



MANAGEMENT OF PSORIASIS AND ITS ASSOCIATED SYMPTOMS WITH THE INTERVENTION OF YOGA PRACTICES: A CASE STUDY

NIDHI KHANDUJA¹ SUJATA² GURU DEO^{3*} ISHWAR N ACHARYA⁴ ISHWAR V BASAVARADDI⁵

ABSTRACT:

Psoriasis is one of the autoimmune diseases which causes plaque having itchy or sore patches with thick, dry and discolored skin. In this disease even, any part of the body may be affected in due course of time if not treated. Psoriasis plaque often seen on the elbows, knees, scalp, back, face, palms, and feet. These features are also found in other auto inflammatory diseases. It takes place when immune system begins to attack healthy cells in the body. In the initial stage often dryness of skin is seen and in the later stages others signs and symptoms start manifesting. In the current case study, a male participant of 28 years having skin related problem joined the individual yoga therapy session at Out Patient Department of Rajan Babu Institute of Pulmonary Medicine Tuberculosis Hospital. After initial screening, the patient was told about the treatment protocols which has to be adopted in the center for him. It means he had been facing Psoriasis and its concerned complications. He was given three weeks of selected yoga practices and other modifications in diet and life-style for the disorder. After three weeks of combine Yoga therapy intervention patient showed reduction in stress and other associated symptoms of psoriasis. There was decreased frequency of itchiness, burning sensation and also less dryness in skin. Thus, Yoga practices along with life style and dietary modification plays vital role in the management of psoriasis disease.

Key words: Psoriasis, Skin Disorder, Yoga, Traditional Therapy.

^{1,2}Yoga Therapist, Yoga Department, Out Patient Door of Rajan Babu Institute of Pulmonary Medicine Tuberculosis Hospital, Kingsway Camp Delhi -110009.

^{3*}Assistant Professor (Yoga Therapy), ⁴Program Officer (Yoga Therapy), Department of Yoga Therapy, Morarji Desai National Institute of Yoga, Ashok Road, New Delhi-110001

⁵Director, Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi-110001

Corresponding Email id: gurudeoyoga15@gmail.com Access this article online: www.jahm.co.in

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA

INTRODUCTION:

Psoriasis is a common chronic inflammatory and multifactorial disorder predominantly effecting skin and joint on 2.5 % of world population. Its treatment is always challenging and no definite solution is found even till today. The impact of psoriasis is seen on the physical, social, psychological and financial aspects of life. It may also be taken with due care to handle like other chronic illnesses are treated.(1)

Etymologically, word Kushtha means a pathological condition which despises the skin. Skin is one of the sensory organs which establishes communication with the outer world. Majority of the dermatological disorders have been put under the umbrella of Kushtha.(2)

The skin is the largest organ of the body, having a surface area of 1.8 m² and measuring approximately 18% of body weight. It expresses the normal and clinical conditions of an individual. Some of the important functions of skin are protection from physical, chemical & environmental insults, thermal regulation, energy storage, vitamin D formation, excretion of some metabolic products etc. Skin also constitutes the most important sense organ of the body for the perception of the tactile, thermal & painful stimuli, etc. (3)

Most of the skin related disorders are mentally stressing and having negative effect on quality

of life. In this regard Acharya Charakahas said that the relationship between the Tvacha and Mann, Tvacha is considered as 'Chetah Samvayi' i.e the skin has an eternal relationship with Mann (psyche/mind). In this way it is often reported by many researchers that often usages of cosmetic products, skin disorders produce anxiety, depression and other psychological problems which affect the quality of life. Patients of skin disorder always experience physical, emotional & socio-economic embarrassment in the society, which further leads to aggravation of symptoms of existing disease. Normally 10 - 15% of the general practitioners work is with skin disorders and it is the second commonest cause of loss of work. (4)

CASE REPORT:

A 28 years of male came with complaint of chronic skin issue which was started seven years ago initially with itching and dryness of skin which gradually increased by the discoloration of the skin. Patient had taken lots of treatments, allopathic medicines and had some symptomatic relief for short term but it will gradually be increasing. Patients grandfather had psoriasis and Asthma. He also complained of stiffness of joint, knee pain, poor appetite, social fear and anxiety. He has a normal bowel movement with no addiction of alcohol and cigarette.

Timeline: Patient was advised to follow complete instructions during the entire course of yoga therapy from the first day itself. He was treated with the three weeks yoga protocol under supervision. The timeline of the yoga protocol is given below in table 1.

Table 1: Introduced Yoga Practices:

Week	Time Period	Introduced Yoga Practices
First	25/11/2021 to 02 /12/2021	1. Awareness of breath – Sectional breathing and yogic breathing. 2. Loosening Practices (Head to Toes) – Sukshma Vyayama
Second	03/12/2021to 10/12/2021	Awareness on specific asana with holding and breathe awareness.
Third	04/12/2021 to 11/12/2021	Meditation for relaxation and pranayama

Table 2: Daily Yoga Protocol for Psoriasis (45minutes)

Practice Title	Practice Name	Time Period/Repetition
Shatkarma – Internal cleansing process	Kunjla and Jal Neti	Twice in a week
Sukshma Vyayama	All 48 practices of Swami Dhirendra Brahmachariji	
Asana	Tadasana	2 times each (10 min)
	Trikonasana	
	Simhasana	
	Setubandhasana	
	Ardha Ushtrasana	
	Shashankasana	
	Marjari asana	
	Bhujangasana	
	Makarasana	
Pranayama	Nadishuddhi without kumbhaka - Alternative nostril breathing without retention	
Meditation and relaxation	“OM” Chanting – ‘A’, ‘U’ & ‘M’ – bifurcated chanting	
	Shavasana	

Table 3: Results Showing Effect of Yoga Practices in Psoriasis Condition after One Week

Complaints	Before yoga therapy	After one Week of Yoga Therapy
Difficulty of Physical efforts and tightness in body	++++	+++
Pain Intensity	+++	++
Skin visibility	++++	+++
Clarity of movement	++++	++

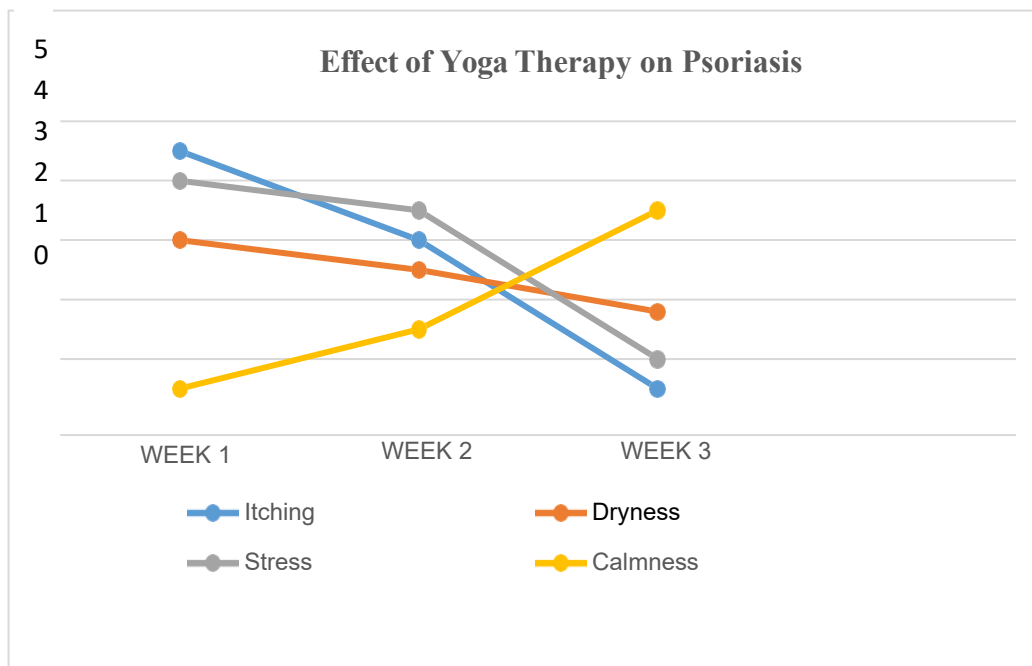
Table 4: Results Showing Effect of Yoga Practices in Psoriasis Condition after Two Weeks

Complaints	Before yoga therapy	After one Week of Yoga Therapy
Difficulty of Physical efforts and tightness in body	+++	++
Pain Intensity	++	+
Skin visibility	+++	++
Clarity of movement	+++	+

Table 5: Results Showing Effect of Yoga Practices in Psoriasis Condition after Three Weeks

Complaints	Before yoga therapy	After one Week of Yoga Therapy
Difficulty of Physical efforts and tightness in body	++	-
Pain Intensity	+	-
Skin visibility	++	-
Clarity of movement	+	-

***Reference scale: - Clear, + Minimal, ++ Mild, +++ Moderate, ++++ Severe**



Graph 1: Effect of Yoga Therapy on Psoriasis

Yogic Management: An individual yoga

protocol was practiced under the supervision of yoga therapist is as follows:

Dietary & lifestyle modification followed from day one itself:

1. Drink warm water empty stomach in the morning.
2. Avoid water intake while having food and soon after food.
3. Drink warm water after one hour of meal.
4. Avoid all cold food articles such as ice-creams, curd, cold water etc.
5. Have light diet, especially at night.

Follow up and outcomes:

- Patient visited Yoga Outpatient Department (OPD) daily at Rajan Babu Institute of Pulmonary Medicine Tuberculosis Hospital, Kingsway camp, New Delhi in collaboration

with Morarji Desai National Institute of Yoga, Ashoka Road, New Delhi for three weeks for regular follow ups.

- He regularly used to update his status via phone too.

Management

Protocol of Yoga was initially concentrated on awareness with breathing. He practiced in a simple way Yogic Sukhsma Vyayamas, as listed in synchronization of yogic practices to release the stress / stiffness from his body. This was subsequently followed by simple Shatkarma, Yogasanas, Pranayama and relaxation. The protocol was further focused by the practice of Nadishuddhi and Bhramari Pranayama and OM chanting. The OM chanting was introduced in bifurcated letters of "Aaaaa" "Uuuu" and

“Maaaaa” in deep, prolonged and repeated rhythm. Participant was guided to practice at home during weekends, and also to avoid spicy food stuffs in his diet.

Results

Table-1 shows the Yoga practices introduced during the three weeks. Table-2 explains about the frequency of practice during entire yoga protocol and Table- 3 shows the effects of three weeks of Yoga practices practiced by the patient. Table-4 talks of two weeks of intervention and its associated result. Table-5 and Graph-1 are showing the entire effect of three weeks of yoga practice by the participant. The graph showed that after three-week yoga practice there was decrease in the itching, stress and dryness of skin. The calmness of mind was enhanced due to practice of Yoga and following the suggested life style and dietary modifications by the patients. The results showed that the patient got relief in stress even in the first week of practice. He showed reduction in itching and dryness of skin after two weeks and three weeks of Yoga intervention. He was advised to practice Yoga practices even in the weekend also. It was very helpful to assess the result as there was continuity in the practice. The entire protocol of Yoga was effective and proved to be very useful treatment in psoriasis and its associated problems as seen the current study. It is often reported that several yoga practices

are enduing to reduce the physical and mental stress and helping in immunomodulation which is the mainstay in the etio-pathogenesis of psoriasis.(5) Therefore, these yoga practices increase the quality of life in the patients of psoriasis which results in reduction in the frequencies of flares of psoriasis, improvement in clinical symptoms and increase ability to cope up with psoriasis even mentally.

Discussion:

Yoga is known to be effective preventive measures for several health issues. It plays vital role in promotion of positive health at physical, mental, emotional and spiritual levels and in rehabilitation. The yoga was reported beneficial in management of psoriasis. Present study clearly shows the improvement of participant's health. Studies have shown that yoga practices are ensuing the parasympathetic dominance which in results reduces the sympathetic dominance. In this way these practices reduce stress and anxiety in practitioners. This mechanism is having a strong and effective influence on the immune system. Furthermore, new studies show that moderate exercise can quell inflammation in the body, which is common with autoimmune disease. Therefore, by reducing the stress and immunomodulation, Yoga practices help in the management of psoriasis. Even though many researches show the positive effect of yoga but still there is a need for more research in the

field of Psoriasis where yoga practices are employed as main intervention on the subjects.

Conclusion:

The current case report was concluded that participant had been benefitted from the psoriasis condition within three weeks by the regular practice of Yoga Protocol designed for him. The report also provides the mechanism-based affectivity of yogic practices in the skin disorders. The case contributes to the researchers and therapists who are engaged in the management and observation of different disorders related to the skin and joint movement.

Limitations of the study:

The current case report is prepared only on one participant and researchers were not having full control over the routine of participant. Moreover, self-reported data is included in this case as reported by participant.

Patient's written consent:

The written consent had been taken from the participant before intervention of all yogic practices and the treatment procedures.

Acknowledgement:

The contribution and assistance given by the staffs of Out Patient Department of Rajan Babu Institute of Pulmonary Medicine in collaboration with Morarji Desai National Institute of Yoga is acknowledged.

REFERENCES

1. Antiwal M, Singh JP. Role of Samshaman Therapy in the Management of Ekakushtha (psoriasis): A Case Report. Int Res J Pharm [Internet]. 2016 Nov 21;4(4):238–40. Available from: http://www.irjponline.com/admin/php/uploads/1767_pdf.pdf
2. Singh S, Byadgi PS, Rai NP. Clinical Evaluation of Virechan Therapy and Haridradi Vati and Oil for The Management Of Kitibh Kushtha (Psoriasis). Int J Res Ayurveda Pharm [Internet]. 2013 Apr 28;4(2):207–11. Available from: http://www.ijrap.net/admin/php/uploads/981_pdf.pdf
3. NIH. Psoriasis Basics [Internet]. U.S. Food and Drug Administration. 2022. Available from: <https://www.niams.nih.gov/health-topics/psoriasis/basics/symptoms-causes>
4. Chimankar RP, Tawalare KA, Mishra SA. Prevention Of Lifestyle Disorders with Basic Principles of Ayurveda. Int Ayurvedic Med J [Internet]. 2020 Sep 23;8(9):4487–92. Available from: http://www.iamj.in/posts/2020/images/upload/4487_4492.pdf
5. Jafferany M, Pastolero P. Psychiatric and Psychological Impact of Chronic Skin

Nidhi Khanduja, Sujata, Guru Deo, Ishwar N Acharya, Ishwar V Basavaraddi. Management of Psoriasis and its associated symptoms with the intervention of Yoga Practices: A Case Study. Jour. of Ayurveda & Holistic Medicine, Vol.-X, Issue-VI (Nov.-Dec.2022).

Disease. Prim Care Companion CNS Disord <http://www.psychiatrist.com/PCC/article/Pages/2018/v20n02/17nr02247.aspx>
[Internet]. 2018 Apr 26;20(2). Available from:

CITE THIS ARTICLE AS

Nidhi Khanduja, Sujata, Guru Deo, Ishwar N Acharya, Ishwar V Basavaraddi. Management of Psoriasis and its associated symptoms with the intervention of Yoga Practices: A Case Study. *J of Ayurveda and Hol Med (JAHM)*. 2022;10(6):94-101

Conflict of interest: None