



A REVIEW OF TAKRADHARA ON ACASE OF EKAKUSTHA(PSORIASIS)

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ABSTRACT

Psoriasis is a common chronic proliferative & inflammatory skin diseases occurring worldwide. Psoriasis is mainly presents as chronic, symmetrical, erythematous, scaling papules and plaques. It can have a significant negative impact on the physical, emotional and psychological wellbeing of affected patients. In Ayurveda Psoriasis can be correlated with "Ekakustha" belonging into Khudrakusthas. Ekakustha is symptomatically mostly similar with Psoriasis. In this case study "Takra dhara" has been administered on a patient having Ekakustha with some Samana usadhis (Arogyabardhani vati, Syp Phalatrikadi Pachana, Panchatikta Ghrita Guggul, Manikya Rasa, Marichyadi Taila with sohaga). TAKRADHARA has been continued for twenty one days. The patient has been improved markedly by its symptoms.

KEYWORDS : Takradhara, Ekakustha, Psoriasis.**INTRODUCTION:-**

Psoriasis is an immune system ailments where skin cells build up and form scales and itchy, dry patches. It affects most commonly on the knees, elbows, trunk and scalp. Psoriasis is a chronic inflammatory skin disease with a strong genetic predisposition and autoimmune pathogenic traits. The worldwide prevalence in Asian and some African populations and upto 11% in Caucasian and Scandinavian populations¹. People with Psoriasis are frequently stigmatized and excluded from normal social environments. They commonly report experiencing loneliness, isolation. Disability, lost opportunities in professional life and excessive expenses can add to socioeconomic burden on the patients suffering Psoriasis.

In Ayurveda Psoriasis may be correlated with "Ekakustha". due to very much similarity in their symptoms Kustha is a tridosaja byadhi², specially person take unwholesome regimens³ Twak dosas diseases arise mainly from improper food such as imcomptable, overeating improper administration of Therapies, suppression of natural urges, effects of actions of previous lives etc⁴. Ekakustha is a skin diseases among Khudra kustha having symptoms of "Aswedanam" (No perspiration), Mahavastu (extensive), "Matsya sokolopomamom" (looks like fish scale and "Aruna varna" (discoloration)⁵. Ekakustha is mainly Vata-Kafa dominant vyadhi.⁶ All variety of Kustha are having involvement of Vata, Pitta, Kafa and Krimi recognition of these is at time of their predominance. According to Susruta Samhita in this Ekakustha the entire body becomes blackish red⁷.

The unique treatment modality of Ayurveda provides cost effective, less complicated, long lasting result and a better life to the patients through its three basic principal of treatments- Shodhana, Samana and Nidana parivarjana⁸.

In present review on Ekakustha "Takra dhara" has been applied for twenty one days . and try to evaluate it's effect on 'Ekakustha'

AIM:-

*To evaluate the efficacy of Takradhara on Ekakustha.

*Ekakustha with special reference to Psoriasis.

Objective:-

To assess the efficacy of "TAKRADHARA" in relieving the symptoms such as size of patches, Dryness, Discolouration, Itching etc.

To establish a cost effective ,safe Ayurvedic remedy of Ekakustha which can applied without admission at Hospital or other Panchakarma unit.

To prevent recurrence of Psoriasis.

MATERIALS & METHODS:-

The identifications and authentication of raw materials done and formulation was prepared as per classical text, in Pharmacy of Rasashastra n& Vaisajya Kalpana department. The patients had been selected from OPD & IPD of J.B.Roy State Ayurvedic Medical College & Hospital on basis of inclusion & exclusion criteria. Ethical clearance done. Data obtained by clinical trial was statistically analysed by applying Students "t" test

Case Report:-

A female patient 50 yrs old came to OPD of J.B.roy, State Medical college & Hospital complaining of Dry itchy lesion on her forearm & scalp since 6-7 yrs with was gradual in onset. Patient having no history of Hypertension, Diabetes, Thyroidism etc.

TAKRADHARA⁹

Shirodhara carried out by using medicated buttermilk is popularly known by the "Takra dhara". This unique dhara is provided efficacious in following conditions-

- Khalitya-Palitiya- Falling hair & Prematures graying hair
- Klama-Fatigue
- Ojaksaya-Replenishes the depleted ojadhatu.
- Ajirna-Indigestion
- Kustha -Skin diseases
- Hridroga-Cardiac diseases

Procedure

- *Processing of the medicated buttermilk includes preparation of the buttermilk as well as decoction of Amlaki (Emblica officinalis).
- *Buttermilk has to be prepared on the previous day of the dhara procedure and decoction on the day of the dhara itself.
- For preparation of Takra (buttermilk) 1152 ml (91.5 prastha) of cow's milk is boiled and cooled. Then 20 ml curd or sour buttermilk is added to it and kept overnight for fermentation.
- Next day morning thus takra (buttermilk) is prepared'
- Next day morning thus prepared curd is churned to extract of butter and separate the buttermilk.
- *Finally "Takra" is ready.
- *Decoction of Amlaki is then prepared for this 1920 gm (40 pala) of dry endo carp of Amlaki is taken in a vessel, added with 6912 ml (9 prastha) of water. Then boil in a mild fire till it become reduced to 1152 ml (1.5 prastha).
- *When cool, the endocarp of Amlaki is properly crushed and decoction is strained to get clear liquid.
- *To this decoction equal amount of already prepared

buttermilk is added.

- *This mixture is now ready for "Dhara"

Process-

Patient is advice to lie down or sit on Droni.Dhara dravya should be kept on "Dhara patra".Then rended over affected part of the body.In this case Dhara karma done only on both hands of the patient for 45 minuits continue for twenty one days.

Diatery guidelines-Aproper diet plan and lifestyle should be maintained strickly before and after Dharakarma.

Some particulars medicines had been continued with this process.They are as follows-

1. Arogya bardhani Vati-----1pill BDAC with luke warm water.
2. Phalatrikadi Pachana-4 tsf BDAC with same amount of water.
3. Pill Panchatikta Ghrita Guggul-2+Manikyā Rasa 250 mg—ldose BDAC
4. Marichyadi Oil with Sohaga ---for local application

RESULTS-

After completion of of course of "Dharakarma" along with Palliative treatment there lesion become markedly improved.



Picture Before



After

DISCUSSIONS-

Takradhara effects Mana & Prana vayu and it improves sleep by reducing stress ,anxiety and autoimmune disorders.These are all responsible for skin disorders.So Takradhara is one of best treatment of Psoriasis.The process of Takradhara might accelerate the function of Tarpak Kafa Takra posses Kasaya (Astringent),Amla(sour) in Rasa,having Madhura vipak,Usna virya,increase digestive power,aphrodisiac,nourishment, pacifies vata.Takra is one of best agnidipak., Tridosashamak.,grahi¹⁰,...As having these all properties Takradhara has a great role of on "Ekakustha".

More over in present study patient take Takradhara along with some shaman oushadh they are also effective on Psoriaassis

by their own properties.Arogyavardhani Vati helps for blood purification by removing toxins due to its shodhana property¹¹..Phalatrikadi kwath contains eight drugs which are having predominately dipan & pachana properties .It is Pitta kafa shamak,Rechana,Dipana,Sothahara. ¹².So it has a great role on Ekakustha. Moreover Pancha tikta Grita Guggula improves digestion,purify toxins from blood,efficacious in skin disorder of vata –kafa predominance¹³.Manikyā Rasa is an efficient Ayurvedic formulation withproperties to manage the diseases occurring due to visitation of Vata and kafa¹⁴.Marichyadi oil is very much effective in Psoriasis due to it's anti fungal ,anti inflammatory ,antiseptic property¹⁵.

CONCLUSION-

A number of people have been suffering from "Psoriasis"- which is long lasting,auto immune diseases.There is no such specific treatment in modern science to eradicate it "Takradhara" along with some Ayurvedic Medicines are effective on Psoriasis-which is cost effective,less complicated ,easily applicable

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