A Case Study On Psoriasis

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Aim: To assess the efficacy of Rasabhra guggul and Karanja taila in the management of Psoriasis (Ekakustha). Background: Psoriasis (Ekakustha) is one of the most common dermatologic diseases, affecting up to 1 to 2 per cent of the world's population. India has an incidence of approaching 1%-3%. It occurs in all age groups mainly at 20-30 years and about equally in men and women. Psoriasis is a skin disorder characterized by erythematous, swollen skin lesions covered with silvery-white scales. Ekakustha[1] is one of the kshudraroga described in classical Ayurveda text which the sign and symptoms of Aswedanam[2] (absence of sweat), Mahavastu (big lesion), Matsyasakolapamam (Scaling) with Vata-kaphaja dosa[3] predominancy. The involvement of Vata results in dry silvery or blackish plaques of psoriasis. Whereas itching in those affected areas is due to Kapha. It is one of the most intriguing and perplexing disorders of the skin. The psychological aspect of psoriasis is most important in the etiopathogenesis and management of psoriasis. Results and Discussion: In the present study, the patient was taking "Rasabhra guggul" for oral administration along with Karanja Taila for external application. Both the drug has the property of vatakaphahara, ushna virya and kusthaghna for which it breaks down the pathogenesis of Ekakustha. Conclusion: Both the drugs Rasabhra guggul[4] and Karanja Taila[5] are highly effective to relieve the sign and symptoms of Ekakustha.
INTRODUCTION
Psoriasis is a non-infectious skin disorder characterized by erythematous, swollen skin lesions covered with silvery-white scales caused due to dysfunction of skin metabolism. It has multiple etiologies which makes its management more and more challenging. In the Indian subcontinent, the incidence is 1%-3% outpatient department. It occurs in all age groups mainly at 20-30 years and about equally in men and women.[7] The present case is a case of uncomplicated psoriasis with the written consent of the subject.

CASE REPORT
A 45-year-old serviceman came to OPD of dept. of kayachikitsa, Gopabandhu Ayurveda Mahavidyalaya & Hospital, Puri on 18 Nov 2016 for a severe skin problem with complaining of absent of sweating, skin lesions, erythema, scaling and itching since 2 years along with associated symptoms of multiple joint pain with psychologically upset. This condition had appeared gradually from last 2 years. At first, the patient felt erythema, itching. The patient had taken corticosteroid and multivitamin irregularly from many allopathic skin specialists to relieve the symptoms. There was no family history like skin disorders. Physical examination showed extensive non-uniform erythematous scaly patches involving the scalp, face, trunk, arms, legs. There was severe scaling of the epidermis from all over the body. Other laboratory investigations and vital signs were also normal. This patient was treated with Rasabhra guggul for oral administration along with Karanja Taila for external application twice a day for 1 month. The patient was follow-up in every 7 days.

Dosha Dushya Samurcchana
Dosha-Tridosha
Dushya-Twak, Rakta Mansa, Lasika
Srotas : Rasavaha, Raktavaha
Srotodushti : Sanga
Agni : Jatharagnimandya
Ama : Jatharagni
Udbhasthana- Amasaya
Vyaktasthana-Twacha
Roga Marga : Bahya

Samprapti
Nidana sevana(Ahara, Bihara, Manasika)
Tridosha & Twak, Mansa, Lasika
Sthana samrsraya in Twacha
Knadu, Daha, Srava in Twak
Ekakustha

RESULTS
There was marked relive found after 1 month of treatment in every sign and symptoms.
Table No. 1: Showing Vital sign of the patient.

<table>
<thead>
<tr>
<th>Vital Sign</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Rate</td>
<td>74/min</td>
</tr>
<tr>
<td>Respiratory Rate</td>
<td>18/min</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>74/min</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>110/70 mm/Hg</td>
</tr>
<tr>
<td>Temperature</td>
<td>Normal</td>
</tr>
<tr>
<td>Pallor</td>
<td>NAD</td>
</tr>
<tr>
<td>Jaundice</td>
<td>NAD</td>
</tr>
</tbody>
</table>

On examination
Auspitz Sign - Positive
Candle Grease Sign - Positive

Table No. 2: Showing Laboratory investigations of the Patient before and after treatment.

<table>
<thead>
<tr>
<th>Date</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>18/11/2016</td>
<td>20/02/2016</td>
</tr>
<tr>
<td>DC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N%</td>
<td>68</td>
<td>66</td>
</tr>
<tr>
<td>L%</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>E%</td>
<td>04</td>
<td>06</td>
</tr>
<tr>
<td>M%</td>
<td>00</td>
<td>00</td>
</tr>
<tr>
<td>B%</td>
<td>02</td>
<td>01</td>
</tr>
<tr>
<td>TLC</td>
<td>8,300</td>
<td>8,800</td>
</tr>
<tr>
<td>Hb %</td>
<td>10.8</td>
<td>11.0</td>
</tr>
<tr>
<td>STOOL</td>
<td>NAD</td>
<td>NAD</td>
</tr>
<tr>
<td>URINE</td>
<td>NAD</td>
<td>NAD</td>
</tr>
</tbody>
</table>

Therapeutic Intervention
Rasabhra Guggul – 500mg, Twice daily with lukewarm water, for 1 month.
Karanja Taila - for local Application, Twice daily
Diet - Purana Dhany, Yava, Godhuma, Mudga, Adhaki, Masura, Patola, Jangala Mamsa

Table No. 3: Showing Assessment Criteria.
DISCUSSION
There are two drugs selected for the present study. These are Rasabhra guggul and Karanja Taila. Rasabhra guggul is the combination of various drugs i.e. Parada, Gandhaka, Louha Bhasma, Abhraka Bhasma, Guggul, Guduchi, Triphala, Haritaki, Bibhitaka, Amalaki, Sunthi, Pippali, Maricha, Danti, Indrayana Mula, Bidanga, Nagakesara, Tribrit Mula. Rasabhra guggul in the form of Vati. Rasabhra guggul contains drugs like gandhaka, sunthi, pippali, maricha, vidanga etc., which are Vata Kapha shamaka. In this disease, the main dushyas are Rasa and Rakta. The drugs like danti, indrayana, nagakesara, trivrit are Kapha Pitta samaka and nitya virechaka. So, it acts as an
antisyphilitic, detoxifying agent, antimicrobial, antiallergic. Because the drugs which are Kapha Pitta samaka, that must be Rakta prasadaka in nature. Maximum drugs are of katu, tikta, kasaya rasa which are having the action of blood purification and immunomodulation. The disease occurs due to Sanga (Obstruction). So, Yogavahi and srotanusarini drugs like Parada, Pippali may help to clear the channel of srotas. The drug has the property of Antioxidant, Antibacterial, Antimicrobial, Antihelminthic, Antifungal, Antiprotozoal, Anti-allergic, Hepatoprotective, Skin protective, Anti cancerous, Antiseptic, Anti-stress, Antioxidant, Antidepressant, Immunomodulator, Antisyphilitic, Blood purifier. Karanja Taila has the property of Anti anthelmintic, Anti-diabetic, Carminative, Antidiarrhoeal, Antiulcerogenic, Anti-inflammatory, Antifungal, Gastroprotective, Antioxidant-Free radical scavenging activity. Karanja Taila may act in the dryness of skin and help to reduce exfoliation. The above formulation is having the skin protective qualities which may help in reducing the thickness of the epidermal layer of skin. Combined effects of these drugs are helpful in breaking of immunological reaction, removal of a toxic substance from the body, relieving from absent of sweating, skin lesions, erythema, scaling and itching. The combination of these drugs has the capabilities to address all the manifestations of psoriasis or Ekakustha. This case was successfully treated with Ayurvedic medicine on the line of management of Ekakustha.

CONCLUSION
All the sign and symptoms of psoriasis have close resembles with Ekakustha. The case of psoriasis was successfully managed in the line of management of Ekakustha. This case study demonstrates that Ayurvedic management may be useful in hazardous skin condition.

DECLARATION OF PATIENT CONSENT
The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient(s) has/have given his/her/their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

REFERENCES
6) Illustrated synopsis of Dermatology and sexually transmitted disease by Neena
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