

# MANJISHTADI KSHEER BASTI (MEDICATED MILK ENEMA): AN AYURVEDIC APPROACH FOR MANAGING PLAQUE PSORIASIS IN MODERN MEDICINE

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## ABSTRACT:

Psoriasis is a chronic autoimmune illness that results in skin scaling and is brought on by a fast overproduction of new skin cells. Around the scales, inflammation and redness are frequent. Plaque psoriasis accounts for 90% of cases of all psoriasis types. The limitations of its current treatments have an impact on patients' quality of life. This report is about the treatment of a plaque psoriasis case that was identified. The patient was treated utilising a multimodal Ayurvedic strategy that included oral medications along with *Manjishtadi Ksheerbasti* (enema with medicated milk), *Udvartan* (external application of medicated powder) for 16 days with remarkable results, which indicated the effectiveness of the Ayurvedic treatment in treating autoimmune illnesses like Plaque psoriasis.

**KEYWORDS:** Psoriasis, *Ksheerbasti* (medicated milk enema), *Snehan* (oleation), *Swedan* (fomentation), PASI Score.

## INTRODUCTION:

Psoriasis is a chronic systemic inflammatory condition that mainly affects the skin and can also affect the joints. As a systemic inflammatory disease, psoriasis is associated with several comorbidities, including cardiovascular disease and malignancy. Diagnosis is primarily clinical and a skin biopsy is rarely necessary. First-line treatment for mild to moderate disease includes topical therapy, including corticosteroids and vitamin D3 analogues (1). The global prevalence of psoriasis is estimated to be approximately 2 % (2), with prevalence in India ranging from 0.44% to 2.8%. These figures show the prevalence of psoriasis in different population groups (3). The pathogenesis is multifactorial and includes inflammation and genetic associations. In addition to the physical dimensions of the disease, psoriasis has a wide emotional and psychosocial impact on patients. Research shows that although psoriasis is not life-threatening, it can be a seriously debilitating condition with significant social and economic consequences. In Ayurveda, almost all skin diseases are classified under the generalized term *Kushtha* (psoriasis). According to *Acharya Charak*, all types of *kushtha* (psoriasis) are caused by vitiation of *tridosha*, which includes the skin, blood, lymph nodes and muscle tissue (4) (5). *Kushtha* (psoriasis) is also described as *Raktapradoshaja Vyadhi* (disease caused by vitiated blood) (6). Plaque psoriasis is silvery white scales with raised, reddened areas of skin are called plaques. In the present study *Ksheer basti* (medicated milk enema) is used, unique in the treatment part, it pacifies the *tridoshas* especially *vata* and *pitta* hence itching, scaling, burning, dryness in the patient is subsided, *snehan* (oleation) and *balya* (nourishment), *rasayana* (rejuvenisation), purifies the blood, provide and micronutrients to the body hence found effective in the management of psoriasis.

## MATERIALS AND METHODS:

### Present History:

A 49 year-old female came with chief complaints of itchy, scaly, dry, red plaques over back, belly, both arms and legs since last 4 years. Patient was well before 4 years, the lesions first appeared 4 years back on patient's bilateral elbow joints with itchy, scaly plaques. However, new lesions appeared on back and trunk. The patient then went to a dermatologist and were prescribed oral and topical allopathic medications. The lesions got better for a while, but it then reappeared when the patient ceased using the ointment. In 2020, new lesions appeared on both legs. The lesion's size kept growing over time with continuous recurrence in spite of intervention of modern medicines. Patient then came to OPD for treatment in 2022 for Ayurveda management.

### Past History:

There is no family history of psoriasis or any dermatological disorders. No H/O DM, HTN.

**General Examination of Patient:**

<i>Nadi</i> (Pulse)	<i>vata-pittaj</i>	<i>Shabda</i> (speech)	<i>Spashta</i> (Clear transitive verb)
<i>Mala</i> (Faeces)	<i>Prakrut</i> (Regular bowel habits)	<i>Sparsha</i> (touch)	Warm , red patches over B/L Upper limb, lower limb and back
<i>Mutra</i> (Urine)	<i>Samyak</i> (Normal)	<i>Drik</i> (eye)	Normal (No pallor/icterus)
<i>Jivha</i> (Tongue)	<i>Niram</i> (Non-coated)	<i>Akruti</i> (shape)	<i>Madhyam</i> (Medium)
Sleep	Disturbed due to itching	Appetite	Normal
BP–130/80mm of Hg	PR – 78/min	RR – 18 /min	Temp – 98 <sup>0</sup> F

**Table: 1 General Examination****Examination of Skin****A. Inspection**

- The lesions are small and erythematous, located on the back, belly, both arms, and legs.
- The colour of these lesions is described as reddish-black, silvery, scaly.

**B. Palpation**

- Touch - Dryness
- Temperature – Warmth to touch
- Auspitz Sign was positive

**Diagnosis:** Plaque psoriasis**Diagnosis according to Ayurveda** – *Tridoshaj Kushtha*.**Assessment Criteria:**

Table: 2 - Objective Parameter PASI (Psoriasis Area Severity Index) SCORE

Plaque Characteristics/ Intensity	HEAD 0.1		UPPER LIMBS 0.2		TRUNK 0.3		LOWER LIMBS 0.4	
	BT	AT	BT	AT	BT	AT	BT	AT
<b>Erythema (Redness)</b>	0	0	1	1	2	0	2	0
<b>Indurations (Thickness)</b>	0	0	2	1	2	1	2	0

<b>Desquamation (Scaling)</b>	0	0	2	0	2	0	2	0
<b>Total Score</b>	0	0	5	2	6	1	6	0
<b>Skin Area Involve</b>			2	2	5	2	4	0
<b>Lesion Score</b>								
<b>Area Score (A)</b>	0	0	5	2	6	1	6	0
<b>Area Score (B)</b>	0	0	2	2	5	2	4	0
<b>Subtotal (C)= (A x B)</b>	0	0	10	4	30	2	24	0
<b>Body Surface Area (BSA)</b>	0	0	0.2	0.2	0.3	0.3	0.4	0
<b>Total(C x BSA)</b>	0	0	2	0.8	9	0.6	9.6	0

**Table: 2**

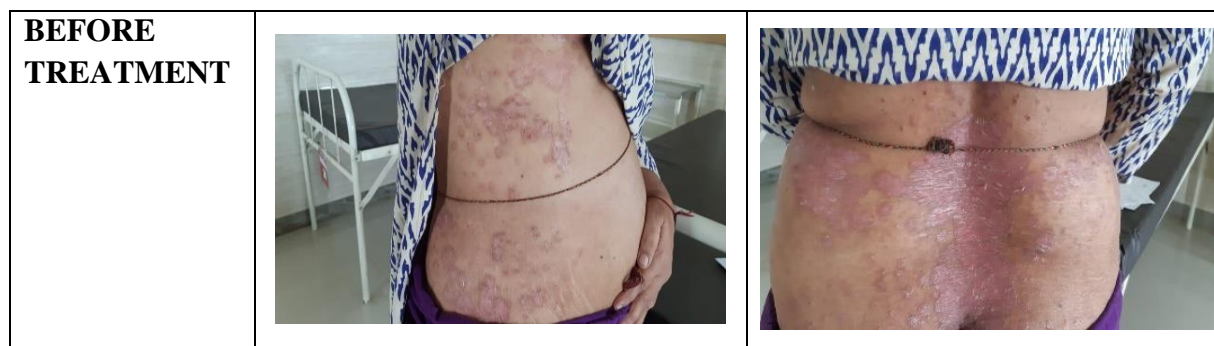
The degree of psoriatic involvement in each region is classified into the following categories:

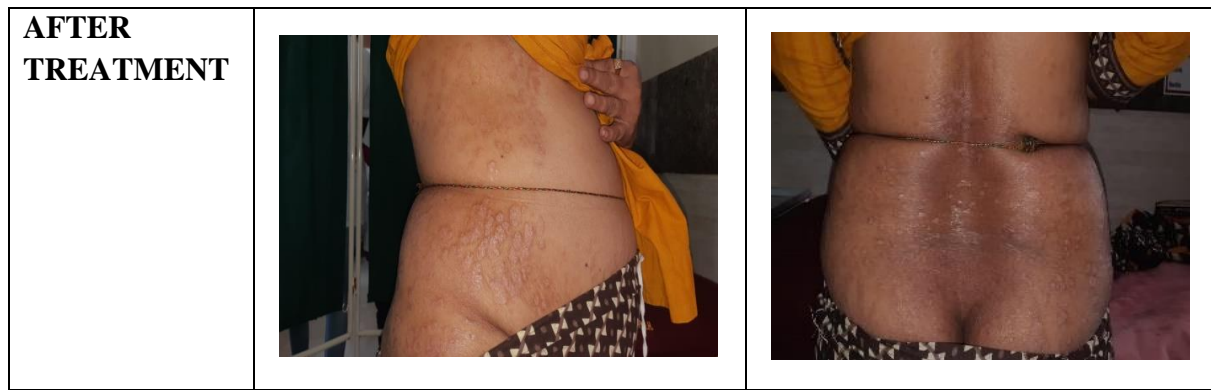
0 = No involvement, 1 = Involvement of 1% to 9% of the region, 2 = Involvement of 10% to 29%, 3 = Involvement of 30% to 49%, 4 = Involvement of 50% to 69%, 5 = Involvement of 70% to 89%, 6 = Involvement of 90% to 100%. The PASI score is calculated using the following formula:  $PASI = (0.1 * (Eh + Ih + Sh) * Ah) + (0.2 * (Eu + Iu + Su) * Au) + (0.3 * (Et + It + St) * At) + (0.4 * (El + Il + Sl) * Al)$

In this formula, E - erythema, I - induration, S - scaling, A - area, h - head score, u - upper extremities score, t - trunk score, and l - lower extremities score.

BF- Before treatment, AF – After treatment.

### IMAGES:





## TREATMENT PLAN AND DISCUSSION:

### 1) *Shodhan* (Detoxification) :

PROCEDURE	DRUG	DURATION	MODE OF ACTION
<b><i>Snehana</i> (external massage)</b>	<i>Nimba</i> oil	16 days	Pacification of <i>vata dosha</i> to reduce dryness, scaling, itching and discolouration (7).

<b><i>Udvartana</i></b> <b>(massaging the entire body with an upward or opposite-to-hair-root direction using a medicinal powder mixed with <i>Nimba</i> (neem) oil.</b>	<i>Nimba</i> ( <i>Azadirachta indica</i> ), <i>Haridra</i> ( <i>Curcuma longa</i> Linn), <i>Khadir</i> ( <i>Acacia Catechu</i> ) <i>Manjistha</i> ( <i>Rubia cordifolia</i> ) <i>Daruharidra</i> ( <i>Berberis aristata</i> ) <i>Yashtimadhu</i> ( <i>Glycyrrhiza glabra</i> )	16 days	Promotes blood circulation, detoxification of skin, stimulation of <i>Bhrajaka pitta</i> in the skin, improving the condition of the skin and providing relief from psoriasis symptoms (8).
<b><i>Swedana with peti swed</i></b> (sudation)	<i>Nimba Patra</i> <i>Kwath</i>	16 days	Liquefaction of <i>doshas</i> , bringing them from the extremities to the abdomen to facilitate their elimination.
<b><i>Basti</i></b> (Medicated milk Enema) <b>Given after breakfast</b> <i>Manjistha</i> ( <i>Rubia cordifolia</i> ), <i>sariva</i> ( <i>Hemidesmus indicus</i> ) <i>khadir</i> ( <i>Acacia Catechu</i> ), <i>yashtimadhu</i> ( <i>Glycyrrhiza glabra</i> ), <i>Daruharidra</i> ( <i>Berberis aristata</i> ), <i>Haridra</i> ( <i>Curcuma longa</i> Linn),	<i>Manjisthadi</i> <i>Ksheer basti</i> (Medicated milk Enema)	16 days Decoction of above drugs each 5 gm boiled with milk to make <i>Ksheerpaak</i> i.e medicated milk – 250 ml Panchatikta ghee- 30ml Bala oil - 20 ml Total – 300 ml	<i>Raktashodhak</i> (blood purifiers), <i>pittashamak</i> , and contains antioxidant properties as well as immune boosters, hence proven effective against <i>kandu</i> (itching), <i>daha</i> (burning), <i>twak vaivarnya</i> (discoloration of skin) (9).

Table: 3

2) Oral medicines (*shaman therapy*) :

Medicine	Dose	Anupan	Kala (Time)	Duration	Mode of Action
<b>Praval Panchamrut</b>	500 mg Tablet	Hot water	Twice a day Before food	16 Days	It pacifies pitta, reduces burning and redness, purifies blood, ignites digestive fire and promotes digestion (10).
<b>Raktashodhak Vati (contains blood Purifying drugs)</b>	500 mg Tablets	Hot water	Twice a day Before food	16 Days	Purification of blood and pacification of <i>pitta dosha</i> .
<b>Panchatikta Ghrit</b>	10 ml	Hot water	Twice a day Before food	16 Days	<i>vranshodahan</i> (wound cleansing) & <i>vranropan</i> (wound healing) Various active phytoconstituents extracted in the <i>Panchatiktakaghrita</i> work synergistically to cure psoriasis, possibly through the liposomal drug delivery system. (11)(12)
<b>Sarak vati (Laxative)</b>	500 mg Tablet	Hot water	Bed time	16 Days	Expelling the doshas out of the body

<b>Decoction</b>	(40 ml )	-	Twice a day	16 Days	Anti-leprotic, blood purifier, anti-microbial, improves complexion of skin destroys itching (13) (14).
<b>1) Haridra (Curcuma longa Linn),</b>	Each 4 gm powder		Before food		
<b>2) Khadir (Acacia Catechu)</b>	take and boiled				
<b>3) Manjistha (Rubia cordifolia)</b>	with 120 ml of water to				Antioxidant, Anti-Ulcer, Anti secretory Properties (15).
<b>4) Daruharidra (Berberis aristata)</b>	left 40 ml of decoction				<i>Rasayana</i> (rejuvenating agent) anti-pruritic agent) (16).
<b>5) Yashtimadhu (Glycyrrhiza glabra)</b>					
<b>6) Amalaki (Emblica Officinalis)</b>					

Results within the 16 days of enema along with oral medications has been presented in this case report, after that internal medications with external massage of medicated powders and oil were continued as psoriasis is chronic disease and requires long term of treatment. Significant difference in PASI score was seen within 16 days, Auspit's sign was negative. Difference in the lesion along with improvement in roughness, itching, scaling and dryness was seen in the patient.

## CONCLUSION:

In the present case study *snehan* (oil massage), *swedan* (sudation), *udvartan* (medicated powder massage) and *Manjishadi ksheer basti* (medicated milk enema) has shown effective results in psoriasis patient within 16 days along with *Raktashodhan* (blood purification), *Pittashaman* (pacifying pitta), *Dhatuposhan* (nourishment of dhatus). The patient in this case did not experience any adverse effects or worsening of symptoms during or after the treatment. Notably, there was no recurrence observed even after 6 months of treatment. Psoriasis is a chronic and relapsing condition, and in cases like this, the approach of "*Puna Puna Shodhana*" (repeated purification) can be highly effective in treating *Kushta* (skin diseases). This approach with *Ksheerbasti*, a form of Ayurvedic treatment, has the potential to prevent the side effects of corticosteroidal drugs and further complications of psoriasis, including autoimmune diseases. Present case report is a single case study, and more extensive research involving a larger number of patients is needed to establish concrete evidence of its efficacy.

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