## MATERIALS AND METHOD

### CASE REPORT

**Chief complaint:-** A male patient age 25yrs. old visited OPD of Panchakarma, Dr. S.R. Rajasthan Ayurved University jodhpur presenting with complaint of red patches on all over the body, with itching and removing silver scaly skin.

**History of presenting illness:-** Two years ago, the patient had a gradual onset of dandruff in scalp and followed by red spots on upper extremities. Gradually its spread all over the body. Patient took many allopathic medicines & also took shaman therapy but significant results not come. so for this complaint patient admit in Dr.S.R.Rajasthan ayurved hospital karwar. And now he feel much better.

**History of past illness:-** nil

**Treatment history:-**nil

**Personal history:-**

OPD no.-13883

IPD no.-580

Name- Hitesh sharma

Sex- male

Date of admission-20/3/2018

Marital status-unmarried

Occupation- student

Blood pressure-110/80 mmhg

Pulse rate-72/min

Respiratory rate-17/min

Temperature- A febrile

Appetite-Good

Bowel- 1-2 times in a day

Urine-5-6 times in a day

### **Systemic examination**

The most common skin manifestations are scaling erythematous macules, papules, and plaques. Typically, the macules are seen first, and these progress to maculopapules and ultimately well-demarcated, noncoherent, silvery plaques overlying a glossy homogeneous erythema. The area of skin involvement varies with the form of psoriasis.

### **Ashtaviddapariksha (Examination of 8 seats)<sup>[5]</sup>**

1. Nadi (pulse) - Mandam (slow)
2. Mutra (urine) - Sukhapravriti
3. Mala (stool) - sukhapravriti
4. Jihwa (tongue) - upalepa (coated)

5. Shabda (voice) - vyakta/ spashat
6. Sparsh (touch) - sheet/ snigdha
7. Drik (eyes) - swetabh
8. Aakriti (Built) - sthoola

#### Dashviddapariksha (Examination of 10 seats)<sup>[4]</sup>

1. Prakriti (constitution) - pitta-kapha
2. Vikriti (morbidities) - Dosha - kapha
3. Dushaya - twak, Rakt, maans, ambu.
4. Satwa (psychic condition) - Madhyam
5. Sara (excellence of tissue elements) - maans sara/asthi
6. Samhanan (compactness of organ) - Madhyam
7. Pramana (measurement of organ) - Madhyam
8. Satmaya (homologation) - Sarva rasa (pravarsatmaya)
9. Aaharshakti (power of intake & digestion of food) - Madhyam
10. Vyayamshakti (power of performing exercise) - Pravar
11. Vaya (age) - yuvaa/25 years.

#### Diagnostic criteria

##### According to modern medical science

#### PASI score:- psoriasis area and severity index<sup>[6]</sup>

The psoriasis area and severity index is a quantitative rating score for measuring the severity of psoriatic lesions based on area coverage and plaque appearance.

Plaque characteristic	Lesion score	Head	Upper limbs	Trunk	Lower limbs
<b>Erythema</b>	0 = none 1 = slight	0	3	2	3
<b>Thickness</b>	2 = moderate 3 = severe	1	2	2	2
<b>Scaling</b>	4 = very severe	2	2	2	3
Add together each of 3 scores for each body region to give 4 separate sums(A)					
<b>Lesion score sum (A)</b>		3	7	6	8

Percentage area affected	Area score	Head	Upper limbs	Trunk	Lower limbs
<b>Area score (B)</b> -Degree of involvement as a percentage for each body region affected (score each region with score between	0 = 0% 1 = 1% - 9% 2 = 10% - 29% 3 = 30% - 49% 4 = 50%- 69%	5	3	3	4

0-6)	5 = 70%- 89%				
	6 = 90%- 100%				
Multiply lesion score sum (A) by area sum (B), for each body region, to give 4 individual subtotals (C).					
<b>Subtotals (C)</b>		15	21	18	32
Multiply lesion of the subtotals (C) by amount of body surface area represented by that region, i.e. $\times 0.1$ for head, $\times 0.2$ for upper body, $\times 0.3$ for trunk, $\times 0.4$ for lower limbs.					
<b>Body surface area</b>		$\times 0.1$	$\times 0.2$	$\times 0.3$	$\times 0.4$
<b>Total (D)</b>		$15 \times 0.1 =$ 1.5	$21 \times 0.2 =$ 4.2	$18 \times 0.3 =$ 5.4	$32 \times 0.4 =$ 12.8
Add together each of the score for each body region to give the final PASI score.					

PASI score = 23.9

### According to ayurveda

° यदृचपत्र वस्त्रपत्र पिपत्रव चिसपत्रव गिगदृपत्रभत्रचगिगभाःश्रभञ्ज

मज्जएल्लभग्सं गसविदित्र मत्रूद्यत्र भाःश्रभञ्जएसचपदृ ङ” ¼उ(उ(उरज्जघ½”

White and red in colour

Its stable, compact, circular, Unctuous and elevated patches.

Difficult to cure.

Patches are matted with each other.

### Treatment

Duration:- approx 3 months.

Improvements:- Erythema, thickness and scaling.

### Protocol of panchakarma procedures

Procedures	Medicine used	Days
<b>Deepan-pachan</b>	Panchkol churna	3 days
<b>Snehpan</b>	Mahatikt grita & gogrita	7 days
<b>Abhyang-svedan</b>	777oil, karanj tail, neem tail	1 day
<b>Vaman</b>	<b>Kutaj, madan phal, madhuk, patol, nimb patra<sup>2</sup></b>	1 day
<b>Samsarjan karma</b>	Paiya, vilepi, akrit yush & krita yush	8 annkal
<b>Snehpan</b>	Gogrita	3 days
<b>Abhyang-svedan</b>	777oil, karanj tail, neem tail	3 days
<b>Virecha</b>	<b>Nishoth, amaltas, kutki, chirayta, haritaki &amp; castor oil</b>	1day
<b>Samsarjan karma</b>	Paiya, vilepi, akrit yush & krita yush	8 annkal
<b>Anuwasan basti</b>	Pancha tikt grita	5 days
<b>Aasthapan basti</b>	Maha manjishthadi kwath, til taila, sendhavlavan & honey	3 days
<b>Takradhara</b>	Takra & triphla kwath	7days

Schedule start at 18/3/2018

Deepan pachan:- 3 days (18/3/2018 -20/3/2018)

By panchkol churna- 1 tsp bd before meal for three days.

**Snehpan:-** 7 days (21/3/2018 -27/3/2018)

By panchatikrit grita and gogrita

Days	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
Date	21/3	22/3	23/3	24/3	25/3	26/3	27/3
Dose	40ml	60ml	90ml	120ml	160ml	200ml	220ml
Anupan	Ushnodak	Ushnodak	Ushnodak	Ushnodak	Ushnodak	Ushnodak	Ushnodak
<b>Samyak yag lakshan</b> Vatanulomyam- Diptoagni - Snigdha varchah- Utklesha -				Which day appears -4 <sup>th</sup> day -5 <sup>th</sup> day -7 <sup>th</sup> day -7 <sup>th</sup> day (mild)			

**Abhyang-svedan:-** one day before vaman therapy (28/3/2018)

By 777oil, karanja taila & neem tail for 30-35 minutes.

**Vaman karma:-** (ch.chi.7/43) in morning 28/3/2018

**Shudhi lakshan-** laingiki:- lightness in body(laguta), cleanliness in mouth, throat & upper GIT(hritparshav-murdhendriya margshuddho)

Maniki :- 6 veg, madhyam sudhi

Medicine used	Dose	
Kutaj-twak	10gm	} Vaman yog (30ml)
Madanphala	10gm	
Madhuyashti churna	10gm	
Sendhav lawan	5 gm	
Honey	As required	
Patol patra(kwath)	20gm	} Kwath dravya (approx 2 lit)
Neem patra(swaras)	20gm	

**Vaman paschat Samsarjan karma:-** for 8 annkal (28/3/2018- 1/4/2018) at 2/4/2018 patient was in rest condition.

Date	Morning	Evening
28/3	Vaman therapy	Paiya
29/3	Paiya	Vilepi
30/3	Vilepi	Akrita yush
31/3	Akrita yush	Krita yush
1/4	Krita yush	Normal diet

**Virechnarth Snehpan:-**for 3 days (3/4/2018-5/4/2018)

By gogrita - 50 ml, 100ml, 150 ml with anupan of ushnodak

**Abhyang – swedan:-** for 3 days (6/4/2018-8/4/2018)

By 777 oil, karanj tail & neem tail for 30-45 minutes.

**Virechan karma:-**

**Shudhi lakshan-** laingiki:- lightness in body(laguta)

Maniki :- 6 veg, madhyam sudhi

Medicines used	Doses
<b>Nisoth</b>	40 gms
<b>Amaltas</b>	40 gms
<b>Kutaki</b>	20 gms
<b>Chirayta</b>	40 gms
<b>Haritki</b>	40 gms
<b>Castor oil</b>	50 ml

**virechan paschat Samsarjan karma:-** for 8 annkal (9/4/2018- 13/4/2018) at 14/4/2018 patient was in rest condition- same as vaman karma.

**Anuwasan basti:-** alternate 5 days from 15/4/2018 and last one also

By panchatik grita, administration just after meal.

**Aasthapan basti:-** alternate 3 days from 16/4/2018

**By mahamanjishthadi kwath,** before meal, expel out with 10 minutes.

**Takra dhara:-** for 7 days in morning

By takra mix with triphla kwath (2lit :1 lit)

**OBSERVATION AND RESULT:-** Totally based on PASI score of psoriatic lesions based on area coverage and plaque appearance.

Plaque characteristic	Lesion score	Head	Upper limbs	Trunk	Lower limbs
<b>Erythema</b>	0 = none 1 = slight	0	2	1	2
<b>Thickness</b>	2 = moderate 3 = severe	0	1	0	1
<b>Scaling</b>	4 = very severe	1	1	1	1
Add together each of 3 scores for each body region to give 4 separate sums(A)					
<b>Lesion score sum (A)</b>		1	4	2	4

Percentage area affected	Area score	Head	Upper limbs	Trunk	Lower limbs
<b>Area score (B)</b> -Degree of involvement as a percentage for each body region	0 = 0% 1 = 1% - 9% 2 = 10% - 29%	3	3	3	4

affected (score each region with score between 0-6)	3 = 30% - 49%				
	4 = 50%- 69%				
	5 = 70%- 89%				
	6 = 90%- 100%				
Multiply lesion score sum (A) by area sum (B), for each body region, to give 4 individual subtotals (C).					
<b>Subtotals (C)</b>	3	12	6	16	
Multiply lesion of the subtotals (C) by amount of body surface area represented by that region, i.e. $\times 0.1$ for head, $\times 0.2$ for upper body, $\times 0.3$ for trunk, $\times 0.4$ for lower limbs.					
<b>Body surface area</b>	$\times 0.1$	$\times 0.2$	$\times 0.3$	$\times 0.4$	
<b>Total (D)</b>	$3 \times 0.1 = 0.3$	$12 \times 0.2 = 2.4$	$6 \times 0.3 = 1.8$	$16 \times 0.4 = 6.4$	
Add together each of the score for each body region to give the final PASI score.					

PASI score = 10.9

## DISCUSSION

The treatment protocol of this totally based on acharya charak in kushtha chikitsa adhyay. Present study is a case presentation of patient Hitesh Sharma having symptoms like psoriatic plaque, erythema, thickness and silvery scale removing from all over the body since 2 years.

According to ayurvedic classics mandal kushtha is kapha pradhan disease (also tridoshas) so vaman, virechan treatment for much useful on this disease but as charak told in sidhi sthan chepter 2, basti is contra indicate for kushtha roga so no improve by basti procedures. Takra dhara much usefull in scalp psoriasis.

**CONCLUSION:** according to chakrapani षपचञ् षपएल्लशगपरसज्जसत्रष्कसपरभपपिगभपपिचञ् शिविग उप.गठ खरपीचपचञ्चै।

hence it can be concluded that this references is too good for psoriasis and also it is choice of ayurveda treatment for this disease but careful patient must be having good physical and mental strength.

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