



EFFICACY OF SHORT TERM NATUROPATHY AND YOGIC INTERVENTIONS ON PALMOPLANTAR PSORIASIS: A CASE REPORT

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INTRODUCTION

Psoriasis is a noncontagious, autoimmune condition that affects the skin and the joints. It can appear almost anywhere on the body, but it most frequently affects the arms, legs, fingers, scalp, lower back, and upper torso.^[1] A chronic skin disease characterized by dry red patches covered with scales. Frequent mud baths are evident and learned to improve the complexion, clear spots and patches on the skin. It is very beneficial in the treatment of skin diseases.^[1]

Other than skin, it also affects nails, joints and the psoriasis may also lead to metabolic disorder if not treated at the earliest.^[2] Prevalence rate in different populations may vary and observed to the maximum of 11.8%.^[2,3] However, the study by Okhandiar et al.^[4], reported incidence of psoriasis in India was found to be only 1.02% during 1963, although the Indians were unprivileged for health care. Bedi^[5], studied psoriasis and focussed on northern India found the geographical variation in the incidence and was found to be 2.8%. A study from tertiary health care centre in north India, showed that psoriasis accounted for 2.3% of all dermatology outpatients. It is very clearly indicates that the ignorance, unawareness of psoriasis in human population are the major cause in health care.

Although many therapies are being in practice, the periodical notes and observation on any therapy is still in question. This paper is intended to report on Naturopathic approach on a psoriasis patient and the patient was taken for continuous observation.

In this study, we report the changes on severity of psoriatic are noticed using PASI Scoring.

CASE DESCRIPTION

Our patient is 47 year old married man, with a history of Erythema, Scaling, itching pain often associated with bleeding on the affected area of both palms and soles since 6 months. Past medical history was significant for hypertension since 3 months. On examination revealed multiple hyperkeratotic plaques present bilaterally on both palms and soles. He had hyperkeratotic area of skin on both heels, along with nail dystrophy in both hands. After obtaining informed consent he was admitted in our In-patient Department of Government Yoga and Naturopathy Hospital in 10th March, 2018. Though advised, the patient was disinterested to take the conventional medications. Since naturopathic interventions aimed to put right the life style improvement, he underwent treatments like Neutral Enema, Mud therapy, Diet therapy, Acupuncture and Yoga therapy at our IPD. Considering the basic principle of Naturopathy, i.e., accumulation of morbid matter, one of the main cause of disease has been taken in to account for planning the line of treatment.^[3]

Naturopathy treatments were anticipated to enhance eliminatory and circulatory effects. Acupuncture provided for symptomatic relief from pain. Yoga therapy which includes Sheetali and Sheetkari Pranayam along with relaxation techniques as Yoga Nidra and Mantra Chanting, which intended to keep the patient's mind relaxed.

Neutral Enema was given on alternate days for 5 days. 500 ml to 1 litre of water is administered which is helpful in relieving inflammatory conditions of colon, ulcerative colitis, improving the digestive conditions etc.^[4] Diet therapy exclusively includes the intake of raw vegetable salads, Fruit Salads, Vegetable and Fruit Juices, along with Moong Dhal Sprouts with 6 servings a day. Mud pack was given to both abdomen and eyes everyday once for a duration of 20 minutes.

RESULTS

A detailed history was taken at the time of admission. Pre blood investigations includes resting blood pressure, pulse rate, respiratory rate, fasting blood glucose level and serum cholesterol level. The patient was asked to fill the Psoriatic Area and Severity Index (PASI) was used as a tool to measure the severity of the lesions and the area affected. Pre and post assessments were done using PASI. Immediately after two days of intervention, the pain and the itching in the affected area was subsided and after 15 days of intervention our patient was provided with exclusive Juice diet with 6 servings per day. After 20 days of intervention, the

PASI Scoring was reduced from 8.8 to 2 (Fig. 1). Pre and post treatment measures were summarised in Table 1.

Table 1: Demographic characteristics of pre and post assessment.

Variables	Pre-Assessment	Post-Assessment
Weight (kg)	79	74
PR (bpm)	82	80
BP (mmHg)	140/100	100/80
BMI	25.8	24.16
FBS (mg/dl)	65	78
PPBS (mg/dl)	90	110

FBS, fasting blood sugar; PPBS, post-prandial blood sugar; BMI, body mass index; BP, blood pressure; PR, pulse rate

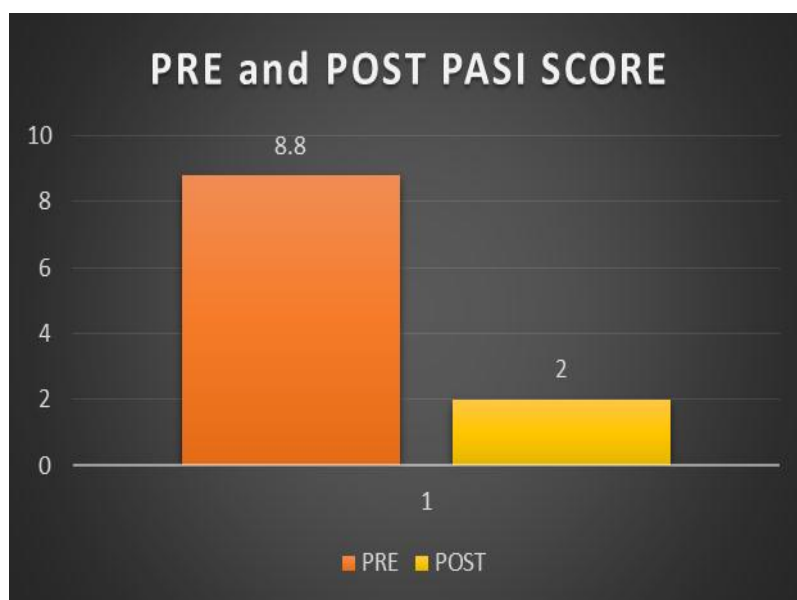


Figure 1: Pre and post PASI Score.

Along with resting blood pressure (has been reduced from 140/100 mmHg to 110/70 mmHg), other vitals showed changes in the post assessment.

Details of intervention is provided in Table 2.

Therapies	Sessions	Duration
Hydrotherapy		
Neutral Enema	10	Approx. 15-30 min
Epsom Salt bath for both limbs	20	20 min
Mud therapy		
Mud pack to Abdomen and Eyes	18	20 min
Full mud bath	2	45 min

Acupuncture	20	20 min
Yoga		
Sheetali pranayama	20	5 min
Sheetkari Pranayama	20	5 min
Plantain leaf bath	2	45 min
Triphala powder application	20	30 min
Arm and foot bath with triphala powder	20	20 min

LITERATURE REVIEW

During raw juice therapy, the eliminative and cleansing capacity of the organs of elimination, namely lungs, liver, kidneys and the skin, is greatly increased and masses of accumulated metabolic waste and toxins are quickly eliminated.^[3] Mud pack has shown improvement in the microcirculation and vasomotion score as reported by Poensin D et al.^[6] The role of Triphala and its extract has been emphasized in stimulating neutrophil function. Under the condition of inflammatory stress its immunosuppressive activity is attributed to its inhibitory action on complement system, humoral immunity, cell mediated immunity and mitogen-induced T-lymphocyte proliferation. The biologically active compounds such as chebulagic acid, gallic acid and ellagic acid make *T. chebula* highly potent antioxidant, which may be responsible for its immunomodulatory activity. The application of its extract neutralizes reactive oxygen species (ROS) and scavenges free radicals.^[7] Stange R^[8] stated that when applied to functional disorders, dietary treatment- the most important measure in natural medicine - has its greatest effect.

DISCUSSION

A 20-day naturopathic intervention has shown clinically significant change in severity of psoriatic lesions in our case. 77% improvement in the result implies the naturopathic interventions as a valuable tool in managing Palmoplantar Psoriasis. Our patient is under regular follow up to attain the sustainability of the results. Large scale studies has been recommended for better results. Yoga and Naturopathy systems, recently, are found to have a global spurt evidenced by a constant growth of their followers across the world.^[9] Their low cost structures; simplicity, inclination towards natural modalities and a consideration of psyche besides other causes of an ailment are possibly the best reasons explaining this spurt. For past many years, these non-pharmacological techniques have also shown their potential to prevent and intervene in a variety of systemic and life style disorders.^[10]

CONCLUSION

This study found to be the first to report the efficacy of Naturopathic and Yogic intervention in treating Palmoplantar Psoriasis. According to Nature Cure, return to nature by the regulation of eating, drinking, breathing, bathing, dressing, working, resting, social activities and moral life, exercise our body towards health.

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