Employing the power of Ayurveda to treat and cure Psoriasis

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OBJECTIVE: To provide an alternative approach for treating Psoriasis using holistic healing. Such healing is achieved employing the powerful and timeless principles of Ayurveda as propounded by the sages of the Indian subcontinent.

BACKGROUND AND DESCRIPTION: A lot has been researched and written about psoriasis. The consensus regarding the causes, management, treatment and cure seems to be constantly leaning towards the age old term "Unknown Etiology". But as per Ayurveda the reason for this disease has been linked to a "Disproportion of DOSHA*" In Ayurveda, Psoriasis is described as "Mandal Kushtha*" in Charak Samhita-the definitive thesis on wellness based on Ayurveda. In this disorder, balancing of the Vata* and Kapha* Dosha's is involved. According to Ayurveda imbalance of Vata increases the cells of psoriatic skin faster while in Kapha dosha the skin gets thick, red scaling like Mica leaves.

TREATMENT: For the aforementioned Doshas(pronounced as Though-Shaaz) Ayurveda recommends the use of Shaman and Shodhan treatments. Shaman employs the use of traditional medicine in tablet or powder form to be consumed orally. It also includes topical application of medicated oils for different types of psoriasis. Shodhan treatment includes our very own D-therapy (Detoxification therapy) which includes the following steps:

1.) Snehana – A lubrication system for the human body in which soft, fatty or oily substances are administered(Oleation)
2.) Swedana - Steam treatment
3.) Waman – Inducement of controlled vomiting
4.) Virechana – Liver/Colon detox
5.) Basti – The insertion of herbal concoctions through Enema procedure
6.) Rakta Mokshan – Blood letting
7.) Nasya – Nasal administration of medicinal herbs
8.) Shirodhara – Pouring warm herbal oils over the forehead
9.) Takradhara – Pouring medicated buttermilk over forehead

We recommend undergoing this revolutionary D-therapy atleast 2-3 times a year for best and lasting results.

CONCLUSIONS: The above therapy has the following advantages:

1) D-therapy is an alternative treatment for psoriasis
2) Reduces the inflammatory condition by acting at the basal cell layer
3) Relief in itching within 10 days and brings down the occurrence of scales within 4 weeks of treatment
4) Helps in avoiding recurrence upon undergoing complete treatment

5) Helps in healing and rejuvenating skin to its normal condition

*Glossary of Ayurvedic Sanskrit terms:

Dosha - Ayurveda is based on the principles of three doshas. Doshas are the energies that make up every individual, which perform different physiological functions in the body:

1. Vata Dosha -- Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking, and your heartbeat.
- In balance: There is creativity and vitality.
- Out of balance: Can produce fear and anxiety.

2. Pitta Dosha -- Energy that controls the body's metabolic systems, including digestion, absorption, nutrition, and your body's temperature.
- In balance: Leads to contentment and intelligence.
- Out of balance: Can cause ulcers and anger.

3. Kapha Dosha -- Energy that controls growth in the body. It supplies water to all body parts, moisturizes the skin, and maintains the immune system.
- In balance: Expressed as love and forgiveness.

Out of balance: Can lead to insecurity and envy.

*Mandala Kushta – Difficult to cure white-red patches due to increase in Kapha dosha.