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Effect of Vaman karma in Psoriasis: A case study

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ABSTRACT:

Abstract: In Ayurveda, psoriasis (siddhma kustha) is often viewed as a manifestation of skin disease resulting from imbalances in the body's doshas, particularly vata and kapha. Psoriasis or Siddhma kustha is one of the types of Mahakushtha explained in Ayurved. Although the Kustha is considered as Tridoshajanya vyadhi it has mainly vaat and kapha dosha predominance in its pathogenesis. In present case 42 years old male patient with psoriasis was treated through vaman karma. The symptoms were subsided after the completion of therapy. Parameters were assessed before and after the treatment. In result patient acquired good effect in symptoms like Itching, Erythema etc. In today's era when the world is facing challenges of pandemic of infectious diseases, diseases resulting from erroneous life style, diseases due to compromised immunity or the pathologies arising from air, water and noise pollution, adulterated food; "Ayurveda" the ancient science of life can bring the solution of these all.

Keywords: Vaman, Kushtha, Tridoshajanya vyadhi, Samsarjana krama

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Introduction: *Vamana* is one of the panchakarma procedure that expels out vitiated *doshas* from stomach through oral route.⁽¹⁾ It is mainly indicated in the diseases arising from *kapha dosha* and *pitta dosha* in body.⁽²⁾ “*Kushtha*” is one of the diseases arising due to involvement of all three *dosha*⁽³⁾, however there can be differences in dominance of *dosha* in like some types are *kushtha* are *kapha vaat* dominant and some are *kapha pitta* or *vaat pitta* dominant. With a prevalence of 0.44-2.8% in India, it commonly affects individuals in their third or fourth decade with males being affected two times more common than females⁽⁴⁾. The lesions are characterized by brownish red papules which are sharply demarcated and are covered with fine, silvery white scales. This condition resembles “*sidhma kushtha*” described in *ayurvedic* text⁽⁵⁾. In present case study a 42 years old male patient presenting with symptoms of psoriasis was treated with *Vamana karma* followed by *Samsarjana kram* and some internal medicine related with the symptoms. Patient got significant relief in the symptoms on follow up of one month.

Case report: A 42 years old male patient having symptoms of psoriasis since last seven years visited *Panchakarma* OPD in our institute for the treatment. The patient was having symptoms of whitish scales (*raj: munchana*), dry patches, erythema and itching sensation over the body with duration of last seven years. The patient was diagnosed with “*sidhma kushtha*” based on symptoms. The patient underwent “*vamana karma*” as it is indicated in management of *kushthavyadhi*.

Plan of treatment was initiated with *panchana - deepana upakram*. It was given with *Triphala churna* – 3 gm, *Musta churna* – 1 gm and *shunthi churna* – 1 gm with Lukewarm water twice a day for 5 days. *Snehapana* with *Panchatikta ghrita* was initiated with 30 ml on first day and later was given in *vardhaman maatra* (60 ml, 90 ml, 120 ml, 150 ml) for the next days. Patient being a *mrudu koshtha* and showed signs of *samyaka snehapana* in 5 days. *Sarvang snehana along with mrudu naadi sweda* was performed on sixth day and patient was asked to take *kapha vriddhikar ahar* a night before *vaman karma*. Informed consent in written form was taken before *karma* and examination of patient was done in following aspects – *Naadi* – 80 / min, *Jivha* – *alpa saam*, *Koshtha* – *mrudu*, *Mala* – *samyak*, *Mutra* – *samyak*, BP 110 / 70 mmHg, CNS – conscious, oriented and afebrile, CVS – S₁ S₂ Normal P/A – soft. All *srotas* were reexamined. Gradation of psoriasis symptoms were based on following.

Scaling-

1. No scaling – Grade 0
2. Mild scaling by rubbing/by itching (scaling from some lesions) – Grade 1
3. Moderate scaling by rubbing/by itching (from all lesions) – Grade 2
4. Severe scaling by rubbing / by itching (from all lesions) - Grade 3
5. Scaling without rubbing / by itching (from all lesions)- Grade 4

Extent of lesions -

1. No lesions on *Mahasthanam* – Grade 0
2. Lesion on partial part of hand, leg, neck, scalp, hand, back - Grade 1

3. Lesions on most part of hand, leg, neck, scalp, trunk, back -Grade 2
4. Lesions on whole part of *Mahasthanam* (Vast area) - Grade 3
5. Lesions on whole body - Grade 4

Mandala (Circular skin lesion):

1. No *Mandala*- Grade 0
2. Few *mandala* and smaller than coin – Grade 1
3. Few *mandala* and big (larger) than coin – Grade 2
4. More *mandala* and smaller than coin – Grade 3
5. More *mandala* and bigger than coin – Grade 4

Erythma:

1. Normal skin - Grade 0
2. Faint or near to normal – Grade 1
3. Blanching + red color – Grade 2
4. No blanching + red color – Grade 3
5. Red color + subcutaneous – Grade 4

Candle grease sign:

1. Absent – Grade 0
2. Improvement – Grade 1
3. Present Grade - 2

Observations and Results:

Table no. 1 : Gradations of the symptoms of psoriasis (*Sidhma Kushtha*)

Before treatment	After treatment
1. Scaling (<i>raj: munchana</i>) : Grade 3 (i.e. severe scaling by rubbing / by itching)	1. Scaling : Grade 1 (mild scaling by rubbing/ itching from some lesions)
2. <i>Mandala utpatti</i> (Circular skin lesions) : Grade 4 (more mandala , bigger than a coin)	2. <i>Mandala utpatti</i> : Grade 3 (few mandala bigger than a coin)

Auspitz sign:

1. Absent - Grade 0
2. Improvement-Grade 1
3. Present - Grade 2

Vamana was performed in *Vasant Ritu* (March, 2022) patient was prepared for the *karma* by doing *sarvang snehana* and *mrudu naadi sweda Godugdha* (1 lit) was given for *akanthpaan* and *vaman aushadhi yoga* – *Madanphal pippali churna* 4 gm, *vacha churna* 1 gm, *pippali churna* 2 gm and *saindhava churna* 2 gm and *saindhava churna* was given in 2 gm with *Madhu* and *yashtimadhu phanta* was used as *vamanopaga dravya*. There were seven *Vegas* of *vaman* in profuse amount. Total of about 8700 ml *dravya* was taken in by patient and about 9100 ml was emitted out. *Samsarjanakrama* was also advised for the next 5 days as it was *madhyam shuddhi*.

The follow up was given by patient after one month, patient had relief and significant effect in psoriasis symptoms like body itching, erythema, and white patches.

3. Erythema : Grade 4 (reddish color + subcutaneous)	3. Erythema : Grade 3 (blanching & red color)
4. Extension of the lesions : Grade 3 (lesions on most part of hand, leg, neck, scalp, trunk and back)	4. Extension of the lesions : Grade 2 (on partial parts of hand, leg, neck, trunk and back)
5. Candle grease : Present	5. Candle grease : Improved
6. Auspitz sign : Absent	6. Auspitz sign : Absent



Figure no. 1 – Showing skin condition before and after one month of treatment.

Discussion –

Psoriasis is a skin disease that causes a rash with itchy, scaly patches erythema over the skin which resembles “*Sidhma Kushtha*” described in ayurvedic texts. *Sidhma kushtha* being type of “*Mahakushtha*” arises due to kapha and vaat Dosh predominantly. *Vamana* is *panchakarma* procedure for the treatment of diseases arising due to *Kapha dosha* and surely is indicated for the treatment of *Sidhma kushtha*, However all types of *Kushtha* needs *Shodhana upakrama* periodically.⁽⁶⁾ *Panchatikta ghrita*⁽⁷⁾ is helpful for *snehapana* purpose as it contains drugs

having Sanguine effects on blood and skin as well. *Panchatikta ghrita* having *tikta ras dravya* in it that helps *rakta shuddhi* and in reestablishing skin health.⁽⁸⁾ *Vamana* breaks amalgamation of *dosha-dushya* involveds in *samprapti*, removes the *dosha* out of body and establishes individuals health again. This results in reduction in symptoms like itching, scaling, erythema etc.

Conclusion –

Shodhana upakrama (*Panchakarma*) has been indicated in *Kushtha Vyadhi* by all the *Acharyas*, In present case patient was treated with *Vamana karma*, after completion of the study it

was observed that there was much decrease in the symptoms like itching, erythema and scaling. This case report highlights that psoriasis (*sidhma kushtha*) being *kapha vaat* prominent disorder can be managed well by eliminating involved doshas through *vamana karma* and basic, appropriate diet regimen. In today's era when the world is facing challenges of pandemic of infectious diseases, diseases resulting from erroneous life style, diseases due to compromised immunity or the pathologies arising from air, water and noise pollution, adulterated food; "Ayurveda" the ancient science of life can bring the solution of these all.

The ability of evacuation, superiority of efficacy and enormity of procedures, target of eradication of doshas and multimode actions are the characteristics of *Panchakarma* described well in Ayurveda.

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