

Effective Way of Treatment of Palmar Psoriasis through Siddha Medicines – a Case Study

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Abstract: Siddha is one of traditional medical science which describes the lifestyle methods for living a healthy life. According to Siddha, Management and treatment of disease included both mental and Physical which gives effectively relieves from Diseases. Siddha system having effective treatment and management in auto – immune disorders, especially in Psoriasis. Palmar Psoriasis described in Siddha as “Kalanjagapadai”² with symptoms of Fissures in Palms, Irritation, Itching and Scaling. Treatment package of Siddha including treatment for skin Lesion, improvement of immunity and Stress management through Pranayama and Yoga. This study is an observational study of a single case of Palmar Psoriasis.

Keywords: Siddha, Kalanjagapadai, Psoriasis, autoimmune disorder

1. Introduction:

Siddha system having effective treatment and management in auto – immune disorders, especially in Psoriasis¹. Palmar Psoriasis described in Siddha as “Kalanjagapadai”² with symptoms of Fissures in Palms, Irritation, Itching and Scaling. Management of Psoriasis challenging due involvement of pschyco somatic factors in Modern Science. The specialty of Siddha is, it insists not only the treatment for Palmar Psoriasis, also for mental health. Treatment package of Siddha including treatment for skin Lesion, improvement of immunity and Stress management through Pranayama and Yoga³.

2. Case Presentation: A 49 year old man came to our AWC – Siddha Wing with symptoms of Palmar Psoriasis. This problem began to develop six months ago when he commenced work in Dehradun. Palms tend to be partially or completely red, dry and thickened, often with deep painful cracks (fissures). Severe Itching and scaling also present. There is no history of previous illness. There is no family history of Psoriasis. Previous medication history of other diseases. There is no history of Alcohol & Tobacco consumption.

3. Examination & Diagnosis:

3.1 On examination:

Palms tend to be partially or completely red, dry and thickened, often with deep painful cracks (fissures). The skin changes tend to have a sharp border, and are often symmetrical, ie) similar distribution of both palms. Severe Itching and scaling also present.

As per **Envagai Thervu**, **Sparisam** affected and **Nadi** found as **Vatha pitham**

3.2 Diagnosis:
Based upon the above symptoms, concluded that this is Palmar Psoriasis

4.1 Siddha Management & Outcome :

4.1.1 Line of Treatment:

4.1.1.1 Neutralize the Trithodam: As per Siddha Basic principles, “**Vathamallathu meni kedathu**” (Prime cause for Skin disorder is disorganized **Vali (Vatha)**). To Re – organize the Vatha, We have to give **Bedhi** (Purgation Therapy) Based on “**Viresanathal Vatham thazhum**” concept.

4.1.1.2. Nourishment to the skin: Advise to take oil bath twice in a week

4.1.1.3. Regulates the Immunity: Rejuvenating and Immuno – modulating Siddha Medicines are advised to take.

4.1.1.4. Healing treatment: Symptomatic treatment also provided with Siddha medicines

4.1.1.5. Stress Management: Advised to do Pranayamam, Meditation and Yoga therapy for Stress Management

4.1.1.6. Dietary Management: Advised to avoid non- veg foods, Protein rich diet, Brinjal, Tamarind and millet. Advised to take Green vegetables and leafy vegetables.

Table 1 - Treatment Summary:

S.No	Name of Treatment	Name of the Medicine	Dose and times of medicines	Anupanam
1	Bedhi Therapy(Purgation Therapy)	Murukkan Vithai Tablet	2 O.D at night (Day 1)	Hot water
2	Oil bath (Oleation Therapy)	Chukku Thylam	Take oil bath twice in a week	Bath with Hot

				water
3	Internal Medicine	Parangi Pattai chooranam Tablet	2 B.D, after food	Hot water
4	Internal Medicine	Palakarai Parpam Tablet	2 B.D after food	Hot water
5	Internal Medicine	Ganthaka Rasayanam	2 Gms B.D after food	Hot water
6	Internal Medicine	Rasagandhi Mezhugu Cap	1 O.D at Afternoon, after food.	Buttermilk
7	Internal Medicine	Amukkara Chooranam	2 Gms O.D with Hot water at Bed time	Milk
8	External Application	Vetpalai Thylam ⁵	5 ml Ext Application at evening.	
9	External Application	Amirtha Vennai	5 Gms Ext Application	

All medicines are prescribed for 1 week. A Patient asked to come for weekly once for follow-up. After the treatment of 1 month he got to relieve from symptoms

Table 2 - Progress of Treatment:

First day	Bedhi Therapy
Second day	Oil Bath (weekly, twice)
Third day onwards	Internal and ext.Medicines
Once in a week	Check up and continue of medicines
After 1 week treatment	Itching reduced 60 % and patches cured by 30 %
After 15 days of Treatment	Itching reduced and patches cured by 50 %
After 1 month	Patches are cured by 90% and itching is reduced fully.

Before Treatment images:

Lt side:



Rt.side



After 15 days of treatment :



After 1 month Treatment:



6. Conclusion:

Siddha system has excellent medicines in Treatment of Auto – immune disorders. Treatment for Psoriasis with siddha medicines already proved by lot of case studies .This single case study also strengthens the theory of Psoriasis can be treated with siddha medicines with proper management.

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