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## An ayurvedic approach to the management of Kitibha Kushta (Stable plaque psoriasis)

**Vinod R**

VPSV Ayurveda College, 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 include bio-purification methods (Sodhana), rejuvenation therapy (Rasayana) and dietic modifications (Pathya) specially for Kushta. The bio-purification method 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

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