



A REVIEW ON DIAGNOSIS AND MANAGEMENT OF EKA-KUSHTA - A CASE REPORT

Pallavi Joshi¹, Arhanth Kumar A², Vidhyalakshmi K³.

1 1st PG Scholar, Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, Karnataka, India

2 Associate Professor Department of Samhita and Siddhantha, Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, Karnataka, India

3 Professor, and HOD of Department of Samhita and Siddhantha, Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, Karnataka, India

Corresponding Author: nickkyjoshi12@gmail.com

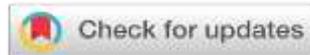
<https://doi.org/10.46607/iamj4611032023>

(Published Online: March 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 08/02/2023 - Peer Reviewed: 28/02/2023 - Accepted for Publication: 19/03/2023.



ABSTRACT

In Ayurveda, all skin diseases have been considered under the headings of *Kushta*. *Eka -Kushta* is one such disease that has been included under the heading of *Kshudra Kushta*. Characterized by like *Aswedanam*, *Mahavastu*, and *Matsyashakalopama*. This type of Roga skin looks like fish skin or scaly skin and there is the absence of sweating. According to Acharya Sushruta, it is a skin disease in which the body becomes blackish. This can be compared to erythrodermiasis. A case of a 27-year-old female patient presented with complaints of Excessive dryness and scaly skin all over the body for 10-12 years associated with, a pulling sensation of skin on contact with water. Management: *Snehapanam* with *Indukantham ghritam*, *Abhyanga*, *Bashpa Sveda* with *Ksheerabala Thailam*, and *Virechanam* with *Trivrit Lhyam* implemented.

Keywords: *Eka kustha*, Psoriasis, *virechana*

INTRODUCTION

The *dushita Vata, Pitta, and Kapha* involvement of skin, *Rakta*, Muscles, and *Ambu* (Watery elements) are found involved in the pathogenesis. Hence these 7 components are initiators of skin illness. All the above factors are invariably involved in different grades of all *kushta roga*. *Kushta* has been classified into 2 main groups *Maha kushta* are 7 types of major & serious obstinate skin disease and *kshudra kushta* are 11 types. *EKA-KUSHTA* is one of them, in *eka kushta*, the lesion does not perspire, spreads on a large surface area, and appears like the scales of fish. The entire body becomes blackish. They are referred to as *sapta dravya sangraha* of *kushta roga*. *Mithyaha* and *vihara vitiata* tridosha which further leads to the affliction and aggravation of *rasa rakta mamsa and lasika*. The predominance of *vata* can be elicited by symptoms like discoloration roughness dryness, and hardness to touch.

CHIEF COMPLAINTS: Excessive dryness all over the body & scaly skin for 10-12 years associated with a pulling sensation of skin on contact with water.

CASE REPORT: A 27-year-old female patient, K/C/O Leprosy came to OPD with complaints of excessive dryness all over the body and scaly skin. She has had it observed since a young age occasionally, but currently it got aggravated for a few months. Feels like a pulling sensation of skin on contact with water.

The patient also complains of sinus headaches occasionally.

PAST HISTORY: History of leprosy 2 years ago, MDR therapy is taken., Difficulty in swallowing food 1 year ago, corrected surgically in January 2022.

PERSONAL HISTORY:

Profession- engineer

Diet- mixed

Sleep- normal

Bowel- constipated.

Addictive habits- none

EXAMINATION:

DASHAVIDHA PARIKSHA

Nadi (pulse) - 70/ min

Mala (stool) - Asamyak pravritti

Mutra (urine) - samyak pravritti

Jihva (tongue) - uplipta

Shabda (speech) - samanya

Sparsha (temperature, skin) - khara, Anushnashita

Druka (eyes) - Samanya

Akruti (built) - Madhyama.

Agni- manda

Raktachapa (B.P.) - 120/90 mmHg

SKIN EXAMINATION

1. Inspection
2. Size, Shape- especially on hand and both legs
3. lesions- small
4. Moisture- Dryness, no sweating
5. Temperature- normal
6. Texture- Rough
7. Mobility – Reduced
8. Turgor pressure- no
9. Thickness- very less
10. color- white scales

<i>Kshudrakushta</i>	Psoriasis signs and symptoms
<i>Aswedanam</i>	The lesion of this disease is dry & rough
<i>Mahavastu</i>	Bigger lesions are found all over the body & deeply rooted
<i>Matsya Shakalopamam</i>	Well-defined raised macules, papules, & erythematous plaques were found covered with silvery scales
<i>Krishna Aruna Varna</i>	<i>Varna</i> raised & erythematous thick lesion becomes black in colour
<i>Twaka Parushya</i>	Dryness in skin

Table 1 - Comparison between Psoriasis and Kshudra-kushta

TREATMENT:

The treatment was administered according to symptoms. Various procedures like Snehanam with Indukantham ghritam, Abhyanga, Bashpa Sveda with Ksheerabala Thailam, and Virechanam with Trivrit Lham were implemented. The line of treatment was flexible and modified according to the tolerance level and necessity of the patient.

DAY	DOSE	GIVEN TIME	JIRANA AT	LAKSHANA	TIME OF DIGESTION
21/12/22	70 ML	6.15 AM	1.40 PM	The heaviness of head , headache	7 hours
22/12/22	70 ML	7.00 AM	-	-	-
23/12/22	30 ML	7.00 AM	2.00 PM	Mild burning sensation in the chest	7hour
24/12/22	50 ML	7.05 AM	12.30 PM	No issues, dryness decreased	6hour
25/12/22	80ML	7.00 AM	7.45 PM	3 times bowels cleared. One-time loose <i>snigadha varcha</i>	13hour
26/12/22	80 ML	7.10 AM	6.35 PM	No issues	12hour

MEDICINE	DOSAGE	FREQUENCY
<i>Panchkola phanta</i>	10 ml	TID
<i>Shunti Kashayam</i>	100 ml	1 time
<i>Rasnadi choornam</i>	External application	

MEDICINE	DOSAGE	FREQUENCY
<i>Indukantham Ghritam</i>	1 tsp	An empty stomach in the morning
<i>Chitrakadi vati</i>	1-0-1	Before food
<i>Arogyavardhini vati</i>	1-1-1	After food
<i>Amalaki Choornam</i>	1 tsp with warm water	At Bedtime
EXTERNAL APPLICATION		
<i>Yashtimadhu thailam</i>	External application	1 month

Table 2 Discharge medications given are.

SL.NO.	Symptoms	Before Treatment	After-Treatment
1.	Excessive dryness	+++	+
2.	Pulling sensation	++	+
3.	Roughness	+++	+
4.	<i>Roopa-Matsyashakalopama</i>	+++	+

DISCUSSION

Kushta is a *tridoshaja vyadhi* and involves all 7 *dhatu*s as a *dushya*. In *kushta*, *Rakta* is considered the main *dhatu* which is responsible for the *prasara* stage in *kushta samprapti*. As *pitta* and *rakta dhatu* have *ashraya-ashryai bhava*, *Bhrajaka pitta* mainly affects *Sthana* of *bhrajaka pitta* which is *twak*. Line of treatment for *pitta dosha* and *rakta dhatu* resemble

each other. Therefore, *virechana karma* is used in the case of *shodhana* therapy.

Probable mode of action of Virechana Karma.

Virechana is beneficial in *pitta* disorder. *Virechana* is helpful to cleanse the *kushta* in a healthy and diseased person. *Virechana* is also a treatment for *pitta samsargaja doshas*, *kapha samsrista doshas*, and also for *pitta shangata kapha*. Similarly, *virechana* is even beneficial for *vata dosha*. Since there is a spe-

cific indication of *virechana* in *Kushta*, *visarpa*, *Raktapitta*, and *gudapaka*, Acharya Charaka has indicated *Samshodhana Karma* in the treatment of *Bahudosha*. Among them, signs and symptoms like *Pidka*, *Kotha*, *Kandu*, *Shleshmapitta Samutklesha*, and *Balvarna Pranaasha* are clearly indicative of skin manifestations. All three *dosha* are involved in the mani-

festation of *Kushta* with the predominance of one or two *doshas*. Acharya Sushruta described *Samshodhana* as a line of treatment of *Twakgata*, *Raktagata*, and *Mamasagata Kushta*.

RESULT: After *shodhana (virechana)* reduce all the symptoms.

BEFORE-



AFTER-



CONCLUSION

Junk food, spicy food, and a sedentary lifestyle which causes *mandaagni* and develop *rasa*, *rakta dushti*, etc, or *Ama* – formation further leading to *oja kshaya* and the body becoming vulnerable to disease. *Virechana karma* is considered the best treatment for morbid and increased *Pitta dosha*. Psoriasis (*Ekakushtha*) though it is difficult to manage, in the

initial stage and involvement of only *eka dosha* will cure, a proper diagnosis is made at the proper time, and many complications can be avoided. The mechanism of action of each drug is probably different but they all help to normalize skin cell proliferation. *Snehapanam* with *Indukantham ghritam*, *Abhyanga*, *Bashpa Sveda* with *Ksheerabala Thailam*, and *Virechanam* with *Trivrit Lhyam* with *Shamana*

chikitsa very effective in the management of *Eka Kushta* .in present case the treatment were found very effective.

REFERENCES

1. Agnivesha, Charaka Samhita of Acharya Charaka, Dri-dhabala krit, edited by Vaidya Yadavji Trikamji Acharya. Sutra Sthana. Ch. 28, Ver. 17. Varanasi: Chaukamba Sanskrit Sansthan; 2016. P. 179
2. Agnivesha, Charaka Samhita of Acharya Charaka, Dri-dhabala krit, edited by Vaidya Yadavji Trikamji Acharya. Chikitsa Sthana. Ch. 28, Ver. 58. Varanasi: Chaukamba Sanskrit Sansthan; 2016. P. 619
3. Agnivesha, Charaka Samhita of Acharya Charaka, Dri-dhabala krit, edited by Vaidya Yadavji Trikamji

- Acharya. Chikitsa Sthana. Ch. 24 Ver. 18 Varanasi: Chaukamba Sanskrit Sansthan; 2016. P. 479.
4. Agnivesha, Charaka Samhita of Acharya Charaka, Dri-dhabala krit, edited by Vaidya Yadavji Trikamji Acharya. Chikitsa Sthana. Ch. 28, Ver. 60. Varanasi: Chaukamba Sanskrit Sansthan; 2016. P. 619
5. Agnivesha, Charaka Samhita of Acharya Charaka, Dri-dhabala krit, edited by Vaidya Yadavji Trikamji Acharya. Chikitsa Sthana. Ch. 28, Ver. 75-80. Varanasi: Chaukamba Sanskrit Sansthan; 2016. P. 620.
6. Agnivesha, Charaka Samhita of Acharya Charaka, Dri-dhabala krit, edited by Vaidya Yadavji Trikamji Acharya. Chikitsa Sthana.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Pallavi Joshi et al: A Review on Diagnosis and Management of Eka-Kushta - A Case Report. International Ayurvedic Medical Journal {online} 2023 {cited March 2023} Available from: http://www.iamj.in/posts/images/upload/753_757.pdf