

TREATMENT APPROACHES SKIN DISEASES/PSORIASIS IN AYURVEDA- Review Article

Jayashri Bharadia

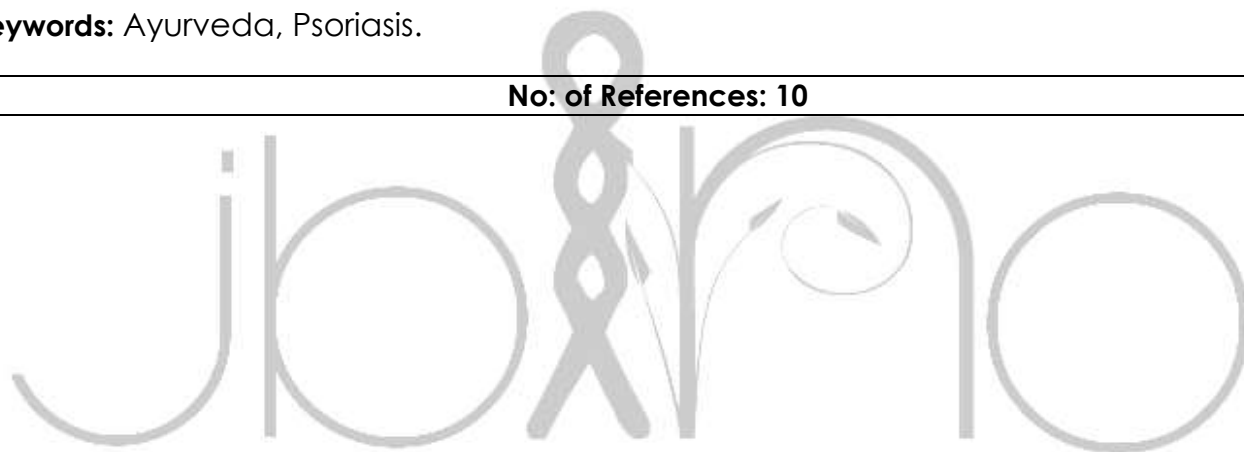
Associate Professor, Dept Of Rognidan &Vikruti Vignyan Dr.Vedprakash Patil Ayurved College
&Research Institute, Jalna,

ABSTRACT

Ayurvedic medicine involves ingredients that other medical disciplines have also used to treat psoriasis, such as aloe vera and turmeric. There are many Ayurvedic treatments, but studies have been small scale and often anecdotal. However, researchers have assessed the impact of some popular Ayurvedic treatments on psoriatic skin lesions. In present paper we are discussing regarding the various treatment approaches for Psoriasis.

Keywords: Ayurveda, Psoriasis.

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INTRODUCTION

Generally, Psoriasis is misunderstood with Allergic Dermatitis (skin allergy) & Seborrheic Dermatitis (head allergy like dandruff). Without taking them as serious problem, people start self medication or start using chemical medicines or harmful antibiotics & drugs which just make the situation worse as the root cause of this problem are stress & poor lifestyle because Psoriasis is an auto-immune disorder. Latest Modern Treatment for Psoriasis includes topical treatment, Injection of Steroids, Immune Suppressing Drugs etc to manage the skin conditions but the long term use of such drugs however has its own resultant complications. For a solution, psoriasis affected patients must know that timely diagnosis of the problem, a controlled, balanced & nutritious diet along with stress free living and a well thought out Psoriasis Treatment in Ayurveda & Panchkarma supported by yoga will be the correct & safer path to manage and freedom from Psoriasis. According to Ayurveda, Psoriasis (Kitibh Kust) occurs due to vitiation of Vata, Kapha, Pitta & Rakta doshas. The intake of Incompatible Food, Accumulation of Toxins etc. considered as the two of the basic energies/humors, for maintaining our body equilibrium. Aggregation of low intensity poisons (Dooshi vishas), are the main changes occurs during it in the system. Poor dietary habits, consumption of food items that can't be eaten together (dairy products with fish), over consumption of yogurt, dark gram, fish, harsh and salted things etc. can activate the pathogenesis.

Liquor and tobacco utilization will act as a catalyst here. Ayurveda do emphasize on the impact of anxiety & stress in the treatment stage of Psoriasis.

From the aspect of Ayurveda, Psoriasis Treatment in Ayurveda & Panchkarma is done by detoxification of the body or disposal of toxic material from the body fluids which are accomplished through "Panchakarma" medications. Psoriasis majorly occurs due to vitiated pitta in the body. As liver is the seat of Pitta in Ayurveda & body detoxification organ according to modern science, so patient is recommended to take some good herbs for liver care & detoxification.

In present paper we are discussing some of Ayurveda approaches.

Brief Review of Psoriasis

Psoriasis is a common skin condition where the skin develops areas that become thick covered with silvery scales. It is a common problem, and millions of people in the world have psoriasis. Psoriasis is considered a skin disease, but really it is the result of a disordered immune system. The T-cells, a type of white blood cell, become over-stimulated. They then direct the skin to try and "heal" a non-existent injury. The skin reacts the same way it does when it has a fungus infection; it grows very fast, trying to "grow" the infection off the skin. These areas become the reddened, inflamed, patches with white scale on them. Psoriasis tends to be worst in those with a disordered immune system for other

reasons (cancer, AIDS or autoimmune disease). Psoriasis areas are worsened by scratching and minor skin injuries or irritations. Psoriasis may itch or burn. It most often occurs over the elbows, knees, scalp, lower back, and palms or soles of the feet. The skin may split or crack in areas that bend. Psoriasis is regarded as an autoimmune disease in which genetic and environmental factors have a significant role. The name of the disease is derived from Greek word „s“ which means „itch“. Psoriasis is a non-contagious, dry, inflammatory and ugly skin disorder, which can involve entire system of person¹. It is mostly inherited and mainly characterized by sharply marginated scaly, erythematous plaques that develop in a relatively symmetrical distribution. The most commonly affected sites are the scalp, tips of fingers and toes, palms, soles, umbilicus, gluteus, under the breasts and genitals, elbows, knees, shin etc.

Symptoms of Psoriasis

The cause of psoriasis is unknown, but there is some evidence of disordered metabolism. Psoriasis contains high levels of compounds called leukotriene's, which cause inflammation. Which include an auto-immune disorder, stress, environmental factors, hormones, drugs, infections and sunlight? Several factors are thought to aggravate psoriasis. These include stress, excessive alcohol consumption, and smoking. Certain medicines, including lithium salt and beta blockers, have been reported to trigger or aggravate the disease.

Discussion

Ayurveda also has a specific schedule comprised of various Panchkarma treatment aspects that includes purely herbal originated internal and external medications. A Rough idea of this complete Panchkarma treatment is as follows: a) Consumption of medicated ghee, considering the Dosha type of the Psoriasis and the person, for 7 to 10 days. b) Vaman & Virechan is done by inducing vomiting (Vamana) and purgation (Virechana) c) Shirodhara the above detoxification is followed by medicated Oil or Buttermilk dripping overhead (Shirodhara) and pasting the entire body with a paste of medicines and mud. d) Vasties (Medicated enemas)-these are being done for 8-10 days and internal medicines like herbal formulations, herbal concoctions and medicated ghee need to be consumed for at least 120 to 180 days. A strict diet regime need to be followed during the entire treatment period and it is better to continue as vegetarian diet. Non Veg, Alcohols and salted thing have to be restricted. It is better to avoid junk food also. Psoriatic must keep a state of mental calmness. At Deep Ayurveda, there are very effective Panchkarma treatment methods as well as herbal formulations for Psoriasis disease. This duration of treatment may vary from person to person, depending upon the age, body disposition, condition of the disease like its aging & type, dietary habits and life style of the patient, etc. We have successfully treated hundreds of Psoriasis patients (Psoriasis Treatment in Ayurveda & Panchkarma) with very good results.

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