

**Role of three Ayurveda regimen in the management of scaling condition of
Sidhma Kushta (Psoriasis)**

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Abstract

Psoriasis, generally referred to as '*Potu Kabara*' in Sri Lanka, corresponds with *Sidhma Kushta* in terms of a number of distinguished symptoms elaborated in Ayurveda classics. This study aimed at evaluating the efficacy of three Ayurveda regimen in the management of scaling condition of *Sidhma Kushta*. The study was carried out at the skin clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala, Sri Lanka. One hundred and five patients were selected and randomly divided into three equal groups; A, B and C. All were given selected Ayurveda regimen as an internal mode of therapy while separate external applications viz. EA1 (*Takradhara*), EB2 (*Takra Lepa*) and EC3 (Raw herbals boil water) were given separately for each group for a period of three months. Healing effect was monitored by observing the clinical symptom of scaling. Data were collected by using PASI scale. Clinical outcomes were statistically analyzed using a non-parametric test, Wilcoxon Sign Rank Test and parametric tests such as ANOVA, Paired t-test, Pooled t-test. All the treatments given in three groups positively responded from the first week for the symptom of scaling of the patient's head, upper limb, trunk and lower limb. (P-value 0.000 for each group). It can be concluded that all three treatments can be effectively used in the management of the symptom of scaling.

Keywords: *Sidhma Kushta*, Ayurveda, psoriasis, *Takradhara*

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