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An Ayurvedic approach to the management of Kitibha Kushta (stable plaque psoriasis)

Vinod R

VPSV Ayurveda College, Kerala, India

Chronic skin conditions adversely affect one's physical, functional and emotional well-being, thereby causing negative impact on one's own quality of life. In Ayurveda Kushta is the term used to denote different varieties of skin diseases which includes all major skin manifestations including psoriasis. Our objective is to find a better cost effective treatment for psoriasis in Ayurvedic background full filling the diagnostic characters of stable plaque psoriasis. The relevance of this study is a proven result of complete recovery of targeted symptoms and aims at replicating this result mostly in future. The classical treatment protocol in psoriatic patients includes bio-purificatory methods (sodhana), rejuvenation therapy (rasayana) and diet modifications (pathya) especially for Kushta. The bio-purificatory methods aims at removing accumulated toxins which one among two fold treatment classification in Ayurveda, the other being Samana treatment. After the sodhana therapy, rejuvenation therapy (rasayana therapy) is administered. This helps to reduce symptoms and provide better quality of life in psoriatic patients. Sodhana therapy and rasayana therapy are basically given for the effective management of psoriasis by reducing recurrence and exacerbations.

drvinodvarier@gmail.com