



A Single Case Study of Ayurvedic Management of *Mandal Kushtha* w.s.r. to Psoriasis

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ABSTRACT:

Mandala kushta is a skin disorder with a preponderance of *Sleshma* and is classified as *Mahakushta*. Red spots, elevated patches, itching and burning sensations, and other symptoms of illness are typical. *Kledakar Ahar*, *Dosha vaishamyan*, *Srotavarodham*, *Vegadharana*, *Krimi*, *Manovikaras*, and other factors can contribute to *Mandala kushta* pathogenesis. Because the condition involves vitiation of the *Tri-dosha*, *Rakta*, *Mamsa*, and *Twak*, The use of herbs and traditional Ayurvedic formulations helps to cure *Mandal kushta* by calming vitiated Doshas, improving the quality of *Rasa* and *Rakta*, maintaining hormonal balances, and empowering digestive or metabolic activity. In light of this, the current essay discussed the ayurvedic perspective on *Mandala kushta*, with a special focus on *saman Chikitsa*, in terms of disease management.

Keywords: *Mandala kushta*, *Mahakushta*, *Skin*

INTRODUCTION

The skin is one of the five *gyanindriyas* in the body that performs the function of sensation and protect the body from external trauma. *Mandala kushta* is one of several disorders that can impact the health of the skin. The symptoms of sickness include *Sthiram*, *Shwetam Raktam*, *Utsana Mandalam*, and *Styanam*. The disease is characterised by vitiation of the *Kapha Dosha*, as well as *Dushyas* of *Raktha* and *Mamsa Dhatu*. It manifests mostly through skin signs and causes physical and psychological distress.

Modern view

Psoriasis is a skin condition in which skin cells develop up to ten times faster than they should.

The skin becomes rough red spots covered with white

scales as a result of this. They can grow on any part of the body, although the majority of them appear on the scalp, elbows, knees, and lower back. Psoriasis is not contagious and cannot be spread from one person to another. It does happen to members of the same family from time to time. Early adulthood is when psoriasis commonly emerges. It affects only a few locations for most people. Psoriasis can cover large areas of the body in severe cases. The patches can heal and reappear at any time during a person's life.

Ayurvedic view

This condition clinically correlated can be with *Mandal Kushtha* in particular described in Ayurveda. *Mandal*



Kushtha having *Shwetam, Raktam, Sthiram, Styanam* and *Utsana Mandalam* (skin lesion with special characters) characters. It is described as one of the *Maha Kushtha*. *Kushtha* in general is *Tridoshaja* diseases and *Mandal Kushtha* having *Kapha Dosha* dominancy.

Types of psoriasis as per modern science

1. Plaque psoriasis –raised area of skin with silvery scaly skin
2. Pustular psoriasis- Raised bumps with pus.
3. Nail psoriasis- Discoloration, pitting and thickening of finger and toe nails.
4. Guttate psoriasis- Small oval shaped spots over large areas of body including trunk and limbs.
5. Flexural psoriasis -Inflamed patches especially in thigh and groin area.
6. Erythrodermic psoriasis- Skin inflammation which becomes severe associated with itching and pain.
7. We can correlate *mandal kushtha* with plaque psoriasis.

Psoriasis signs and symptoms can vary from person to person. Common signs and symptoms include:

1. Red patches of skin covered with thick, silvery scales
2. Small scaling spots (commonly seen in children)
3. Dry, cracked skin that may bleed or itch
4. Itching, burning or soreness
5. Thickened, pitted or ridged nails
6. Swollen and stiff joints

Psoriasis patches can range in size from a few spots of dandruff like scaling to large scales outbreaks. Lower back, elbows, knees, legs, soles of feet, scalp, face and palms are most usually affected locations. Most type of psoriasis have flare-ups that last a few weeks or months before subsiding or even going into remission.

CASE STUDY

A 28 year old Indian man, single, non-smoker, and non-alcoholic, presented to the outpatient department of *Rajvaidhya Premshankar sharma* Govt. Ayurveda hospital, Udaipur. He was suffering from skin lesions on the arm, upper back, belly and thigh with red demarcation for the past two years. Lesions were covered with silver scales and associated with high

irritation, which break off when rubbed. . The patient 's history discloses that little papules emerged on the scalp before 2 years and itching gradually spreader to the trunk and back, with the severity of itching increasing day by day.

Patient received a variety of allopathic therapy but did not experience any improvement.

Clinical Finding

- A patient has skin lesion on arm, upper back, abdomen and thigh area with red demarcation from last 2 years .
- Lesion surmounted with silvery scales and falling after rubbing.
- Severe itching was present in skin lesions

Physical Examination (Table 1-2)

The patient was found to be anxious with the followings-

- Appetite -normal
- Sleep- normal
- Bowel –not clear
- Bladder –clear

SAMPRAPTI GHATAK

Dosh: Tridosha

Adhishtana: Twaka

Dushya: Twak ,rakta, mansa, lasika

Srotas : raktavaha srotas

Adhistan : twak ,mansa

Srota dusti : twak ,mansa

Treatment timeline is given in Table 3. No contributing allopathic medication was given all along this whole treatment extent of time .

Follow- ups

Case will be followed after every 15 days during application. Treatment of *mandal kushtha* is frequently longstanding and need consistent and attentive follow ups and now ,the patient is under regular observation and oral treatment .the quality of life of the patient has enhanced .

DISCUSSION

Sudha Gandhak Rasayan is given with powerful healing properties that Antibacterial, Antimicrobial, Anti-inflammatory, Anti-leprosy, Antioxidant, Analgesic (reduces tenderness and pain of soft tissues)and ,Blood purifier. *Rasamanikya* is an efficient Ayurvedic formulation with properties to manage the disease

occurring due to vitiation of *Vata and kapha* doshas. It is beneficial to manage various chronic skin problems like, leprosy, have properties to heal wounds rapidly and relieves the pus filled boils, disease with excessive dryness of skin, lesion the rashes, helps to get rid of eczema, reduces the inflammations of eczema, leukoderma etc. *Giloya satva* is extremely effect in removing the AMA toxins from the body the anti inflammatory and potent analgesic properties of this *churna* hold high significance in treating various skin conditions. thanks to the active components of *giloy, the satva* when ingested regularly scavenges free radicals from the body and its antipruritic nature alleviates itching sensation caused due to allergic condition like psoriasis ,eczema etc.

Kaisore guggulu help purify the blood, remove toxins that may be present in it. It helps in bringing balance to the production of uric acid in the body. It has anti-inflammatory properties and it helps heal wounds and ulcers. *Manjistha* is one of the most useful herbs to manage all types of skin disorders. An imbalanced Pitta dosha vitiates the blood and impairs its normal functioning. This causes skin problems like redness. *Manjistha* helps to purify the blood and treats all type of skin disorders. This is due to its Pitta balancing and *Raktashodhak* (blood purifier) properties. *Panchatikta Ghrita Guggulu* possesses so many medicinal properties - Antioxidant, Antipruritic, Demulcent, Depurative (purifies blood), Neuro-protective, Anti-rheumatic, Anti-arthritis, Anti-inflammatory and Analgesic etc. This Ayurvedic medicine has potent use in managing the skin problems like in psoriasis, eczema it reduces the inflammation and provides cooling effects. It is good for non healing wounds.

So all the drugs have the properties of reducing inflammation, redness, itching ,blood purification and they all are *kushthaghana* properties.

CONCLUSION

Mandala kushta is skin disease involving symptoms of red spots, patches, skin lesion on arm, thigh, upper back, and abdomen area with red demarcation .Lesion surmounted with silvery scales and falling after rubbing. Severe itching was present in skin lesions . Vitiation of Tri-dosha along with *Rakta and Twak* are the major physiological events involved in the disease pathogenesis. The ayurvedic treatment of above mentioned oral ayurvedic medicine had given promising result in the management of *mandal kushta*. These medicines helps to manage *Mandala kushta* since it offers several health benefits in such type of

conditions. Above describe medicine balances morbid *Doshas*, correct *Dushya of Rakta & Mamsa*, relief itching, reduces *Kleda* and suppress overall pathological progression of disease. *Kushtaghna, Kandughna & Krimighna* effects of mentioned drugs offers health benefits in *Mandala kushta*. *Katukashay rasa and Ushnavirya* of drugs pacify *Raktadushti* and cure *Agnimandya* thus boost natural process of healing .

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Table 1 Shows Ashtavidha pareeksha

<i>Nadi</i>	<i>Vatakaphaja</i>
<i>Mutra</i>	<i>Samyak mutra pravriti</i>
<i>Mala</i>	<i>Sama</i>
<i>Jivha</i>	<i>Sama</i>
<i>Shabda</i>	<i>Spastha</i>
<i>Sparsha</i>	<i>Ruksha</i>
<i>Drika</i>	<i>Samanya</i>
<i>Akriti</i>	<i>Krishha</i>

Table 2 Shows DASAVIDHA PAREEKSHA

<i>Prakriti</i>	<i>Pitta Kapha</i>
<i>Vikriti</i>	<i>Kapha Dosha</i>
<i>Dushya</i>	<i>Twak,Rakta,Maans,Ambu</i>
<i>Satwa</i>	<i>Madhyam</i>
<i>Sara</i>	<i>Maans ,Asthi</i>
<i>Samhanan</i>	<i>Madhyam</i>
<i>Pramana</i>	<i>. Madhyam</i>
<i>Satmaya</i>	<i>Sarva Rasa</i>
<i>.Aaharshakti</i>	<i>Madhyam</i>
<i>Vyayamshakti</i>	<i>Pravar</i>

Table 3 Shows Treatment Timeline

Medicine	Dose	Duration	Anupana
<i>Manjishtadi Churna</i>	2gm	BD	Luke warm water
<i>Sudha Gandhak</i>	250mg		
<i>Rasa Manikya</i>	50 mg		
<i>Giloya Satva</i>	250mg		
<i>Kaisore Guggulu</i>	2 tab		
<i>Panchatikta Ghrita Guggulu</i>	2 tab	BD	
<i>Sidharthak Snana</i>	For bath		
<i>Bakuchi Oil And Nimba Oil</i>	L/A		