

**A Role of Sodhana Karma in Psoriasis Erythroderma- A Single Case Study****Dr. Vandana Raval<sup>1</sup>**

<sup>1</sup>M.D. (Ayu), M.R.A.V., Lecturer, Dept. of Kaumarbhritya,  
Govt. Akhandanand Ayurveda College, Ahmadabad, Gujarat, India  
E-Mail: [vandanaraval215@yahoo.com](mailto:vandanaraval215@yahoo.com)

**Abstract**

Psoriatic Erythroderma also called “**Exfoliative Dermatitis**”, in this disease the skin over the entire body develops erythema and scaling. Psoriasis erythroderma can result from a pre-existing skin disease such as psoriasis. Injudicious irritating topical treatment of the primary disease can precipitate this transformation.

For present study, a 52 years old Hindu male patient having symptoms like erythema, severe scaling, itching whole over body (Excessive on trunk, both arm, both leg, scalp region), dryness over affected part since 23 years was registered. Patient prior went for allopathy treatment since 1993. According to patient, all the symptoms had been aggravated excessively since December 2015, when he stopped allopathic treatment.

Considering the signs and symptoms patient was treated in the lines of *Vata-Kapha* dominant *Kushtha (Ekakushtha)*. Classical *Vamana* and *Virechana karma* was done followed by *Shaman Chikitsa* along with *Pathya -Apathya*. Significant relief found in the signs and symptoms with no recurrence in the follow up of the treatment.

**Keywords:** Psoriasis erythroderma, Kushtha, Ekakushtha, Vamana, Virechana.

**1. Introduction**

Psoriatic Erythroderma is a rare type of psoriasis, occurring once or more during the lifetime of 3 percent of people who have psoriasis. It generally appears in the people who have unstable plaque psoriasis. It means the lesions are not clearly defined. Widespread, fiery redness and exfoliation of the skin characterize this form. Severe itching and pain often accompanies it. Erythrodermic psoriasis can occur abruptly at the first signs of psoriasis or it can come on gradually in people with plaque psoriasis<sup>1</sup>.

The causes of erythrodermic psoriasis is not understood yet, however there are some known triggers. Abrupt withdrawal of systemic treatment, use of systemic steroids (cortisone), severe sunburn, allergic, drug-induced rash that brings on the Koebner phenomenon (a tendency for psoriasis to appear on the site of skin injuries), infection, emotional stress, alcoholism. In allopathic science initial treatment usually includes medium-potency topical steroids and moisturizers which give only symptomatic relief for a short time. Due to its recurrent and chronic nature, psoriatic erythroderma is a challenge to treat<sup>1</sup>.

In *Ayurveda*, almost all skin diseases are taken under generalized term *Kushtha*<sup>2</sup>. The symptoms of *Ekakushtha* like *Aswedanam* (absence of sweating), *Mahavastu* (extensive lesions invading whole body), *Matsyasakalopam* (scaling resembling scales of fish), it seems to be more nearer to Psoriatic erythroderma<sup>3</sup>.

As per Ayurvedic view, *Ekakushtha* is a *Vata-Kapha* dominant *Tridhosaja Vyadhi*<sup>4</sup>. Due to excess of *Dosha*, *Sodhana Chikitsa* is performed followed by *Shaman Chikitsa* along with *Pathya-Apathya*. Here, a patient of psoriatic erythroderma (*Ekakushtha*) was successfully treated with Ayurvedic principals of treatment, is presented as a case study in the article.

## 2. Case Report

A 52 years Hindu male patient residing in Bapunagar (Ahmedabad) came to OPD of Kayachikitsa Dept., Akhandanand Ayurved college hospital in first week of February 2015; with the following complains:

- Chief Complaints: Erythema, severe scaling, itching whole over body (excessive on trunk, both arm, both leg, scalp region), dryness over effected part.
- Aggravated excessively from the last winter.
- On Examination: Multiple pin point pits in the nail plate and Onychodystrophy found<sup>5</sup>. *Sama Avastha* found by *Jihva Darshana Pariksha*
- Past History: According to patient before 23 years back, he was healthy, later (end of 1992) started with mild red erythematous scaly patches on back, abdomen and scalp with dryness. He had diagnosed psoriasis by dermatologist and accordingly treated. At that time all the complaints were relived within 6-8 months. But all complaints reappeared again in next winter. Since then he was many times treated with antipsoriatic medicine, which provided relief for some times but afterwards it reappeared again. The condition of the patients was aggravated in every winter season and it became worst in December 2014. Then he turned to Ayurvedic treatment for its permanent solution.
- Family History: Nil
- Dietary History: Vegetarian, no junk food, took fermented items rarely, daily curd.  
Excessive consumption of *Lavan Rasa*, occasionally *Viruddha Ahar* of *Lavan rasa* with milk.
- Symptoms of *Krumi*<sup>6</sup>: Not found
- Associated complaints: Appetite decrease, disturbed sleep, constipation, stress factor
- No addiction

First of all, all routine blood investigation as CBC, Sugar Level, LFT, RFT, Urine Routine and Microscopic examination, USG abdomen were carried out and founded within the normal limit.

## 3. Treatment Plan

Considering the signs and symptoms, patient was treated in the lines of *Vata-Kapha pradhana Kushtha (Ekakushtha)*. Treatment plan as following:

- **Step 1:** *Deepan-Pachana Chikitsa* for 7 days with *Chitrakadi Vati*<sup>7</sup> 2tab twice a day and *Ajmodadi Churna*<sup>8</sup> 1gm twice a day
- **Step 2:** *Snehpana* with *Panchtikta ghrta*<sup>9</sup> till *Samyaka Snehpana lakshana*<sup>10</sup> found
- **Step 3:** *Vamana* with *Madanphala*, *Yastimadhu Phanta* etc. Followed by *Purvakarma (Sarvang Abhyanga and Swedana 1 day)* and *Pachyat karma (Dhumpana and Samsarjan karma)*
- **Step 4:** *Snehpana* with *Panchtikta ghrta* till *Samyaka Snehpana Lakshana* found

- **Step 5:** Virechana with Ichhabhedi as<sup>11</sup> 4 tab (125mg each) Followed by Purvakarma (Sarvang Abhyanga and Swedana 3 day) and Pachyat karma (Samsarjan karma for 5 days)
- **Step 6:** Shamana Chikitsa for pacification of rest doshas followed by Pathya-Apathya 4 months.
  - 1) Manjisthadi Kwath<sup>12</sup> 20ml twice a day empty stomach
  - 2) Arogyavardhini vati<sup>13</sup> 2 tab twice a day
  - 3) Sansamni vati 2 tab twice a day
  - 4) Kaisor Guggulu<sup>14</sup> 2 tab twice a day
  - 5) Rasayan Churna-1gm  
Kalmegha Churna-1gm  
Khadir Churna<sup>15</sup>-1gm  
Sudarshan Churna<sup>16</sup>-1gm } twice a day
  - 6) Karanj tail<sup>17</sup> for locally application twice a day

#### 4. Observation

##### First Visit of Patient to OPD



After Vamana and Virechan Karma: Scaling and itching decreased. Erythema persist as it is.



After 4 month of Shamana chikitsa and Pathya-Apathya Palana: Scaling, Itching and

Erythema 100% removed, only mild discoloration and onychodystrophy present.



No complaints till date as per regular follow up.

## 5. Discussion

In *Charak Samhita Siddhi Sthana Acharya Charak* told *Vamana Yoga* and *Virechana Yoga Rogi*. *Kushtha Rogi* is included in both. It is proved by this case study of Psoriatic erythroderma which was successfully treated as a *Ekakushtha*.

**Table1: Details of treatment procedure with mode of Action as seen in below chart.**

Treatment Planned	Used Drugs with Doses and Contains	Mechanism
<b>DipanaPachana</b>	<b>Chitrakadi Vati</b> 2 tab twice a day on empty stomach with luke warm water  Contains: <i>Chitraka, Trikatu, Pipalimula, Chavya, Panchalavana, Dwikhsara, Ajamoda, Hingu, Maricha, Bijora Nimbu swaras ya Dadim swaras se bhavana</i>	<i>Ama-dosha nashaka</i>  Increase in Agni
	<b>Ajamodadi Churna</b> 1gram twice a day on empty stomach with luke warm water  Contains: <i>Ajamoda, Vidanga, Saindhava lavana, Devadaru, Chitraka, Pippalimoola, Maricha, Haritak, Vriddhadaruka, Nagara</i>	<i>Ama-dosha nashaka</i>  Increase in Agni
<b>Snehapana</b>	<b>Panchatikta Ghrita</b> in a dose of increasing order of 40ml, 80ml, 120ml, 160ml, 200ml and 240 ml with luke warm water for respective six days  Contains: <i>Nimba, Patola, Vyaghri, Guduchi, Vasa, Triphala, Goghrta</i>	<i>Vata-doshashamaka</i>  Decrease in Burning Sensation  Reduction in Scaling and Dryness



<b>Abhyanga</b>	Coconut oil for 1 day	Removal of Dryness Decrease in Scaling (Vatadosha Shamaka)
<b>Sarvanga Swedana</b>	Nadi Swedan: 30-35 minutes Followed by <i>Atapa sevana</i>	<i>Stroto Shodhana</i>
<b>Vamana</b>	<i>Vamana Yoga: Madanphala</i> 4gm, <i>Vacha</i> 2gm, <i>Saindhav</i> 1gm, <i>Madhu</i> Sufficient quantity <i>Akantha Pana</i> with <i>Yastimadhu Phanta</i>	<i>Kaphadosha Shodhana</i>  Reduction in Itching
<b>Dhumapana</b>	After 10 mins of <i>Vamankarma</i> , <i>Dhoomapana</i> was given with <i>Dhumvarti</i> for 3-4 times by each nostril of patient	<i>Kaphadosha</i> <i>ShiroVirechana</i>
<b>Virechana</b>	<i>Ichhabhedhi Ras (125mg Each) 4 tab givan with cold water,</i> Contins: <i>Shunti, Maricha, Shuddha Parada, Shuddha Gandhaka,</i> <i>Tankana Bhasma, Shuddha Jayapala</i>	<i>Reduction in itching,</i> <i>discolouration and</i> <i>scales</i>  <i>Pitta dosha shodhana</i>

**Table 2: Oral drugs, their Composition, Doses and Exact effect**

Name of drug Compound	Doses and Contains	Exact effect
<b>Manjisthadi Kwath</b>	20ml twice a day For 4 months on empty stomach  Contains: <i>Manjitha, Haritaki, Vibhitaki, Amalaki,</i> <i>Katuki, Vacha, Devdaru, Haridra, Nimba</i>	<i>Sarve</i> <i>Kushthanashaka</i>
<b>Arogyavardhini Vati</b>	2 tab(500mg each) twice a day with luke warm water for 4 months,  Contains: <i>ShuddhaParada, Shuddha Gandhaka,</i> <i>Loha Bhasma, Abhraka Bhasma, Tamra Bhasma,</i> <i>Haritaki, Vibhitaki, Amalaki, Shilajatu, Guggulu,</i> <i>Eranda, Katuki, Juice extract of Nimba</i>	<i>Amadosha nashak,</i>  Hepatoprotective,  <i>Vata and Kapha</i>  <i>nashaka</i>

<b>Sanshamani Vati</b>	2 tab twice a day with luke warm water for a 4 months, Contains: <i>Giloy Ganvati</i>	-
<b>Kaishor Guggulu</b>	2 tab twice a day with luke warm water for a 4 months Contains: <i>Triphala, Guggulu, Guduchi, Trikatu, Vidanga, Danti, Trivrit, Guduchi, Goghrita</i>	<i>Sarve Kushthanashaka</i>
<b>Rasayana Churna</b>	<i>Guduchi, Gokshura, Amalaki</i>	-
<b>KalmeghaChurna</b>	Kalmegh ( <i>Andrographis Paniculata</i> )	-
<b>Khadir Churna</b>	<i>Khadir (Acacia catechu)</i>	<i>Kushthaghna</i>
<b>SudarshanChurna</b>	Main contain is <i>Kiratatikta</i> 21 Part(Half of total ingredients) others are <i>Kaleeyaka (Santalum album), Haridra, Devdaru, Vacha, Motha, Hareetaki etc</i>	<i>Tikta rasa pradhana yoga, Tikta rasa have Kushthaghna property</i>
<b>Karanj tail</b>	local Application twice a day Contains: <i>Karanja, Saptachada, Langali, Snuhi, Arka, Anala, Bhringaraja, Nisha, Gomutra, Visha, Taila</i>	<i>Visarp-Visphota-Vicharchika nasaka</i>

Along with *Shodhana* and *Shamana* therapy patient was advised to avoid non vegetarian food (chicken, eggs, fish, mutton, etc), fast food, fermented food (achar, idli, dosa, pau, bread etc), *Katu Amla rasa* (dahi, spicy food), to take less *lavan rasa* in *Ahara*. Patient was advised *yoga* and medication to reduce mental stress.

In this patient every year we want to planned *Vasantik Vamana & Virechana in Sarada Rhotu* to prevent the *dosh sanchaya* for next 3 year.

## 6. Conclusion

Psoriatic Erythroderma (*Ekakushtha*) is complicated to treat. In present case, the treatment was found very effective in treating Psoriatic Erythroderma (*Ekakushtha*). There was 70% relief in signs and symptoms after *Shodhana Chikitsa* and 95% relief after *Shamana Chikitsa* (Oral medication, Local Application) and *Pathya-Apathya palana*.

## 7. Acknowledgement

Acknowledgement is given to sincere patient who gave opportunity to make this article. Authers acknowledge teachers who helped a lot in making this article.

## 8. References

- [1]. <https://www.psoriasis.org/about-psoriasis/types/erythrodermic>
- [2]. Agnivesha, *Chikitsasthana* 7/10, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan; 2009.p.182

- [3]. Agnivesha, *Chikitsasthana* 7/21 , Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan; 2009.p.184
- [4]. Agnivesha, *Chikitsasthana* 7/29&31 , Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.185.
- [5]. <https://www.wikiskinatlans.com/article/onychodystrophy>.
- [6]. Acharya Susruta, *Uttar tantra* 54/19, Hindi commentary by Dr Ambikadatta Sastri, Susruta Samhita, Varansi, Chaukhamba Sanskrit Pratishthan;2013.p.510.
- [7]. Shree Govinddas, *Agnimandhya Rogadhikara*10/22-24, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaisajya Ratnavali, Varanasi, Chaukhambha Prakashana;2011.p.333
- [8]. Acharya Sharangdhara, *Madhyama Khanda* 6/113-117, Hindi Commentary by Dr. Shailja Shrivastav, Sharangdhara Samhita, Varanasi, Chaukhambha Orientalia; 2011.p.187.
- [9]. Shree Govinddas, *Kushtaadhikara* 54/257-260, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhambha Prakashana;2011.p.906.
- [10]. Agnivesha, *Sutrasthana* 13/59 , Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.206.
- [11]. Shree Govinddas, *Udara Rogadhikara* 40/65,66 , Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhambha Prakashana; 2011.p.760.
- [12]. Shree Govinddas, *Kushtha Rogadhikara* 54/66, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhambha Prakashana;2011.p.891.
- [13]. Rasaratna Samucchaya of Shri Vagbhatacharya 20:87-93, Suratnojjvala Hindi Commentary by Sri Ambikadatta Shastri, Varanasi, Chaukhamba Amarbharti Prakashan ;2003.p.400.
- [14]. Acharya Sharangdhara , *Madhyama Khanda* 7/70-81, Hindi Commentary by Dr. Shailja Shrivastav, Sharangdhara Samhita, Varanasi, Chaukhambha Orientalia; 2011.p.204.
- [15]. Agnivesha, *Sutrasthana* 25/40 , Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.338.
- [16]. Shree Govinddas, *Jwara Rogadhikara* 5/445-454, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhambha Prakashana;2011.p.117.
- [17]. Shree Govinddas, *Visarpa Rogadhikara* 57/26, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhambha Prakashana;2011.p.935

**Details of Corresponding Author:**

Dr. Vandana Raval

Adress: C-102 Govind Plaza,

Kiran Park, Nava Vadaj, Ahmedabad-13

Email: vandana\_raval215@yahoo.com

Mob. 9824423090