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## Ayurvedic Management of *Ekakushta* (*Vata-Kaphaj Kushta*) w.s.r. Psoriasis-A Case Study

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### ABSTRACT

Skin is the largest organ and an important outer protective covering of body. Urbanization and changing lifestyle affects the physiology of human beings which is also responsible for a chronic skin disease called as psoriasis. Psoriasis is a chronic inflammatory, recurrent, immune mediated skin condition. It can have negative impact on physical, emotional and psychosocial status of affected person. Prevalence rate shows that it affects 1-2% of worldwide population in both the genders.

In *Ayurveda* psoriasis is correlated with *Ekakushta*. *Ayurveda* described 18 type of *Kushta* in *Samhita Granthas*, in which 7 are *Mahakushta* and 11 are *Skshudra Kushta*. *Ekakushta* is a *Vata-Kaphaj Dosha Pradhan Vyadhi* having a symptom of *Aswedana*, *Mahavastu*, *Matsyashakalopma*. In allopathy there is no well-defined treatment for psoriasis, whereas in *Ayurveda*, to cure psoriasis from its root very well-defined treatments are present in the *Shodhan Chikitsa*, *Shaman Chikitsa* and *Rasayan Chikitsa*.

### KEYWORDS

Psoriasis, *Mahakushta*, *Ekakushta*, *Kshudra kushta*



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## INTRODUCTION

Skin is the largest organ of human body and its health reflects the mental and physical wellness of individual. In *Ayurveda* skin is included in one *Gyanendriya Adhishtana*<sup>(1)</sup>. Psoriasis is non-contagious, dry, inflammatory ugly skin disorder, which can involve entire system of the person<sup>(2)</sup>. In *Ayurveda* psoriasis is known as *Ekakushta*. The symptoms of *Ekakushta* are *Awsedanam*, *Mahavastu*, *Matsyaskalopam*<sup>(3)</sup>. In *Kushta* there is involvement of *Tridosha* and four *Dushya*<sup>(4)</sup>. In *Ekakushta* there is predominance of *Vata- Kapha Dosha*. Psoriasis is seen in both the genders but it is more prevalent in females. In the pathogenesis of psoriasis multifactorial genetic and environmental factor are involved. It is characterized by an abnormal rapid growth of the epidermal layer of skin.<sup>(5)</sup> In modern science there is no any treatment described to cure psoriasis. In *Ayurveda Panchkarma, Shodhan Chikitsa, Shaman Chikitsa* and *Rasayan Chikitsa* are very well effective to cure psoriasis from its root.

## CASE REPORT

A 60 year old female, working as a house wife in Osmanabad District, came in OPD of *Twacharoga* in Govt. Ayurvedic College and Hospital Osmanabad Maharashtra;

OPD registration number 12895 no. 31 dated 21/3/ 2018 with following complains since last six months–

- 1) Redness (*Raga*) at the site of right forearm and of left elbow joint
- 2) Formation of *Mahavastu* i.e erythematous lesion
- 3) Severe itching (*Kandu*) at the site of lesion.
- 4) Burning (*Daha*) sensation

## HISTORY OF PRESENT ILLNESS

Patient had first complaint of reddish lesion at the right forearm with itching as well as burning sensation. Initially, for these complaints she took allopathic treatment but there was no any improvement, so finally patient chooses to take Ayurvedic treatment.

## PERSONAL HISTORY

Family history- no any family history

Drug history- no any drug allergy history

Patient having DM since 1 year and no any other history of major illness

**Table 1** *Ashatwidha Parikshan*

<i>Nadi- Kapha-vata</i>	<i>Mala- Baddha</i>
<i>Mutra- Bahumutrata</i>	<i>Jivha-Saam</i>
<i>Shabda- kwachit</i>	<i>Sparsh-Khar,</i>
<i>Ksham</i>	
<i>Druk-Prakruta</i>	<i>Aakruti-Madhyam</i>

Other examination- *Agni-Kshudhamdya,*  
*Bala- Madhyam,*

## SYSTEMIC EXAMINATION-

Pulse-82 beats/min



Blood pressure-130/80 mm of Hg  
 Temperature- 97.4° F  
 Respiratory rate-20/min  
 CVS- S<sub>1</sub>S<sub>2</sub> normal, no added sound  
 CNS- Conscious and well oriented  
 RS- Air entry bilaterally equal and clear  
 P/A-soft and non-tender  
 Diagnosis- *Ekakushta*

## MATERIALS AND METHODS

Center of study: Government Ayurvedic  
 Hospital, Osmanabad Maharashtra

### Assessment criteria

**Table 2** Signs and symptoms of *Ekakushta*

Sign and symptoms	
<i>Aswedanam</i> (Lack of sweating)	Present
<i>Mahavastu</i> (Broad based)	Present
<i>Matsyaskalopam</i> (looks like scales of fish)	Present

### Subjective criteria <sup>(6)</sup>

#### A) *Aswedanam* (Absence of sweating)

- Normal Sweating 0
- Mild Sweating 1
- Mild Sweating on exercise 2
- No Sweating on exercise 3

#### B) *Mahavastu* (Big size lesion)

- No lesion on *Mahavastu* 0

**Table 3** *Shaman Chikitsa*

Sr no	Medicine	Dose	Time	Anupan
1	<i>Krumikuthar Rasa</i>	125 mg BD	Empty stomach	Lukwarm water
2	<i>Arogyawardhini wati</i>	400mg TDS	After meal	Lukewarm water
3	<i>Rasmanikya+Guduchi churan</i>	50mg+500mg BD	Before breakfast+ after meal	Lukewarm water
4	<i>Yashtimadhu+</i> <i>Manjishtha Kwatha</i>	<i>Sariwa+</i> 20 ml BD	After meal	With same amount water
5	<i>Triphala churan</i>	3gm OD	Bed time	Warm water

- Lesion on partial part of arm 1
- Lesion on most part of arm 2
- Lesion on whole part of arm 3

#### C) *Matsyashakalopamam* (Scaling)

- No scaling 0
- Mild scaling from all lesions 1
- Moderate scaling from all lesion 2
- Severe scaling from all lesion 3

### Objective criteria

#### a. Candle grease sign

When the lesions were scratched with scalpel blade, results in candle grease-scale.

- Absent 0
- Improved 1
- Present 2

#### b. Auspitz sign

Further deep scraping of lesions shows punctate hemorrhagic spots.

- Absent 0
- Improved 1
- Present 2

Following treatment was given to the patient in *Shaman Chikitsa*



### Medicine for external application

*Mahamarichyadi tail* + *Indrayava+Vidanag lep* for external application.

### Shodhan chikitsa

**Pachan-** Firstly *Pachan* given to the patient with the combination of *Triphala* 1 part+ *Musta* 1 part+ *Shunti* ½ part 3gm BD with lukewarm water

**Snehapan-** *Shenhapan* given with *Mahatiktak Grita* with *Anupana Koshn jal* (Lukewarm water) in morning with increasing quantity of *Grita* until the *Shehasidhi lakshne* seen (table no. 4). After 3 day *Samyak Snehasidhi lakshne* are seen. Then 2 day *Sarwang Snehana- Shodhan* given to the patient and then *Virechan* done (table no. 5).

**Table 4** *Snehapan*

Day of <i>Snehapan</i>	Quantity of <i>Ghrita</i>
1 <sup>st</sup> day	30ml
2 <sup>nd</sup> day	60 ml
3 <sup>rd</sup> day	90 ml

**Table 5** *Virechan Karma*

Medicine	Dose
<i>Abhadyadi modak</i>	4 Tab start
<i>Trivratt + Aragwadh Phanta</i>	60 ml start
<i>Triphala Kwath</i>	60 ml start
<i>Manuka Phant</i>	100 ml <i>muhurmuhu</i>

1. *Kwath* and *Phant* prepared by procedure told in *Sharandhar Samhita*. The above medicine given to patient at 8.00 am with *Purwakarma Snehana- Shodhan* then after ½hr after giving medicine. BP, pulse, HR monitored regularly at ½ hr after all are normal. 10 *Virechana vega* passed in 12 hr.

then *Sansarjan karm* advised for 3 day. Then after 5 day *Shaman* therapy started.

2. *Takradhara- Musta* and *Amalki Siddha Takra* used for at 10 am for 15 days. To get relief from mental stress.

3. *Raktmokshan* done with Leach therapy for *Raktadhatu shudhi* after *Virechana Karma*.

**Table 6** Observation before and after treatment

Sign and symptoms	Before treatment	After treatment
Aswedanam ( absence of sweating)	3	1
<i>Mahavastu</i>	2	1
<i>Matsyashakalopamam</i>	3	0
Candle grease sign	2	1
Auspitz scale	2	0



**Fig 1** Before treatment



**Fig 2** Before treatment



**Fig 3** After treatment



## DISCUSSION

In the present case study, patient with *Ekakushta* (figure no. 1 & Figure no. 2) was treated by *Shodhan Chikitsa* (table no. 5) with *Purv karma Pachan* and *Snehapan* (table no. 4). In psoriasis *Rakta* which is chief *Dushya* is dominating the pathogenesis, so *Virechana* is ideal treatment.

*Virechana* is mostly used for removal of disorders occurring due to *Vitiated Pitta*. *Rakta* has ineluctable role in the pathogenesis in *Kushta*, since *Ashraya* and *Ashrayi Bhava* of *Pitta* and *Rakta* helps in extenuating *Rakta* as well.

*Shaman Chikitsa* (table no. 3) given to patient 1) *Krumikatar Rasa* work for the destroying *Krumi* from the body in all *Kushta Chikitsa*. 2) *Arogyawardhini* contain *Kutaki* as a main contain, which work as *Shodhan* and *Bhendan* of *Dosha*. 3) *Rasmanikya* work on *Vata Kaphaj Vyadhi* in skin diseases. *Takradhara* given to patient is important for stress relief. *Raktmokshan* for *Rakta Dhatu Sudhi*. *Shaman Chikitsa* given for one month.

## CONCLUSION

On the basis of results observed in present case, it is concluded that the Ayurvedic management of Psoriasis is very effective. *Ekakhushta* described in *Ayurveda* has

similar symptoms with psoriasis. *Shodhan Chikitsa* is important in psoriasis which helps to remove the toxins from the body and make body clean and diseases free. In Allopathy, treatment for psoriasis is steroid, which has very harmful effects on the patient. Whereas Ayurvedic treatment has no any side effects on patient and destroy disease from its root.



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