

IMPORTANCE OF PANCHAKARMA CHIKITSA (SHODHAN KARMA) IN MANAGEMENT OF EKKUSTHA (PSORIASIS)-A COMPLETE CASE STUDY

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Article Received on
16 February 2021,

Revised on 06 March 2021,
Accepted on 26 March 2021

DOI: 10.20959/wjpr20214-19664

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ABSTRACT

Psoriasis-A skin and joint disease with multifactorial etiology psoriasis effect 1-2% of general population. Exact cause unknown though the current thinking is that psoriasis is one of the commonest auto inflammatory diseases occurring in humans. In Ayurveda characteristics of ekkustha merely resemble to psoriasis It non contagious inflammatory skin disease. Psychological stress is the one of them most common factor of the disease .In Indian medicine system text books holistic approach particularly correcting the root cause through shodhana (vaman and virechan Chikitsa) followed by sirodhara with takra. Highly significant relief found after vaman and

virechan and marked improvement was seen in result. there was significant relief in the scaling discoloration of skin, elevated patches and redness of skin lesions which explains that detoxification of the body reduce the inflammatory condition of the body by bringing back the normal of the Dosha in the body.

KEYWORDS: Psoriasis, Kustha, Vaman Virechan shodhan karma.

INTRODUCTION

The word 'Kushta' is a broad term, which covers almost all the skin diseases. Kushtha is produced invariably by the vitiation of the seven factors i.e. 3 Doshas and 4 Dushyas But different types of pain, colour, shape, specific manifestation etc. are found in Kushtha because of Anshanshakalpana of the Doshas. Accordingly, Charaka explained Kushthas are in fact of innumerable types, but for systemic study they are classified into two major groups 7 MahaKushtha & 11 KshudraKushtha. Ekakushtha is one of the KshudraKushtha. It is the

prime among the KshudraKushtha, hence Bhavaprakasha mention it as Ekakushtha. Almost all symptoms are vata-kapha predominant & even tri dosha involvement and for this ShodhanaChikitsa i.e. vamana and virechana are the best line of treatment. The word “Kushtha” is derived from - ‘Kusnishkarshane’ + ‘Kta’ which implies ‘to destroy’, ‘to scrap out’ or to deform, by adding the suffix ‘kta’ which stands for firmness or certainty. Thus the word kushtha means that which destroys with certainty. None of the standard texts had mentioned specific etimologyof Ekakushtha. Only in Bhavprakash, it has been commented that Ekakushtha has been named so, to stress its importance among ksudrakushtha. All kushthas have Tridoshika involvement. It is Vata-kapha predominant disease. So the etiology of Ekakushtha can be understood on the basis of general etiology of Kushtha. Ayurvedic texts have described samanyanidana for all types of Kushtha instead of specific nidanas for any particular type of Kushtha. Thus nidanas can be categorized as follows: - 1. Aharaja – diet and dietetic pattern 2. Viharaja – faulty lifestyle 3. Miscellaneous In the present study, Ekakushtha is compared with psoriasis due to its maximum resemblance with it. Psoriasis is the oldest recorded skin disease. It is one of the most intriguing and perplexing disorder of skin. It is a papulosquamous disorder of the skin, characterized by sharply defined erythematousquamous.

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Systemic study Kushtha are classified into two major groups 7 MahaKushtha& 11 Kshudra Kushtha.

2. AIMS AND OBJECTIVES

The study was designed with the following aims and objectives:

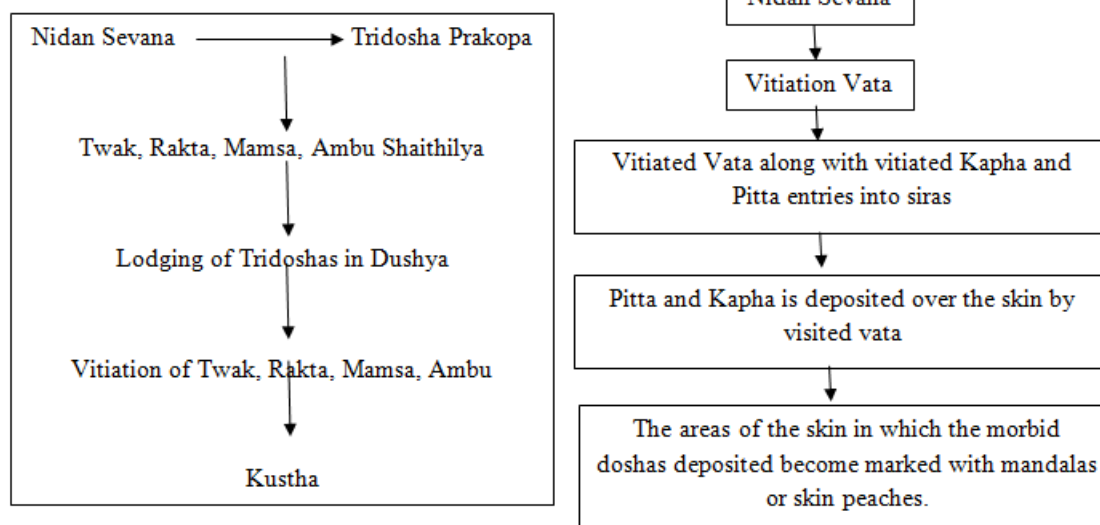
- ❖ To assess the efficacy of Virechana in Ekakushtha.
- ❖ To assess the efficacy of vaman in Ekakushtha.
- ❖ To assess the efficacy of Takradhara in ekkushtha.

3. Samprapti of Kushta

- Acharyas have not mentioned specific samprapti for each and every kushta, but they have mentioned samanyasamprapti for all kinds of kushtas.

- The samanayasamprapti of kushta according to different Acharyas are given below.

4. Samprapti of Kushta



5. Samprapti Ghatakas

Dosha - Tridosha	-	VataKaphaPradhana Pitta.
Dushya	-	Twak, Rakta, Mamsa, Lasika, Ambu.
Srotodushti	-	Sanga and Vimargagamana
Agni	-	Jatharagni and DhatvagniMandya
Ama	-	Jataragni, Dhatvagnimadhyajanya
Udbhavasthana	-	Amashaya, Pakvashaya
Sanchara	-	TiryagaSira
Adhithana	-	Twacha
Vyaktasthana	-	Twacha
Vyadhimarga	-	Bahya
Swabhava	-	Chirakari

6. Predominance of Dosha

Predominance of Dosha	Kushta Types
Vata kapha	Ekakushta

7. Case Report- A 26 year Male patient with patches all over body came to OPD in Panchakarma Department SBG Ayurvedic Hospital. He had scaling and dryness in the scalp with mild itching since 2 year He also had red scaly patches and plaques over her stomach back hand and thigh regions, with fever joint pain and burning over patches. patient has taken

initial treatment with general practitioner and Dermatologist with corticosteroid and other lotion. but there is temporary relief and reoccurrence is more after treatment.

8. Rugna pariksha

Vitals are within normal limit with good bowel and Appetite. No any significant family history psychological history suggests of his over thinking nature and he is some depressed due to cosmetic reason and feels inferior.

9. Dashvidha Pariksha

1. Prakurti-Vata kaphaj
2. Vikruti-Vata kapha
3. Sara-Madhyam
4. Samhanan-Madhyam
5. Pramana-Madhyam
6. Satva-Madhyam
7. Satmaya-Madhur Rasa
8. Aharashakti-Madhyam
9. Vayama shakti-Alpa
10. Vaya-Madhyam

10. Asthavidha Pariksha

1. Nadi-Vata kapha (Pulse-80/min)/B.P.110/90 mmhg
2. Jivha-Niram
3. Sabdha-Samanya
4. Sparsha- Ruksha twak(Dryness)
5. Akrit-Madhyam
6. Drik-Samanya
7. Mala- once in day/(Gassy bowel)
8. Mutra-5-6 time/day (Normal)

On Dermal Examination

11. PASI -Psoriasis area severity index

- There was a wide spread round shaped erythematous scaly patches
- Affecting the trunk, limbs and scalp with thickening of the skin.
- There was mild swelling and itching on nearby areas of the patches.

PASI (Psoriasis Area Severity Index).^[3] score was recorded on regular intervals to access the improve ment of the affected area.

Table 1: Before treatment: PASI Score (psoriasis area severity index) as shown in table number 1.

Plaque characteristics	Head	Upper limbs	Trunk	Lower limb
Erythema	1	2	3	3
Thickness	1	3	3	4
Scaling	1	2	3	4

(Lesion score: 0-none, 1-slight, 2-moderate, 3-severe, 4-very severe)



Fig. 1: Patches over trunk more prominent 1st day visit in Panchakarma opd.

12. Treatment Protocol

Sodhana karma (Purificatory procedures)

1. Vaman (medicated emesis) 1st procedure Medicine-Madanphalapippalichurna5gm Vachachurna2 gm Saindhavlavana5 gm Honey 15 gm (vamanopagadravya-madhuyastiphanta) Vaigiki- 6 Antiki-pittaant.
2. Virechan (medicated purgation) 2nd Procedure (After one month vaman karma) Medicine- Aragvadamajja10 gm Haritakichurna10 gm Erandtaila25ml Vaigiki- 18 Antiki- kaphant.
3. Takradhara for 7 days (3rd procedure) (pouring medicated buttermilk) Medicine-Amlakimoosta churna for preparation of takra.



Beforetreatment

Aftertreatment

Fig. 2: Showing changes after proper shodhan.

* Normal Colour of Skin and Reduces Patches Area After Treatment

13. RESULT

Panchkarma is a specific method of treatment popularly practised for the management of many chronic and typical disorders. The patient was observed during the different steps of treatment for the accessing the changes in the skin lesions (skin colour, plaques, itching, scales, erythema) and to access the efficacy of the procedures. In the beginning of the treatment there were slight changes in the skin lesions like redness and scaling was reduced in some percentile hence there was mild progress in the condition. The improvement was slow, gradual and steady, which resulted with positive outcome and great results. Gradually with proper sitting of shodhana at regular intervals, the scaling of skin decreased, plaques were removed by a normal skin with no erythema, no itching and finally lesion disappeared and the normal skin started appearing. The patient was given takradhara in form of external therapy and significant relief was noticed in sleeping pattern and there was marked relief in the stress factor.

Dermatological examination was done on regular intervals and PASI (Psoriasis area severity index) score was taken for assessment parameter of improvement. There were significant decreases in PASI score after shodhana karma (purification therapies).

After treatment PASI score

Plaque characteristics	Head	Upper limbs	Trunk	Lower limb
Erythema	0	1	1	1
Thickness	0	0	0	0
Scaling	0	0	0	0

(Lesion score: 0-none, 1-slight, 2-moderate, 3-severe, 4-very severe)

14. DISCUSSION

Health as per Ayurvedic text is quoted as “one who have equilibrium in dosha, normalcy in agni, equilibrium in dhatus, mala and other physiological activities, delighted atma man indriya is considered as healthy (swastha). To attain this equilibrium and normalcy in the body samsodhan karma has been explained to detoxify the morbid doshas out of the body. Ekkustha is a vata-kapha pradhanavyadhi which is characterised by unhydropsis, fishy silvery scaling along with red patches over the skin. For Kapha pradhan disorders vaman karma is the line of treatment, vaman karma is done when Kapha is in utkleshawastha (aggravated form), so firstly vaman was done to expel out the kapha henceforth breaking the samprapthi

(pathophysiology) of the disease. Vaman karma was followed by virechan karma which is very much indicated in samshristh aavastha of Vata and Kapha dosha and is main purificatory procedure for pitta dosha. Virechan pacifying the morbid pitta and help bhraja pitta to carry out its function normally hence helping the skin lesions to heal. Psychological stress is one of the main reasons to trigger the disease condition and takradhara reduces the mansika Dosha hence reduces the psychological stress, so takradhara over the forehead was done for 3 sittings to reduce the stress level of the patient.

15. CONCLUSION

The complete course of panchakarma including vaman, virechan, shirodhara etc is very safe and effective methods in management of psoriasis and it is helpful in preventing the reoccurrence of the disease. Panchkarma was done as per Ayurvedic text by properly following the poorva karma and pasch-yat karma (samsarjan karma). This case study reviles the effect of repeated shodhan karma (panch- karma) in psoriasis. Thus repeated panchkarmas should be done with a strategy to manage such diseases. As quoted in Ayurvedic samhitas.

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