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Special Issue

on

AYURVEDA FOR COVID-19

13st November, 2020

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Dr. Navin Chandra Joshi

Issue Editor



Objective of Ayurved Day 2020

The potential role of Ayurveda in the management of coronavirus disease (Covid-19) will be the focus of this year's Ayurveda Day, which will be observed on November 13.

The practice to observe the Ayurveda Day, which falls on Dhanwantri Jayanti, was started by the Union Ministry of Ayush (Ayurveda, Yoga and Naturopathy, Unani, Sidda and Homoeopathy) in 2016. Dhanwantri is the god of medicine, according to Hindu mythology.

“The objective is to focus on the strengths of Ayurveda and its unique treatment principles, to work towards reducing the burden of disease and related mortality. It also aims to tap into the potential of Ayurveda to contribute towards National Health Policy and National Health programmes, and to promote its principles of healing in society,” said the

National Ayurved Day Logo

The logo for the National Ayurveda Day has the following elements.

- The silhouette of lord Dhanwantari in the centre of the logo represents the lord of Medicine.
- The five petals in logo symbolize Pancha Mahabhuta and three circles beneath signify Vata, Pitta, Kapha, the fundamental principles of Ayurveda.
- An oval leaf encircling the elements depicts the essence fo healing through Nature based on these fundamental principles.

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Editorial...

Ayurveda world's most Authoritative Ancient Science. It is the science of life and longevity. It is the oldest medical science. Lord Dhanwantari is the divine propagator of ayurveda. Ayurved day is celebrated on the occasion of the birthday of lord dhanvantari.

This year's theme is **AYURVED FOR COVID-19**.

Covid pandemic has turned the world's attention toward Ayurveda. Immunity, virus, bacteria way of spreading is talk of the town nowadays. Many articles or researches showed that Ayurved is best for covid - 19. To fight against infections we need strong immunity. In Ayurveda several options are available for improving immunity like Rasayana (Immunomodulators).

Ayush GOI has selected a very appropriate theme of Ayurved for Covid-19. As this pandemic has started people are looking for Immunity. Ayurveda, the original healthcare tradition of humanity, is not just a medical system, but a manifestation of our symbiotic relationship with nature. It is a well-documented system of healthcare, where the prevention of disease and promotion of health are given due consideration. Not only for pandemic but Ayurveda advises how to maintain health for 100 years. Ayurved provides every aspect of managing health in various ways like Dincharya, Ritucharya, Panchakarma.

Ayush ministry published special guidelines to improve immunity as well fight against corona which are affordable, simple for every individual. This is clear evidence of Ayurveda's positive effect on mental & physical health.

This issue contains scientific articles related with Ayurveda. The aim is to throw light on various aspects of Ayurveda. Our authors tried best to give more scientific reviews in this context.

I am thankful to the Editor-in-Chief, Contemporary Research in India and the entire team. Thanks to my family and friends.



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PSORIASIS MANAGEMENT THROUGH AYURVEDA- A CASE REORT

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Abstract: Psoriasis is an autoimmune disease, widely present across globe. The similar clinical condition is described in Ayurveda thousands of years ago called *Eka Kustha*¹. *Eka kushtha* is a type of *kshudra kushtha* described in different Ayurvedic classics. The clinical feature of *Eka kushtha* described by Acharya Kashyap represents remission, relapse and seasonal variation which are present in Psoriasis². Modern medical science treats Psoriasis with PUVA, corticosteroids etc. But these therapies give serious side effects like hepato and nephrotoxicity, bone marrow depression etc. Hence, it is the need of time to find out safe and effective treatment for Psoriasis and here Ayurveda plays an important role. The unique treatment modality of Ayurveda provides long lasting results and a better life to patients through its three basic principles i.e. Shodhana, Shamana and Nidanparivarjana. For present study, a case was reported that in which, a 19 years male patient having symptoms of *Eka kushtha* since last 12 years. He was suffering from large round to irregular erythematous scaly patches over his trunk, both hands, & on both legs and also severe itching, and dryness over affected lesions. There was no significant past history of any other chronic illness. The patient was treated with Virechana karma followed by Oral medications. Patient reported a good symptomatic improvement after the single course of Virechana. The improvement was significantly increased during course of oral medications with Nidan parivarjana.

Keywords: *Eka kushtha*, Psoriasis, Virechana, Nidan parivarjana.

Introduction:

Psoriasis is a chronic autoimmune skin disease having unknown etiology, it is relapsing and hence is a major health concern. 125 million people worldwide - 2 to 3 percent of the total population have psoriasis.^[3] There is no satisfactory management in conventional medical system, so patients generally prefer Traditional and Complementary Medicine. In *Ayurveda*, all skin diseases are grouped under a broad heading of *Kushtha Roga*. *Eka kushtha* is one of such diseases explained under the heading of *Kshudra Kushtha*(minor skin ailments). Even though, in terms of severity, incidence and prognosis, it is not a minor kind. The classical symptoms of *Eka kushtha* described in *Ayurveda* resembles with

Psoriasis. The clinical feature of *Eka kushtha* described by Acharya Kashyap represents remission, relapse and seasonal variation which are present in Psoriasis.

- Prodromal features of Psoriasis [*Purvarupa of Eka kushtha*] ^[4]–
- Reduced perspiration (*Aswedan*)
- Increased perspiration (*Atiswedan*)
- Discolouration of the skin(*Twak vaivaranya*)
- Itching(*Kandu*)
- Pricking sensation(*Nistoda*)
- Numbness(*Suptata*)
- Horripilation(*Lomabarsha*)
- Fatigue (*Klama*) etc.

Clinical features of Psoriasis [*Rupa of Eka kushtha*]
[5]

- Reduced sweating (*Asweda*)
- Extended skin lesions(*Mahavastu*)
- Scaling of skin similar to the scales of the fish(*Matsya shakalopama*)
- Pink discolouration(*Aruna varna*)
- Blackening of the part (*Krishna varna*) etc.

Ayurvedic management in chronic psoriasis involves mainly *shodhana* and *shaman* therapy which was incorporated in the present case.

A case report as follow:

A 19 year old male patient came to us with chief complaint of –

1. large round to irregular erythematous scaly patches over his trunk(Lower back), abdomen, both hands, & on both legs
2. Itching all over body.
3. Burning pain and dryness over affected lesions.
4. Patient had above complaints since 5 years.

H/O *Amalpitta*.

No H/o DM / HTN, Asthma

Past History of illness:

The patient suffering from this skin disorder as initially as with dandruff on scalp at the age of 7months, which was treated with allopathic treatment but not completely cured. The same problem continued for 6 years, after that he developed some reddish patches on arm, which was treated with modern medicine but was not cured completely. The same problem continued again, on and off the Allopathic treatment was taken in different cities but it was an unsuccessful treatment. At the age of 14year he was developed by erythematous scaly patches

over his trunk, abdomen, both hands, & on both legs, which was treated with corticosteroids, initially he was responded with the medicines but again relapse with more area covered on trunk, abdomen, both arms, and lower legs. Finally now he want to go with Ayurveda treatment so he visited our R.P Karadi Hospital, SVM AMC Ilkal.

History of personal illness:

- 1) The patient was suffering from this skin disease, presenting as large round to irregular erythematous scaly patches over his trunk(Lower back), abdomen, both hands, & on both legs, Scaling of skin, itching all over body. For this patient took treatment from different Allopathy doctors but got no relief, then he came to our hospital R.P Karadi Hospital, SVM AMC Ilkal, in general OPD.

2) Personal History:

Occupation: First Year BE Student

Bad Habits: Eating outside foods

O/E:

Nadi (pulse) = 74/min. *Mala*

(stool) = *Vibandha Mutra* (urine)

= Normal. *Jeeva* (tounge) =

Eshatha saam. Agni=Vishamagni.

Shabda (speech) = Normal.

Sparsa (skin) = *Khar, Raktavarniya.*

Druka (eyes) = Normal.

Akruti = *Avar.*

Bala = *Madhyama.*

Raktadaaba (B.P) = 110/80 mm/Hg.

As per Ayurveda the clinical Symptoms of Ek kushtha are - "*Aswedana Mahavastu Matsyashakalopamam*"-(Ch. Chi. 7)

Diagnosis of Ek Kustha (Posriasis)

Sign and Symptoms	Present/Absent
<i>Asvedanam</i> (Absence of sweating)	Present at the plaque region
<i>Mahavastu</i> (Big size lesions)	Present
<i>Matasyashakalopamam</i> (Fish like scales)	Present
Itching(<i>Kandu</i>)	Present
Pink discolouration (<i>Aruna varna</i>)	Present

ASSESSMENT CRITERIA**Subjective Criteria**

- a) *Asvedanam* (Absence of sweating)
 Normal Sweating - 0
 Mild Sweating – 1
 Mild Sweating on exercise – 2
 No Sweating after exercise - 3
- b) *Mahavastu* (Big size lesions)
 No lesion on Mahavastu – 0
 Lesions on partial part of hand, trunk back, arms legs -1
 Lesions on most part of hand, trunk, back, arms, legs - 2
 Lesions on whole part of hand, trunk, back, arms, legs – 3
- c) *Matasyashakalopamam* (Fish like scales) No scaling – 0
 Mild scaling from all lesions – 1
 Moderate scaling from all lesions – 2
 Severe scaling from all lesions – 3
- d) Itching (*Kandu*)
 No Itching – 0
 Mild Itching – small lesion on different covered part of body - 1
 Moderate Itching - big lesion on visible parts of body – 2
 Severe Itching- Big lesion all over body, lot of scaling & relapsing – 3
- e) Pink discolouration (*Aruna varna*)
 No discolouration -0
 Mild discolouration -1
 Moderate discolouration -2

Huge discolouration – 3

Treatment Plan

Shodan Chikitsa with *Shaman Yoga* shows good result in this study.

- 1) *Deepan Pachana* with *chitrakadi vati* given 2 tablets with 45ml of *Dhanyak sadita jala* twice daily before meals for 3 days.
- 2) *Snehapana* with *Guggulu Tikta Ghrita* given in morning at 7am for 5 days with increasing quantity of *Gugglu Tikta Ghrita* everyday with *Shunti Sadita Jala* as per following schedule.

Day 130 ml	of <i>Guggulu Tikta Ghrita</i>
Day 260 ml	of <i>Guggulu Tikta Ghrita</i>
Day 390 ml	of <i>Guggulu Tikta Ghrita</i>
Day 4120 ml	of <i>Guggulu Tikta Ghrita</i>

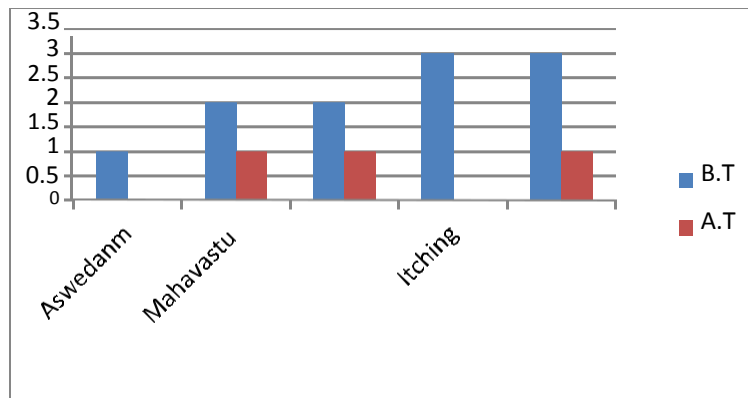
After 4 days *Samyak Sneha Pana Lakshans* were observed. Then 3 days *Sarvang Abhyang* and *Swedan* was given with *Nimbadi Tailam*. On 3rd day Morning at 9 am, *Virechana* was given with *Trivrit Avaleha* 40 grams followed by regular interval of lukewarm water. After 2 hours *Virechana Vega* was started. Total 16 *Virechana Vega* was observed. Pulse rate, Blood pressure was motinored regularly and found within normal limits.

- 3) **Sansarjan Krama was advised for 5 days**
- 4) **Shaman Yoga**
 - *Panchatikta Ghrita Guggulu* [6,7] tablet 500mg twice daily was given for 15 days.

- Combination of *Brihat Panch nimba churna* - 259mg, *Nava kashay ext*-150mg, *Purified gandhak-ashba shodhit* -50mg, *Khadira ext* 50mg (Prakruti Pharma), *Guduchi Satva* 1gm (Dhoot papeshwar pharma), was given twice a day after meals for 15 days with *Nidan Parivarjan*.
- 777 oil^[8] was given for local application twice daily.

Results:

Sign and Symptoms	Before Treatment	After Treatment
<i>Aswedann</i> (Absence of sweating)	1	0
<i>Mahavastu</i> (Big size lesions)	2	1
<i>Matasyashakalopamam</i> (Fish like scales)	2	1
Itching (<i>Kandu</i>)	3	0
Pink discolouration (<i>Aruna varna</i>)	3	1



Discussion:

Ayurvedic approach of dual detoxification external and internal showed marked improvement in this case. The internal medication pacifies vitiated *Doshas*, act as immunomodulatory at cellular level of skin and improves the blood circulation. *Deepan, pachana* helps in *Ama Pachana* and *Agni Pradeepana*. *Guugulu Tikta Ghritha* help to uplift (*Utklesh*) the deep seated vitiated *Dosha* of skin to superficial level by *Snehana*. *Swedana* brings these vitiated *Dosha* to main digestive tract and finally these were eliminated out from body by the virtue of *Virechana* drug. External application of 777oil heals the lesion giving relief from irritation, and itching. In the present case even only in a single

cycle of *virechana* helps lot in reducing the symptoms which was not reduced past from 12years.

Conclusion:

Eka kushtha (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time, it can give significant relief. In present case, the treatment was found very effective in treating Psoriasis. There was 60-70% relief in signs and symptoms after *Shodhana* Therapy and 70% to 80% relief after Oral medications and *Nidan parivarjana*. Since the therapy for *psoriasis* has limitation in Allopathies, Ayurvedic management of chronic psoriasis through a *virechana* and *Shamanoushadhi* can be effective therapy.

Psoriasis on Both legs Psoriasis on Both legs

(Before Treatment)



(After Treatment)



Before Treatment



After Treatment



Before Treatment



After Treatment



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