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ROLE OF VAMANA KARMA IN THE AYURVEDIC MANAGEMENT OF PSORIASIS (Kīṭibha)

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ABSTRACT-

Many psoriasis patients are the subject of a clinical research at the Dept. of Panchkarma, Government Ayurvedic College Hospital, Patna. Based on predetermined criteria, a random selection of patients was made from our outpatient department. Of the ten, three were female and seven were male, ranging in age from eighteen to forty. Following their entry to the indoor facility, each of them underwent a seven-day period of specialized preparation known as "snehana." On the eighth day, a particular diet known as samsarjana karma was followed by vamana karma. Weekly evaluations of the treatment's effectiveness were conducted based on how well the symptoms had subsided after starting therapy. In the second and third weeks following treatment, it was discovered that every patient had significantly improved in terms of symptoms including itching, scaling, and circle lesions on the skin.

KEY WORDS- Pancha karma, Psoriasis

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