

AYURVEDIC MANAGEMENT OF EKA-KUSHTA WITH SPECIAL REFERENCE TO PSORIASIS - A CASE STUDY

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ABSTRACT

Eka-Kushta is one among the *Kshudra Kushta* presenting with *Lakshanas* like *Aswedanam*, *Mahavastu* and *Matsyashakalopama*. It is of prime importance due to its chronicity and severity which involves a larger extent of the body. This is often compared to Psoriasis. Psoriasis is one of the most common dermatological conditions affecting both males and females up to 2% of world's population. It is an immune mediated disease characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale which are variably pruritic. There is no satisfactory treatment for complete cure in psoriasis. But in the case of Ayurveda, *Shamana* (Pacifying treatment) and *Shodhana chikitsa* (detoxification treatment) along with *Nidan parivarjan* (Abstinence from disease causing factors) play an important role in overcoming this disease.

KEYWORDS:- Panchakarma, *Nidan parivarjan*, *Vamana*, *Ekakushtha*, *Shodhana Chikitsa*, Psoriasis.

INTRODUCTION

Psoriasis is an autonomous and chronic inflammatory skin disease characterized by erythematous patches associated with silvery scales, itching, burnt skin appearance, and in some cases pustules or blisters. There is no definite treatment available for psoriasis, but different treatment modalities, such as internal medications, topical creams, phototherapy, and biologics, are available.^[1] In *Charak Samhita Chikitsasthan* Chapter 7, *Ekakushtha* is

described as *Vat - Kaphaj* disease.^[2] In *Ayurveda* all the skin diseases have been discussed under the *Vyadhi i“Kushtha”* *Ekakushtha* (Psoriasis) is one among *Kshudra-Kushtha*. Nearly all *Acharyas* have described *Ekakushtha* first in their 11 types. Symptoms of *Ekakushtha* are: *Mahavastu* (Large area), *Mandaloutpati* (Patches), *Rukshata* (Dryness), *Matsyashakalopamam* (silvery scales). *Ekakushtha* (Psoriasis) has dominancy of *Kapha-vatadoshas*.^[3] The name *Panchkarma* literally means "Five Actions" namely *Vaman* (Emesis), *Virechan* (Purgation), *Niruham* (therapeutic decoction enema) *Anuvaasan* (therapeutic oily Enema) and *Nasyam* (therapeutic errhine). In other words, *Panchakarma* is a healing technique or a pillar on which majority of *Ayurvedic* techniques stand. Here *Ayurveda* plays an important role, i.e. *Ek-kushtha* being *Kapha Pradhana*, *Tridoshaja Vyadhi* is best treated by *Shodhan* procedure.^[4] *Shodhana Chikitsa* forms the mainstay of treatment for all major skin diseases in *Ayurveda* which helps to remove the deep seated *Dosha's* from the root itself. Here in this study *Vamana Karma* is planned because it helps to eliminate deep seated *Dosha* from the body. In *Ayurveda* line of treatment both *Shamana* and *Shodhana* are available. As *Ekakushtha* is *Bahudoshaja Vyadhi*, *Punah-Punah Shodhana* can be done to avoid recurrence.^[5]

CASE STUDY

A 50-year-old male patient registered by the O.P.D. number 1655. On the date of 15/03/2022 came to the O.P.D. no. 24 of and got admitted in *kaychikitsa* Department. He presented himself with the following complaints,

- Scaly Patches (*Matsyashakalopamam*) over B/L ankle joint and B/L hand with red demarcation with *Mandalotpatti*.
- Severe itching, which would rarely result into bleeding.
- Dryness.
- Itching aggravating during night.
- Suffering from the last 4 years.
- Had taken modern treatment with limited improvement and recurrence.

Associated complaints

Irregular evacuation of stools

Past history

- No H/O- DM, HTN, Surgical Procedures.
- No F/H/O- Any skin disorder

On examination

- General condition: Moderate
- Pulse rate: 78/min
- B.P: 130/90 mm of Hg
- R.R: 17/min
- H.R: 70/min

Ashta sthana pariksha

1	<i>Nadi</i>	<i>VataKaphaj</i>
2	<i>Mala</i>	<i>Asmayak</i>
3	<i>Mutra</i>	<i>Prakrita</i>
4	<i>Jihva</i>	<i>Lipta</i>
5	<i>Sabda</i>	<i>Prakrita</i>
6	<i>Sparsha</i>	<i>Ruksha</i>
7	<i>Druk</i>	<i>Prakrita</i>
8	<i>Akriti</i>	<i>Madhyam</i>

Systemic examination

- Respiratory System: B/L Chest clear, Airway entry, Breathing entry Clear
- Cardiovascular System: - S1 S2 heard.
- CNS: All superficial reflexes are intact. Patient is conscious and well oriented.
- GIT: Soft Abdomen, Bowel sound heard, No Pain or any other symptoms

Skin examination: Table 1

Chief complaints	Present
<i>Aswedanam</i>	++
<i>Mahavastum (area)</i>	+++
<i>Kandu</i>	++
<i>Pidika</i>	-
<i>Daha</i>	+
<i>Vaivarnya</i>	++
<i>Rukashata</i>	++

- Shape - Irregular Scaly Patches
- Size - Multiple Patches, no specific size. (Ranging from 7mm to 10cm too)
- Site- B/L Anklejoint and Hand
- PASI Scoring - 6.6^[6]

Samprapti ghatak

- *Dosha- KaphaPradhanaVataAnubandhi*

- *Dushya- Rasa, Rakta, Mamsa, Ambu*
- *Srotas- Rasavaha, Raktavaha, Mamsavaha, Svedavaha*
- *Srotodushti- Sanga*
- *Ama- Sama*
- *Udbhavasthana- Amashaya*
- *Vyaktisthana- B/LAnklejoint and Hand*

Treatment protocol

After proper clinical examination, patient was diagnosed with *EkaKushtha* and was advised to undergo *Vamana Karma*. i.e.

A. *Purva karma*

- ***Deepana pachana:*** *Ladhusutashekhar-2 -2 -2* tab thrice a day, before food with luke warm water, *Arogyavardhini vati 2-2* tab after meal with *Mahanajishtadi Kwath 10ml-10ml*, *Gandharva Haritaki Churna 2 gm* at night with luke warm water was given until *Nirama Lakshana* appears, there after the patient was given *Snehapana*.
- ***Snehapana:*** *Shodhanartha Snehapana* with *Mahatikta Ghrita* given to the patient in increasing dose pattern, until *Samyak Snigdha Lakshana* appears, i.e. from 19/03/2022 - 23/03/2022 *Snehapana* administered and daily *Jiryamana* and *Jirna Lakshana* of *Snehapana* noted.

Table 2

Date	Time	Dose	Time of Hunger
19/03/2022	7.15am	30 ml	12.30pm
20/03/2022	7.15am	60ml	3.30pm
21/03/2022	7.00am	90ml	4.30pm
22/03/2022	7.00am	120ml	6.30pm
23/03/2022	7.30am	150ml	8.30pm

- ***Vishrama kala:*** On 24/03/2022, *Abhyanga* with *Murchita Tila Tail* followed by *Sarvang Sweda* was done for 1 day and *Kapha utkleshta Ahara* was given to the patient.

B. *Pradhana karma*

1. *Sarvang Snehana Swedana* is Done.
2. The patient was told and counselled regarding the procedure and Patient sign was taken on informed Consent Form.

3. At first Blood Pressure (130/90 mm of Hg) and Pulse Rate (80/min) was monitored.
4. After Vamana Karma with Madhanphala Pippali + Vacha + Pippali + Saidhav + Madhu Yoga administered to the patient, i.e. - On 25/03/2022,

Table 3

Time	Name of the drug	Quantity	Vega	Upa-vega	Output	Sign, Symptoms	Vitals	Complication if any
7:25 AM	Dugdha	6Glass		1	Dugdha		Bp-130/80mm Hg Pulse-76/min	
7:30 AM	“	2Glass	1		Dugdha +kapha			
7:35 AM	Medicine- Madhanphalapi palli Churna)=8gm, Pippali churna=3gm SaindhavaLavana=1gm ,Vacha=2gm and Honey =Quantity sufficient						Bp-130/80mm Hg Pulse-78/min	
7:40 AM						Sweda-pravarti	Bp-120/90mm Hg Pulse-110/min	
7:44 AM	Yastimadhu fanta	5Glass	1		Dugdha +kapha			
7:46 AM	“	2Glass	1	2	Kapha+ Fanta		Bp-120/90mm Hg Pulse-112/min	
7:48 AM	“	1Glass		1	Kapha+ Fanta			
7:51 AM	“	2Glass	1		Kapha+ Fanta		Bp-120/90mm Hg Pulse-110/min	
7:55 AM	“	1Glass		1	Kapha+ Fanta			

7:57 AM	“	2Glass	1		Medicine		Pulse-110/min	
8.00 AM	LavanAudak	3Glass	1	1	Kapha+Fanta		Pulse-116/min	
8.04 AM	“	2Glass	1		Fanta+Dugdha		Pulse-116/min	
8.05 AM	“	1Glass	1	1	Lavanau dak+pitta		Pulse-116/min	
8:10 AM	“	2Glass		2	Lavanaudak		Pulse-86/min	
8:15 AM	“	2Glass		2	Lavanaudak		Pulse-86/min	

C. Paschat karma

Samsarjana Krama advised as per *Shuddhi* attained, i.e. *Samsarjana karma* for 7 days was advised to the patient, which contains 3 *Anna Kala*. In 1st *Anna kala* *Peyawa* was advised. Gradually *Ahara* was changed (*Laghuta Guru Guna Pradhana*), finally normal diet was given in the evening of 7th day. on discharge medicines are-

- 1) *Panchatikta Grita*-30 ml rasyana kali upashipoti
- 2) *Gandhak rasayan* -2-2 tab after meal
- 3) *Manjistadi kashayam*- 3tsp -3tsp after meal
- 4) *Arogyavardhini vati*-2-2 tab after meal
- 5) *Avipattikar Churna*- 3 tsp with luke warm water at night

OBSERVATIONS AND RESULTS

Observations on vamana karma

1st *Vega* starts at 7:30 AM, last *Vega* i.e. 8th *Vega* was observed at 8.05 AM. Depending upon observation done during the whole procedure below findings were noted.

Table 4

Sr. no.	Vamana Karma criteria	Remarks
1	Vegiki	Uttam shudhi attained (i.e. 8 Vega observed)
2	Lengiki	Samyak Vamana Lakshan observed
3	Maniki	Madhyam (12.5 ltr)
4	Aantiki	Pittanta attained.

Observations on Signs and Symptoms gradation scales

Table 5: *Aswedanam*.

Grade	Score
Normal	0
Improvement	1
Presenting Few Lesions	2
Presenting All Lesions	3
<i>Aswedanam</i> in Lesion and Uninvolved Skin	4

Table 6: *Maha-Vastu*.

Grade	Score
No Lesions on <i>Mahasthanam</i>	0
Lesion on partial parts of hand, leg, neck, scalp, back	1
Lesion on most parts of hand, leg, neck scalp, back	2
Lesion on whole part <i>Mahasthanam</i> (vast area)	3
Lesion on whole body	4

Table 7: Scaling.

Grade	Score
No Scaling	0
Mild Scaling by rubbing/ by itching	1
Moderate scaling by rubbing/ by itching	2
Severe scaling by rubbing/ by itching	3
Scaling without rubbing/by itching	4

Table 8: *Kandu*.

Grade	Score
No Itching	0
Occasional Itching	1
Frequent but tolerate itching	2
Very severe itching disturbing sleep and activity	3

Table 9: *Daha*.

Grade	Score
Absent	0
Occasional	1
Frequent <i>daha</i>	2
After itching started	3
Continues <i>daha</i>	4

Table 10: *Rukshata*.

Grade	Score
Normal Skin	0

Slightly dry skin	1
Excessively dry skin	2
Lichenified	3
Bleeding through the skin	4

Table 11: *Vaivarna*.

Grade	Score
Normal discolouration	0
Slight discolouration	1
Reddish discolouration	2
Slight reddish black discolouration	3
Black discolouration	4

Table 12: *Pidaka*.

Grade	Score
Absent	0
Disappears but discolouration persists	1
<i>Pidaka</i> in <5sq.cms.in whole of the affected Area	2
<i>Pidaka</i> in between 5-10sq.cms.in whole Affected area	3
Many or uncountable <i>pidaka</i> in whole of the Affected area	4

Table 13: *Vedana*.

Grade	Score
Absent	0
Mild	1
Moderate	2
Severe	3

Pasi

PASI scoring was calculated by using PASI worksheet of British Columbia, ministry of Health Service. On the Basis of Result found during treatment, observations were quoted below,

Table 14

	Before <i>Snehapana</i>	After <i>Snehapana</i>	After <i>Vamana</i>	After <i>Samsarjan Karma</i>
PASIscoring	6.6	5.4	2.4	0.8
<i>Matsyashklopam</i> (Scaling)	3	2	1	0
<i>Mandloutpati</i> (patches)	3	2	1	1

<i>Kandu</i> (Itching)	3	2	1	1
<i>Rukshata</i> (Dryness)	3	2	2	0
<i>Vaivarnya</i>	3	2	1	1

DISSCUSION

Kushta is a *Kleda Pradhana* and *Bahu Dosha Vyadhi* and it involves *Saptako Dravya Sangraha* in its manifestation. *Chakrapani* in *Aragwadadi Adhyaya* has highlighted the importance of *Bahirparimarjana* in *Kushta*.^[7] The word *Parimarjana* means *Shodhana*. This can be considered as *Bahya Shodhana* procedure.^[8] Psoriasis is a Papulo Squamous disorder of the skin, characterized by sharply defined erythematous squamous lesions. They vary in size from pinpoint to large plaques. At time, it may manifest as localized or generalized Pustular eruption.^[9] *Eka-Kushtha* can be compared with Psoriasis, because the description and characteristic feature of it are similar with description of Psoriasis, i.e. *Aswedanam* (No sweatning) - The lesion of this disease are dry & rough, *Mahavastu* (Large area) - Lesions are found all over the body, *Matsya Shakalopamam* (Scaly patches) - Well-defined raised macules, papules, erythematic plaques which are covered with silvery scales. *Krishna Arunavarna*-erythematous lesion. It is counted as *Kshudra Kustha*.^[10] As it is a disease of *Bahyarogamarga*, so both *Antahparimarjana* (Internal) and *Bahir-parimarjana* (External) treatments should be used. Considering the above facts, composite treatment plan was adopted. Initially *Abhyantara Shodhana* (Internal oleation) done with *Vamana Karma* and after completion of *Samsarjana Krama* (Dietery), *Samshamana* treatment was advised.

- **Purva karma-** The *Purva Karma* administered in the form of *Deepana-Pachana* and *Snehapana*. *Purvakarma* has the important action of separating the vitiated *Doshas* from the *Dushyasi*.e. *Srotas* in the body (*Dosha-dushyasamurchana*). It also helps in bringing the vitiated *Dosha* from *Shakha* to the *Koshtha* area in the body from where these vitiated *Dosha* can be removed from the nearest root of the body.^[11]
- **Abhyantra snehapana:** The internal administration of *Sneha* used for *Shodhana*, *Shamana*, and *Brimhana* is known as *Abhyantara Snehapana* (internal oleation). Understanding the *Acharyas'* descriptions of *Samyak Snehana's* signs and symptoms—namely, that *Snehana* denotes *Snigdhatva* (unctuousness), *Vishyandan* (liquefaction), and *Vilayana*—is crucial (dissolution or diffusion) While making comments, *Dalhanacharya* quoted To be soft is to be *Vishyandanam Drava Srutihi, Mardavata*. *Kleda* is dampness or moisture. Here, *Kleda* denotes the body's increased *Apya Guna*. *Samyak Snigdha* is

evaluated taking into account these *Gunas* as the main characteristics. *Sneha's* unctuousness in the body, stool, and skin can be considered (*Pureesha Twak and Gatra Snigdha*). Stool excretion, either with *Sneha* present or not, is how *Vishyandana* is observed (*Snigdha Mala and Adhastat Snehadarsana*). *Gatra Mardava* evaluates *Mardavata*. *Asamhat Varcha*^[13] the consistency of the stool, is used to evaluate *kledana*. The body's *Doshas* each have their own *Gati*, and during *VyadhitaAvastha* the *Doshas* will be intensified and might be present in *Shakhas* (periphery). The purpose of the *ShodhanaChikitsa* (Purification) is to remove these vitiated *Doshas* from the body either through the administration of *Vamanaby Urdhwamarga or Virechana by Adhomarga*.^[14] *Snehapana*, which is directly dependent on *Agni* and *Agnibala* as a primary aspect, is an important element for achieving *Shodhanaphala* properly. Therefore, evaluating *Agni* before to *Shodhanartha Abhyantara Snehana*^[16] is important.

- **Pradhan karma** – Here, *Vaman* was used as a *pradhana karma*. Because *Ek-kustha* is a *Kapha Pradhana*, the optimum treatment for *Tridoshaja vyadhi* is the *Shodhana* procedure.^[17] *Swedana* will cause the smoothed *Doshas* to become liquid and reach *Koshtha*, where they can be quickly eliminated by the action of *Vamana*.^[18] *Shodhana* (*Vamana* and *Virechana*) may cause some endogenous alterations in the body that are in charge of easing the psoriatic pathological process.
- **Samsarjanakrama**– *Samsarjan krama* was carried out in the patient for 7 days/3 *Aanakala* considering the *Pravara Shuddhi* (Best *shudhi*). Due to *shodhanagni* got hampered So *Samsarjana krama* enhances *agni* as well as provide strength to the body after *Vaman*.^[19] Hence the patient was kept on *laghu, pathyahaar* and discharged on 25-3-2022.

Mode of action

- **Panchatikta grita:** This is a very potent drug of choice in *Kushtha Adhikar*. It is indicated in *Visham* and *Atiprabala Vata*. *Nimba, Guduchi, Patola, Kantakari, Vasa* are the contents of *Panch tikta*.^[20] Here in *Psoriasis* though *Kapha* and *vata* are involved, to spread all these *Doshas* are carried by *Vata* itself. *Tikta Rasa* acts on both *Vata* and *Kapha doshas*. *Ghrita* is *yogavahi dravya*. Acts as Anti Itching property, *Kled, Vikrut Meda upshoshana, Vranashodhaka* (wound healing).^[21]

- **Aarogyavardhini rasa:** It is Herbomineral formulations. It is having *Kushtahara*, *Durmedahara*, *Kledahara*, *Dhatu Gata Amapachana*, *Raktaprasadana*, and also having *Dipana-Pachana* and *Kapha-Vata Shamaka* property, all these qualities are very much helpful for *Samprapti Vighatan* of *Kushta*.^[22]
- **Gandhakrasayan:** It is having properties like *Kushtagna*, *Rakta Doshahara*, *Vishaghna*, *Vranasodhana*, *Ropana*, *Rakta-Tvakgata Vishahara*, *Durmedhohara*, *Rasayana*, *Dhatubalya*. all these properties are essential to treat *EkaKushta*.^[23]
- **Manjistadi kashayam:-** This medicine is mainly used in treatment of various skin diseases. It also helps in natural purification of blood so can be used in skin related problems. It helps in blood detoxification and also dissolves the obstructions in blood flow.^[24]
- **Avipattikar churna:-** This medicine is mainly used in treatment of various skin diseases. treatment of various skin diseases. It also helps in natural *Pittasarak Kushthaghna*, *Medohara*, *Chedan Deepan*, *Pachana*, *Rakta Prasadak* all these properties are essential to treat *EkaKushta*.^[25]



CONCLUSION

We can conclude from this case study that combining *Ayurvedic* medicine with a food plan can be effective and helpful in treating *Ekakushta* (Psoriasis). Neither throughout the course of the treatment nor afterward, the patient experienced no side effects or worsening of the symptoms. To determine the statistically meaningful impact on both the disease and *Karma*, a comprehensive investigation with a bigger sample size can be conducted. Acharya suggested

Puna Puna shodhana (Repeated Purification) for treating *EkaKushta* because it is a chronic and recurring condition. After *Vamana Karma*, further Shodhana therapies like *Virechana* and *Raktamokshana* can be used for improved outcomes.

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