

## Case Report

# Treatment of Psoriasis by using Siddha Medicine Formulations: A Case Report

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### Abstract

Psoriasis, a dermatological disorder that affects around 100 million of the global population. The medical management of psoriatic rashes includes topical application of steroids, retinoids etc. However, the success rate for the available drugs is not achieved to a greater extent. Hence, there is a need for an alternate approach to treat the same. One such therapeutic approach is management of psoriasis through selective siddha medicinal formulations. This case study assessed the effectiveness of those siddha formulations and it was found to offer a significant success in halting the psoriatic rashes.

**Keywords:** Psoriasis, Siddha Medicine, Parangipattai choornam, Vetpalai thailam

### Introduction

Psoriasis is an autoimmune inflammatory dermatological disorder that causes red, itchy scaly patches with hyperkeratosis on the surface of the skin.<sup>1</sup> Available documents indicate that around 100 million of the world population are affected by psoriasis according to the World Health Organisation.<sup>2</sup> Even though, exact cause for the development of psoriasis is not well understood, there are several trigger factors like smoking, alcohol, stress and certain medication/toxins can cause the onset of psoriasis.<sup>3</sup> It can be controlled with several topical ointments like topical steroids and topical retinoids.<sup>4</sup> If the topical application does not respond, then medications like cyclosporine and other biologicals have been prescribed. Further, additional therapies like photobiomodulation therapy are also being advised to the psoriatic patients depending upon the severity of the disease.<sup>5</sup> In spite of several advancements of medical sciences in the management of psoriatic disorder, rate of recurrence is very high and a complete cure for the same is still not achieved by the health care community.<sup>6</sup> Hence, there is a need for an alternate approach in the management of psoriasis. Among the various therapeutic approaches, Siddha system of medicine, a traditional system of Indian Medicine, is found to be highly beneficial in the management of Psoriasis.

Plenty of literature is available in the treatment of psoriasis by using siddha medicine. A known siddha's

drug parangichaikkai choornam is found to offer a significant benefit and decreases the psoriatic patches to a greater extent.<sup>7</sup> Further, a standardised siddha oil namely 777 oil is also found to be highly beneficial in clearing the psoriasis skin inflammation when applied externally.<sup>8</sup> Additionally, several internal medicines like rasaghandhi mezhu, thalaga parpam etc are also recommended by the Siddha Physicians. Even though plenty of siddha medicines are being suggested for psoriasis, the response to the siddha medical formulations varies from person to person in alleviating psoriatic lesions. Hence, this case report discussed the effectiveness of a combination of selective siddha medicine formulations in the management of Psoriasis.

### Case presentation

#### Patient information

The patient is a 15 years old male school student studying at Chennai, Tamil Nadu, India. He is a lean individual with a height of 148 cm and weighing 55 kgs with no comorbidities.

#### Present medical history

Patient on his third month of illness approached a Siddha Clinic (Indian system of Medicine practitioner's day care centre) in Chennai, Tamilnadu, India. Presenting signs and symptoms were itching, redness, scaling and round patches on both legs from the thigh towards both ankles. On

Sl. No.	Siddha medicines	Dosage	Duration
1	Parangipattai choornam	1 gm BD	6 weeks
2	Palagarai parpam	50 mg BD	
3	Vetpalai thailam – Internal	5 drops OD	
4	Vetpalai thailam – External topical application	BD application	
5	Nalunguma Powder (for bathing purposes)	OD	

Table 1: xxx

examination the patient is well oriented, pulse rate is 80/ minute, respiratory findings are normal vesicular breath sounds and his blood pressure is 110/80 mmHg.

### Past medical history

He had been under topical steroid treatment/ vitamin D analogue since the start of the rashes. Apart from psoriatic rashes, no other significant medical/ surgical history was noted. Further, he has taken all the recommended routine vaccines as per WHO guidelines. But he has a family history of psoriasis for his mother during her school days.

### Therapeutic intervention

Therapeutic intervention consisted of a combination of siddha medicines, all the medicines were bought from the recommended Siddha drug store, Government of Tamil Nādu. For this case, the siddha medicines were given as a combined formulations and the details of the Siddha medicines Table 1.

### Outcome

Initially in the first week of Siddha treatment, there was no significant change in the psoriatic rashes. However, from the second week onwards, the psoriatic rashes started healing and complete clearance was observed on 6th week and the skin normalized. There was no deterioration of the disease (Photograph 1). Additionally, there were no reported adverse effects.

### Discussion

Siddha medicine, an ancient traditional system of medicine practiced in India and Asian countries. The patient's psoriatic skin was normalised after taking the Siddha medicines. Hence it can be confirmed that psoriatic management with the above prescribed Siddha medicines has paused the progress of the disease. Several siddha clinicians have documented the beneficial effects of the above medicines in the management of various skin disorders like eczema, psoriasis, urticaria etc 9,10 and11.

However, they have been used as a single drug or in a different combination of Siddha drugs. Further, the limitation of this study is it is a single case study. Hence, a larger multi-centre clinical trial must be done in order to advise these medicines to the common public around the world.

### Conclusion

The above prescribed Siddha drugs are found to be highly successful in management of psoriasis. Hence further molecular based study has to be done to support the above findings.

Psoriatic skin changes before treatment and after treatment (After six weeks) with combined siddha medicines.



Figure 1: Effectiveness of combined siddha therapy on Psoriasis.

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