



Research Article

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Uni5 Approach to Treat Psoriasis: A Case Report

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ABSTRACT

A 21-year-old male presented with Psoriasis triggered by a fungal infection, initially manifesting on the legs and gradually spreading throughout the body, including the genital region. The condition was accompanied by severe itching and frequent oozing. The patient initially pursued allopathic treatment involving antifungal cream, steroid injections, and antifungal antibiotics for a year. However, symptoms recurred upon discontinuation of the medications. Subsequently, the patient opted for the Uni5 method of treatment, complemented by ayurvedic medicines such as Chyawanprash, Triphala, and other herbal preparations. Within one month of this combined approach, the itching sensation significantly reduced, and over the course of three months, the skin returned to its natural state. Subsequent examinations over a two-year period revealed no recurrence of symptoms in the patient.

Keywords: Psoriasis, Ayurvedic, Uni5, Herbal, polyphenols, Gut microbiota.

INTRODUCTION

Psoriasis, identified as a chronic inflammatory skin disease with autoimmune pathogenic characteristics, includes a plaque-type variant known as Psoriasis Vulgaris [1]. Fungi in psoriatic patients can act as super-antigens, triggering prolonged chronic inflammation in the skin [2]. Consequently, anti-inflammatory and antifungal medications are commonly prescribed for effective treatment.

While multiple factors contribute to psoriasis, an imbalance in the natural microflora in the gut is recognized as a potential accelerator of the disease. The gut microbiota comprises trillions of microorganisms, including bacteria, viruses, and eukaryotic species, with Bacteroidetes, Firmicutes, Proteobacteria, and Verrucomicrobia being commonly found bacteria [1,3]. Commensal bacteria, with their signaling molecules within the host cell, contribute to a healthy immune system. However, dysbiosis, characterized by a change in microbial composition, leads to the overgrowth of pathogenic microbes, altering the gut immune response [1,4]. Numerous studies have indicated disruption in the gastrointestinal composition and function of the gut microbiota in psoriatic patients [1,5]. This dysbiosis-induced mechanical disruption of the epithelial bilayer results in "leaky gut syndrome," enabling the transfer of bacteria and endotoxins into systemic circulation, ultimately infiltrating deeper layers of the skin. These processes trigger innate and adaptive inflammation, exacerbated by pruritus-induced scratching [6]. Consequently, targeting the link between gut microbiota and immune system regulation emerges as a promising avenue for microbiome-targeted therapies in psoriasis [1].

In the specific case presented, the patient exhibited psoriasis associated with a fungal infection, originating in the legs and subsequently spreading to the entire body, including the genital regions. This condition caused significant physical and mental distress. Initial allopathic treatment involved steroids and antibiotics, including oral steroids and immunosuppressive creams to alleviate the itchy red rashes on affected areas. However, this conventional treatment offered only temporary relief, with an increase in pain and widespread burning upon discontinuation. Subsequently, the patient opted for an alternative approach, choosing to follow the Uni5 method of treatment after learning about its potential benefits.

Ancient Indian medicinal systems such as Siddha and Ayurveda adopt a holistic approach to address skin diseases, drawing inspiration from the principle of the five elements known as PanchaBhutas. Ayurveda is grounded in the belief that, similar to the manifestation of universal energy through five elements (space, air, fire, water, and earth), the life force energy in the human body also takes on five forms. Within this paradigm, the Uni5 system emerges as a holistic treatment modality, encompassing five facets of one's being: Body, Mind, Intelligence, Self-Awareness, and Unity-Consciousness. These aspects are intricately linked to the same five elements principle, the Pancha-Bhutas. The harmonious functioning of these five elements contributes to the attainment of a healthy body and mind, fostering the elevation of an individual's Self-awareness to a higher state of consciousness [7].

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Building upon this foundational concept, the Uni5 system identifies five major interplaying factors crucial to health and disease. These factors are recommended as a personalized treatment approach for individuals [7,8,9]. In the context of the presented psoriasis case, these

factors were employed as guidelines for implementing food and lifestyle changes. These changes aim to influence the composition and functions of the intestinal microbiota, ultimately contributing to the cure of the disease (Table 1).

Table 1: Advise for the patient in UNI5 method along with ayurvedic medicines

OIL CLEANSING	The patient was advised to castor oil colon cleansing monthly once.
PROBIOTICS	Fermented red rice for daily consumption was advised.
EXTERNAL APPLICATION	For external application and Wood pressed oils to be applied externally was prescribed to soothe the inflammation. A herbal cream made from aloe vera -, centella asiatica was used from kapilalam.com, Tamil Nadu, India.
DIET	The patient was instructed to avoid all outside food sources and consume only home-cooked meals. Wood pressed cooking oils, unpolished heirloom rice varieties were suggested to be used for cooking
HERBS	Seven days seven liver tonic herbs- curry leaves, mint leaves, coriander leaves, moringa leaves, Phyllanthus niruri, bringaraj, aloe vera to tune up the liver
CHAWANPRASH AND TRIPHALA	The patient was advised one spoon of Chawanprash daily to strengthen the liver. In the night, Triphala was suggested to drink.
UNI5 RELAXING YOGA AND MEDITATION	The patient was to do Uni5 relaxation and meditation atleast once a day to relax the mind and de stressing emotional stress.

Table 2: Gut Microbiome Result

	Bacterial Groups	
	Healthy - patient 23M / %	Psoriasis Cured In Uni5 Treatment Patient in case study 23M / %
Phylum Level		
Firmicutes	70	88
Bacteroides	30	12
Genus Level		
Lactobacillus	1	2
Prevotella	11	1
Species Level		
Bifidobacterium	1.5	1
Akkermansia Muciniphila	1.5	1.3
Faecalibacterium Prausnitzii	8	2

Table 3: Microbiota in phyla and genus changes in cow dung

Types Of Cow Dung	Wild Cow (Malai Maddu) / %	Buffalo (Eruma Maddu) / %
Phylum Level		
Firmicutes	98	88
Bacteroides	2	12
Genus Level		
Lactobacillus	3	2
Prevotella	10	51

METHODS

The following was advised for the patient in Uni5 method along with ayurvedic medicines (Table 1): He followed this regimen for six months. All the Oorjv verified foods and herbs were purchased and consumed by the patient from www.kapilalam.com.

Clinical Testing

The patient was asked to do clinical testing of PCR based stool-gut microbiota Dysbiosis test at AMMAGENOMICS lab, Chennai India. The stool samples of a normal, symptom-free age group were compared.

Table 2: Gut microbiota in phylla, genus and species level changes in the Psoriasis patient after Uni5 treatment. The bacteria profile was similar to a normal healthy person, showing the efficacy of the uni5 treatment.

RESULTS AND DISCUSSION

"Following the initiation of Uni5 treatment, the psoriasis patient experienced noticeable improvement within a few days, particularly after castor oil cleansing. Over a span of 3 to 6 months, all symptoms periodically vanished. The Uni5 treatment, incorporating nourishment, cleansing, metabolic interaction, lymphatic-breathing exercises, and relaxation at five strategic levels, is similar to the fundamental approach of Ayurvedic panchakarma treatment.

"As an integral aspect of the Ayurvedic tradition, cleansing holds utmost importance in the pre-treatment process. Castor oil, a traditional remedy for constipation and purgation, serves as one of the cleansing agents. However, in the Uni5 method, castor oil is ingested to modulate gut microbiota by consuming 20 to 50 ml of oil on an empty stomach. This is followed by periodic intake of 100 ml of hot water every 30 minutes. Once there are 5 to 7 bowel movements, A2 milk yogurt, with or without fermented rice, is consumed. This proves to be an effective method for purging the existing gut microbiota and replenishing it with prebiotics like yogurt. Changes in the microbiota were observed in 16S ribosomal DNA fragments, including V4 regions, which were amplified using universal PCR-based primers (Irina Kurina, 2020) (Table 2). The patient did not provide a stool sample before the treatment but submitted one after the completion of the therapy. The post-treatment data revealed a bacterial profile akin to that of a healthy person in the same age group (Table 2).

Recent studies provide support for the notion that castor oil can influence the intestinal microbiota [10]. Comprising mainly ricinoleic acid, castor oil has demonstrated antimicrobial and anti-inflammatory effects when orally ingested by guinea pigs. Ricinoleic acid, a component of castor oil, has been observed to modulate neurogenic inflammation through an action similar to capsaicin [4]. Supplementation of functional oils has been shown to enhance intestinal health in nursery pigs by increasing beneficial bacteria and reducing harmful bacteria in the jejunal mucosa, potentially lowering jejunal oxidative stress. The CNSL-Castor oil group exhibited the highest number of *Lactobacillus* spp. copies [6]. Additionally, castor oil has been found to alter the ocular microbiome [11]. In the Uni5 method, the patient experienced immediate and long-lasting effects on skin texture, freedom from fungal infections, improved sleep, and enhanced general physical well-being through castor oil cleansing.

Water therapy constitutes a cleansing component in the Uni5 treatment, involving the consumption of one to one and a half liters of water on an empty stomach in the morning. This practice serves to cleanse the colon while inducing alterations in the microbiota. Various studies, including Wang (2019) [12], have demonstrated that drinking water can influence gut microbiota. The patient observed relief from constipation and noted improvements in skin condition.

Triphala, a herbal blend consisting of three fruits—*Terminalia chebula*, *Terminalia bellerica*, and *Phyllanthus emblica*—serves as a herbal means for gut cleansing in Uni5. Widely utilized in ancient medicinal systems such as Siddha and Ayurveda, Triphala contributes to maintaining digestive health and exhibits a trend towards reducing the Firmicutes to Bacteroidetes ratio. It enhances the abundance of *Akkermansia muciniphila*, a microbe strongly linked to preventing leaky gut syndrome and reducing skin damage. Triphala also decreases the levels of Rikenellaceae in *Alistipes* spp., contributing to overall health and disease treatment [13]. With high phenolic compound content, Triphala demonstrates the ability to influence changes in gut microbiota. Metabolomic analysis of the Triphala extract-consuming group reveals statistically significant differences in 60 metabolic pathways, with over 305 metabolites up-regulated and 23 down-regulated [14].

The patient adhered to a strict dietary regimen during the six-month course of treatment, abstaining from outside food and strictly consuming vegetarian homemade meals. In Uni5, food is considered a primary medicine, emphasizing the nourishing aspect of the approach. To maintain gut microbiota in a state of eubiosis, the inclusion of foods rich in polyphenols (prebiotics) is crucial, as they support the growth of healthy bacteria in the gut [15].

For lunch and dinner, the patient opted for unpolished red rice (mapillai Samba rice), and for breakfast, the same rice was consumed after fermentation. The diet comprised unrefined, high-polyphenol-rich foods, including red and black rice, millets, cooking oil, spices, unrefined jaggery, vegetables, and fruits. Additionally, the patient incorporated one tablespoon of Chyawanprash, an Ayurvedic medicine rich in polyphenols, from Kapilalam into their daily routine.

Chyawanprash, a traditional herbal decoction containing more than 50 herbal extracts, demonstrated efficacy in relieving symptoms such as rough skin, erythema, and edema induced by UVB irradiation in hairless mice [16]. Moreover, it significantly suppressed epidermal thickening, a hallmark of skin photo-aging, in mice. This effect was attributed to the enhancement of human keratinocyte growth and the efficient elimination of inflammatory reactive oxygen species (ROS) [5].

The utilization of probiotics in the treatment of chronic infections is gaining significance [17], supported by studies demonstrating the pivotal role of alterations in the skin and gut microbiome in conditions like psoriasis [18]. Consequently, microbiome restoration is considered a therapeutic strategy for psoriasis and various infections [3]. In this case study, the patient was advised to incorporate fermented rice water into their daily intake, known for its probiotic content. Additionally, cow dung, recognized for its antibacterial and antifungal effects [19], was applied externally by the patient from neck to toe to alter the skin microbiota. After an hour of contact with the skin, the patient cleaned their body with a shower, resulting in significant

improvement in itching and fungal infections on the skin. This positive outcome can be attributed to the presence of healthy probiotic bacteria like lactobacillus, antifungal compounds, and fungi producing antibacterial compounds found in cow dung. The patient experienced quick relief within a few days using this approach.

Various studies have highlighted the antifungal properties of cow dung, inhibiting the growth of coprophilous fungi [20]. Additionally, the dung of herbivores like cows and rabbits has been identified to contain fungal species producing penicillic acid, fumagillin-like molecules, and patulodin-like compounds [21]. Our studies also analyzed the presence of probiotic bacteria in cow dung (Table 3), revealing a richness in lactobacillus from the Firmicutes phyla. The patient observed rapid improvement in itching, and the skin texture returned to normal. Furthermore, a high-polyphenol herbal skin cream was applied at night for three months.

Daily practice of Uni5 stretching yoga, breathing exercises, and Uni5 meditation was recommended to relax the mind and promote effective lymphatic circulation, mitigating the risk of immune system hypersensitivity towards skin cells.

CONCLUSION

In conclusion, the implementation of all five strategic therapies resulted in the complete cure of psoriasis for the patient. They have remained symptom-free, showing no indications of the condition resurfacing even after several years.

Conflict of interest

There is no conflict of interest.

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