



## International Journal of Home Science

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### Ayurveda – A healing approach towards the disease psoriasis by using textile product

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#### Abstract

The word Ayurveda is a Sanskrit word that grows from combination of two words “Ayush” meaning life and “Veda” means knowledge. It is an ancient medical system for treatment of various diseases at acute to chronic stage of disease. It is one of the branch of alternative medical system, traditional medicine of India, which belief to treat by natural herbs. Ayurveda only use plant based medicines to treat disease, some animal and mineral products are added like sulphur etc. “Psoriasis is a chronic autoimmune condition that causes the rapid build-up of skin cells.

This build-up of cells causes scaling on the skin’s surface. Inflammation and redness around the scales is fairly common. Typical psoriatic scales are whitish-silver and develop in thick, red patches. Sometimes, these patches will crack and bleed”. The medicines or herbs of Ayurveda applied on the textile product for giving healing signs disease psoriasis, therefore the textile product use to keep and absorb medicine in itself, and it will be in contact to the affected area for long time and give healing signs.

**Keywords:** Ayurveda, alternative medical system, Psoriasis, Psoritic, scales, inflammatory, healing, herb, autoimmune

#### Introduction

Psoriasis is a skin disease which is characterized by patches of abnormal skin, the skin patches are typically red, itchy and scaly. It is an inflammatory disorder which affects a different parts of the body such as elbow, knee, lower back, scalp and nails. Sometimes it can be painful and cause physiological and emotional distress. “It also occurs when the immune system mistake the skin cells as a pathogen and send out faulty signals that speeds up the growth of skin cells.” Psoriasis is generally to be a genetic disease which mostly triggered by the environmental factors. Both men and women are affected by this disease. There are five types of Psoriasis

- Plaque psoriasis: also known as psoriasis vulgaris, it typically presents with red patches with white scales on top, it generally occurred on the forearms, shins, around the navel and the scalp.
- Guttate psoriasis: has drop shaped lesions.
- Inverse psoriasis: it forms red patches in skin folds.
- Pustular psoriasis: it presents with small infections pus filled blister.
- Entrodermic psoriasis: it occurs when the rashes becomes very wide spread and it develop from any of other types like finger nails, toenails are affected in this, most of the people affected by this includes changes of nail color and pits in the nail.

#### Causes of Psoriasis

- Genetic
- Changes in lifestyle
- Obesity
- Depression
- Stress and trauma
- Heart disease

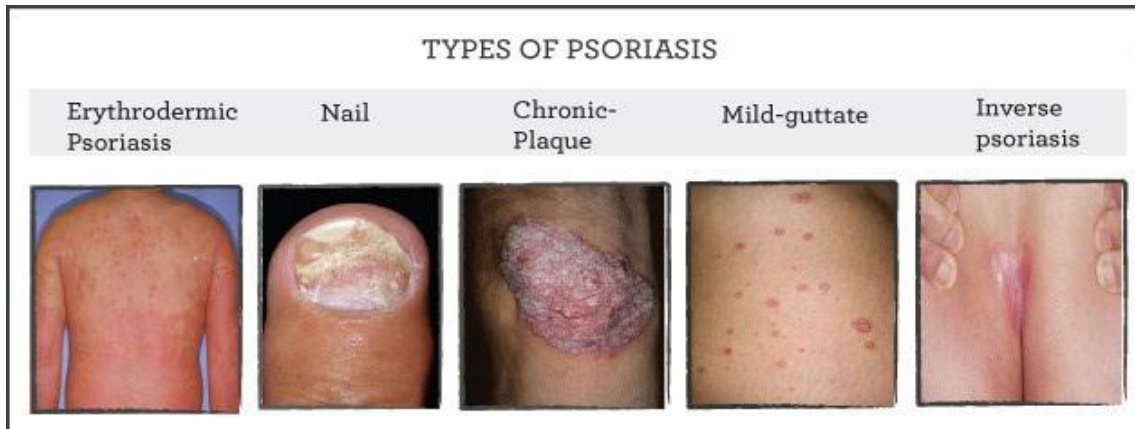
#### Common symptoms of Psoriasis

Symptoms of psoriasis depends upon the type of psoriasis occurred to the patient.

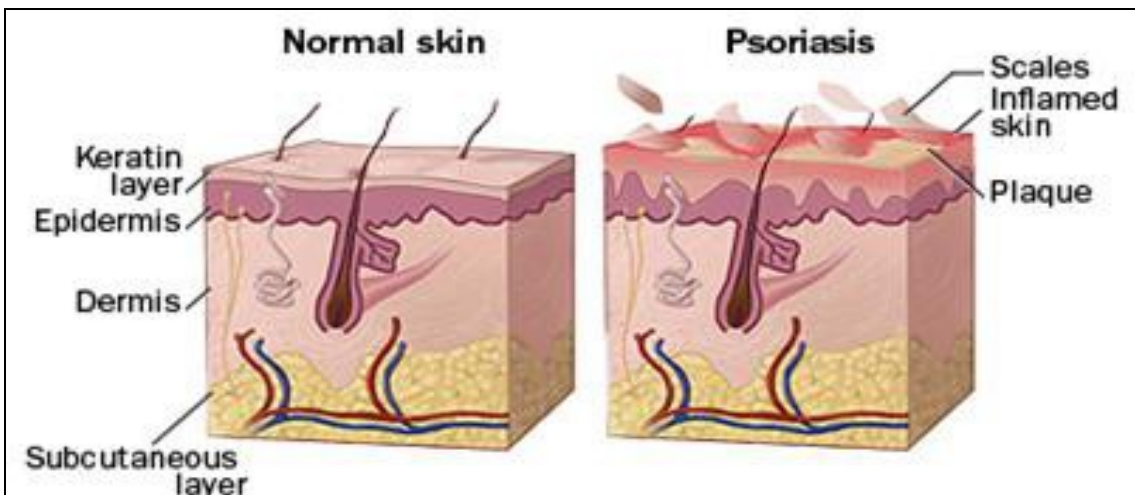
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- a. Red patches of skin covered with silvery scales.
- b. Small scaling spots
- c. Itchy plaques
- d. Itching, burning
- e. Dry and cracked skin
- f. Small bleeding points when scales peeled away

**Images of Psoriasis types**



**Changes of skin cell while during Psoriasis (Normal and Psoriasis skin)**



### **Ayurveda medical system**

Ayurveda, literally means the science of life (Ayur = Life, Veda = Science), ayurveda is an ancient medical science which was developed in India thousands of years ago. It is one of the branch of alternative medical system of India, Ayurveda beliefs totally in nature the herbs obtained from nature for the treatment of disease. Alternative medical system is assembled on complete system of theories and practices, totally based on sign and symptoms. "In ayurveda literature it says that ayurveda not created, it sates „BRAMHA SMRITHWA AYURVEDA „, ie God Brahma recollected or compiled ayurveda science. It is believed that early a samhita named „Bramha Samhita“ was present. All other samhita“s used content Bramha samhita to write new samhita for easy understanding and usage. Ayurvedic Medicine is the world's oldest comprehensive health care system and is indigenous to India where it is widely practiced. "This ancient art of healing asserts that the science, philosophy and spirituality are all necessary aspects of healthy living." Thus Ayurveda is not only a comprehensive medical system but also a way of living and the very concept of "mind, body and spirit" originates from Ayurveda”.

### **Eight Branches in Ayurveda**

The Branches in Ayurveda are derived from classical Sanskrit literature, in which Ayurveda was called "the science of eight branches" (Sanskrit *aṣṭāṅga*). The components are:

1. Kayachikitsa (general medicine): "cure of diseases affecting the body".
2. Kaumāra-bhrtya and Bala Roga: deals with the treatment of children.
3. Shalya tantra deals with surgical techniques.
4. Śālākya-tantra - deals with diseases of the teeth, eye, nose, ear etc.
5. Bhuta-vidya deals with the causes, which are not directly visible and not directly explained by tridosha, pertaining to micro-organisms or spirits.
6. Agada-tantra deals with antidotes to poison.
7. Rasayana-tantra (Geriatrics) (Anti Agings): deals with rejuvenation.
8. Vajikarana tantra (aphrodisiacs) deals with healthy and desired progeny.

### **Ayurveda herbs used for the treatment of Psoriasis are as follows**

- Aloe Vera
- Black nightshade
- Boswellia (frankincense)
- Garlic
- Guggal
- Jasmine flower paste
- Neem

### **Application of the herbs on textile product for treatment of Psoriasis**

It is a process of surface penetration of herb extract on the textile based product which will help in healing or curing the disease Psoriasis a chronic skin disease. Use herb or medicine on the surface of fabric and then apply on the affected area, for seeing proper signs of healing. This process is very effective because the medication done on the topical surface of the affected area by using medium of medicated fabric, this process may take time for good results but it is not create any side effects. It does not suppress and cures whole. And we can easily say that a treatment of psoriasis with textile based product or surface penetration of medicine a different approach in area of alternative medical system.

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