



## MANAGEMENT OF EKA KUSHTA WITH SHODHANA AND SHAMANA – A CASE STUDY

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## ABSTRACT

In *Ayurveda*, all skin diseases are explained under the disease *Kushta*. The word *Kushta* is derived from the *sutra* – “*Krishnati sarvam Vapuhu iti Kushtam*” which means, the one which causes *vikruta* to *Shareera* is called *Kushta*. *Kushta* is broadly bifurcated into *Maha kushta* & *Kshudra kushta*. *Eka Kushta* is one among *Kshudra kushta*; those which do not affect the *Gambheera dhatu*. In the present case report, a 58-year-old male patient presents with pinkish red scaly appearance with silvery margins in both the upper limbs, lower limbs, abdomen, trunk and chest region associated with severe itching since 26 years. The patient was treated with *Shodhana* like *Virechana* along with *Shamana aushadhis* & reported with significant improvement in the condition.

**Keywords:** *Eka kushta*, Psoriasis, *Virechana*, *Nidana Parivarjana*.

## INTRODUCTION

Lifestyle disorders like Diabetes, obesity, stroke, metabolic syndrome, auto-immune disorders, skin disorders, connective tissue disorders, Pruritus and others develop as a result of prolonged exposure to modifiable lifestyle behaviours like smoking, poor

eating, and being inactive. These are more common today because of changes in eating habits, sedentary lifestyles, stress, drug abuse (including prescription drugs), sleep disorders, and other factors. Diseases like Diabetes mellitus have a high risk of manifesta-

tion of skin diseases. In *Ayurveda* also more importance has been given to *Swastha charya palana*, *Nidana*, *Pragnyaparadha* etc which either leads to a healthy individual or disease person. *Dinacharya* ensures that people live in harmony by synchronizing the body with the rhythm of nature and which strengthens immunity and protects from disease. *Rutucharya* enables us to strengthen our bodies and minds so that we can combat illnesses that may arise due to seasonal changes. It maintains the harmony of our body's tridoshas and keeps us physically fit and healthy all through the year by doing *Rutucharya palana* and *Rutushodhana* i.e., *Vasantika vama* , *Sharad Virechanam* etc helps in maintaining the normalcy of *doshas & dhatus*. Due to intake of *mithya ahara*, *viruddha ahara* like junk foods, *Vyasana*, *vega dharana*, etc *nidana* leads to manifestation of diseases like *Kushta*, *Prameha* etc. All the skin diseases in *Ayurveda* have been highlighted under the title *kushta*. In the *twacha*, *kushta* is considered as a *Rakta Pradoshaja Vikara*: but *Vata*, *Pitta*, *Kapha*, *Lasika*, *Twacha*, *Rakta* and *Mamsa* are the *Sapta dravya* in the body that are involved in the pathogenesis. These components typically assist in preserving body's integrity, but when they get tainted by *Nidana sevana* leads to manifestation of different type of *Kushta*. *Eka kushta* is one among the *kshudra kushta* which shows symptoms like *aswedanam*(dryness), *mahavastu*(covers larger area of body) and *matsya shakalopama*(skin resembles the flaky scales of fish).<sup>1</sup> These features of *Ekakushta* clinically can be correlated with Psoriasis. Psoriasis is one of the most common auto immune dermatological disease, affecting up to 1-2% of World Population. With prevalence of 0.44-2.8% in India, it commonly affects individuals in their 3<sup>rd</sup> or 4<sup>th</sup> decade with males being affected two times more common than females<sup>2</sup>. Psoriasis has a significant detrimental effect on patients and their families quality of life, inflicting a significant physical, mental and social burden on them. It is a chronic inflammatory skin disorder clinically characterized by erythematous, sharply demarcated papules and rounded plaques, covered by silvery micaceous scale<sup>3</sup>. This is a Single case study. Here *Shodhana*

*karma* was adapted as the disease is *tridoshaja*<sup>4</sup> and in *bahudoshavastha* ; followed by *Shamanoushadhis* along with some local application ointments which shown substantial result in curing the disease.

## CASE REPORT

### Primary Data

A 58-year-old male patient visited Kaya Chikitsa OPD of Ayurveda Mahavidyalaya & Hospital, Hubli on date 13/04/2023 with following details.

Patient name - ABC

Age/Sex- 58 years / Male

Occupation - Merchant

Place – Hubballi

OPD. No- 23005195

The Patient had complaints of wide pinkish red patches with silvery flaky scales in upper limbs, lower limbs, chest, and abdomen and trunk region for 25 years. We advised the patient to do a few *shamanoushadhis* as he was not willing to accept admission. As the disease was in *Bahudoshavastha* we strictly advised him for admission if any symptoms get worsened. Later he got admitted after 10 days with the same symptoms with following details.

IPD . No- 147

DOA- 24/04/2023

DOD- 03/05/2023

### Chief Complaints

- Wide Pinkish red patches with silvery flaky scales at Bi-lateral Upper limbs, Lower limbs, Abdomen, Trunk & Chest region for 25 years.
- Itching
- Dry Powdery flaky discharge
- Bleeding sometimes

### Associate Complaints

- Unsatisfied bowels
- Disturbed sleep

### History of Present Illness

A 58-year-old male patient was apparently healthy before 25 years. Due to intake of *mithya ahara*, sedentary lifestyle, excessive intake of *katu ahara* etc *nidana* leads to gradual appearances of pinkish patches with powdery discharge with itching. Then he took allopathic treatment for a few months but did not find relief. Due to *nidana* and climatic changes

the patient's condition worsened for 2 months. Hence, he consulted Ayurveda Mahavidyalaya Hospital OPD.10 for further treatment.

#### Past History

- K/C/O - Diabetes Mellitus for 10 years
- Medicine history – he was in medicine.
- 1. Tab- Monticap 1-0-0
- 2. Tab- Levocetizine 1-0-0 and discontinued for 8 days after taking ayurvedic treatment.

#### Family History

No Such history

#### Personal History

- Diet- Mixed
- Appetite – Normal
- Bowel – unsatisfied bowels(2-3 times/day)
- Micturition – Normal

- Sleep – disturbed due to itching
- Habit - Tobacco chewing

#### Vital data

BP- 120/70 mmHg

PR – 76bpm

RR – 20bpm

Weight – 61kg

#### Skin Examination

- Site – B/L upper limb, lower limb, abdomen, trunk & chest region
- Margin – irregular
- Nature – wide dry flaky scaling
- Colour- Pinkish red patches silvery border
- Candle grease sign – Present
- Auspitz sign – absent

#### Nidana Panchaka of Eka Kushtha

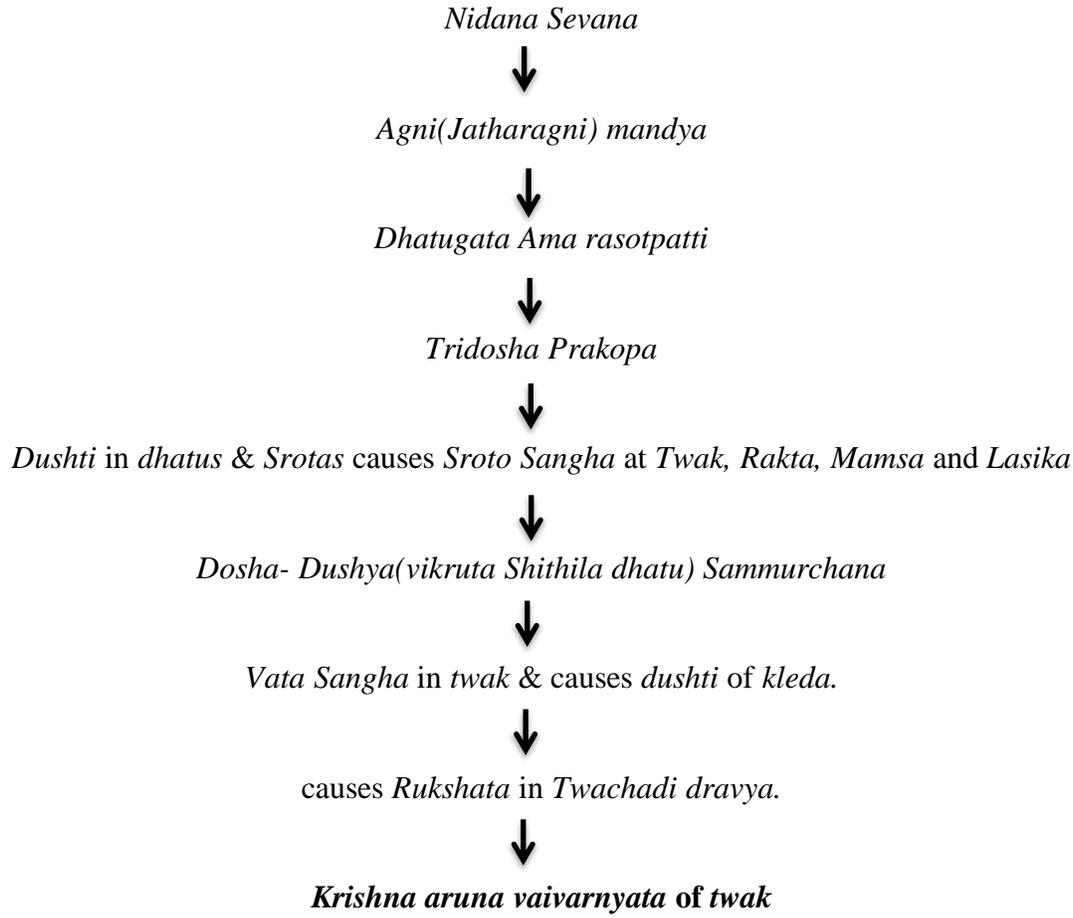
#### Nidana

Table.no- 1 – Nidana of Eka Kushta

Aharaja		Viharaja		Manasika		Anya	
<b>Mithya Ahara sevana</b>							
ati matra bhojana		ati Shrama	+	Bhaya		Pragnyaparadha	+
asatmya bhojana	+	ati vyayama		Santapa		Panchakarmaapacharaja Ex- holding the vegas of Vama- na	
ajirna bhojana		Ratri jagarana	+	Chinta	+	others	
ati vidahi	+	Diva swapna					
Vidagdha Ahara		ati Shrama	+				
ati katu amla ahara	+	ati Vyayama					
Sheetoshna viparyaya Ahara							
Viruddha guna ahara sevana – fish + Milk							
Excessive intake of Madhu, Matsya, Lakucha, moolaka, anupa – Audaka mamsa	+						
ati Snehayukta ahara – oily foods	+						
Adhyashana	+						
Abhishyandi	+						

Note : Here “ + ” denotes presence of particular Nidana/causative factor.

### **Samprapti of Eka kushta:**



#### **Samprapti Ghataka :**

Dosha - Kapha pradhana Tridosha  
Dushya -Twak, Rakta , Mamsa, Lasika  
Agni- Jatharagni mandya & Dhatwagni mandya  
Ama- Jatharagni mandya janya ama & Dhatwagni mandyajanya ama  
Srotas- Rasavaha, Raktavaha, Mamsavaha srotas  
Sroto dushti Prakara - Sanga & Vimarga gamana  
Udbhava sthana –Ama- Pakvashaya  
Sanchara sthana - Tiryag Sira  
Adhithana - Twacha  
Vyadhi marga – Bahya  
Vyadhi Swabhava – Chirakari

#### **Poorva roopa :**

- Kandu
- Kharatva
- Vaivarnya

#### **Roopa :**

- Aswedana (loss of perspiration i.e., dry scaly lesions)
- Mahavastu ( large area of skin is involved)
- Matsya Shakalopama ( skin resembling the flaky scale of fish skin )
- Krishna aruna varnayukta
- Kandu
- Twak Vaivarnyata

#### **Upashaya :**

- Ushna jala sevana
- Mita ahara
- Laghu, tikta ahara

#### **Anupashaya :**

- Divaswapna
- Ati Amla, Lavana , katu rasa ahara
- Dadhi sevana
- Ati chinta, shrama, bhaya

**Blood investigation:**

HbA1C- 5.8%

As per the findings, the patient is in pre-diabetic stage hence advised only Diabetic diet rather than oral hypoglycaemic agents.

**Diagnosis – Ekakushta / Psoriasis**

**Treatment:**

- ❖ On 1<sup>st</sup> day of OPD advised following *Shamanoushadhis* for 15 days

Table.no - 2 – Shamanoushadhis advised on 1<sup>st</sup> day.

1. <i>Kushtaghna Kashaya</i>	1tsp -0-0 (B/F)
2. <i>Khadirasava</i>	15ml-0-15ml (A/F)
3. Tab <i>Gandhaka Rasayana</i>	1-0-1 (A/F)
4. Tab Purin	1-1-1 (A/F)
5. Psora lotion	L/A

- ❖ After 10 days, Patient got admitted in Hospital with moderate symptoms.

As condition of patient is in *Bahudoshavastha*, we advised *Panchakarma* therapy i.e Directly *Snehapana* and *other treatment* as follows:

Table.no-3 Treatment Schedule

Procedure	Medicine	Days	dose
1. <i>Snehapana</i>	<i>Mahatiktaka ghrita</i> ( <i>Arohana matra acc to Koshta and Sneha jeerna kala</i> )	1	30ml
		2	65ml
		3	85ml
		4	120ml
		5	135ml
2. <i>Sarvanga Abhyanga And Bhaspa sweda</i>	<i>Karanja taila</i>	2 days	Quantity sufficient
3. <i>Vishrama Kala</i>	Advised <i>Pitta prakopaka ahara</i> by evening	1 day	-
4. <i>Virechana</i>	<i>Trivruth Lehya</i> (Had total 10 vegas)	1 day	40gms
5. <i>Samsarjana krama</i>	<i>pathya-apathya</i> advised	7 days	-

\* *Sneha siddhi lakshanas* were observed on 5<sup>th</sup> day of *Snehapana* like *Snigdha varcha*, *Gatra Mardava*, *Sneha dwesha* etc.

\**Shamanoushadhis* (given after *samsarjana krama*) : for 15 days

1. Tab- *Kaishora Guggulu* 1-1-1 (A/F)
2. *Sariva Kalpa* 15ml-0-15ml (A/F)
3. Cap- *Cutis* 1-1-1(A/F)
4. Cap- *Purin* 1-1-1(A/F)
5. Lippu oil L/A

Table.no – 4 Follow-up details

Complaints	Advice
<p>1<sup>st</sup> Follow- up (20/05/2023)</p> <ul style="list-style-type: none"> <li>• Itching reduced</li> <li>• Powdery discharge and Lesions reduced</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>Sarivadyasava</i> 10ml-0-10ml (A/F)</li> <li>2. Tab- <i>Laghu suta Shekara vati</i> 1-0-1(B/F)</li> <li>3. Cap- <i>Cutis</i> 1-1-1 (A/F)</li> <li>4. Cap- <i>Purin</i> 1-1-1 (A/F)</li> </ol>

	5.Lippu oil L/A
2 <sup>nd</sup> Follow-up (05/06/2023)	1.Tab- <i>Kaishora Guggulu</i> 1-0-1 (A/F)
• Itching reduced	2.Tab- <i>Laghu suta Shekara vati</i> 1-0-1 (B/F)
	3.Lippu oil – L/A

### Gradings of Parameters

Table.no – 5 - Gradings of Assessment Criteria for Ekakushta

Parameter	Grades	Score
1. Scaling of skin	No scaling/flakes	0
	Mild scaling	1
	Shedding of skin flakes after Itching	2
	Shedding of skin without itching also	3
2. Discoloration/colour of lesion	Normal skin colour	0
	Reddish discoloration	1
	Reddish black discoloration	2
	Reddish Blackish discoloration with fissure	3
3. Dryness of Lesion	Normal skin lesion with perspiration	0
	Absence of Perspiration/ Dry skin lesion	1
	Severe dry skin lesion	2
4. Itching	No Itching	0
	Mild Itching but not disturbing normal activity	1
	Occasional itching disturbing normal activity	2
	Itching present continuously and even disturbed sleep	3
5. Site of Lesion	Lesion present on one part of body either UL/ LL	0
	Lesion present on both UL & LL	1
	Lesion present on UL, LL, & abdomen or trunk region	2
	Lesion present on UL, LL, abdomen or trunk region & face	3
	Lesions present all over body	4
6. Candle grease sign	Absent	0
	Present	1

Note: The above grading is taken from previous dissertation works as a reference.<sup>5</sup>

Table.no- 6 - Observation Table

Sl.no.	Clinical features	Before Treatment	After Treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> Follow-up
1	Scaling of Skin	3	1	0	0
2	Discoloration	2	1	1	1
3	Dryness	1	1	1	0
4	Itching	3	2	1	0
5	Lesions	2	2	1	0
6	Candle grease sign	1	0	0	0

Table.no – 7. Annexure

Before Treatment	During Snehapana	After Treatment	1 <sup>st</sup> Follow-up	2 <sup>nd</sup> Follow-up
 Day 1 Snehapana	 Day 3 Snehapana	 1 week after Virechana	 1st Follow up - 3 weeks after Virechana (20-05-2023)	 2nd Follow up 05-06-2023

### Result:

After the treatment, symptoms markedly reduced. The Patient was advised for follow-up medicines and proper diet was advised.

### DISCUSSION

The Disease *Eka kushta* can be correlated with Psoriasis. By appropriate understanding of *Nidana*, *Samprapti*, *laxana*, *rogi bala*, *roga bala*, *avastha* of disease we can treat this disease by adapting multi-modality treatment procedures like *Snehapana*, *Abhyanga*, *Swedana*, *Virechana* along with oral medication and *pathya*.

The mode of action of procedure and drugs are as follows :

**Snehapana:** The *Snehadravya* reaches the minute channels of the body and thereby facilitates the process of *Dosha vilayana*.

**Virechana:** This helps in expulsion of *doshas* by dragging them towards *adhobhaga* through *Gudamarga*. *Amashaya* is the specific seat of *Pitta* and *Kapha*. Though *Virechana* is a specific therapy for *pitta dosha*, it may also be used for eliminating *kapha dosha*.

**Kushtaghna Kashaya :** It contains *Khadira*, *Abhaya*, *Amalaki*, *Haridra*, *Bhallataka*, *Saptaparna*, *Aragwadha*, *Karaveera*, *Vidanga*, *Jatipravala*. Most of the drugs in *Kushtaghna Kashaya* have *tikta rasa*, which is *kapha- pittashamaka*, and has the properties of *Kandughna*, reduces *pidakas* & *sravahara*. *Karaveera* has *Vranashodhaka* properties. The skin colour gets normal due to the presence of *Haridra*. *Haritaki* has *deepana*, *Pachana*, *Rasayana* & *anulomana* action, where *Vidanga* has the property of *Krimighna*.<sup>6</sup>

**Gandhaka Rasayana :** Its acts as *Agnideepaka* and *Kandughna* also it acts as antibacterial, anti-microbial, broad-spectrum antibiotic, anti-inflammatory, antipruritic, anthelmintic, anti-leprosy, antioxidant, blood purifier, etc<sup>7</sup>.

**Khadirasava:** It contains *Khadira*, *Daru haridra*, *bakuchi*, *dhataki*, etc drugs which acts as antifungal, and it has broad antibacterial range & acts as *Rasayana* <sup>8</sup>.

**Tab Purin:** It contains *Rasa manikya*, *Gandhaka Rasayana*, *Brihat Manjishtadi kwatha*, *Daruharidra*, *Anantamoola*, *Chopchini*, *Yashtimadhu*, *Haritaki*, etc drugs. *Rasamanikya* acts as *Vata-Kapha shamaka*, anti-allergic; *Brihat Manjishtadi* acts as *raktashodhaka*; *Anantamoola* acts as antioxidant, anti-inflammatory, anti-microbial, anti-anti-ulcerogenic etc properties.

**Kaishora Guggulu:** is specifically indicated in *Vata-rakta*, *Vrana*, and *Kushtha*. It acts as anti-allergic, anti-bacterial and blood purifier <sup>9</sup>.

**Mahatiktaka Ghrita:** is useful in all types of *Kushta* when taken orally. It is also indicated in *Raktapitta*, *amlapitta*, *vatarakta*, *visarpa*, *gulma*, etc. This *ghrita* cures serious type of diseases even if these were not amenable to hundreds of other recipes.<sup>10</sup>

**Karanja Taila:** was used because of its *Kandughna* and *Kustaghna* properties. It is *Kaphaghna* and *Vataghna* due to its *Tikta*, *Katu Rasa* and *Ushna Virya*. It also has *Jantughna*, *Vranaropana* and *Vedanasthapana* properties. As it contains *Vatsanabha* which acts

as Vyavayi and vikasi due to which it can move easily through srotas and does samprarpti vighatana<sup>11</sup>.

**Trivritt Leha:** It is having Ushna veerya and acts as Pitta-Kapha shamaka & Rechaka. It targets skin disorders with pitta predominance like Psoriasis, Eczema, etc<sup>12</sup>.

**Psora lotion:** It contains Bakuchi, Nimba, Brihat marichyadi taila. It acts as Ideal Non-steroidal anti-allergic agent. It facilitates tissue repair and regeneration hence reduces Itching, Scaling & Plaque formation. It is mainly indicated in Psoriasis & other skin conditions.

**Sarivadyasava :** It contains Mustaka, Haritaki, Rakta chandana, Padmaka etc drugs which is having sheeta veerya acts as raktashodhaka, tridosha shamaka, urinary antiseptic and indicated in Urticaria, Eczema, various skin diseases.

**Cap Cutis:** It contains Pancha nimba churna which acts as antibacterial, antifungal and Shuddha Gandhaka acts as antimicrobial. Bakuchi acts as antioxidant, anti-inflammatory, anti-coagulant & blood purifier. Rasanjana acts as a natural wound healer.

**Sariva Kalpa :** It contains Sariva, Nimba, Khadeera, Ushira, Triphala, etc which acts as ideal blood purifier, cooling agent. Hence it is indicated in Herpes, Eczema, Psoriasis, other allergic skin conditions.

**Lippu oil:** It prevents Itching and dryness of skin. It contains Karanja and Narikela taila. Narikela taila acts as vata-pitta shamaka; acts as moisturiser & coolant agent and it detoxifies the body. Observing the above yogas, most of the yoga contains dravya like Karanja, Khadira, Nimba, Sariva, Bakuchi, Manjishtha, Daruharidra, Guduchi, Usheera, Gandhaka, etc. Most of the drugs have tikta rasa, kashaya rasa and madhura rasa. Tikta rasa mitigates pitta & kapha dosha; helps to reduce daha, kandu in Kushta, visha, kotha & other conditions. Kashaya rasa mitigates pitta & kapha doshas; which causes Raktashodhaka, Vranaropaka, Twakprasada, lekha, Raktastambhaka properties etc in Kushta & other conditions. Drugs like Sariva, Bakuchi, Usheera have Madhura rasa, sheeta, laghu gunas. Madhura rasa acts as varnya, rakta-rasa prasada, daha prashamana & mitigates vata-pitta dosha.<sup>13,14</sup>

## CONCLUSION

- Ekakushta is Vata Kapha pradhana Tridoshaja Kshudra Kushta Roga. The Rooksha Guna of Vata causes pain and severe dryness. Kandu is caused by Kapha Dosha. Srava due to Pitta Dosha.
- Manasika vishaya like chinta, bhaya, etc leads to agnidushti & also disturbs the samana vata, apana vata, pachaka pitta and kledaka kapha functions causes ama rasotpatti which leads to manifestation of disease. Due to involvement of psychological factors Satvavajaya chikitsa also advised.
- The other Nidana like Vyasana i.e., habit of Tobacco chewing & smoking triggers the symptoms of psoriasis which contains Nicotine causes chronic inflammation which is incited by release of cytokine and activates T-lymphocytes.
- Nidana Parivarjana, Dinacharya, Rtucharya and Manasika chikitsa plays important role in the treatment as it stops the further progression of the disease by restricting Dosha vitiation.
- In the present case, the patient followed Kushta Nidanans like Viruddhahara sevana, Adhyashana, Ati Mamsa Sevana etc. This case study shows that Eka kushta can be managed through Ayurvedic treatment. Virechana as Shodhana therapy followed by Shamana Aushadhi's are effective in treating this type of skin disorders.
- Almost all types of Kushta are tridoshaja vyadhi & the symptoms may trigger due to Nidana & Climatic variations hence multiple sitting of shodhana or treatment is essential in kushta.

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