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A comparative clinical study of the effect of Mahā Vajraka Ghritam as Nasya and Virecana in the management of Kitibha Kuṣṭa to *Psoriasis vulgaris*

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Psoriasis is a chronic inflammatory skin disorder clinically characterized by erythematous sharply demarcated papules and rounded plaques covered by silvery micaceous scale. In India, the prevalence of Psoriasis is found between 0.44% to 2.8% and between 1 and 3% of world population. The disease has been found to be of greater frequency in males than in females. In modern medicine, Psoriasis can be managed with the medicines like corticosteroids, methotrexate having toxic side effects like teratogenicity. Hyperlipidemic effect, hepatotoxicity, bone toxicity and PUVA treatment have side effects like skin-cancer, cataract, xeroderma, etc. So, there is a need of exploring a safe and effective medicine. Therefore, the Āyurvedic therapeutics has attracted considerable glamour for providing safe and effective remedies. The present study is planned with role of Virecana and Nasya with Mahā Vajraka Ghrita in Kitibha Kuṣṭa. Vāghbaṭa mentioned Kuṣṭa as an indication of Virecana karma (purgation therapy) and indicated Maha Vairaka Ghritam for Virecana in kuṣṭa. The materials used are Go-ghritam for sneha pānam and Mahā Vajraka Ghritam for Virecana and Nasya. The patients who have attended the OPD and IPD of the Panchakarma department of S.V. Ayurvedic Hospital, Tirupati between 18 to 60 years of age having the complaints of psoriasis symptoms are screened. Out of the 64 screened patients, total 30 patients are randomly allocated into two groups, Group-A and another Group-B. Significant improvement was found in both groups, more in Virecana with Go-ghrita Sneha panam compare to Nasyam. No notable adverse or side effects were encountered during this treatment period. After Virecana karma Pasi score it is improved by 48.50% and on 45th day improved by 63.63% in comparison to 0th day, which is extremely significant. After 14 days of Nasya karma Pasi score the improved by 47.20% and on 45th day improved by 61.12% in comparison to 0th day, which is also extremely significant. After Virecana karma the DLQI is improved by 67.04% and on 45th day improved by 97.72% in comparison to 0th day, which is extremely significant. After 14 days of Nasya karma the DLQI improved by 47.04% and on 45th day improved by 76.49% in comparison to 0th day, which is also extremely significant.

Biography

K Harshavardhan Appaji has been a dedicated Ayurvedic Physician Consultant, Panchakarma Specialist, Educator and Teacher for over 17 years. He began his nine-year course of study in Ayurveda at Dr. N.T.R University of Health Sciences, Andhra Pradesh, where he earned his BAMS and continued his post-graduation studies at University of Kerala, Trivandrum, Kerala, India.

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