

Psoriasis

Psoriasis is non-infectious, autoimmune, chronic inflammatory and non contagious disease that produces plaques of thickened, scaling skin. It is most commonly seen in 20 to 50 year of age group of people.

The word Psoriasis is derived from Greek word **Psora** which means “itch” or “scale”. In Ayurveda, almost all skin disease can be taken under generalized term kushtha. It can be correlated with kitibha kushta / ekkushta /vata-kaphaj kushta. The word kushtha is derived from the root **kush** means which comes from inner part to outer part.

Site of Disease It most often occurs over the elbows, knees, scalp, lower back, and palms or soles of the feet. Sometimes all over the body.

Type of Psoriasis

According to Modern science, psoriasis is of many types. They are Plaque, Guttate, Pustular, Inverse, Erythrodermic, Psoriatic Arthritis etc, out of which Plaque psoriasis is more commonly seen.

Nidana (Etiology)

Aahara nidana

- Incompatible food (virudh ahar), heavy, cold, oily diet
- Excessive intake of yoghurt, fishes and salty and sour foods, masha pulse (Black gram)
- Excess intake of marshy animals and aquatic animals
- Intake of sour and salty together
- Prolonged intake of fish with milk
- Excess intake of radish and garlic
- Intake of radish with jaggery

Vihara nidana

- Day time sleeping and lack of physical work and exercise.
- Suppression of the emesis and other natural urges.
- Too much physical excretion.
- Eating before the previous meal has been digested
- Unsound sleep, stress, anxiety.
- Disrespect of teachers, and committing other sinful acts

Poorvaroop (Prodromal Features)

- Reduced Perspiration (Swedana) or increased perspiration (atiswedana)
- Roughness of the skin (Parushya)
- Discoloration of the skin (tavak vaivaryan)
- Itching (kandu)
- Pricking sensation (nistoda)
- Numbness (suptata)
- Horripilation (rohaharsha)
- Fatigue (klama)

Roopa (Signs and Symptoms)

- Aswedanam - dry and rough
- Mahavastum - lesions are found all over the body
- Matsyahalopama - well defined raised plaques with silvery scales
- Krishana – Aruna-Varna - lesion becomes black in color

Samprapti (Pathophysiology)

Kustha is produced invariably by vitiation of the seven factors i.e 3 dosha (Vata, Pitta and Kapha) and 4 dushyas [Mamsa (Flesh), Rakta (Blood), Tavak (skin), lasika (Serum)]. Because of the nidana, all doshas vata, pitta and kapha are imbalanced. If the vata dosha is prominent then the rasa is vitiated and it effects the skin only (vataja kusta); if the pitta dosha is prominent then the rakta dhatu is vitiated and this effects the blood (pittaja kushta), if the kapha dosha is

prominent then the mamsa dhatu is vitiated and this effects the muscles (kaphaja kushta). When all doshas are vitiated and sapta dhatu are involved it vitiates the ambhu vaha srotas then becomes maha kusta roga (sannipatika kushta).

Ayurvedic way of Treatment (Chikitsa)

Psoriasis is a disease difficult to cure by its nature. In ayurveda texts it is consider as a krichchasadhya vyadhi.

Acharya Charaka mentioned that disease treated by Shodhana will never recur, whereas the treatment with Shamana therapy may recur in due course of time. If Shamana drugs are given after proper course of Shodhana, then it helps in curing the diseases.

Shodhana Chikitsa (Detoxification)

- Vamana (therapeutic emesis) is the best measure for Kapha Dushti
- Virecana (therapeutic Purgation) is indicated not only for Pitta Dosha but also in Kapha and Rakta Dushti.
- Takradhara - cooling properties of takra helps in relaxing the mind and reducing mental stress.
- Snehapana - helps in smoothing of vitiated doshas
- Swedana - Soothened Doshas will get liquefied and reaches to Koshtha by Swedana
- Kashaya Dhara helps in healing the wound and lesions

Shamana Chikitsa (Ayurvedic Internal Medication/ Classical Medicines)

Tikita (bitter) and kashaya (astringent) rasa Ausadha (medicines) pacifies the vitiated pitta, kapaha doshas, purifies the blood and activates the liver function. Using Rasayanam helps to build the immunity. Deepan Pachan Medicines helps in improving Agni and do Ama pachan.

- Mahatiktaka ghritam
- Mahatikaka kashayam
- Khadiratishtam
- Manjishthadi kashayam
- Saribdrasavam
- Guggulu tiktaka ghritam
- Patoloakatuhinyadi kashayam

- Kaisore guggulu
- Gandhaka rasayana
- Ayrogyavardhini vati
- Aragarwadhi khayasham
- Trikatu Chooranm
- Hinguvachadi Chooranm
- Trivirt Lehyam
- Avipatti chooranm
- Dasmoola Rasayanam

Ayurvedic Oils for External Application

- Asoria oil
- Malatiyadi oil
- Dinesa Eladi oil
- Eladi coconut oil
- Nalpramaradi soap
- Nalpramaradi Chooranm
- Eladi Chooranm

Patent Medicines

- Pigmento Tablet
- Pigmento Cream
- Herbo sulpha Tablets

Ayurvedic Single Herbs

- Harida
- Tulsi
- Neem
- Guduchi

- Yastimadhu

Diet and Habit to Avoid

- Yoghurt, as this will obstruct the channels of circulation.
- Acidic foods and fruits including soda, pineapple, coffee, tomatoes, soya sauce and citrus fruits
- Dairy Products like Cheese, butter, Milk
- Black gram
- Incompatible Food
- Preservatives and processed food
- Seafood like fish, prawn
- Alcohol
- Garlic
- Anxiety, Fear
- Day sleep

Diet and Habit to Follow

- All Gourds vegetables like Bitter gourd, Snake gourd, Rigid gourd
- Red rice
- Whole meal Food items
- Munga Dal
- Easily digestible food
- Warm water
- Butter milk
- Meditation
- Staying calm
- Pranayam