

AYURVEDA A RAY OF HOPE FOR AUTOIMMUNE DISEASE PSORIASIS: A CASE STUDY

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An autoimmune disease condition arises due to abnormal immune system response. Psoriasis is one of very common auto immune disease. Case presented here is of thirty two year old male patient who have been suffering from psoriasis since last ten years. He had red itchy patches on both limbs and scalp with white silvery scales on its top. Ayurvedic treatment was started for his psoriasis, in which he was given purification therapy procedure known as Vamana followed by Takradhara for 21 days. Along-with, this he was given Mahatiktaka ghrut 20 ml with Mahamanjishtadi Kashaya 40 ml twice a day during Takradhara procedure. During Takradhara he was also given Virechana, another purification (Shodhana therapy) with Avipathi Churna. In continuation of this treatment he was given Talapodichhil (panchkarma procedure) treatment for another fourteen days along with Rasayana (rejuvenate) therapy with the herb *Plumbago zeylanica*. After these panchkarma procedures patient was given mahamanjishtadi kashayam 40ml and kaishore guggulu two tablets twice day for six months. With above treatment patient showed relief in all clinical parameters, particularly his itching and silvery scales disappeared. After 6 months, it was found that Ayurvedic treatment showed improvement in both Psoriasis Area

and Severity Index (PASI) score along with Dermatological Life Quality Index (DLQI). The above case study shows that Ayurveda is a ray of hope for such chronic autoimmune disease like psoriasis and further extensive studies should be carried out for such treatment modalities which may prove very beneficial for people suffering from psoriasis.

Biography

Dr. Aarti Sharma born 1983 did Bachelor of Ayurvedic medicine and surgery (BAMS) from one of the premier Ayurvedic College, Govt. Ayurvedic College, Patiala (India) in 2007. Since then she has been practicing Ayurveda for the treatment of lifestyle disorders, stress, gynecological issues, hepatic disorders, arthritis and other chronic ailments in her own clinic named Govindrakshak Ayurvedic and Acupuncture Centre, Ludhiana. During these years, she also completed Masters in nutrition and dietetics, Post graduate diploma in Acupuncture and moxibustion, and in yoga and naturopathy along with a short term course in panchkarma. Suggesting a patient about diet, yoga, naturopathy, panchkarma along with Ayurvedic medicines and healthy lifestyle has always helped her patients for better recovery in a short span. She has been presenting her findings at various national and International conferences.

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