

EFFICACY OF AYURVEDIC MEDICINES IN THE MANAGEMENT OF PSORIASIS: A CASE REPORT

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EFFICACY OF *AYURVEDIC* MEDICINES IN THE MANAGEMENT OF PSORIASIS: A CASE REPORT

Abstract:

¹⁴ Psoriasis is a chronic skin condition causing raised, inflamed, scaly patches, most often on the scalp, elbows, knees, and back. Symptoms include itching, redness, and silvery scales. It's caused by an overactive immune system, genetics, and environmental factors like infections, stress, or hormone changes. Treatment options include creams, light therapy, pills, and injections. Complications can include psoriatic arthritis, cardiovascular disease, diabetes, and mental health issues. Managing triggers, living a healthy lifestyle, and skincare are key to controlling the condition. The patient, a 55-year-old male with a 25-year history of psoriasis, presented with a range of symptoms including weight gain, bilateral hand and leg psoriatic red patches, blackish patches, and unsatisfactory bowel movements. These symptoms had been persistent for the past 14 months and significantly affected the patient's quality of life. After a detailed assessment, an *Ayurvedic* formulation was prescribed, targeting both the underlying autoimmune mechanism and the symptomatic manifestation of psoriasis. The treatment regimen to reduce the inflammation, improve bowel movement function, and address skin pigmentation changes.

Key words: Psoriasis, *Kushtha*, *Ayurvedic* formulation, *Ayurvedic* medicines, case report

Introduction:

Psoriasis is a chronic skin condition causing itchy, scaly patches, most commonly on the knees, elbows, trunk, and scalp. It can be painful, disrupt sleep, and affect concentration. Psoriasis often goes through cycles of flare-ups followed by periods of remission. It has various types, including:

1. **Plaque psoriasis:** Raised, scaly patches, usually on elbows, knees, and scalp.
2. **Nail psoriasis:** Affects nails, causing pitting and discoloration.
3. **Guttate psoriasis:** Small, drop-shaped spots, often triggered by strep throat.
4. **Inverse psoriasis:** Affects skin folds, like the groin and breasts.
5. **Pustular psoriasis:** Rare, with pus-filled blisters.
6. **Erythrodermic psoriasis:** Intense, widespread redness and peeling.^[1]

¹³ Psoriasis treatments aim to slow skin cell growth and remove scales. ⁷ Options include topical treatments, light therapy, and oral or injected medications. Treatment depends on severity and response, often starting with mild therapies and progressing to stronger treatments if needed.^[2]

Ayurveda classifies psoriasis under *Kushtha* Roga (skin disorders), specifically as *Ekakushtha*, a subtype characterized by thick, scaly, and discolored lesions. It is believed to result from an imbalance in the *Vata* and *Kapha doshas*, sometimes involving the *Pitta dosha*, and is linked to the accumulation of *Ama* (toxins) and weakened *Agni* (digestive fire). Treatment emphasizes detoxification through *Panchakarma* therapies like *Virechana* (therapeutic purgation) and

Raktamokshana (bloodletting), along with oral and topical *ayurvedic* treatments. Dietary and lifestyle changes are also recommended to restore balance and prevent recurrence.^{[3][4]}

Case Presentation :
A 55years old patient presented to Jeena Sikho Lifecare Limited Hospital, Andheri, Maharashtra, India, on 29th November 2024. His medical history revealed chronic psoriasis with a worsening of symptoms in the last year. The patient reported bilateral red psoriatic patches on his hands and legs, along with the sudden appearance of blackish patches. Additionally, the patient reported difficulty with bowel movements and no significant relief from previous treatments. He had right ankle fracture in 2024 and no any other surgical history.

Here in this case according to *Bala, Agni*, disease condition of patient *shaman chikitsa* was done as follows:

Table 1: Ingredients & uses of the *Ayurvedic* Therapeutics/formulations used in treatment

Ayurvedic Medicine	Ingredients	Uses	Duration
VPK Balance kit Consists of dr immune tab + dr shudhi powder + nabhi oil+ tooth oil+ 32 herbs tea	DR IMMUNE TAB <i>Kesar</i> (<i>Crocus sativus</i>), <i>Ashwagandha</i> (<i>Withania somnifera</i>), <i>Shatawar</i> (<i>Asparagus recemosus</i>), <i>Pippal</i> (<i>Piper longum</i>), <i>Tulsi</i> <i>Ocimum santum</i> , <i>Laung</i> (<i>Syzigium aromaticum</i>), <i>Choti elaichi</i> (<i>Elaetria cardamomum</i>), <i>Sounth</i> (<i>Zingiber officinale</i>), <i>Haldi</i> (<i>Curcuma longa</i>), <i>Loh bhasma</i> , <i>Swarn makshik bhasma</i> , <i>Muktashukti bhasma</i> , <i>shunkhpushpi</i> (<i>Convolvulus pluericaulis</i>), <i>Papita sat</i> (<i>carica papaya</i>), <i>Pudina</i> (<i>Mentha viridis</i>), <i>dalchini</i> (<i>Cinnamomum</i>), <i>Tej patra</i> (<i>Cinnamomum tamala</i>), <i>Badielaichi</i> (<i>Amomum sabulatum</i>), <i>ajwain</i> (<i>Trachyspermum ammi</i>), <i>Giloy</i> (<i>Tinospora cordifolia</i>), <i>Amalaki</i> (<i>Emblica</i>	To keep doshas into balanced form	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)

	<i>officinalis</i>), <i>Haritaki</i> (<i>Terminalia chebula</i>), DR SHUDHI POWDER <i>Trikatu</i>, <i>Triphala</i>, <i>Nagarmotha</i> (<i>Cyprus rotundus</i>), <i>Vayvidang</i> (<i>Emblia ribes</i>), <i>Choti elaichi</i> (<i>Eletaria cardamomum</i>), <i>Tejpatra</i> (<i>Cinnamomum tamla</i>), <i>Laung</i> (<i>Syzygium aromaticum</i>), <i>Nishoth</i> (<i>Operculina terpenanthum</i>), <i>Rock salt</i>, <i>Dhaniya</i> (<i>Coriandrum sativum</i>), <i>Pipla mool</i> (<i>Piper nigrum</i>), <i>Jeera</i> (<i>Cuminum Cyminum</i>), <i>Nagkesar</i> (<i>Mesua ferrie</i>), <i>Amarvati</i> (<i>Tinospora cardifolia</i>), <i>Anardana</i> (<i>Punica granatum</i>), <i>Dalchini</i> (<i>Cinnamomum zelyanicum</i>), <i>Badi elaichi</i> (<i>Ammomum Subutalum</i>), <i>Hing</i> (<i>Ferula foetida</i>), <i>kanchnar</i> (<i>Boehinia variegata</i>), <i>Ajwain</i> (<i>Trachyspermum ammi</i>), <i>Sazikshar</i>, <i>Pushkarmool</i> (<i>Inula racemosa</i>), <i>Senna</i> (<i>Cassia angustifolia</i>), <i>Mishri</i> Cam NABHI OIL <i>Harad</i> (<i>Terminalia chebula</i>) <i>Bahera</i> (<i>Terminalia bellirica</i>) <i>Arka</i> (<i>Phyllanthus emblica</i>) <i>Almond</i> (<i>Prunus dulcis</i>) <i>Hing</i> (<i>Ferula foetida</i>) <i>Jaiphal</i> (<i>Myristica fragrans</i>) <i>Ajwain</i> (<i>Trachyspermum ammi</i>), <i>Clove</i> (<i>Syzygium</i>		½ tsf HS (<i>Nishikala</i> with <i>koshna jala</i>) Massage oil at night around navel for 4-5 minutes.
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	aromaticum) <i>Camphor</i>(<i>Cinnamomum</i> <i>comphora</i>) <i>Olive</i>(<i>Olea europaea</i>) <i>Coconut</i>(<i>cocuc nucifera</i>) <i>Neem</i>(<i>Azardirachta indica</i>) <i>Lemongrass</i>(<i>Cymbopogon</i>) <i>Kali jeera</i>(<i>Bunium</i> <i>persicum</i>) <i>Ajmoda</i>(<i>Apium graveolens</i>) <i>Guggul</i> (<i>Commiphora</i> <i>weightii</i>) <i>Giloy</i>(<i>Tinospora cordifolia</i>) <i>Chiryata</i>(<i>Swertia japonica</i>) <i>Kalonji</i>(<i>Nigella sativa</i>) <i>Til tail</i> (<i>Sesamum indicum</i>) <i>Katu tailam</i> TOOTH OIL Glycerin <i>Long oil</i> (<i>Syzygium</i> <i>aromaticum</i>) <i>Peppermint</i> (<i>Mentha</i> <i>arvensis</i>) <i>Sat ajwain</i>(<i>Trachyspermum</i> <i>ammi</i>) 32 HERBS TEA <i>Gauzaban</i> (<i>onosma</i> <i>bracteatum</i>) <i>Kulanjan</i> (<i>Alpinia galangal</i>) <i>Chotielaichi</i> (<i>Elettaria</i> <i>cardamomum</i>) <i>Laung</i> (<i>Syzygium</i> <i>aromaticum</i>) <i>Badi elaichi</i> (<i>Amomum</i> <i>subulatum</i>) <i>Khtayi</i> (<i>Pimpinella anisum</i>) <i>Banafsa</i> (<i>VIOLA odorata</i>) <i>Jufa</i>(<i>hyssopus officianalia</i>, <i>Ashwagandha</i>, (<i>Withania</i> <i>somnifera</i>), <i>Mulethi</i>(<i>Glycerrhiza</i> <i>glabra</i>), <i>Punarnava</i>(<i>Boerhavia</i> <i>diffusa</i>), <i>Bramhi</i>(<i>Bacopa</i>		Use in morning before brushing & massage over gums. Make a herbal tea & use 3-4 times in a day.
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	<i>moneira</i>), <i>Chitrak</i>(<i>Pymbago zeylanica</i>), <i>Kali mirch</i> (<i>Piper nigrum</i>) <i>Adulsa</i>(<i>Adhatoda vasica</i> nees), <i>saunf</i>(<i>Foeniculum vulgare</i>) <i>Shankhpushpi</i> (<i>Convolvuli pluericaulis</i>), <i>Tulsi</i> (<i>Ocimum santum</i>), <i>Arjun</i> (<i>Terminalia arjuna</i>), <i>Motha</i> (<i>Cyperus rotundus</i>), <i>Sonpatra</i> (<i>Cassia angustafolia</i>), <i>Sonth</i> (<i>Zingiber officinale</i>), <i>Manjistha</i> (<i>Rubia cardifolia</i>), <i>Tephrosia purpurea</i>, <i>Dalchini</i> (<i>Cinnamomum verum</i>), <i>Gulab</i>(<i>Rosa centifolia</i>), <i>grass tea</i>(<i>Camelia sinensis</i>), <i>Giloy</i>(<i>Tinospora cordifolia</i>), <i>Tej patra</i>(<i>Cinnamomum tamala</i>), <i>lal chandan</i>(<i>Pterocarpus sentalinus</i>), <i>white chandan</i>(<i>Santalum album</i>)		
Arogya Vati	³ <i>Kajan</i>, <i>Loh Bhasma</i>, <i>Abhrak Bhasma</i>, <i>Tamra Bhasma</i>, <i>Amalaki</i>(<i>Phyllanthus amblica</i>), <i>Vibhitaki</i>(<i>Terminalia bellirica</i>), <i>Haritaki</i>(<i>Terminalia chebula</i>), <i>Chitrak</i>, <i>Katuka</i>(<i>Picrorhiza kurrooa</i>), <i>Nimba</i>(<i>Azardirachata indica</i>) <i>Patra</i>.	Fever Cough Constipation Asthma	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
Chandraprabha vati	<i>Chandraprabha</i> - <i>Karpura</i>– <i>Camphor</i>, <i>Cinnamomum camphor</i>, <i>Vacha</i> - <i>Acorus</i>	<i>prameha</i>, <i>meha</i>-urinary tract disorder,	2 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)

	1 <i>calamus</i>, <i>Musta</i> - Nut grass (root) – <i>Cyperus rotundus</i>, <i>Bhuniimba</i> - The Creat (whole plant), <i>Andrographis paniculata</i>, <i>Amruta</i> – <i>Tinospora cordifolia</i>, <i>Daruka</i> - Himalayan cedar (bark) Deodara cedar, <i>Haridra</i> - Turmeric rhizome – <i>Curcuma Longa</i>, <i>Ativisha</i> - <i>Aconite heterophyllum</i>, <i>Darvi</i> - Tree Turmeric (stem) - <i>Berberis aristata</i>, <i>Pippalimoola</i> - Long pepper root - <i>Piper longum</i>, <i>Chitraka</i> - Lead Wort (root) - <i>Plumbago zeylanica</i>, <i>Dhanyaka</i> - Coriander - <i>Coriandrum sativum</i>, <i>Haritaki</i> - <i>Chebulic</i> <i>Myrobalan</i> fruit rind - <i>Terminalia chebula</i>, <i>Vibhitaki</i> - Belliric <i>Myrobalan</i> fruit rind - <i>Terminalia bellirica</i>, <i>Amalaki</i> - Indian gooseberry fruit - <i>Emblica officinalis</i> Gaertn. <i>Chavya</i> - Java Long Pepper - <i>Piper chaba</i>, <i>Vidanga</i> - False black pepper – <i>Embelia ribes</i>, <i>Gajapippali</i> - Java Long Pepper (fruit) <i>Piper chaba</i>, <i>Shunti</i> - Ginger Rhizome - <i>Zingiber officinalis</i>, <i>Maricha</i> - Black pepper - <i>Piper nigrum</i>, <i>Pippali</i> - Long pepper fruit - <i>Piper longum</i>, <i>Makshika Dhatu</i> <i>Bhasma</i>– Purified Copper Iron Sulphate, <i>YavaKshara</i> - <i>Kshara</i> of Barley- Common barley, <i>SwarjikaKshara</i>, <i>SaindhavaLavana</i> - Rock salt, <i>SauvarchalaLavana</i>	diabetes, <i>mut rakrichra</i>, <i>mutraghat</i>, <i>Ashmari</i>(renal calculi), <i>vibandha</i>(constipation)	
LIV DS Cap	<i>Bhumiamla</i> Ext.	liver disease	1 BD

	<i>(Phyllanthus niruri)</i> <i>Kasani Ext.</i> <i>(Cichoriumintybus)</i> <i>Himsra(Capparis spinosa)</i> <i>Punarnava Ext. (Boerhavia diffusa)</i> <i>Guduchi Ext. (Tinospora cordifolia)</i> <i>Kakamachi(Solanum nigrum)</i> <i>Arjuna (Terminalia arjuna)</i> <i>Biranjaspaha (Achilea millefolium)</i> <i>Kasamarda Jhavuka(Cassia occidentalis)</i> <i>Vidanga (Emblia ribes)</i> <i>Chitraka (Plumbago zeylanica)</i> <i>Kutki (Picrorhiza kurroa)</i> <i>Haritaki(Terminalia chebula)</i> <i>Bhringraj(Eclipta prostrate)</i>	GIT GERD loss of appetite	<i>(Adhobhakta with koshna jala)</i>
Charmarog har vati	<i>Terminalia chebula,</i> <i>Terminalia bellirica,</i> <i>Emblica officinalis</i> <i>Giloy(Tinospora cordifolia)</i> <i>Guggal(Commiphora guggulu)</i> <i>Sonth(Zingiber officinale)</i> <i>Mircha</i> <i>Pippal(Ficus religiosa)</i> <i>Nishotha(Operculina turpethum)</i> <i>Danti(Baliospermum montanum)</i>	healing wounds blood purifire abscess anti inflammatory join pain gout uric acid	1 BD <i>(Adhobhakta with koshna jala)</i>
Psorhin Tablet	<i>Bawchi (Psoralea coryfolia)</i> <i>Terminalia chebula,</i> <i>Terminalia bellirica,</i> <i>Emblica officinalis</i> <i>Chakramard(Cassia tora)</i> <i>Neem Chal(Azardirachata indica)</i> <i>Akash Bale(Cuscuta reflexa)</i> <i>Sariva (Hemidesmus indicus)</i>	Psoriasis skin disorders skin allergy itching patches redness	1 BD <i>(Adhobhakta with koshna jala)</i>

	<i>Bakayan (Melia azedarach)</i> <i>Amaltas (cassia fistula)</i> <i>Aloe Vera</i> <i>Mulethi (Glycyrrhiza glabra)</i> <i>Karanj (Milletia pinnata)</i> <i>Katha (acasia catechu)</i> <i>Haldi (Curcuma longa)</i> <i>Chameli (Jasminum polyanthum)</i> <i>Nishoth(Operculina turpenthum)</i> <i>Pitpapa(Fumaria indica)</i>		
<i>Luderm Ointment</i> 250 Gm	<i>Bawchi(Psoralea coryfolia)</i> <i>Chameli(Jasminum polyanthum)</i> <i>Shalmall/Semal Salmala.</i> <i>Chirak(Plumbago zeylanica)</i> <i>Haldi(Curcuma longa)</i> <i>Khadir(Acacia catechu)</i> <i>Geru(Anacardium occidentale)</i> <i>Chakramard(Cassia tora)</i> <i>Shudh Gandhak</i> <i>Neem(Azardirachata indica)</i> <i>Yashad Bhasam</i> <i>Jeera(Cuminum Cyminum)</i> <i>Marichviadi Tail</i>	skin disorder blood purifier skin rashes itching patches	1 BD (Adhobhakta with kosha jala)
<i>Skin Cure</i> <i>Capsule</i>	<i>Anant(Gardenia jasminoides)</i> <i>Neem (Azardirachata indica)</i> <i>Gulab(Dianthus caryophyllus)</i> <i>Haldi(Curcuma longa)</i> <i>Gilloy(Tinospora cordifolia)</i> <i>Mulathi(Glycyrrhiza glabra)</i> <i>Chirayta(Swertia chirayata)</i> <i>Babool(Vachellia nilotica)</i> <i>Manjitha (Rubia cordifolia)</i> <i>Vidang(Emblia ribes)</i> <i>Sharpunkha(Tephrosia purpurea)</i>	skin disease (all type) blood purifier anti inflammatory itching	1 BD (Adhobhakta with kosha jala)

	<i>Khadir(Acacia catechu)</i> <i>Sanay(Alexandrian senna)</i> <i>Gandhak</i> <i>Yashad</i>		
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OBSERVATION:

Before Treatment

After Treatment



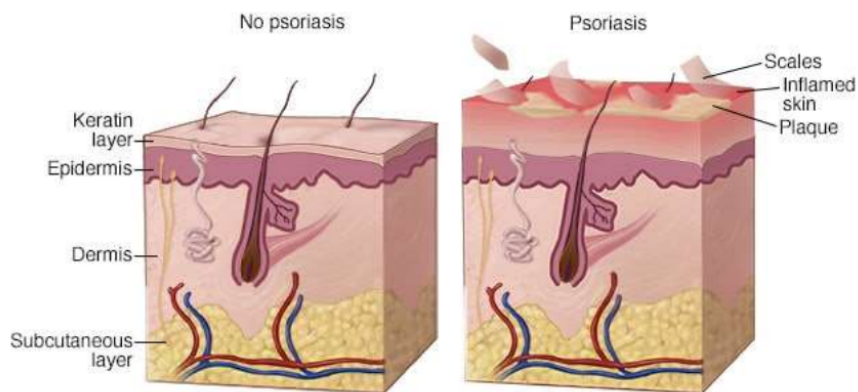
Result:

Following the prescribed *Ayurvedic* treatment, the patient reported a significant improvement. Within a short duration, he experienced approximately 90% relief from the red-colored psoriatic patches and 50% improvement in the blackish patches. Bowel movement regularity also improved, and the patient's overall quality of life showed considerable enhancement.

Discussion:

¹⁰ Psoriasis is thought to be caused by immune system dysfunction, where the body mistakenly attacks healthy skin cells. Triggers include infections, skin injuries, cold weather, smoking, alcohol, and certain medications. Genetics play a role, and it runs in families. Complications can

include ⁹ psoriatic arthritis, eye conditions, obesity, diabetes, cardiovascular disease, and mental health issues like depression. ^[5]



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Image courtesy:^[6] <https://www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840#dialogId54800343>

In modern medicine treatment options include:

Topical treatments:

- Corticosteroids: Common for mild to moderate psoriasis, available in various forms, but long-term use can thin skin.
- Vitamin D analogues: Slow skin growth (e.g., calcipotriene).
- Retinoids: Reduce skin cell production but can cause irritation.
- Calcineurin inhibitors: Help with sensitive areas like around the eyes.
- Salicylic acid and coal tar: Reduce scaling and inflammation.

Light therapy:

- Sunlight, UVB light, and PUVA: Expose skin to controlled light to reduce symptoms.
- Excimer laser: Targets specific patches with strong UVB light.

Oral/injected medications:

- Steroids: For small, persistent patches.
- Retinoids: Pills that reduce skin cell production but are not for pregnant women.

- Biologics: Injectable drugs like etanercept and adalimumab alter the immune system and are for moderate to severe psoriasis.
- Methotrexate and cyclosporine: Suppress skin cell production but require monitoring ^[7]

In this case only *shaman chikitsa* was given. *Ayurvedic* formulation were given orally.

Psoralea coryfolia: The Ethnol seed extract exhibits effect of antipsoriatic and antibacterial activity, which was concluded by measuring mean thickness of epidermis and histopathological report & antibacterial studies by zone of inhibition & MIC. ^[8]

Chakramar (C. tora): Three flavonoids namely luteolin 7-o-glucopyranoside, ⁴ quercetin-3-o-beta-D-glucuronide and formononetin-7-O-beta-D-glucoside isolated from ethnol extract of *C. tora* leaves exhibited a significant reduction in relative epidermal thickness resulting in antipsoriatic effect. ^[9]

Gardenia Jasminoides (anant): A study suggests that GJ improves atopic dermatitis (AD) by restoring balance to the intestinal microflora. It enhanced symptoms like skin thickness and cytokine expression, and normalized the gut microbiome. GJ, similar to probiotics and prebiotics, stabilizes microflora, making it a promising therapeutic agent for AD by addressing both immune inflammation and gut health. ^[10]

Need for further research:

While this case demonstrates notable improvement in chronic psoriasis symptoms through *Ayurvedic* management, the findings are based on a single patient observation and cannot be generalized without larger, controlled studies. Further research is warranted to:

- Conduct randomized controlled trials (RCTs) comparing *Ayurvedic* formulations with standard allopathic treatments for psoriasis.
- Investigate the individual and synergistic effects of the medicinal components used in the prescribed regimen, including *Psoralea corylifolia*, *Cassia tora*, and *Gardenia jasminoides*.
- Assess long-term safety, recurrence rates, and sustained efficacy of *Ayurvedic* therapies in chronic autoimmune skin disorders.
- Explore the mechanisms of action of *Ayurvedic* medicines in modulating ¹² immune response, reducing inflammation, and improving skin barrier function.
- Examine the role of gut health modulation, as highlighted by certain herbs, in the pathogenesis and management of psoriasis.

Such research could validate traditional *Ayurvedic* approaches, provide evidence-based integration into mainstream healthcare, and establish standardized treatment protocols for chronic psoriasis.

Conclusion:

This case highlights the promising role of ¹⁵ *Ayurvedic* medicine in the management of chronic psoriasis, a condition often resistant to conventional treatments. The patient achieved **approximately 90% relief from red psoriatic patches, 50% improvement in blackish pigmentation**, and better bowel regularity, leading to a marked enhancement in overall quality of life. The multi-medicinal *Ayurvedic* regimen appeared to address both the symptomatic and underlying systemic imbalances associated with psoriasis. By targeting immune modulation, detoxification, and skin repair through a holistic approach, *Ayurveda* may offer an effective and well-tolerated alternative or adjunct to modern therapies. Although the results are encouraging, larger clinical studies are essential to validate efficacy, ensure safety, and develop standardized treatment protocols for broader application.

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