

AYURVEDIC MANAGEMENT OF EKKUSHTA (CHRONIC PLAQUE PSORIASIS). A CASE REPORT

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ABSTRACT

Skin is a cover which protects us from various external invasions and one of all the organs skin is larger organ which is a link between internal and external environment of body. Skin is one which maintains beauty and personality. Changes in skin colour may be due to homeostatic imbalances in the body. Many factors affect health of the skin, including nutrition, hygiene, circulation, age, immunity, genetic traits, psychological state and drugs. In Ayurveda, the word 'Twacha' and chram is used for skin. All the skin diseases in Ayurveda have been discussed under the broad headings of Kushta. Psoriasis is described in Ayurveda as ek-kushta, it is type of kshudrakushta.^[1] The number of people suffering from Psoriasis all over the world is increasing progressively and hence there is large number of drugs

mentioned in Ayurvedic texts, regarding the treatment of ek-kushta. Symptoms of ek kushta and psoriasis is alomost same that's why this is the case report of ek kushta treated successfully with ayurvedic therapy.

KEYWORDS: Kushta, Psoriasis, Ayurvedic management.

INTRODUCTION

Ayurveda, the ancient medical science which has its root in Vedas, the oldest available literature explains the health of an individual as the physical, mental, social and spiritual well-being. Ayurveda says “Dosha Dhatu Mala Mulam Hi Shareeram”

If any Dusti in this causes Vikaras to the individual. “Kushnati Shareerasya Shonitam Vikrute” means vitiation of Rakta Dhatu leads to Kushta.

Twak Vikaras Nidana are most commonly arises due to Mithyahara, Vihara, Manasika vitiates Tridosha which further leads to the affliction and aggravation of Rasa, Rakta, Mamsa and Lasika.

As per Ayurvedic texts, *Kushata* is a skin disease.^[2] There are two types of *kushta*. *Mahakushta* and *Kshudrakushta*. *Mahakushta* is divided into seven and *Kshudrakushta* into eleven subtypes.

1. *Mahakushta* - *Kapala*, *Udumbhara*, *Mandala*, *Sidhma*, *Rushyajihwa*, *Pundarika* and *Kakanaka*.
2. *Kshudrakushta* - *Eka*, *Charmakhya*, *Kitibha*, *Vipaadika*, *Alasaka*, *Dadru*, *Charmada*, *Paama*, *Visphota*, *Shataru* and *Vicharchika*.

Eka-Kushtha is one among the eleven *Kshudra Kushtha*, which is characterized by *Aswedanam* (dryness), *Mahavastu* (sprads all over body), and *Matsyashakalawat Twacha* (skin resembles scales of fish), which means *Kushtha*.^[3] It is painless, spreads all over the body area, and resembles fish scale, also in this, the skin becomes black and pink color.

The signs and symptoms of *Eka-Kushtha* (chronic plaque psoriasis) are similar to that of psoriasis explained in modern science.

Psoriasis is one of the most common dermatological condition affecting the most of the world's population. It occurs in all age groups and about inversely in men and women. It's a habitual, intermittent inflammatory disease of the skin. The exact aetiology is still unknown, but numerous precipitating factors like inheritable, environmental, immunological and psychological have been found to be influential in the expression of the disease Psoriasis has

been considered as psychosomatic disorder where the effect of psyche has been stressed in both Ayurveda and Modern Science.

MATERIALS AND METHODS

Method of sampling- simple randomized

Study design: Experimental clinical single case study.

CASE REPORT

History of Present Illness

A 40 years old male patient presented with reddish erythematous plaque on legs he was complaining of itching and burning sensation over there. On history patient had above complaints since 3 years. Patient took modern medicine but get only temporary symptomatic relief. Severity of symptoms increased day by days, So he came for our hospital for Ayurvedic treatment.

Past History

No any H/o

- DM / Hypertension / Thyroid disorder
- TRAUMA
- No Addiction
- Family illness (kulvrutta –
- matrukul - sandhigata vata,
- pitrukul - madhumeha,
- swakul - Prakrut) Astavidha Pariksha

Nadi (pulse) = 78/min.

- Mala (stool) = awastambha
- Mutra (urine) = 3-4 times in a day
- Jeeva (tounge) = Eshat saam.
- Agni = prakrut
- Shabda (speech) = Normal.
- Akrti = Madhyama.
- Bala = Madhyama.
- Raktadaaba (B.P) = 120/70 mm/Hg.

Investigation

CBC

HB- 12 gm%, WBC- 6700, PLATELET – 18,4000

ESR- 18 mm (westerngreen method)

BSL (Radam)-Within normal Limit

URINE (R) - 81 mg/dl

A chief complaints of chronic plaque over the knee joints, hands *Vaivarnya* (discoloration all over body) with *Kandu* (powdery discharge with itching), *Daha* (burning sensation), and since the last 3 years.

History of Present Illness

Patient was well before 3 years. Since 3 years, he gradually developed plaques over the knee joints, hands, discoloration with itching and burning sensation.

He underwent various conservative treatments along with local application. But he did not get better relief.

Past history: Not significant.

Personal history: Not significant.

Profession: Job office work

Diet: Mixed diet

Sleep: Disturbed due to itching.

Bowel: Constipation.

Skin Examination**1. Inspection**

- Size shape : Erythematous lesion over knee joints, hands.
- Color : White silvery scales
- Uniformity : Generalized plaques
- Lesions : Plaques

2. Palpation

- Moisture: Dryness, no sweating
- Temperature: Warmth of the skin
- Texture: Roughness

- Mobility and turgor: Reduced

Treatment Plan

Total duration – 4 months

The treatment was carried out as per following:

	Dravya	Dose	Duration	Anupan
1.	Arogyavardhani Vati ^[4]	500mg	1 Tab.BD after meal	Koshna jal
2.	Gandhak Rasayan	250mg	2 Tab.BD after meal	Koshna jal
3.	Laghu manjishthadi kadha	10 ml	BD after meal	Koshna jal
4.	Haritaki churna	1 gm	1 gm HS after meal	Koshna jal
5.	Dashang lepa ^[5]	Local application	At night	-
6.	Triphala, Vavding, pimpali churna ^[6]	Internally after food with panchatikta ghrita	1gm twice a day.	-
7.	Khadir, adulasa, Nimb, kutaj, vavding, padval, gulvel churna lepa ^[7]	External Application with Gomutra	At morning application.	-

DISCUSSION

1. Aarogyavardhini vati possesses several pharmacological actions i.e. Kushthaghna, Dipan, Pachan, Medonashak, Hrudya, Sarvaroga prashamani, etc properties in Imbalance of Vata, Pitta and Kapha Aarogyavardhini vati balances these doshas in their normal limits, so it is the main part in treatment which is very important for any kind of chikitsa. Aarogyavardhini vati mainly works on increasing the agni so improves the function of Pitta dosha. In skin Bhrajak Pitta is there so it is very useful to maintain the normal and healthy texture of skin.
2. Aarogyavardhini vati is Rasakalpa. It cures skin diseases due to its purifying property. It removes dangerous toxins from body which is very effective for glorious skin.
3. Gandhak rasayan help to sustain the optimum status of raktadhatu also act as rasayan, due to its swedjanana activity, it removes pitta and kapha dosha from the body, and because of kadhughan property.
4. The Laghu Manjistadi Kwatha which have the properties like Agnidipaka, Raktashodaka, Samsrana, Pitta Kaphahara, Kustaghna, Kashaya, Tikta, Katu Rasa, Laghu Ruksha Guna, Usna Virya, Pittakapha Shamaka, Kustaghna, etc.
5. Dashang Lepa is an Ayurvedic *Lepa* (Semi-solid paste) containing ten ingredients which is anti-inflammatory, anti-bacterial and anti allergic in properties hence applied topically to treat various skin infections such as Visarpa (Herpes), Visha Visphota (skin eruptions

due to poison) and Dushta Vrana (non-healing wound)

Arogyavardhani Vati	Kushthaghna, Dipan, Pachan purifying property.
Haritaki churna	Pachan(Digestives) Tridoshaghna properties
Gandhak Rasayan	antipruritic activity it helps to relief from itching , swedjanana activity Varnya
Laghu manjishthadi kadha	Kustaghna Raktaprasadhan, Vranropan properties
Dashang lepa	anti-inflammatory, anti-bacterial, anti allergic
Triphala, Vavding, pimpali churna Lepa	Tridoshaghna, raktapittahar and krumighna, kushthaghna property
Khadir, adulasa, Nimb, kutaj, vavding, padval, gulvel churna lepa	Anti microbial and antibiotic properties

Outcome of the Treatment

Erythematous skin (redness) was fully reduced after treatment, induration (thickness) was rough before treatment but it was reduced after three follow-ups, scaling was huge before treatment and it was fully reduced after treatment.

The patient had reported 90% improvement in his symptoms. He had got 80% relief from itching. The discolored skin and red scaly patches had been improved by 40%. The silver scales were reduced.

CONCLUSION

Eka kushtha (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time, it can give significant relief. And ayurvedic therapy shows highly significant results in ek-kushta (psoriasis)

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