Role of Siravyadha in the management of Psoriasis a case study.
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Abstract: In Ayurveda skin disease are described under Kushtha. It is further divided into Mahakushtha and Kshudrakushtha. Rakta Dosha is predominant in Kushtha. Signs and symptoms of Ekakushtha which comes under Kshudrakushtha can be correlate with Psoriasis. It produces significant adverse effects on psychological and social aspects of life mainly because of visibility. Psoriasis is chronic re-occurring condition that varies in severity from minor localised patches to complete body coverage. Kushtha Chikitsa is classified into Shodhan, Shamana and Nidanparivarjana. Amongst which Shodhan Chikitsa is of greater significance in skin diseases. Raktamokshana is an effective and safe treatment for Kushtha. Acharya Sushruta has mentioned detailed practical guidelines for bloodletting which is considered as Ardhachiktsa. Disease which does not get pacified so quickly by therapeutic measures like Snehana, Swedana etc. are specified by Siravyadha. This is a single case study to evaluate the efficacy of Shodhana in terms of Siravyadha in the management of psoriasis.

Keyword: Siravyadhaa, Kushtha, Kshudrakushtha Chikitsa, Shodhan, Shamana, Nidanparivarjana, Swedana, Snehana.

Introduction:
Psoriasis is a non-infectious, chronic, inflammatory skin disease characterized by well-defined erythematous plaque with silvery scale.1 Psoriasis is characterized by patches which are blackish brown in colour, rough and Coarse in nature, exudative, round, thick, along with severe itching.2 Psoriasis is highly stigmatizing and common inflammatory skin disease.3

Psoriasis produce significant adverse effects on the psychological and social aspects of life mainly because of visibility. Individuals with psoriasis may feel self-conscious about
their appearance and have a poor self-image that stems from fear of public rejection. The disorder is a chronic reoccurring condition that varies in severity from minor localised patches to complete body coverage. There are many treatments available but because of its chronic recurrent nature psoriasis is a challenge to treat. Modern medicine gives symptomatic relief for short time. As per Ayurvedic point of view this condition was diagnosed as Kushtha. Tridosha are main causative factors. So, contrary to the available medical treatment/management, Shodhana Karma which is the specialty of Ayurveda, respond a systemic, systematic and holistic treatment approach in the treatment of psoriasis.4

Kushtha is Raktpradosaj Vyadhi, Ratamokshana is an effective and safe treatment for Kushtha.5 in Sushrut Samhita detailed practical guidelines for bloodletting are given which is considered as Ardha Chikitsa.6

**Aims and Objects:**

**Aim:** To study the role of Siravyadha in the management of psoriasis.

**Objective:** To evaluate the role of Siravyadha in the management of Psoriasis.

**Materials and Methods:**

Patient was diagnosed with Psoriasis clinically. Patient given supine position. Cuff of sphygmomanometer was applied above the site of Siravyadha for making vein prominent and clearly visualized. The area for Siravyadha was disinfected by spirit swab. Large boar scalp vein set was used for Siravyadha and blood was collected in measuring bottle. Average 100 ml blood in one setting was collected. During the whole procedure patient was observed for any complications.

Duration of Treatment - Two settings. (On 1st and 15th day).

**Case Report:**

A 35-year-old male patient chronic smoker, labour worker by occupation presented with complaints of itching, redness, scaling over trunk bilateral upper limbs since 3 to 4 years. Patient was taking allopathic treatment from Dermatologist and was using local and oral medication (details are unknown) symptoms where aggravating on discontinuation of medicine. Patient was healthy and asymptomatic for 10 years but at the end of 2009 he started scaly patch on scalp with dryness and was diagnosed with Psoriasis he took allopathic treatment and the symptoms were subsided at that time.

**HISTORY**

**PAST HISTORY**

No H/O HTN / DM / asthma / any major illness.

H/O Sx - No any History

H/O Drug Allergy - No any History

**PERSONAL HISTORY**

Appetite - Decreased

Diet - Non-vegetarian

Excessive consumption of spicy & oily food outside food, Regular curd intake.

Sleep - disturbed

Bowel - regular

Addiction - smoking 15 yrs. and alcohol 3-4 times a month.
FAMILY HISTORY
No any specific history found.

EXAMINATION

GENERAL
Temperature - Afebrile
BP - 120/80 mm of Hg
P - 80/min

SYSTEMIC
CVS - S1S2 normal
CNS - conscious and oriented
RS - AEBE clear

LOCAL

Multiple irregular patches of different size & shape over back, trunk, & itching scaling over trunk and B/L upper limb.
Auspitz Sign +

INVESTIGATIONS
Hb% - 15.7gm%
WBC - 5400 /cumm
PLT - 297000 /cumm
BSL (R) - 116mg/dl.
Urine (R) - NAD
ESR - 8mm/hr.
BT - 1 min 45 sec
CT - 4 min 10 sec
HbsAg - Non Reactive
HIV - Non Reactive

Observation:

PASI Score (before treatment) was 10.9

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After Treatment - PASI score was 3.8

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**Result:**

Before treatment PASI score of the patient was 10.9 and after treatment it was 3.8. Significant change was noted in value of PASI score.

**Discussion:**

The course of *Kitibhakushta* is not uniform with periods of exacerbations and recurrences, which varies from days to week, months to year. Therefore, the management requires a continuous care to control the disease.

*Kushtha* is a *Raktapradosha Vyadhi*, there is vitiation of *Tridosha* predominantly *Pitta*. For *Rakta* and *Pitta*, *Dosha*, *Raktamokshan* is indicated. It reduces *Daha*, *Kandu*, *Vaivarnya* and reducing overall symptoms caused by vitiation of *Tridosha* including *Rakta* and *Pitta*.

**Conclusion:**

As modern treatment modalities has it’s on limitation and recurrent nature of disease, Ayurvedic treatment like *Siravyadha* plays tremendous role to cure the disease.

With the help *Siravyadha* PASI score reduced at significant level.

*Siravyadha* treated the root cause of disease.

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