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Case Study

ROLE OF VAMANA KARMA AND SAMAN SNEHA (VAJRAKA GHRITA) IN THE MANAGEMENT OF PSORIASIS (EKKUSHTHA): A CASE STUDY

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ABSTRACT

Psoriasis is one of the commonest skin disease affecting the patient's life. The available medication like topical and oral steroids and puva therapy etc. are associated with several adverse effect and does not provide long lasting relief. The relapse and remission are very common. Hence diagnosed case of psoriasis was treated with classical Panchakarma treatment to find out the effect of Vamana Karma followed by Shaman Sneha (Vajraka Ghrita) in psoriasis. A male patient aged complaint skin discoloration elevated patches with severe itching on arm abdomen and face. Classical Vamana Karma followed by Shaman Sneha (Vajrka Ghrita). Lesion were markedly reduced, itching was completely reduced, elevation and discoloration also reduced. Vamana Karma followed by Shaman Sneha (Vajraka Ghrita) provide marked improvement in patients of psoriasis.

Keywords: Psoriasis, Vamana Karma, Vajraka Ghrita.

INTRODUCTION

Psoriasis is one of the most common dermatological condition affecting up to 2% of the world population and approximately 0.8% of Indian population. Skin is the envelope of our body expressing the harmony inside. It also performs functions such as protection of the body against physical, chemical, mechanical and biological injuries thermoregulation etc. Beside all this it plays an important role in the expression of beauty leaving a better impression.

The exact etiology of the disease is still unknown generally its believe in autoimmune origin. Role of T-cell & TNF- α has been widely accepted ¹. Modern medicine treat Psoriasis with PUVA therapy, topical & systemic corticosteroids & antimetabolic drugs, but serious side effect like bone marrow depletion, liver toxicity etc. are again area of reconsideration of therapy for longer duration. Epidemiological studies revealed that a distinct group of disease is quite frequently associated with psoriasis. ² Due to the chronic and relapsing nature of the disease large number of patients are seeking treatment from ayurveda and other traditional system of medicine. Ayurveda through its holistic approach particularly by samshodhana chikitsa which aims at correcting the basic causative factor is the first line of treatment advised for all skin diseases(Kushtha). Psoriasis (Ekakushtha) being kapha-vata dominant condition³. After shodhana in kushtha snehana is indicated hence shaman sneha with vajraka ghrita⁴ is given.

CASE REPORT

A male patient age 35 years presented with the complaint of skin discoloration elevated patches with severe itching on arm abdomen and face.

Symptoms

Severe itching which increase at night
White silvery scale dispatch from the lesion
Cracking pain on lesion

Signs

Auspitz sign positive
Koebner's phenomenon positive
Grattage test positive

Assessment criteria

PASI scale (psoriasis area and severity index score)

Examination of skin (Character of lesion)

Area – localize, Size- medium, Colour - pink, Border - irregular
Surface-dry, Pattern- annular, Associated-pain and itching
Erythema- score -3 (patch with dull red colour)
Desquamation-score-4(scales found on bed without scratching)
Area involved-grade score-3(30-49%)

Investigation

To rule out other systemic disease following investigations will be carried out-

Hb%, T.L.C, D.L.C, E.S.R.
Blood sugar (FBS, PPBS)
Urine examination (Routine and microscopic)
SGOT, SGPT, Blood urea, Serum creatinine.
Lipid profile

Systematic examination

Cardio vascular system- NAD
Central nervous system-NAD
Respiratory system- NAD
Digestive system - NAD
Urogenital system- NAD

Treatment given

Vamana Karma

After 5 days of snehpana with shuddh ghrita and 1 days of svranga abhyanga and swedna, vamana was given with classical vamana indicated in kushtha chikitsa in charka chikitsa.

Vamana Karma includes administration of following-

Pachana- Panchakola churna 3 g B.D. for 3 days.

Shodhanarth Snehapana- Suddha Go-Ghrita for 5 days as per koshtha in increasing dose.

Sarvanga Bashpa Svedana- Dashmoola Kwatha for 10 to 15 min for 4 days.

Vamaka Yoga

Drug Name	Botanical Name	Dose
Kutaja Beeja	Seeds of <i>Hollarhena antidysentrica</i>	4 g
Madanaphala pippali	Seeds of <i>Randia dumetorum</i>	6 g
Yashtimadhu phanta	<i>Glycyrrhiza glabra</i>	250 ml
Patola churna	<i>Tricosanthes dioica</i>	10 g
Nimba svarasa	<i>Azadirachta indica</i>	50 ml
Madhu		50 ml
Saindhava lavana		2g

Samana sneha

After completion of sansarjana karma, shaman sneha (vajraka ghrita) takes for 30 days.

Vajraka ghrita will be given orally as a shaman sneha at the time of hunger once a day in the dose of 20 ml

The results observed after the treatment were

Itching reduced completely

Scales disappeared from the shoulder and back, significantly reduced from the face and hand.

No pain in remaining lesion.

DISCUSSION

Psoriasis is a papulo squamous disorder of the skin, characterized by sharply defined erythematous squamous lesions. They vary in size from pinpoint to large plaques. At time it may manifest as localize or generalized pastular eruption. here, Ekkushtha is accepted as psoriasis because the description and characteristic feature of it are coinciding with description of psoriasis.

Aswedanam - The lesion of this disease are dry & rough

Mahavastu - Lesions are found all over the body

Matsya Shakalopamam -Well-defined raised macules, papules, erythematic plaques which are covered with silvery scales.

Krishna Aruna varna - erythematous lesion

Ekkushtha is a kapha predominant type of kushtha, and Vamana is indicated for kapha predominant disease.

Vamana shows a significant reduction in the level of malondialdehyde (MDA) which is a free radical & significant increase in super oxide dismutase (SOD) & glutathione reductase (GSH) which proves potent action of these two procedures in reducing the oxidative state.

Vamana acts on microcellular level, eliminate the toxins from body & helps in maintaining normal function of body. it strengthens the immune mechanism and helps in preventing relapse. It is just a biopurification of the body.

After Shodhana in Kushtha Snehana is indicated hence Shamana Sneha with Vajrka Ghrita is given in after Vamana respectively. After shodhana, vata dosha increases, for increase vata the best treatment is snehna.

Kushtha is raktaprdoshaj vikar mentioned by Acharya Charak, so while treating it specific consideration of rakta dhatu is essential. Yakrita and pleeha are main site of formation of rakta dhatu. Vasa, nimb, patola, and amrita are potent hepato protective action. These drugs act on the formation site of the rakta dhatu and break the basic pathogenesis of kushtha. These drugs act as potent antiproliferative property against the T cells which plays key role in pathogenesis of psoriasis, also inhibiting keratinocyte proliferation.

CONCLUSION

Psoriasis can be managed with classical Ayurvedic treatment and panchakarma therapy (vamana karma and shaman sneha). Early diagnosis and proper treatment are the contributing factors to the better prognosis of the disease.

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