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ĀYURVEDA THERAPEUTIC INTERVENTION IN THE MANAGEMENT OF CHRONIC PLAQUE PSORIASIS - A CASE STUDY

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Psoriasis is a common immune mediated chronic skin disease that comes in different forms and varying levels of severity. In general, a condition that is frequently found in the knee, elbow, scalp, and toes. But Psoriasis can develop anywhere including the nails, palms, soles etc. Psoriasis most individuals who develop chronic Plaque Psoriasis will have the condition life long. Psoriatic arthropathy is a possible complication, occurring in about 5% of Psoriatic patients. Distal arthritis involves the terminal interphalangeal joints of the fingers and toes, especially those with marked nail changes. Management of Allopathic medicine concerned with control of disease rather than cure. There is an imagine recognition on the effectiveness of Ayurveda treatment in the management of Psoriasis. The study was carried out at Gampaha Wickramarachchi Āyurveda Teaching Hospital to evaluate the efficacy of selected Āyurveda regimen in the management of Psoriasis. The male patient was a 70 years old with a history of fifteen years, presented with the symptoms of chronic Plaque Psoriasis. The patient was treated with selected Ayurveda regimen the signs and symptoms were recorded according to the standard grading system. The clinical features were gradually reduced within three months. It can be concluded selected Āyurveda regimen is effective successfully for this case.

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