

CASE STUDY

Management of *Mandala Kushtha* (Psoriasis) through Ayurveda - A Case Study

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ARTICLE INFO

Article history:

Received on: 19-06-2025

Accepted on: 22-07-2025

Published on: 31-07-2025

Key words:

Mahakushta,
Mandal Kushtha,
Psoriasis,
Shaman Chikitsa,
Skin

ABSTRACT

Mandala Kushta is a type of skin disorder predominantly associated with an imbalance of *Sleshma (Kapha)* and is categorized under *Mahakushta* in Ayurveda. It is generally characterized by symptoms such as reddish circular lesions, raised skin patches, intense itching, and a burning sensation. The development of this condition can be attributed to several causative factors, including intake of *Kledakar* (moisture-promoting) foods, imbalance of the *Doshas*, blockage of body channels (*Srotorodha*), suppression of natural urges (*Vegadharana*), parasitic infestations (*Krimi*), and psychological disturbances (*Manovikaras*). Since the condition involves the aggravation of all three *Doshas* (*Vata*, *Pitta*, and *Kapha*) along with disturbances in *Rakta* (blood), *Mamsa* (muscle tissue), and *Twak* (skin), Ayurvedic treatment emphasizes the use of herbal remedies and classical formulations. These therapeutic measures work by pacifying the vitiated *Doshas*, purifying and nourishing the *Rasa* and *Rakta dhatus*, restoring hormonal equilibrium, and enhancing metabolic and digestive functions (*Agni*). This essay explores the *Ayurvedic* understanding of *Mandala Kushta*, with a particular emphasis on *Saman Chikitsa* (palliative therapy) as a key component in its effective management. This study aims to assess the therapeutic impact of *Ayurvedic Samshaman Chikitsa* in managing *Mandal Kushtha* (psoriasis). A 29-year-old female patient having a complaint of red scaly patches on both hands for 2 years with itching. This condition clinically correlates to *Mandal Kushtha* described in *Ayurveda*. *Mandala Kushtha* has *Shwetam Raktam Varna*, *Sthira*, *Styanam*, and *Utsana Mandala* (skin begins with special characters. Based on the clinical signs and symptoms, the patient was treated with classical *Ayurvedic* formulations indicated for *Mandala Kushtha* (psoriasis). The assessment was carried out before treatment, after completion of treatment, and following the follow-up period. Photographic documentation was done before and after the treatment.

1. INTRODUCTION

Mandala kushta is a skin disorder with a preponderance of *Sleshma* and is classified as *Mahakushta*. Red spots, elevated patches, itching and burning sensations, and other symptoms of illness are typical. *Kledakar Ahar*, *Dosha Vaishamyan*, *Srotavarodham*, *Vega dharana*, *Krimi*, *Mano vikaras*, and other factors can contribute to *Mandala kushta* pathogenesis. Because the condition involves vitiation of the *Tri-dosha*, *Rakta*, *Mamsa*, and *Twak*, the use of herbs and traditional Ayurvedic formulations helps to cure *Mandal kushta* by calming

vitiated *Doshas*, improving the quality of *Rasa* and *Rakta*, maintaining hormonal balances, and empowering digestive or metabolic activity. In light of this, the current essay discussed the *ayurvedic* perspective on *Mandala kushta*, with a special focus on *Saman Chikitsa*, in terms of disease management. According to *Ayurveda*, preserving health is far more significant than treating illness. *Ayurveda*'s fundamental ideas, such as the *Tridoshas*,^[1] *Panchmahabhootas*,^[2] *Dincharya*, *Ritucharya*, and *Sadvrita*, are incredibly distinctive. *Mandala Kushtha* is categorized under the *Mahakushta*. It is characterized by broad, circular, reddish patches that are slightly elevated, associated with *Pitta-Kapha* vitiation and intense itching.^[3] Due to the western lifestyle, it is currently very difficult to adhere to regimens such as *Dincharya*,^[4] *Ritucharya*, and *Aaharvidhividhan*. One of the five "Gyanendriyas" according to *Ayurveda*, the skin is our body's envelope and expresses

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the harmony within.^[5] This unbalanced lifestyle is contributing to an increase in both physical and mental diseases. Modern life is characterized by fast food habits and erratic schedules, which is why “*Viruddha Aahara Janya Vyadhi*”^[6] is becoming more popular. This is the reason that a significant section of the population has skin issues. In Sutra Sthana, while discussing skin disorders broadly, Sushruta lists *Mandala Kushtha* and explains its chronicity, stubborn nature, and poor prognosis when neglected.^[7]

1.1. Aims and Objectives

This study aims to find out the effect of *Ayurved Aushadh chikitsa* in the management of *Mandal Kushtha* (Psoriasis).

2. MATERIALS AND METHODS

2.1. History of Present Illness

A 29-year-old female patient came into the outpatient department of the Government *Ayurveda* Hospital Mottichohtta, Udaipur in *Kaya Chikitsa* Department, with complaint of red patches with itching and scaling on both hands and trunk area, so she came to us for *Ayurveda* treatment.

2.2. Patient's Personal History

The patient's detailed history as follows: Name: ABC, age - 29 years, sex - female,

And occupation - homemaker.

2.3. Chief Complaints

Red patches with itching and scaling on both hands and trunk region since 2 year

2.4. Vitals

Heart rate - 78/min, blood pressure - 110/72, Pulse - 78/min, RR - 20/min

Bowel habit - Regular Appetite - Normal

Micturition - 6-7 times/day and 1 time/night. Sleep - Normal

Weight - 57 kg. Height - 5'5"

Temp. - Afebrile.

2.5. History of past illness

NAD, Family history - NAD.

2.6. Patient's Ashtavidha Dashvidha Pariksha

Drugs were mainly due to properties of these drugs, which have *Deepan*, *Pachana*, *Amapachaka*, *Stroto shodhaka*, *Raktaprasadan*, *Rakta shodhaka*, *Kandughna*, *Kushthaghna* and *Varnya* mechanisms of actions. They acted mainly for the eradication of *Doshas* [Tables 1 and 2].

The details of medicine are given in table 3 After 15 days of follow-up, there were some changes in medicine given in table 4.

2.7. Pathya -Apathya

The patient was advised to take *Laghu Aahar* for *ex mung daal krushara*, *takra*, *yush*, perform exercise daily morning, and maintain good hygiene. By daily bathing and using clothes properly dried in

sunlight. He was advised to avoid *Ratri Jagraan*, non-veg food, and spicy oily food.

3. OBSERVATION AND RESULTS

After follow-up on the 15th and 30th day of treatment, the patient was symptomatically improved. All the signs and symptoms related to *Mandal Kushtha* such as *Sweta Rakta Varna* (white scaly patches), *Kandu* (itching), *Utsanna Mandala* (circular elevated patches). The clinical assessment findings of *Mandala Kushtha* before and after treatment were observed. PASI score are given in table 5.

4. DISCUSSION

Classical *Ayurvedic* texts attribute the vitiation of *Tridosha* to several causative factors, such as the habitual intake of both cold (*Shita*) and hot (*Ushna*) substances in an irregular sequence, frequent consumption of incompatible foods (*Viruddha Aahar*), and engagement in contradictory lifestyle practices (*Viruddha Vihar*). Once vitiated, the *Doshas* infiltrate and disturb the *Dushyas* – including the lymphatic system, muscle tissue, skin (*Twak*), blood (*Rakta*), and fat (*Mamsa*)^[10] – leading to their dysfunction. The aggravated *Doshas* then localize (Sthana Samshraya) in these tissues, ultimately manifesting as various types of *Kushtha Roga*, including *Mandala Kushtha*,” *Sushruta* emphasizes *Shodhana* (purification) and *Raktamokshana* for *Mandala Kushtha*, as the disease is considered to involve deep *Raktaja* (blood-borne) pathology.^[11]

In *Sanshaman Chikitsa*, drugs description mentioned below:

Panchatikta ghrita is loaded with *Shothahara* or anti-inflammatory nature, making it a great sought-after medication for treating psoriasis. Prized for its *pitta* balancing abilities, “*Panchatikta Ghrita*, known for its unctuous nature, offers immediate moisturization to the skin, effectively alleviating dryness and flakiness. Its detoxifying (*Shodhana*) properties help soothe irritation commonly associated with psoriasis.”

Panchatikta Ghrita, also referred to as *Panchatikta Ghee*, is primarily composed of ingredients such as *Neem*, *Adoosa*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Giloy*, and clarified butter (*ghee*). In addition, it contains smaller amounts of herbs such as *Patola*, *Vyaghri*, *Guduchi*, *Vasa*, *Triphala*, *Haritaki*, and *Vibhitaki*. The formulation is first documented in the *Bhaishajya Ratnavali* under the section “*Kushta Adhikara*”.

Khadirarista has recommended for all types of *Kushtha*. Most of the ingredients of *Khadirarista* possess *Antipsoriatic* action. The heartwood decoction of *Khadir* (*Acacia catechu*) has since long been used to treat skin ailments, including psoriasis in a traditional practice. It helps to purify the blood. It has immunomodulatory action that may activate both cell-mediated as well as humoral immunity. Among various phytoconstituents present in *Acacia catechu*, catechins may contribute to its anti-inflammatory and antioxidant activities.

Kushthahar yoga is preparation of our college pharmacy, which is composition of *manjhishtha*, *shudhha gandhak*, and *Rasamanikya*. *Rasamanikya* and *shudhha Gandhak* mitigate *vata kapha dosha* and have *Kushthaghana* and *Kandughana* properties *Manjishtha* helps to lessen skin damage caused by free radicals and prevent melanin production. Also has a property of *Raktshodhaka* and *Pitta* balancing that helps to purify blood and improve liver function.

“*Navakarshik Kwath* is composed of herbs such as *Amalaki*, *Bibhitaki*, *Haritaki*, *Manjistha*, *Nimba*, *Vacha*, *Kutki*, *Guduchi*, and *Daruharidra*.

The formulation is rich in *Tikta* (bitter), *Kashaya* (astringent), and *Katu* (pungent) tastes, and is characterized by light (*Laghu*) and dry (*Ruksha*) qualities. It also features a unique combination of both heating (*Ushna*) and cooling (*Shita*) potency. These attributes contribute to its *Tridosha-shamaka* action, helping balance *Vata*, *Pitta*, and *Kapha*. The bitter taste (*Tikta Rasa*) is especially effective in relieving burning sensations (*Daha*) and itching (*Kandu*), making it suitable for managing *Pitta* and *Kapha* dominant disorders. Furthermore, *Kashaya* Rasa is recognized for its role in pacifying *Kapha* and *Pitta* and purifying the blood (*Raktaprasadana*), which is vital for addressing the symptoms of *Mandala Kushtha*. In addition, many of the ingredients in *Navakarshik Kwath* possess *Katu* Rasa and *Katu Vipaka*, supporting its therapeutic action in the treatment of *Mandala Kushtha*.

5. CONCLUSION

The above-mentioned internal and external medications aid in preventing vitiation and calming the causes that cause *Kustharoga*, including *Mandala kushtha*. All medicine given by us is anti-inflammatory nature, *Tridosh Shamaka*, *Raktshodhaka*, *Kandughna*, and *Pitta* balancing that help to purify blood and improve liver function.

6. ACKNOWLEDGMENTS

Nil.

7. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

8. FUNDING

Nil.

9. ETHICAL APPROVALS

This study does not require ethical clearance as it is a case study.

10. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

12. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

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How to cite this article:

Ahari M, Sharma R, Zahir R, Sharma OP. Management of *Mandala Kushtha* (Psoriasis) through Ayurveda - A Case Study. IRJAY. [online] 2025;8(7);28-32.

Available from: <https://irjay.com>

DOI link- <https://doi.org/10.47223/IRJAY.2025.80706>

Table 1: *Ashtavidha Pariksha*^[8]

<i>Nadi</i>	Normal in rate and rhythm, <i>Kapha Prathan</i>
<i>Mala</i>	<i>Niram</i>
<i>Mutra</i>	Pale yellow
<i>Jihwa</i>	Clear
<i>Shabda</i>	<i>Ghambhir</i>
<i>Sparsh</i>	<i>Snigdha</i>
<i>Drika</i>	<i>Swetabh</i>
<i>Aakriti</i>	<i>Samanya</i>

Table 2: *Dashvidha Pariksha*^[9]

<i>Prakriti</i>	<i>Kapha vata</i>
<i>Vikriti</i>	<i>Rakta Dhatu</i>
<i>Sara</i> (purest body tissue)	<i>Mansa sara</i>
<i>Samhanana</i> (body built)	<i>Madhyam</i>
<i>Pramana</i> (body)	<i>Madhyam</i>
<i>Satmya</i> (homologation)	<i>Madhyam</i>
<i>Satva</i> (mental strength)	<i>Madhyam</i>
<i>Ahar shakti</i> (food intake)	<i>Madhyam</i>
<i>Vyayam shakti</i> (to carry on physical activities)	<i>Madhyam</i>
<i>Vaya</i>	<i>Yuva</i>

Table 3: *Shamana Aushadh*

<i>Panchtikta ghrit</i>	10 mL with lukewarm milk at morning
<i>Maha manjishtharistha</i> + <i>Khadirarishta</i>	15 mL+15 mL after food morning and evening with water
<i>Erand tail</i>	10 mL at night with lukewarm milk
<i>Nima giloy</i>	<i>Swaras</i> empty stomach in morning

Table 4: Medicine after 15 days

<i>Navakarshika kwatha</i>	10 g morning and evening empty stomach, 2 TSP kwath 4-cup water boiled then remaining 1 cup consum it.
<i>Kushthahar yoga</i>	3 g with honey 2 times before meal
<i>Panchtikta ghrit</i>	10 mL with milk at morning
<i>Mahamarichyadi tail</i>	Local application



Table 5: Pasi score[illegible]