

## A study on the effect of dietary and behavioral patterns of the patients in the management of *Sidhma Kushta* (Psoriasis)

JADPP Jayakody<sup>1</sup>

*Sidhma Kushta* is a skin disease affecting both physical and mental balance of the patient. It is characterized by reddish patches. These patches seem to contain a whitish powder which in turn gets eliminated over the skin. The disease is commonly known as 'Pothukabara' in Sri Lanka and Psoriasis<sup>2</sup> in modern medicine. In *Ayurveda*, both internal and external treatment procedures have been prescribed while appropriate dietary and behavioral patterns are also recommended. The desirable and non-desirable food habits are described as *Pathya-Pathya Aharapana Viharana*. In *Ayurveda*.

The study aimed to investigate the effect of food and behavioral patterns on the treatment given to Psoriasis. Eighty (80) patients who attended the dermatology clinic of *Gampaha Wickramarachchi Ayurveda* hospital during the period from 02.02.1997 to 22.04.1998 were selected on the pre-determined specific inclusion criteria. They were randomly divided into two groups, each group containing 40 patients. The same treatment procedure, internal and external, was adopted for both groups. In addition, group A patients were strictly advised on their dietary habits and behavioral patterns, specially to avoid selected foods and behavioral patterns. Group B patients were not given such instructions as to select their foods and behavioral patterns during the period of treatment. The treatment continued for a period of 2 months. During this period, continuous qualitative evaluation of the changes of symptoms was made.

The analysis of data reveals a significant difference of the degree of symptoms in A sample. The data suggests that dietary and behavioral patterns play a vital part in the management of *Sidhma Kushta* (Psoriasis) during the period of treatment.

**Key words:** *Sidhma Kushta*, Psoriasis, Pothukabara, Pathya-Pathya, Aharapana, Viharana, *Ayurveda*

<sup>1</sup>Department of Chikithsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka