



*ijapc*

E ISSN 2350 0204

[www.ijapc.com](http://www.ijapc.com)

VOLUME 12 ISSUE 3

**MAY 10, 2020**

GREENTREE GROUP  
PUBLISHERS





## A Success Story of Ayurvedic Management a Case of Psoriasis (*Ekkushtha*)

Drashty D Kambad<sup>1\*</sup>, Tejal J Ganvit<sup>2</sup>, Binal Gondalia<sup>3</sup>, Radhika A Gurjar<sup>4</sup>, Surendra A Soni<sup>5</sup>

<sup>1-5</sup>PG Department of Kayachikitsa, GAAC, Ahmedabad, Gujarat, India

### ABSTRACT

Psoriasis is an auto-immune disease in which there is scaling and itching in the papulo squamous lesions of skin which disturbs the daily routine of the patients. Because of recurrent nature of the disease, it remained a great problem since past many decades. Modern medicine provides temporary & symptomatic relief but also has many side effects. In Ayurvedic context, this condition can be considered as "*Ekakushtha*".

In current case study, A sixty years aged male diagnosed as a case of Psoriasis (*Ekakushtha*) was treated on Ayurvedic Principles of *Kushthachikitsa* viz. *Dipan*, *Pachana*, *Sneha-pana* and *Virechana karma* and patient showed marked symptomatic improvement with the treatment.

### KEYWORDS

*Psoriasis, Ekakushtha, Dipan- Pachana, Sneha-pana, Sodhana karma*



**Greentree Group Publishers**

Received 18/02/00 Accepted 24/03/2020 Published 10/05/2020



## INTRODUCTION

Ayurvedic text does not give a direct reference towards a single disease which can be compared with modern disease Psoriasis. Many entities like *Kitibha*, *Charmadala*, and *Ekakushtha* are compared with it. Psoriasis is a long-lasting autoimmune disease characterized by patches of abnormal skin. This skin patches is typically red, itchy and scaly. The diseases *Kitibha* do not have scaling as such but *Shyavavarna* and *Khara sparsh* can be noted. *Charmadala* on the other hand has *Sphota* and *Ruja* as the important signs along with scaling. *Ekakushtha* consist of the signs and symptoms i.e. *Aswedana*, *Mahavastu* and *Matsya-shakalopam* which can be compared with Psoriasis and hence it has been taken as the analogue to psoriasis in the present clinical study.

Psoriasis is considered as a genetic, immunological and systemic disorder. With a prevalence of 1-3% and its socio economic impact is remarkable<sup>1</sup>. Recently developed and upcoming biological treatments after new therapeutic approaches<sup>2</sup>. All the skin diseases in *Ayurveda* have been discussed under the broad heading of “*Kushtha*” Almost all skin diseases can be categorized under **18** subtypes of *Kushtha* (*MahaKushtha*’ and *KshudraKushtha*’)<sup>3</sup>.

In *Ayurvedic* line of treatment, *Acharya Charaka* has given most importance to *Sodhana Chikitsa* and then *Shamana Chikitsa*<sup>4</sup>. So here we choose to give first *Virechana Karma* as *Shodhana Chikitsa* and after that *Patoladi Kwathaas Shamana Chikitsa*.

## LITERARY REVIEW

The word *Kushtha* means which make ones skin look disgraceful or ugly. In *Ayurvedic* classics, *Kushtha Roga* is divided into two groups. *Mahakushtha* and *Khudrakushtha* which are again classified into seven types and eleven types respectively. Due to *mithyaahara vihara* and *karma*, *Tridosha* get vitiated affecting the *Twak*, *Rakta*, *Mamsa* and *Ambu* which resulted in *kushtha*. It is classified as one of the “*Ashthamahagada*”<sup>5</sup>.

*Ekakushtha* is one of such disease explained under the heading of *Khsudrakushtha*. According to *AcharyaCharak*, *Ekakushtha* is due to vitiation of *Vata* and *Kapha*<sup>6</sup>. The clinical feature of *Ekakushtha* described by *Acharya Kashyap* represents remission, relapse and seasonal variation which are present in psoriasis.

In this present study, a patient who visited OPD of PG Department of *Kayachikitsa* GAAC, Ahmedabad was diagnosed as



Psoriasis (*Ekakushtha* as per *Ayurved*), and he has been treated on *Ayurvedic* Principles and got remarkable relief.

## CASE STUDY

A 60 year old Indian, married, non-Alcoholic male patient (OPD number:18036IPD Number:760) consulted in Out Patient Department of *Kayachikitsa* Govt. Akhandanand *Ayurved* College, Bhadra, Ahemdabad with complains of gradually progressive red, scaly patches all over the body since 5 years along with excessive burning sensation, which is more in summer season.

## PAST HISTORY

From the early age, patient had habit of chewing tobacco occasionally (4-5 time/week). He took treatment from an *Ayurvedic* Physician where his *virechana* karma had been done 2 years back, but 6 months after *virechana* he again suffered from same problem. Then he took medicines for same for many years but did not get any relief.

**Operative history:** Patient was operated for fistula in 2002.

**Family History:** Nothing Specific.

**Personal History:**

Diet: Vegetarian

Appetite: Good

Bowel: 1 time / day (Normal Consistency bowel)

Micturition: *Samyaka*

Sleep: Disturbed due to itching.

Addiction: Tobacco chewing (4 times/week) Tea (4-5 time/day)

Patient having no any history of hypertension, DM or any other major illness.

### **AsthaVidhaPariksha**

*Naadi: VataKapha*

*Mootra: 4-5 times/ day, 1-2 times/ night ,  
Samyaka*

*Mala: 1 time / day (Normal Consistency)*

*Jihwa: Sama*

*Shabda: Samyak*

*Sparsha: Anushnasheeta, Rukshata*

*Drik: Samyak*

*Aakriti: -Avsada, Udvigna*

### **DashvidhaPariksha**

*Prakriti – VataPaittika*

*Vikriti: -Lakshananimitta*

*Saara –Mamsa Sara*

*Samhanana- Madhyama*

*Pramana – Madhyama*

*Saatmya: Madhyama*

*Satva: Pravara*

*Aaharashakti:*

*Abhyavarana Shakti: Pravara*

*Jaran Shakti: Madhyama*

*Vyayamashakti: Pravara*



Reviewing his condition following “Samprapti-Components” were considered:

*Dosha: Vata, Kapha Dominant(Pitta Anubandha)*

*Dushya: Rasa, Rakta, Mamsa, Lasika.*

*Srotas: Rasa, Rakta, Mamsa*

*Udbhavsthana:Amashaya*

*Adhithana: SarvangSarira*

*RogaMarga:Bahya*

*StotoDustiPrakara: Sanga*

*Sama/Nirama:Sama*

*VyadhiPrakari: Chirkari*

*Sadhya-Sadhyata: Yasya.*

### Treatment

The treatment as per instructed in Table number 1 was continued for 31 days in IPD and then patient discharged after advice of taking above oral medications and to turn up for follow up after every 15 days. Till the date of writing this case study patient is quite well with no any specific symptoms or recurrence.

**Table 1** Treatment of *Ekakushtha* in Present study

Date	Medicine Given	Ausadhi Karma	Time And Anupana	Observation on Symptoms	Guna
10/6/2019 to 14/6/2019	<i>AvipattikaraChurna</i> 5gm	<i>Dipan- Pachan</i>	BD with cow <i>ghrita</i> just before meal.	-Red scaly Patches on all over the body - <i>kandu</i> and Burning sensation all over body - <i>JatharagniVridhhi</i>	<i>Agnidipana, Amapachak, Vataanulomaka, Strotoshodhaka.</i>
	<i>Haritaki</i> Tablet 4 Tablet(500 mg= 1 Tablet)		At bed Time with hot water.		<i>Vrushya, Vataanulomaka, Laxative, KoshthaSodhak..</i>
	<i>Karanj Tail</i>		For Local Application		<i>Kandughna, Twaksothahara.</i>
15/6/2019 To 20/6/2019	<i>PanchatiktaGhrita</i> (Increase in dose day by day)	<i>Ghritapana</i> Day1-40 ML Day2-70 ML Day3-105ML Day4-190ML Day5-250ML	In Morning (In between 6.00 to 6.30 Am) Followed <i>usnodak.</i>	Red scaly Patches on all over the body(60% Relief) -almost relief in c/o burning and itching. - <i>Slakshana</i> Skin and loose stool pass.	<i>Abhyantarasnehana, to help body forutkleshadoshaand bringdoshashakhato koshtha.</i>
21/6/2019 To 23/6/2019	<i>SarvangaAbhyanga</i> and <i>Swedanawith Nadisweda</i>	<i>Vishramkala</i>	In Morning.	Red scaly Patches on all over the body(70% Relief)	<i>Bhayasnehana,</i>
24/6/2019	<i>Virechanawith Kalyanak guda-150 gm</i>	<i>Virechana Karma</i>	<i>SleshmaGata kale.</i>	-Lightness in body and mind. -Other symptoms relieved as above mention	
25/6/2019 To 1/7/2019	<i>Sansarjana karma.</i>	3Annakala-Peya 3Annakala-vilepi 3Annakala-Akrita rasa 3Annakala-Krita rasa	Whole Day	- <i>Agni dipti</i> - <i>UtsahVridhhi</i>	



7 <sup>th</sup> day- Samanyabhojan.					
2/7/2019 to 9/7/2019	<i>Patoladikwath a 40 ml</i>	<i>Shaman Aushadhi</i>	Empty stomach in morning and evening	Red scaly Patches on all over the body(70% Relief) -Other symptoms relieved.	<i>Sothahar, Tridoshash amak.</i>
	<i>Arogyavard- hini Vati-2 TDS</i>		After Food		<i>Strotosodhan, Pittavirechana, Anulomaka</i>
	<i>KaishorGuggu lu 2 TDS</i>		With <i>kwatha</i>		<i>Kaphghan, Strotoavarodhanasha Vata-kaphanashak</i>
10/7/2019	<i>Khadirashta- kakwatha- 40 ML</i>	<i>Samanausadhi</i>	Empty stomach in morning and evening	Red scaly Patches on all over the body(80% Relief) -Other symptoms relieved.	<i>-Anulomaka, kushthagha, kandughn a, Raktasodhak.</i>
	<i>KaishorGuggu lu 2 TDS</i>		With <i>kwatha.</i>		Same as above.
	<i>Karanj Tail</i>		Locally		Same as above.



**Figure 1** Before Treatment **Fig 2** During treatment



**Figure 3** After treatment

Above figures shows the result of all over treatment. Figure 1 and 2 shows the phenomena of before treatment and Figure 3 shows phenomena of After treatment.

## DISCUSSION

In this patient, Irregular food habits, consumption of incompatible food like dairy products with fish, excessive intake of yogurt, paneer, black gram, excessive salty

and sour items etc. were found to activate the pathogenesis. The *dosha* and toxins accumulated in *Dhatus Rasa, Rakta, Mamsa* and *Lasika* lead to manifestation of psoriasis.

Psoriasis is believed to occur due to vitiation of all the other *dosha (Vata, Pitta, kapha)* mainly *vata* and *kapha* predominance. The prominence of *vata* causes dryness and scaling of skin in this patient. *Pitta* vitiation leads to burning sensation and redness, *kapha* causes itching, discharge and thickening of skin.

As per *Ayurvedic* management, *Virechana karma* is one of the best treatment modality for this type of ailments. Proper planning of *Purvakarma, Pradhana karma, Paschat karma* during *Virechana karma* is most important to yield better outcome.

In *Ekakushtha*, *Agni* is also deranged and *srotas* are obstructed. Therefore *Deepan-*



*Pachan* medicines prior to *Snehapana* is important, which helps in *Ama-pachana* and normalizing the *agni*.

*PanchtiktaGhrita* was chosen due to specific affinity of the drugs present in the *panchatikttaghrita* towards the *Raktavahastrotas* along with helping in proper *doshautklesha* during *snehapana*.

Here, the medicine for *virechana karma* used is *KalyanakGuda*. *KalyanakGuda* has been advised as *Virechaka Yogain* the management of *kushtha*<sup>2</sup>. The outcome of the *Virechana karma* is also dependant on proper *samsarjana karma*, which helps in correcting the *agni*, also helps to break the pathogenesis of disease.

After *sansargajanya karma*, *samana* drug *patoladikwatha*, *kaishoorguggulu*, *Arogyavardhinivati* are advised for better result. *Nirgundipatrapindasweda* with *karanjoil*, the mode of action of these has been described in above table.

So it is clear that the advised drugs and procedures have the properties to treat the manifestation of Psoriasis.

## CONCLUSION

This combined *Ayurvedic* treatment of above mentioned oral *Ayurvedic* drugs and *Sodhanaprocedures* were helpful in treating the patient of Psoriasis(*Ekakushtha*). If we assess the patient with their proper *Rogiand*

*Rogaparikshalike Dosha, Dushya, Kala* etc. with following proper *pathyapathyathan* we get remarkable improvement without any remission. This approach may be taken into consideration for further treatment and research work for Psoriasis(*Ekakushtha*).



## REFERENCES

1. Dogra S, Yadav S. Psoriasis In India: prevalence and pattern. Indian J Dermatol Venereol Leprol [serial online] 2010 [cited 2010 Dec 6]; 76:595-601. Available from: <https://www.ijdv.com/text.asp?2010/76/6/595/72443>.
2. Feldman SR, Fleishcher AB, Reboussin DM, et al: The economic impact of psoriasis severity. J Am Acad Dermatol 1997;37:564-569.
3. Susrutasamhita of Maharasi-Susruta Edited with Ayurveda-Tattva-Sandipika, Hindi Commentary, Scientific Analysis, Notes etc. By Kaviraja Ambikadutta Shastri, A.M.S. Part – 1. Chaukhambha Publication Varanasi, reprint 2016, Nidanasthana 5/5 page no 320.
4. The Caraka Samhita (Ayurveda Dipika's Ayusi Hindi – Commentary) Second part, Preface Acarya Siddhi Nandan Mishra, Editor by Vd. Harish Chandra Singh Kushwaha, Chaukhambha Orientalia, Varanasi, Reprint addition 2012. Chikitsa sthan 7/39 page no 201.
5. Susrutasamhita of Maharasi-Susruta Edited with Ayurveda-Tattva-Sandipika, Hindi Commentary, Scientific Analysis, Notes etc. By Kaviraja Ambikadutta Shastri, A.M.S. Part – 1. Chaukhambha Publication Varanasi, reprint 2016, Sutrasthana 33/5 page no 163.
6. The Caraka Samhita (Ayurveda Dipika's Ayusi Hindi – Commentary) Second part, Preface Acarya Siddhi Nandan Mishra, Editor by Vd. Harish Chandra Singh Kushwaha, Chaukhambha Orientalia, Varanasi, Reprint addition 2012. Chikitsa sthan 7/29 page no 119.