

**Evaluation of the efficacy of “*Nimbādi lepa*” with “*Pinda oil*” in the management of scaling condition of Psoriasis (*Sidhma Kushta*)**

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Psoriasis is a skin disease that causes itchy or sore patches of thick, red skin with silvery scales. Usually, the patches appear on elbows, knees, scalp, back, face, palms and feet, but can show up on other parts of body too. This study was conducted to evaluate the efficacy of *Nimbādi lepa* with *Pinda oil* in the management of scaling condition of the psoriasis. Study was carried out at Gampaha Wickramarachchi Āyurveda Teaching Hospital, Yakkala. Sixty patients in age between 16-70 years were selected who were randomly divided into three groups A, B and C. All were given selected *Āyurveda* regimen as an internal mode of therapy. In addition, separate external applications EA<sub>1</sub>, EB<sub>2</sub> and EC<sub>3</sub>, were given for each group, for a period of one month. Healing effect was monitored by observing the clinical symptom of scaling. Data were collected by using PASI scale. Clinical outcomes were statistically analyzed using Wilcoxon Sign Rank test and Minitab (V<sub>14</sub>). All the treatments showed positive response for the symptom of scaling. (P-value = 0.019 for Group A, P-value=0.023 for Group B, P-value=0.019 for Group C). Healing effect in each group as percentage was as follows: group A=21%, group B=20%, and group C=50%. Considering all three treatments EC<sub>3</sub> *Nimbadi lepa* with *Pinda oil* can be recommended as effective external application for the management of scaling of Psoriasis.

**Keywords:** Psoriasis, *Nimbādi lepa*, *Pinda oil*