



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research  
Vol. 14, Issue, 09, pp.22278-22280, September, 2022  
DOI: <https://doi.org/10.24941/ijcr.44018.09.2022>

INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH

## RESEARCH ARTICLE

# A SINGLE CASE STUDY OF MANDAL KUSHTHA W.S.R. PSORIASIS

Dr. Poonam Verma<sup>1,\*</sup> and Dr. Ravi Sharma<sup>2</sup>

<sup>1</sup>PG Scholar Kayachikitsa Department, MMM Govt. Ayu., College, Udaipur

<sup>2</sup>Professor & HOD, PG Department of Kayachikitsa, MMM Govt. Ayu., College, Udaipur

### ARTICLE INFO

#### Article History:

Received 09<sup>th</sup> June, 2022  
Received in revised form  
27<sup>th</sup> July, 2022  
Accepted 19<sup>th</sup> August, 2022  
Published online 28<sup>th</sup> September, 2022

#### Key words:

Kushtha, Mandal Kushtha, Shodhana  
Chikitsa, Vamana Karma, Shamana  
Chikitsa.

\*Corresponding Author:  
Dr. Poonam Verma

Copyright©2022, Poonam Verma and Ravi Sharma. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Dr. Poonam Verma and Dr. Ravi Sharma. 2022. "A single case study of Mandal Kushtha W.S.R. Psoriasis". *International Journal of Current Research*, 14, (09), 22278-22280.

### ABSTRACT

Psoriasis is a chronic inflammatory dermatosis that is distinguished by well-defined erythematous lesions covered in silvery loose scales, that affects an estimated 0.44-2.8% of the population in India. It commonly affects individuals in their third or fourth decade with males being affected two times more common than females. It has a physical and psychological impact on the patient because it disrupts their cosmetic harmony. A 27 years old male patient was reported on 06/06/2022 in Out Patient Department (OPD) of Govt. Ayurved Hospital Moti Chohatta, Udaipur. Patient reported with radish spots on hand, back, leg since 1 year and itching in these patches, patches were slightly elevated. This condition is clinically related to *Mandal Kushtha*, as described in *Ayurveda*. *Mandal Kushtha* has *Shwetam*, *Raktam*, *Sthiram*, *Styanam* and *Utsanna Mandalam* (Skin lesion with special characters) characters. *Shodhan Chikitsa* was mentioned by Acharya Charaka for the purification of *Kushtha Roga*. According to the *Kushtha* line of treatment, the patient was treated with classical *Vamana Karma* (therapeutic emesis) and *Shamana Chikitsa* based on the signs and symptoms (psoriasis). Before treatment, after treatment, and after a 1 month follow-up were all evaluated. Pictures were taken before treatment and after treatment.

## INTRODUCTION

In *Ayurveda* all skin diseases are categorized under "Kushtha". *Mandala Kushtha*, a type of *Maha Kushtha*, is a chronic stage of *Kushtha*.<sup>1</sup> Even if it is cured relapses are common. *Mandala Kushtha* is stated to be *Tridoshaja* with the dominance of *Kapha Dosha*.<sup>2</sup> The description and characteristic features of *Mandala Kushtha* are nearer to Psoriasis. Hence, *Mandala Kushtha* can be compared with Psoriasis. *Panchakarma* therapy of *Ayurveda* has attracted attention of the people worldwide as it is a unique sort of treatment of various chronic, auto immune, hormonal, degenerative disorders, etc., where other sorts of treatments have no satisfactory answer. *Acharya Charaka* has highlighted the role of *Panchakarma* therapy by stating that the disease treated by *Shodhana* will never recur, whereas the treatment with *Shamana* therapy may recur in due course of time.<sup>3</sup> In addition, if *Shamana* drugs are administered after proper course of *Shodhana*, then it provides additional relief and thus helps in eradicating the diseases completely.

**Case summary:** A 27 years old male patient was reported on 06/06/2022 in Out Patient Department (OPD) of Govt. Ayurved Hospital Moti Chohatta, Udaipur. Patient reported with radish spots on hands, back, leg since 1 year and itching in these patches, patches

### Personal examination

Patient age – 27 years    Height – 5 ft. 8 inch  
Weight – 69 kgs.    Temperature – 98.6 F

### Physical examination

#### Asthavidha Pariksha

*Nadi* (Pulse) – *VataPittaja*  
*Mutra* (Urine) – *Samyak Mutra Pravritti* (Normal micturition), Pale yellow  
*Mala* (Stool) – *Samanya* (Normal)  
*Jiwha* (Tongue) – *Nirama* (Clear)  
*Shabda* (Voice) – *Gambhira*  
*Sparsha* (Touch) – *Samsheetoshna* (Temperate)  
*Drika* (Eye) – *Samanya* (Normal)  
*Aakriti* (Physical structure) – *Madhyama* (Medium)

#### Dashvidha Pariksha

*Prakriti* (Physical constitution) – *VataPittaja*  
*Vikriti* (Morbidity) – *Vikriti Vishama Samveta*  
*Sara* (Excellence of *Dhatus*) – *Rakta*  
*Samhanana* (Compactness of organs) – *Madhyama* (Medium)  
*Pramana* (Measurement of the organs of the body) – *Madhvama*

*Satmya* (Homologation) – *Madhyama* (Medium)  
*Satva* (Psychic conditions) – *Madhyama* (Medium)  
*Vaya* (Age) – *Yuva* (Young)  
*Vyayam Shakti* (Power of performing exercise) – *Pravara* (Good)  
*Ahar Shakti* (Power of intake and digestion of food) – *Pravara* (Good)

*Idali* etc., unripened tomatoes, sour buttermilk, oily food or deep fried food and fine flour were prohibited since the beginning of the treatment.

## DISCUSSION

*Chitrakadi Vati*<sup>4</sup>– This *Vati* has *Deepana-Pachana* property which helps in *Shodhana* (detoxification).

**Table 1. Treatment Protocol for Shodhana Karma(Vamana)**

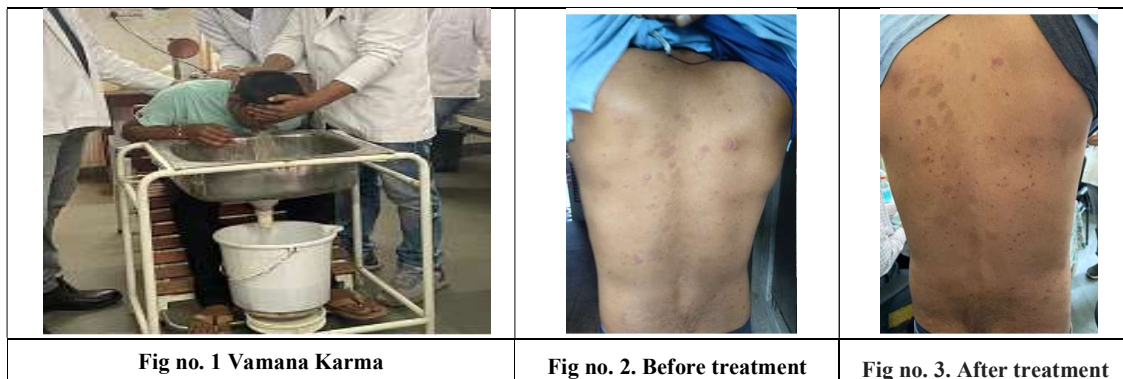
S.No.	Aushadha	Karma	Matra	Aushadha Sevana Kala	Anupana/Sahapana
1.	<i>Chitrakadi Vati</i>	<i>Deepna-Peechna</i>	1 tab	Empty stomach	Lukewarm water
2.	<i>Panchtikta ghrita</i>	<i>Snehapana</i>	25 ml.- 1 <sup>st</sup> day 50 ml. - 2 <sup>nd</sup> day 75 ml. – 3 <sup>rd</sup> day 100 ml. – 4 <sup>th</sup> day 125 ml. – 5 <sup>th</sup> day 150 ml. – 6 <sup>th</sup> day 175 ml. – 7 <sup>th</sup> day	Early in the morning	Warm milk
3.	<i>Panchguna Taila</i> <i>Dashmoola Kwatha</i>	For <i>Abhyanga</i> For <i>Swedana</i>	8 <sup>th</sup> day		
4.	i) <i>Godugdha</i> ii) <i>Vamak Yoga</i> - - <i>Madanphala Majja Choorna</i> - <i>Vacha Choorna</i> - <i>Saindhav Lavana</i> - <i>Madhu</i> iii) <i>Vamnopaga Kalpa</i> – - <i>Yashtimadhu Phanta</i> - <i>Lavnodaka</i>	<i>Vamana</i>	3 ltr.  8gms.  4gms. 2gms.  2ltr.  1.5 ltr. 9 <sup>th</sup> day	Early in the morning	

**Table 2. Preparations for Sansarjana Karma**

S.no.	Day	Morning	Evening
1.	9 <sup>th</sup> Day	-	<i>Peya</i>
2.	10 <sup>th</sup> Day	<i>Peya</i>	<i>Peya</i>
3.	11 <sup>th</sup> Day	<i>Vilepi</i>	<i>Vilepi</i>
4.	12 <sup>th</sup> Day	<i>Vilepi</i>	<i>Akrita Yusha</i>
5.	13 <sup>th</sup> Day	<i>Krita Yusha</i>	<i>Krita Yusha</i>
6.	14 <sup>th</sup> Day	<i>Krita Yusha</i>	<i>Krita Yusha</i>
7.	15 <sup>th</sup> Day	<i>Krita Yusha</i>	Normal diet

**Table 3. Treatment protocol as Shamana therapy**

S.No.	Aushadha	Matra	Aushadha Sevana Kala	Anupana/Sahapana
1.	<i>Brihat Manjishthadi Kwatha</i>	10 gm. twice a day	Empty stomach	Lukewarm water
2.	<i>Rasa Manikya</i> <i>Ashta Murti Rasayan</i> <i>Giloy Satva</i> <i>Chopchinyadi Choorna</i>	50 mg. 125 mg. 500 mg. 3 gm.	After food	Honey
3.	<i>Dooshivishari Gulika</i>	1 tab.	After food thrice a day	Lukewarm water



**Fig no. 1 Vamana Karma**

**Fig no. 2. Before treatment**

**Fig no. 3. After treatment**

**Past history** – No past history

**Apathya Ahara (Contraindicated food)**- Milk with salty or spicy

It is useful indigestion of *Sneha* and prevents the formation of *Amaby* stimulation of *Agni*. It manages all the three *Doshas*. *Panchtikta*

*Guduchi*) which has special property of pull down all kind of skin disease. *Snehapana* with *Panchatikta Ghrita* as a *Purvakarman* alleviates symptoms such as *Rukshata*, *Daha* and others. The chemical and physiological similarities between *Ghrita* and human cell membranes enhance the penetration of *Sneha (Panchatikta Ghrita)* into deeper tissues, causing partial rejuvenation of cells and smoothing of vitiated *Dosha* (stagnated metabolic wastes). *Brihat Manjishthadi Kwatha*<sup>6</sup> – It contains drugs which has property to cure all kind of skin diseases (*Kushtha* and *Kshudra Kushtha*) and red patches on whole body. *Rasa Manikya*<sup>7</sup> – This preparation work on *Vata-Kapha Dosha*. It has *Hartala* (As<sub>2</sub>S<sub>3</sub>) and *Abhrika* (mica), which has special property to cure all kind of skin diseases. *Ashta Murti Rasayana*<sup>8</sup> – At first, this medicine acts strongly on *Vata-Kapha Dosha* it contains *Gandhaka*, *Manahshila*, *Hartaala* which is helpful in skin diseases, *Sankhiyais* helpful in tanning removal. *Giloy Satva*<sup>9</sup> – *Giloy (Guduchi)* has some special properties like *Rasayana*, *Tridosha Shamaka*, blood purifier, so used in different kind of *Kushtha* and skin diseases and here we are using *Satva* of *Guduchi* which has more effects. *Chopchinyadi Choorna*<sup>10</sup> – It has an excellent wound healing capacity and curative property for *Mandal Kushtha*. *Dooshivishari Gulika*<sup>11</sup> – It has contents like *Pippali*, *Jatamansi*, *Lodhra*, *Tagara*, *Kushtha* etc. which has *Kushthaghna* property.

## CONCLUSION

Skin is one of the five *Gyanendriyas*, or important organs of the body that perform sensation and protect the body from external shock. *Mandala Kushtha* is one of the many diseases that can affect the health of the skin or manifest through the skin. *Mandala Kushtha* is a skin disease that causes red spots, patches, a burning sensation, itching, and other symptoms.

The major physiological events involved in disease pathogenesis are *Tri-dosha* vitiation, as well as *Rakta* and *Twak*. Changes in lifestyle and dietary habits have become major issues in the current scenario, causing a variety of ailments to manifest. Changes in lifestyle and dietary habits have become major issues in the current scenario, causing a variety of ailments to manifest. This case study shows that *Psoriasis (Mandala Kushtha)* can be successfully managed with Ayurvedic intervention. This patient didn't took allopathic or any other treatment.

## REFERENCES

1. Kashinath Shashtri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhmbha Bharti Akadami, Chikitsa Sthana, Chapter no. 7, Verse no. 13, Page no. 250
2. Kashinath Shashtri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhmbha Bharti Akadami, Chikitsa Sthana, Chapter no. 7, Verse no. 17, Page no. 253
3. Kashinath Shashtri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhmbha Bharti Akadami, Sutra Sthana, Chapter no. 16, Verse no. 20, Page no. 321
4. Kashinath Shashtri, Charak Samhita, Vidhyotini Hindi Commentary, Chaukhmbha Bharti Akadami, Chikitsa Sthana, Chapter no. 15, Verse no. 97, Page no. 466
5. Ayurved Sar Samgrah, Shree Baidhyanath Ayurved Bhavan Li., Ghrita Prakarn, Page no. 770
6. Ayurved Sar Samgrah, Shree Baidhyanath Ayurved Bhavan Li., Kwatha Prakaran, Page no. 812
7. Ayurved Sar Samgrah, Shree Baidhyanath Ayurved Bhavan Li., Rasa Prakaran, Page no. 445
8. Ras Tantra Saar Evum Siddha Prayog Samgrah, Pratham Khanda, Kupipakva Rasayan, 142
9. PV Sharma, Drvya Guna Vigyana, Part 2, Rasayan, Page no. 772
10. Ayurved Sar Samgrah, Shree Baidhyanath Ayurved Bhavan Li., Choorna Prakaran, Page no. 668
11. Atridev Gupt, Ashtang Hriday, Uttar Sthana, Chapter no. 35, Verse no. 39, page no. 788

\*\*\*\*\*