

CASE STUDY

Ayurvedic Management of *Sidhma Kushta* w.s.r.to Psoriasis - A Single Case Study

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ABSTRACT

INTRODUCTION: *Sidhma Kushta* is skin condition that causes red, scaly skin patches and discomfort on the skin. Even after the unavailability of newer medicine, there is lack of promising results against this ailment. *Ayurvedic* classics mentioned this similar condition as *Sidhma Kushta*, one among *Mahakushta* which is *Vatakaphaja* in nature.

HISTORY: A 19-year-old patient presented with scaly lesions over the scalp. Later on, lesions were developed over the bilateral lower limb & dorsal aspect of left Palm associated with itching & redness over the lesion since 3 ½ years. Patient had taken allopathic medicine which leads to aggravation of her symptoms from past 10 days.

TREATMENT PROTOCOL: The Patient received treatment involving both internal *Shodhana* and *Shamanaoushadhi* approaches. *Shodhana* including *Snehapana*, *Abhyanga*, *lepa* and *Virechana* were administered. For *Shamana*, medications such as *Nimbaadi guggulu*, etc, were advised, followed by proper diet & lifestyle management.

RESULTS: Patient got marked relief after 7 days of treatment. Excellent result was found on continuation of medicines for one month. *Ayurvedic* treatment can prove to be very effective in the management of *Sidhma Kushta*.

CONCLUSION: During the 7 days of treatment lesions over the bilateral lower limb & dorsal aspect of left Palm associated with itching & redness were reduced.

Key Words *Sidhma Kushta*, *Snehapana*, *Shodhana*, *Shamana*, *Ayurveda*, Psoriasis

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INTRODUCTION

Psoriasis is a long-term skin disease that causes red, itchy patches to form on the skin. These patches, called plaques, have silvery scales and often appear on the elbows, knees, scalp, and lower back. Psoriasis can come and go over time, with flare-ups followed by periods of

improvement. It is more common in people with light skin, but it can affect anyone. It usually starts in adulthood, with more than half of cases developing before age 30¹.

There are two main types:

Early-onset psoriasis: This type starts in the teenage years or young adulthood and can be mo-

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-re severe. It often runs in families.

Later-onset psoriasis: This type starts later in life, typically between 50 and 60 years old. It's usually less severe and doesn't tend to run in families¹.

According to WHO, males and females are affected equally. There are five types of psoriasis: Plaque psoriasis, Guttate psoriasis, Pustular psoriasis, Inverse Psoriasis and Erythrodermic psoriasis. Plaque psoriasis is the most common type of psoriasis. Psoriasis symptoms differ from person to person and depend on the type of psoriasis. Areas of psoriasis can be as small as a few flakes on the scalp or elbow, or cover the majority of the body. The most common symptoms of plaque psoriasis include: red, raised, inflamed patches of skin, whitish silver scales or plaques on the red patches, dry skin that may crack and bleed, soreness around patches, itching and burning sensations around patches, thick, pitted nails, painful and swollen joints. Most people with psoriasis go through “cycles” of symptoms. The condition may cause severe symptoms for a few days or weeks, and then the symptoms may clear up and be almost unnoticeable^{2,3}.

Ayurveda classics mentioned *sidhmakushta* having similar features of psoriasis which is included among *Mahakushtas* by *Charakacharya*³ and *Kshudrakushta* by *Susrutha*⁴ & *Vagbhatacharya*⁵. *Sidma Kushta* is a skin condition characterized by dryness externally and moistness internally, white coppery in colour and when rubbed it produces

small particles of skin in the form of dust. *Vata* and *Kapha* are the predominant *Doshas*³. *Deepana* (digestion and metabolism enhancing), *Snehapana* (internal oleation), *Shodhana* (purifying process) and *Shamana* (pacifying) *dravyas* along with proper diet and life style modifications are well explained in the treatment of *Sidhma Kushta* in all classical texts.

CASE HISTORY

A 19-year-old female patient presented with scaly lesions over the scalp. Later on, lesions were developed over the Bilateral lower limb & dorsal aspect of left Palm associated with itching & redness over the lesion since 3 ½ years. This complaint started 3 ½ years back first over scalp and then gradually got aggravated and within a period of 6 months appeared over bilateral lower limbs & dorsal aspect of left palm. Patient had taken allopathic medicine which leads to aggravation of her symptoms from past 10 days and has approached our hospital for better management.

Elaboration of symptoms: Onset - Gradual, Duration - Aggravated since 10 days, Site - Medial aspect of bilateral lower limb, Aggravating factors - Spicy food, Winter and Rainy season, Stress.

Past history: she underwent *Virechana* in April 2022 for the same complaints.

Family history: Nothing significant.

Personal history: Diet - Vegetarian, Appetite - Good, Bowel - Regular(1time/day), Micturition -

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Regular(5-6times/day & 1time/night), Sleep - Sound, Habits : None & Psychosocial status also good.

General Examination: Gait - Normal, Appearance - Normal, Built - Normal, Nourishment - Well nourished, Tongue - Coated, Temperature - Afebrile, No pallor / icterus / cyanosis / clubbing / lymphadenopathy/ edema.

Vitals: Respiratory rate - 18/min, Heart rate - 82/min, B.P. -110/70 mm of Hg.

Systemic examination: Respiratory System - Normal Vesicular Breath Sound heard, no added sound. Cardiovascular system – S1S2 heard, no added sounds. Gastro-intestinal tract system - P/A soft, nontender & no organomegaly, Central-nervous system - Conscious, well oriented &HMF intact.

Skin examination (PASI: Psoriasis Area and Severity Index): Redness - Present, Thickness - Thick & raised patches, Scaliness - Present, Distribution - Over the medial aspect of B/L lower limb, Itching – Present, Discharge – Absent, Pain - Absent, Foul smell - Absent.

In Lab investigation, Hb– 13.5 mg%, ESR – 18 mm/hr.

Dashavidha pareeksha: Prakruthi - Vata-pittaja, Vikruthi - Dosha - Tridosha, Dushya – Twak, Rakta, Mamsa & Lasika, Sara – Madhyama, Samhanana – Madhyama, Satmya – Madhyama, Satva - Madhyama, Pramana – Madhyama, Ahara Shakti – Madhyama, Vyayama Shakti - Madhyama, Vayah – Madhyama.

Table 1 Samanya Samprapti of Kushta³

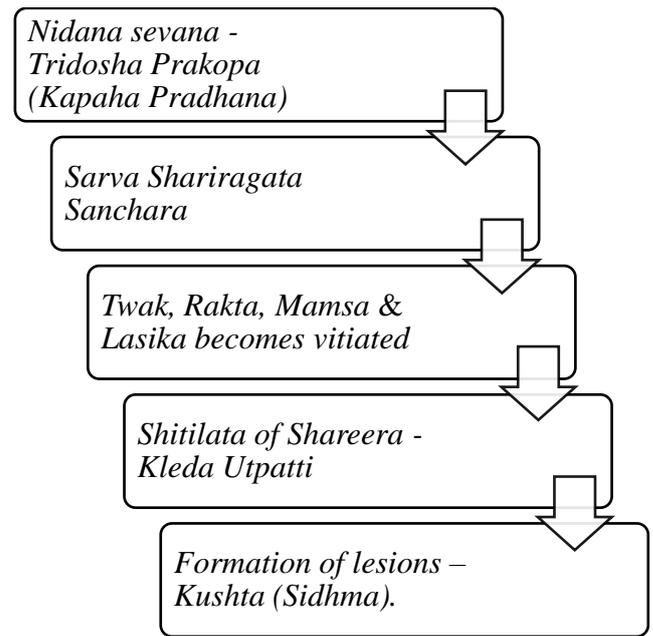


Table 2 Differential Diagnosis³

Diseases	Inclusion Criteria	Exclusion Criteria
<i>Vicharchika</i>	Itching, Blackish discoloration of skin, Dryness.	Pustule type of lesion
<i>Sidhma</i>	White patches, Redness, Leaves out the dust like powder	-

Diagnosis³ –

Sidhma – Sitam Taamram Tanu Yadrajo Grushtam Vimunchati.., The lesions which are white or of copper colour, thin and when rubbed leaves dust like scales.

Table 3 Medicine prescribed for the patient

<i>Shodhana chikitsa</i>	<i>Shamana chikitsa</i>
1.Snehapana with Aragwadha Mahatiktaka Gritha Day 1 – 50ml, Day 2-100ml, Day 3-175ml, Day 4-260ml	1.Agnitundi Vati 2TID
2.Abhyanga with Karanja Taila for 3 days	2.Swadishta virechana churna
3.Parisheka with Karanja & Aragwadha patra for 3 days	3.Sutashekara Rasa 1TID B/F
4.Haridra lepa for 3 days	4.Arogyavardhini Rasa 1TID

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5.Virechana with Trivrut lehya (60gm) No. of vegas – 21	5.Nimbaadi guggulu 1BD
-	6.Cap.Atrisor 1BD
-	7.Oint. Sorion E/A
-	8.Psora oil E/A
-	9.D-Sora Bath Soap.

DISCUSSION

Psoriasis, a chronic skin condition characterized by red, raised patches with silvery scales, often affects the elbows, knees, and scalp. In *Ayurveda*, Psoriasis may be linked to a condition called *Sidhma Kushta*. *Sidhma Kushta* is caused by an imbalance of *Vata* and *Kapha doshas*, though all three *doshas* can be involved depending on the specific symptoms. *Ayurvedic* treatment for *Sidhma Kushta* focuses on addressing the *Samprapthi Vighatana* (root cause) and *Nidana Parivarjana* (preventing its recurrence).

This involves: *Shodhana* therapies like *Virechana* to eliminate toxins, *Snehana* to lubricate the internal channels and aid elimination, *Swedana* to promote detoxification, *Shamanaushadhis* to manage symptoms like itching, inflammation and *Lepana* applied externally for localized relief. A combination of *Shodhana* and *Shamana* therapies is crucial for long-term management and improved quality of life. Additionally, as the disease affects the *Bahya Rogamarga* (outermost layer of the body), a two-pronged approach is recommended: *Antahparimarjana* purifying the body internally, *Bahiparimarjana* treating the skin directly. This involves: *Deepana-Pachana*, *Vata-Sleshmahara*, *Srotashodhana* and *Bala Vardhana dravyas*.

Probable mode of action - *Bahudoshah samshodyah kushti bahushoanurakshata praanaat..*⁷, In the management of *Bahudoshaavastha* of *Kushta* (chronic skin disease), *Shodhana* (internal cleansing) is important. Applying external treatments alone can worsen the condition if the body isn't first cleansed internally through *Shodhana* procedures.

As preparatory procedures, *Deepana-pachana*, a process of stimulating digestion, was initiated with *Swadishta virechana churna*⁸ and *Agnitundi vati*⁹ (**Table.No.03**). These medications enhance *Agnidipana* (digestion) and *Amapachana* (toxin elimination), preparing the body for the absorption. *Snehapana*, the internal administration of medicated ghee. *Aragwadha Mahatiktakaghrita*¹⁰, a proprietary medicine commonly used in skin ailments, was administered for four days. *Abhyanga*, was performed using *Karanja Taila*¹¹ (**Table.No.03**) for three consecutive days. *Karanja taila*, renowned for its anthelmintic (anti-worm), antiseptic, healing, and antimicrobial properties, effectively addresses chronic skin problems and promotes normal skin texture. *Parisheka*, a medicated decoction bath, was prepared with *Aragwadha*¹² and *Karanja patra*¹³ (**Table.No.03**). This combination exhibits *Dahashamana* (alleviates burning sensation), *Kaphahara* (reduces *Kapha dosha*), *Kushtagna* (scraping off skin lesions), *Kandugna* (relieving itching), and *Vranashodhana* (promoting wound healing) properties^{12,13}, providing comprehensive relief

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from skin ailments. These procedures help to draw vitiated *doshas* back to the *Amashaya* (gastro-intestinal tract) for effective elimination. *Haridra lepa*, a paste of turmeric, was applied to the affected areas. It acts as a *Vranashodhaka* (wound healer), effectively addressing symptoms like itching and redness¹⁴. *Virechana*, a purgative therapy, was administered using *Trivrit Lehya*¹⁵, (**Table.No.03**) a medication known for its *Pittakapha Shamana* (pacifies *Pitta* and *Kapha* doshas), *Vatanulomana* (regulates *Vata dosha*), and *Sukha Virechana* (gentle purgative) properties. This therapy further cleanses the body, eliminating toxins, restoring balance and enhancing the effectiveness of oral medications.

Shamana Chikitsa, a palliative treatment regimen, was implemented using medications that possess *Kushtagna* (removes skin lesions), *Kandugna* (reduces itching), *Raktaprasadana* (improves blood quality) and *Rasayana* properties. The medications like *Nimbadi guggulu* having *Tikta Rasa*, *Laghu Ruksha Guna*, does *Vatakaphacchedana*, *Lekhana & Kledana*¹⁶. Cap.Atrisor (**Table.No.03**) contains *Guduchi*, *Vasa*, *Nimba*, *Kantakari*, *Patola & Kutaja* exhibit anti-septic, antibacterial, anti-inflammatory & anti pruritic properties¹⁷. Oint. Sorion & Psora oil (**Table.No.03**) used for external application, these formulations contain *Strikutaja*, *Haridra*, *Manjishta*, *Tuvaraka*, *Nimba*, *Karanja*, *Kumari* and *Narikela* has properties like *Lekhaniya*, *Varnya*, *Kushtagna*, *Kandugna*, *Vishagna & Vranaropaka* helps to relieve symptoms like scaly lesions, itching & redness in the B/L lower

limbs, scalp & dorsal aspect of left palm^{18,19}. These medications, with their *Tridosahara* and *Dhatuwardhana* properties, promote overall health and well-being, supporting the body's natural healing processes.

CONCLUSION

Repeated *Shodhana* should be administered to remove the root cause of the disease & prevent the disease from its reoccurrence. During the 7 days of treatment lesions over the bilateral lower limb & dorsal aspect of left Palm associated with itching & redness were reduced (**Figure 1**). Strict diet regimen & monthly once *Nitya Virechana* has worked here in this condition.



Before Treatment



After Treatment

Figure 1 Before and After Treatment

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