



Case Study

MANAGEMENT OF STRESS RELATED PSORIASIS W. S. R. TO CHETAH SAMAVAYI

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ABSTRACT

There is a wide range of importance for appearance in present era. Psoriasis is chronic disorder which is commonly encountered in day to day's clinical practices. It is one of the burning issue having social importance. Increased stress and life style are main predisposing factor which is accounting for wide spread prevalence of this disease. Usually 10-15% cases present before general practitioners are pertaining to skin diseases. Due to altered life style, lack of physical exercise, unhygienic, mental stress, over eating, skin diseases are commonly observed. We can observe many diseases popping up especially due to mental stress i.e., *Manasa Vikriti*. There is *Samavaya Sambandha* between *Tvacha* and *Manas (Chetah Samavayi)*. Most of the *Tvak Vikaras* are psychologically agonising and have negative impact on quality of life. Here it is important to remember the citation of *Acharya Charaka* regarding the relationship between the *Tvacha* and *Manas*, *Tvacha* is considered as '*Chetah Samvayi*' i.e., the skin has an eternal relationship with *Manas* (psyche/mind). The knowledge of *Nidana* is helpful for the proper diagnosis, prevention of disease and treatment also. Thus to treat any *Tvak Gata Vikara*, *Bhishak* should consider the skin ailment as well as condition of *Manas*. This paper highlights a case study of stress related *Kitibha Kusta* (Psoriasis) treated with *Shodhana Chikitsa*.

KEYWORDS: *Kitibha kushta*, *Manas*, Psoriasis, *Shodhana Chikitsa*, *Samavaya*, *Chetah*.

INTRODUCTION

According to *Ayurveda*, healthy skin is a result of overall health condition of individuals. Skin diseases are manifested due to altered life style, lack of physical exercise, unhygienic, mental stress, overeating. Skin diseases are considered as *Tvak vikaras* or *Kusta* in *Ayurveda* and are 18 in number. According to classics, Vitiation of *Tridosha* followed by affliction of four *Dhatu (Tvak, Rakta, Mamsa and Laseeka)* leads to *Kushta*¹. These seven are called as the seven morbid factors (*Sapta Dravyas Sangraha*) of *Kushta*². No *Kushta* manifests itself due to the aggravation of only one *Dosha*.

There is *Samavaya Sambandha* between skin and *Manas (Chetah Samavayi)*. Therefore, more than a cosmetic irritation, dermatological disorders produce anxiety, depression and other psychological problems that affect the quality of life. Patients of skin disorder always experience physical, emotional & socio-economic embarrassment in the society, which further leads to aggravation of symptoms of existing disease.³ Thus to treat

any *Tvak Gata Vikara*, *Bhishak* should consider *Dosha* involvement as well as condition of *Manas*. This paper highlights a case study of stress related *Kitibha Kusta* (Psoriasis) treated with *Shodhana Chikitsa*.

Presenting Concern

A 45 years old male, farmer by profession, he was apparently healthy before 2 months. He has developed itching, and patchy appearance on scalp and near ear region. He consulted a physician and got temporary relief. 20 days before, again he consulted a physician for the same complaint. The physician has given an injection. After that treatment he developed well defined erythematic, elevated, dry, rough, hard, itchy and big patches with powdery discharge all over body associated with sleeplessness and hard bowels. By scratching the skin lesion blood oozes out of it. The case was diagnosed as *Kitibha kushta* (Stress related Psoriasis) on the basis of *Ahara, Vihara, Nidana* and *Lakshana*.

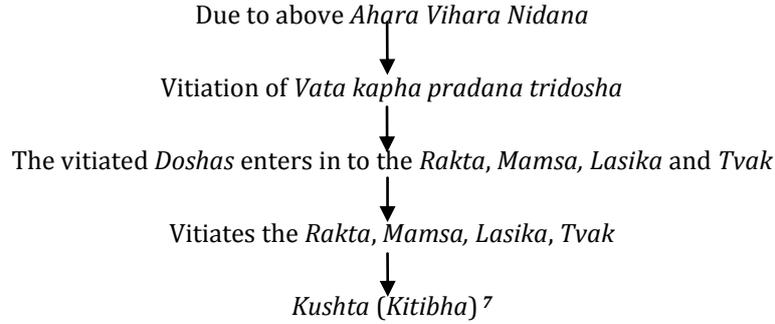
Clinical Findings

Table1: Kitibha Kushta Features

Shyavam/ Snigdha Krishna	Its meaning is blackish/ dark discoloration. It is because of vitiated <i>Vata Dosha</i>
Kharatwam	It conveys the sense of roughness to touch and is because of <i>Vata</i> Vitiation
Parushatwam	Hardness to touch. It is also because of <i>Vata Dosha</i>
Rukshatwam	Dryness of the skin seen in <i>Kitibha</i> because of vitiation of <i>Vata Dosha</i>
Ughra Kandu	<i>Kandu</i> is produced by the vitiated <i>Kapha Dosha</i> . Severe itching was seen in the patient. ^{4,5}

Nidana Panchaka

Nidana: *Sokha, Chintha, Ratri jagarana*, curd, excessive intake of pickles and *Katu Rasa Ahara*.⁶

Samprapti

Purva rupa: *Kandu* (itching), *Mandala* (patches) ⁸

Rupa : *Shyavam, Kharasparsha, Parusha, Rukshatva, Ugrakandu, Vruttam, Ghanam* ^{4,5}

Diagnostic Focus and Assessment**Table 2: Comparison of *Kitibha Kushta* and Psoriasis**

<i>Kitibha</i>	Psoriasis
<i>Shyavam/ Snigdha Krishna</i>	Erythematous lesions turn to black in chronic cases
<i>Kharatwam</i>	Candle grease sign- Positive
<i>Parushatwam</i>	Abnormal hardening seen in chronic cases
<i>Rukshatwam</i>	Scales rough to touch
<i>Ughra Kandu</i>	Severe itching observed

Therapeutic Focus and Assessment**Treatment Principle**

Step 1: *Deepana - Pachana, Manasika chikitsa, Bahir parimarjana chikitsa*

Step 2: *Sira vyadhana*

Step 3: *Shodhana, Samsarjana krama*

Step 4: *Rasayana and Shamana chikitsa*

Table3: Treatment Schedule

S.No.	Days	Treatment
1.	Day 1 - 16-3-16 Day 2 - 17-3-16 Day 3 - 18-3-16	<i>Shiva gutika</i> 1-0-1 before food <i>Manasa mitra vati</i> 0-0-2 before going to bed <i>Manibadhra guda</i> 0-0-1/2 tea spoon after food Psoralin soap for bath <i>Shirodhara</i> with <i>Ksheera bala taila</i> <i>Yashtimadhu taila</i> - external application Pranayama and counseling <i>Sira vyadhana</i> - 80 ml blood drawn (Day - 2)
2.	Day 4 - 19-3-16	<i>Sneha pana</i> with <i>Kalyanaka gritha</i> 40 ml <i>Yashtimadhu taila</i> - external application Psoralin soap
3.	Day 5 - 20-3-16	<i>Sneha pana</i> with <i>Kalyanaka gritha</i> 60 ml <i>Yashtimadhu taila</i> - external application Psoralin soap
4.	Day 6 - 21-3-16	<i>Sneha pana</i> with <i>Kalyanaka gritha</i> 80 ml <i>Yashtimadhu taila</i> - external application Psoralin soap
5.	Day 7 - 22-3-16	<i>Sneha pana</i> with <i>Kalyanaka gritha</i> 110 ml <i>Yashtimadhu taila</i> - external application Psoralin soap <i>Snigdha varchas</i> observed, Patient has passed 3 times oily loose stools <i>Sneha pana</i> has been stopped
6.	Day 8 - 23-3-16 Day 9 - 24-3-16	<i>Sarvanga abhyanga</i> with <i>yashtimadhu taila</i> and <i>Mridu bashpa sweda</i> Psoralin soap
7.	Day 10 - 25-3-16	<i>Sarvanga abhyanga</i> with <i>Yashtimadhu taila</i> and <i>Mridu bashpa sweda</i>

		Psorolin soap Followed by <i>Virechana karma</i> <i>Virechana - Avipattikara churna</i> 50 g with luke warm water 12 vegas (<i>Madhyama shudhi</i>), Advised <i>Samsarjana karma</i> , counseling
8.	Discharged medicine	<i>Shiva gulika</i> 1 -0-0 1 hour before food <i>Mahatiktaka gritha</i> 3 teas spoon B.D, half n hour before food <i>Avipattikara churna</i> ½ teaspoon before going to bed <i>Yashtimadhu taila</i> external application Psorolin soap for bath Review after 15 days

Table-: Prescribed Medications with Ingredients and their Actions

Formulation	Ingredients	Action
<i>Shiva gutika</i> <i>Ashtanga sangraha vajeekarana</i>	<i>Shilajatu, Rasna, Chitraka, Kutaja, Triphala, Nimba, Patola, Nagara</i> etc	<i>Kushta, Pandu, Jwara</i> etc.
<i>Manasa mitra vati</i> <i>Sahasra yoga gutika prakarana</i>	<i>Bala, Nagabala, Bilva, Shankhapushpi, Pushkara Moola, Jivanti, Nisha</i> etc	<i>Mano Dosha, Unmada, Apasmara, Manda Buddhitwa</i> etc.
<i>Manibhadra guda</i> <i>Ashtanga hridaya uttarasthanam</i> <i>Unmade prakarana AFI</i>	<i>Haritaki, Amalakai, Vidanga, Trivruth and Jaggery</i>	<i>Krimi, Bhagandara, Arshas and Kushta</i> etc.
<i>Psorolin soap</i>	<i>Wrightia tinctoria, Aloe vera</i>	All types of Psoriasis, Allergic skin disorders, Seborrheic dermatitis, Dry skin etc.
<i>Ksheerabala taila AFI, Astanga hridaya vatarakta chikitsa</i>	<i>Bala, Ksheera, Tila Taila</i> etc	<i>Vata Vyadhi, Balya</i> etc.
<i>Yashtimadhu taila</i> <i>Sharangadhara samhita</i>	<i>Yashtimadhu, Amalaki, Tila taila, Ksheera, Water</i>	<i>Vrana Ropana, Kalita, Palita</i>
<i>Kalyanaka gritha</i> <i>Ashtanga hridaya uttarasthana</i> <i>Unmada prakarana AFI</i>	<i>Haritaki, Vibhitaki, Amlaki, Sariva, Haridhra, Daruharidhra, Manjista</i> etc	<i>Apasmara, Bhutonmada, Kandu, Daurbalya</i> etc.
<i>Avipattikara churna</i> <i>B.R. Amlapittadhara 24-25</i>	<i>Trikatu, Triphala, Musta, Vidalavana, Vidanga, Ela, Tejpatra, Lavang, Nishotha, Sharkara</i>	<i>Agnimandhya, Malabandha, Amlapitta, Arsha</i> ⁹

Figure 1: Before Treatment (BT) and After Treatment (AT)



DISCUSSION

Acharya charaka has explained regarding the relation between the *Tvacha* and *Manas*, *Tvacha* is considered as *Chetaha Samavahi*. i.e. the skin has an

eternal relation with *Manas*. Therefore, Dermatological disorders produce anxiety, depression, sleeplessness and other psychological problems that affect the quality of life.

He had irregular diet pattern and inclination towards *Katu Rasa Ahara*, curd. He is exposed to excess sunlight as he is a farmer. He had disturbed sleep due to stress and tension resulting in to *Kitibha kushta*. After examining the patient, *Chinta* was inferred as a main causative factor. Depending on *Nidana* and *Lakshana* of the patient the treatment has been planned i.e., *Shirodhara*, Counseling, *Deepana*, *Pachana*, *Vatanulomana*, *Snehapana*, *Virechana*.

Patient's main complaint is sleeplessness, stress and severe itching. So *Chikitsa* was started with *Shirodhara*, *Manasmitra vati* and counseling followed by *Snehapana* and *Virechana*. First three days, it was done

along with *Shirodhara*, *Deepana*, *Pachana* and *Vatanulomana*. *Shiva gulika* used for *Deepana Pachana* also help in reducing the *Kandu*. For *Vatanulomana* and *Dosha nirharana* purpose, *Manibhadra guda* was given. To control itching sensation, *Yashtimadhu taila* and *Psorolin soap* were administered externally.

After 3 days, internal medication was stopped and *Snehapana* with *Kalyanaka gritha* was started, which act both on *Mano vikara* and *Tvak vikara*.

Discharged medicine – *Shiva gulika* – Correction of *Agni* and *Rasayana*, *Maha tiktaka gritha* and *Avipattikara churna* for *Shamana sneha pana* and *Nitya virechana* respectively

Table 6: Selection of Medicines

Formulation	Reason for Selection	Probable Mode of Action
<i>Shiva Gutika</i>	Less appetite, coated tongue	<i>Deepana pachana</i>
<i>Manasa Mitra Vati</i>	Sleeplessness, depression	<i>Manoutteja, Nidriajanaka</i>
<i>Manibhadra Guda</i>	Constipation	<i>Koshtagata dosha nirharana, Vatanulomana</i>
<i>Psorolin Soap</i>	<i>Rukshatva</i>	<i>Snigdha</i>
<i>Ksheerabala Taila for dhara</i>	Sleeplessness, <i>Rukshatva</i>	<i>Dhara</i> may cause dilatation of the micro vessels allowing increased circulation to cerebrum
<i>Kalyanaka Ghrita</i>	<i>Manasika</i> and <i>Twak gata Vikaras</i>	<i>Tridosha Samana, Deepana, Balya, Medhya</i> and <i>Malanulomana</i>
<i>Yashtimadhu Taila</i>	Blackish discolouration, <i>Rukshatva</i>	<i>Varnya, Vrana Ropana, Snigdhatva</i>
<i>Avipattikara Churna</i>	For <i>virechana</i>	<i>Dosha nirharana, Vatanulomana</i>

CONCLUSION

This case study is a documented evidence for the successful management of *Kitibha Kushta* vis-à-vis Psoriasis through *Shodhana* and *Shamana Chikitsa*.

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