



Role of Purification (Shodhana) and Pacification (Shaman) Chikitsa for the management of psoriasis- A Case report

¹Dr. Narayan Pandey, ²Asso. Professor Dr. Harish Bhakuni, ³Prof. Anita Sharma,
⁴Vd. Amol Sudhakar Kadu, ⁵Dr. Bindu Kumawat, ⁶Dr. Vikash kumar Vikrant

Email Id: serviceheb@gmail.com

Abstract:

Psoriasis is a hyperproliferative, persistent skin disease. It is characterized by erythematous scaly plaques with well-defined, affecting up to 2% of world populations. Through Ayurveda, Psoriasis can be interrelated with *Ekakustha*. The prevalence of psoriasis is about 2-3 % where in India, it varies from 0.44 to 2.88% worldwide.

Various kinds of treatment modalities have been adapted through Ayurveda. In case of skin disorder including psoriasis, generally, *Sanshodhan* (detoxification) and *Samshamana* (pacifying) therapy have been conducted (applied). In this case study, the patient already had been diagnosed with psoriasis having the symptoms like multiple reddish patches covered by whitish silver scaly over the bilateral hands, sole. After examination he had diagnosed as *Ekakustha* through Ayurveda where had treated with *Shodhana Karma (Virechana)* procedures followed by *Shaman Chikitsa* with Ayurvedic remedies.

Results: Before treating through Ayurvedic modalities, he had presenting of multiple reddish patches(maculo-papular) with covered by whitish silver scaly, itching sensation, absence of sweating over affected region. His problems became worse day to day. Then he was planned for *Shodhan* (purification) both *Vamana* and *Virechana*. But he was suffered from other associated respiratory problem i.e., chest injury. So, *Vamana Karma* was not conducted but *Virechana karma* was given. For this, he had taken *Deepan, Paachan, Snehan Paan*, followed by *Sarvanga Abhyanda Swedan* and finally *Samsarjhan kram* was done accordingly. Then some Ayurvedic formulation medicine was started. Hence, after the completion of these procedures, he got complete relief and all the symptoms disappeared.

Conclusion: Psoriasis can be significantly treated through multi-modal Ayurvedic treatment like *Shodhan Karma* (Detoxification of body) and *Shaman Karma*(pacification).

Keywords: Psoriasis, *Ekakustha*, *Shamana*, *Shodhan*, Purification.

Access this Article Online

Website:<http://heb-nic.in/jrim>

Received on 03/03/2022

Accepted on 22/03/2022 © HEB All rights reserved

Quick Response Code:

