



RESEARCH ARTICLE

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

Acharya Manish¹, Gitika Chaudhary², Richa³, Sadhna Yadav⁴ and Tanu Rani⁵

1. Director, Meditation Guru, Jeena Sikho Lifecare Limited, India.
2. Senior Consultant, General Surgeon, BAMS, PGDIP, PGDGS, MS (Ayurveda), Jeena Sikho Lifecare Limited, India.
3. Senior Research officer, BAMS, PGDIP, CICR, CAIM, CMW, Jeena Sikho Lifecare Limited, India.
4. Consultant, BAMS, Jeena Sikho Lifecare Limited Hospital, Andheri, Maharashtra, India.
5. Research Associate, BAMS, Jeena Sikho Lifecare Limited, India.

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Abstract

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.

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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.

Corresponding Author: -Gitika Chaudhary

Address:- Senior Consultant, General Surgeon, BAMS, PGDIP, PGDGS, MS (Ayurveda), Jeena Sikho Lifecare Limited, India.

Psoriasis treatments aim to slow skin cell growth and remove scales. 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]

	<p>Laung(Syzygium aromaticum), Nishoth(Operculina terpenanthum), Rock salt, Dhaniya(Coriandrum sativum), Pipla mool(Piper nigrum), Jeera(Cumminum Cyminum), Nagkesar (Mesua ferrie), Amarvati (Tinospora cardifolia), Anardana(Punica granatum), Dalchini(Cinnamomum zelyanicum), Badi elaichi (Ammomum Subutalum), Hing(Ferula foetida), kanchnar(Boehinia variegata), Ajwain(Trachyspermum ammi), Sazikshar, Pushkarmool(Inula racemosa), Senna(Cassia angustifolia), Mishri Cam</p> <p>NABHI OIL Harad (Terminlia chebula) Bahera(Terminallia bellirica) Amla(Phyllanthus emblica) Almond(Prunus dulcis) Hing (Ferula foetida) Jaiphal(Myristica fragrans) Ajwain(Trachyspermum ammi), Clove(Syzygium aromaticum) Camphor(Cinnamomum comphora) Olive(Olea europaea) Coconut(cocuc nucifera) Neem(Azardirachta indica) Lemongrass(Cymbopogon) Kali jeera(Bunium persicum) Ajmoda(Apium graveolens) Guggul (Commiphora weightii) Giloy(Tinospora cordifolia) Chiryata(Swertia japonica) Kalonji(Nigella sativa) Til tail (Sesamum indicum) Katu tailam</p> <p>TOOTH OIL Glycerin Long oil (Syzygium aromaticum) Peppermint (Mentha arvensis) Sat ajwain(Trachyspermum ammi)</p> <p>32 HERBS TEA Gauzaban (onosma bracteatum) Kulanjan (Alpinia galangal) Chotielaichi (Elettaria cardamomum) Laung (Syzygium aromaticum)</p>		<p>Massage oil at night around navel for 4-5 minutes.</p> <p>Use in morning before brushing & massage over gums.</p> <p>Make a herbal tea & use 3-4 times in a day.</p>
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	<p>Badi elaichi (Amomum subulatum) Khtayi (Pimpinella anisum) Banafsa (VIOla odorata) Jufa(hyssofus officianalia, Ashwagandha, (Withania somnifera), Mulethi(Glycerrhiza glabra), Punarnava(Boerhavia diffusa), Bramhi(Bacopa moneira), Chitrak(Plumbago zeylanica), Kali mirch (Piper nigrum) Adulsa(Adhatoda vasica nees), saunf (Foeniculum vulgare) Shankpushpi (Convolvuli pluericaulis), Tulsi (Ocimum santum), Arjun (Terminalia arjuna), Motha(Cyperus rotundus), Sonpatra (Cassia angustifolia), Sonth (Zingiberofficinale), Manjistha (Rubia cardifolia), Tephrosia purpurea, Dalchini (Cinnamomum verum), Gulab(Rosa centifolia), grass tea(Camlia sinensis), Giloy(Tinospora cordifolia), Tej patra(Cinnamomum tamala), lal chandan(Pterocarpus sentalinus), white chandan(Santalum album)</p>		
Arogya Vati	<p>Kajan, Loh Bhasma, Abhrak Bhasma, Tamra Bhasma, Amalaki(Phyllanthus amblica), Vibhitaki(Terminalia bellirica), Haritaki(Terminalia chebula), Chitrak, Katuka(Picrorhiza kurrooa), Nimba(Azardirachata indica) Patra.</p>	<p>Fever Cough Constipation Asthma</p>	<p>1 BD (Adhobhakta with koshna jala)</p>
Chandraprabha vati	<p>Karpura (Camphor, Cinnamomum camphor), Vacha (Acorus calamus), Musta (Nut grass (root) – Cyperusrotundus), Bhunimba – (The Creat (whole plant), Andrographis paniculata), Amrita (Tinospora cordifolia), Daruka (Himalayan cedar (bark) Deodara cedar), Haridra (Turmeric rhizome – Curcuma Longa),Ativisha (Aconite heterophyllum), Darvi (Tree Turmeric (stem) - Berberis aristata), Pippalimoola (Long pepper root - Piper longum), Chitraka (Lead Wort (root) - Plumbago zeylanica), Dhanyaka</p>	<p>prameha, meha-urinary tract disorder, diabetes,,mutrak richra, mutraghat, Ashmari(renal calculi), vibandha(constipation)</p>	<p>2 BD (Adhobhakta with koshna jala)</p>

	(Coriander - Coriandrum sativum), Haritaki (Chebulic Myrobalan fruit rind -Terminalia chebula), Vibhitaki (Belliric Myrobalan fruit rind-Terminalia bellirica), Amalaki (Indian gooseberry fruit- Emblica officinalis), Chavya (Java Long Pepper - Piper chaba), Vidanga (False black pepper – Embeliaribes), Gajapippali (Java Long Pepper (fruit) Piper chaba), Shunthi (Ginger Rhizome - Zingiber officinalis), Maricha (Black pepper - Piper nigrum), Pippali (Long pepper fruit - Piper longum), Makshika Dhatu Bhasma (Purified Copper Iron Sulphate), YavaKshara (Kshara of Barley- Common barley), SwarjikaKshara, Saindhava Lavana (Rock salt), Sauvarchala [Lavana		
LIV DS Cap	Bhumiamla Ext. (Phyllanthus niruri) Kasani Ext. (Cichoriumintybus) Himsra(Capparis spinosa) Punarnava Ext. (Boerhavia diffusa) Guduchi Ext. (Tinospora cordifolia) Kakamachi(Solanum nigrum) Arjuna (Terminalia arjuna) Biranjasipha (Achilea millefolium) Kasamarda Jhavuka(Cassia occidentalis) Vidanga (Emblia ribes) Chitraka (Plumbago zeylanica) Kutki (Picrorhiza kurroa) Haritaki(Terminalia chebula) , Bhringraj(Eclipta prostrate)	liver disease GIT GERD loss of appetite	1 BD (Adhobhakta with koshna jala)
Charmarog har vati	Triphala (Terminalia chebula, Terminalia bellirica, Emblica officinalis), Giloy(Tinospora cordifolia) Guggal(Commiphora guggulu) Sonth(Zingiber officinale) Mircha Pippal(Ficus religiosa) Nishotha(Operculina turpethum) Danti(Baliospermum montanum)	healing wounds blood purifire abscess anti inflammatory join pain gout uric acid	1 BD (Adhobhakta with koshna jala)
Psorhin Tablet	Bawchi (Psoralea coryfolia) Terminalia chebula, Terminalia bellirica, Emblica officinalis	Psoriasis skin disorders skin allergy	1 BD (Adhobhakta with koshna jala)

	Chakramard(Cassia tora) Neem Chal(Azardirachata indica) Akash Bale(Cuscuta reflexa) Sariva (Hemidesmus indicus) Bakayan (Melia azedarach) Amaltas (cassia fistula) Aloe Vera Mulethi (Glycyrrhiza glabra) Karanj (Milletia pinnata) Katha (acasia catechu) Haldi (Curcuma longa) Chameli (Jasminum polyanthum) Nishoth(Operculina turpenthum) Pitpapr(Fumaria indica)	itching patches redness	
Luderm 250 Gm	Ointment Bawchi(Psoralea coryfolia) Chameli(Jasminum polyanthum) Shalmal/Semal Salmala. Chirak(Plumbago zeylanica) Haldi(Curcuma longa) Khadir(Acacia catechu) Geru(Anacardium occidentale) Chakramard(Cassia tora) Shudh Gandhak Neem(Azardirachata indica) Yashad Bhasam Jeera(Cuminum Cyminum) Marichyadi Tail	skin disorder blood purifier skin rashes itching patches	1 BD (Adhobhakta koshna jala) with
Skin Cure Capsule	Anant(Gardenia jasminoides) Neem (Azardirachata indica) Gulab(Dianthus caryophyllus) Haldi(Curcuma longa) Giloy(Tinospora cordifolia) Mulethi(Glycyrrhiza glabra) Chirayta(Swertia chirayata) Babool(Vachellia nilotica) Manjishtha (Rubia cordifolia) Vidang(Emblia ribes) Sharpunkha(Tephrosia purpurea) Khadir(Acacia catechu) Sanay(Alexandrian senna) Gandhak Yashad	skin disease (all type) blood purifier anti inflammatory itching	1 BD (Adhobhakta koshna jala) with

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:-

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

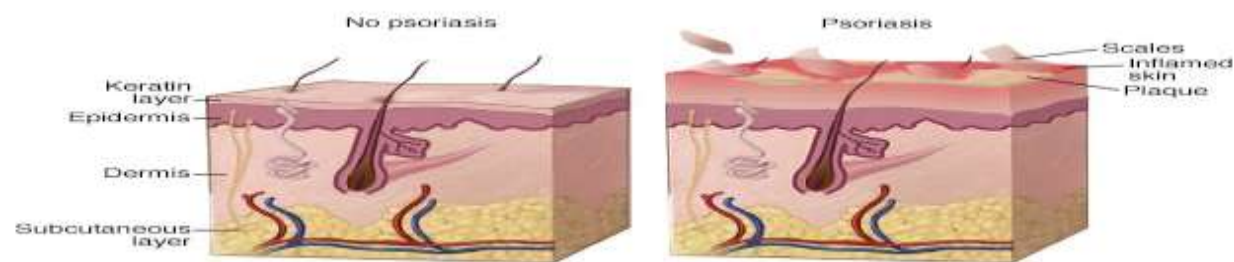


Image courtesy:^[6]<https://www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840#dialogId54800343>

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 Ethanol 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, quercetin-3-O-beta-D-glucuronide and formononetin-7-O-beta-D-glucoside isolated from ethanol 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 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 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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10. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8072552/>Gardenia Jasminoides Ameliorates Antibiotic-Associated Aggravation of DNCB-Induced Atopic Dermatitis by Restoring the Intestinal Microbiome Profile Hyo In Kim , Se Hyang Hong , Seo Yeon Lee , Jin Mo Ku , Min Jeong Kim , Seong-Gyu Ko