



## EFFICACY OF AYURVEDA IN THE MANAGEMENT OF EKAKUSHTHA WITH SPECIAL REFERENCE TO PSORIASIS - A CASE SERIES

### Ayurveda

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### ABSTRACT

**BACKGROUND:-**Eka kushtha is one among the kshudra kushtha, correlated with psoriasis, a chronic, non infectious skin disease with it's prevalence ranging from 0.1% to 3%. In modern science using a steroidal therapy having more side effects and chances of recurrence is more.

**AIM:-** To evaluate the efficacy of Virechana karma in the management of ekakushtha with special reference to psoriasis.

**METHODOLOGY:-** Here we present 3 cases of psoriasis with comparing the symptoms before and after virechan karma. Due to hetu sevan (madhur, snigdha guru) increases pischilata and styanata causes decrease in the drava guna, leads to agnimandya and disturbance in the chayapachan process causes formation of Ama (Vishakta dravya) and srotsavrodha causing tiryak gati to dosha leading sthansanshray in twacha (kleda sanchiti) that causes dushti of uttorottar dhatu (rakta, mamsa, lasika) having symptoms kandu, daha, srava, shotha, vedana, vrana. Snehan karma is done before virechana. Snehan causes chedhan bhedhan of doshas at molecular level increasing dravaguna in the molecules leading to doshotklesha causing increase in the membrane permeability making it tense. The virechan dravya stimulates the membrane in a way that the doshas get transferred from intracellular to extracellular fluid. This process removes the kleda and shodhan of cell.

**RESULT:-** Patient got symptomatic relief.

**CONCLUSION:-** The prevalence of psoriasis increasing day by day. Ayurvedic management is effective in slow down the disease progression and breakdown the pathology.

### KEYWORDS

Ekakushtha, Psoriasis, Virechana, Agnimandya, Kledasanchiti.

### INTRODUCTION

In Ayurveda, all the skin diseases are categorized under Kushta among which Psoriasis is commonly identified with Eka Kushta which is one among the Kshudra Kushta. Psoriasis is one of the most common skin disease equally affecting both males and females of all the age groups ranging up to 1% to 2% of the world's population.

Kushta, a disease of Bahudosha and Saptakodushyasangraha is to be treated by adopting repeated Shodhana (purification), among which, Virechana Karma could be the best to handle this condition. Viruddha Ahara (unwholesome food) is being identified as the main causative factor for Kushta Vyadhi and the Chikitsa (treatment) of Viruddha Ahara by Acharya Charaka also lays emphasis on Virechana Karma.

The modern medicine describes leprosy with the help of 4 D's as, Discomfort, Disability, Disfigurement and lastly Death. In case of Psoriasis first 3 D's Discomfort, Disability, Disfigurement are observed. Ayurveda texts do not give a direct reference towards a single disease which can be compared with the modern day "Psoriasis".

Psoriasis is a noninfectious, chronic inflammatory disease of skin, characterized by well-defined erythematous plaques with silvery white scale with a predilection, for the extensor surface and scalp, and a chronic fluctuating course.

Psoriasis is a painless condition. On the contrary, it is called as "The healthy man's disease". Eka-kushta consists of the signs and symptoms i.e. Aswedana (absence of sweating), Mahavastu and Matsyashakalopama (plaques) Which can be compared with Psoriasis.

### MATERIAL AND METHODS

Patients with classical signs and symptoms of ekakushtha (psoriasis) were selected from the O.P.D. or I.P.D of Department of Kayachikitsa of R.A Podar Ayurvedic Hospital Mumbai.

A special proforma including all the etiological factors of ekakushtha (psoriasis) with Dushti Lashanas of Dosha, Dushya, Srotas, etc. was made for assessing all the patients.

The patients were thoroughly questioned and examined on the basis of the proforma, sign and symptoms were carried out to confirm the diagnosis.

### AIMS

To prove the efficacy of Virechana karma in the management of Ekakushtha with special reference to Psoriasis.

### OBJECTIVES

1. To evaluate the efficacy of Virechana by comparing the pre-post symptoms in the patient of Ekakushtha.
2. To study the effect and mechanism of Virechana karma in the management of Ekakushtha.

### Inclusion criteria

1. Patients having classical signs and symptoms of the disease according to Ayurveda as well as modern science.
2. Gender:- both male and female.
3. Age :-20 yrs to 65 yrs.
4. Patient having other disease like DM, OBESITY, HTN etc.

### EXCLUSION CRITERIA

1. Patient having active P-R bleeding, active hemorrhoids, fissure in ano, fistula in ano and other basti anarha as per texts.
2. Snehan anarha as per text.
3. The pregnant women and lactating mother.
4. Patient having life threatening disorders like HIV etc.
5. Psychiatric disorders.

### PLAN OF STUDY

This study deal with the management of Ekakushtha (psoriasis) with virechana karma.

(Poorva karma, Pradhan karma, Paschat karma)

Pachana with aampachak vati:- (2-2-2)

Snehan (with goghrita) is done up to the sneha siddhi lakshana occurs in patient.

Snehan is followed by Virechana karma.

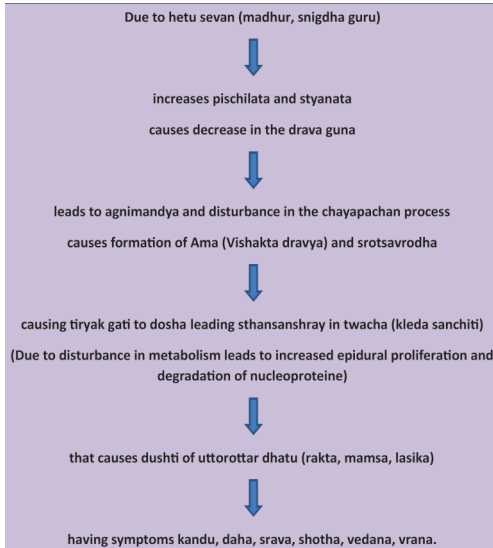
For virechana :- Triphala + Trivritta + Aaragvadh siddha kwath 120 ml + Eranda taila 20ml + 2 Abhayadi modak.

Virechana karma followed by Shamana (i.e. Samsarjana Karma)  
Virechana followed by Samsarjana Karma.

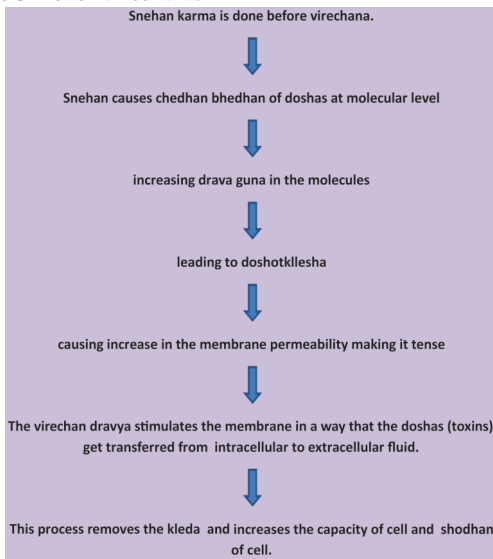
**DISCUSSION**

The procedure adopted in the present study is Virechana Karma which involves Purva Karma in the form of Pachana-Deepana, Snehapana, Abhyanga and Bhaspa Sweda during Vishrama Kala and Paschat Karma in the form of Samsarajana Krama.

**Pathophysiology :-**



**Mode Of Action Virechana:-**



**CASE REPORT:- (1)**

NAME:- Sachin Pande  
AGE:- 29 yrs/male (Uttar Pradesh)

(He was resident of Mumbai since 5 years and labourer by profession)  
c/o :- (since 2 to 3 month)

Scaling at back region , bilateral elbow joint and at abdomen ,thickness of scaling was around 5mm

Itching  
No sweating at patches  
Blood oozing after scratching

Constipation  
Hyperacidity  
N/K/C/O:- DM/HTN/BA/Epilepsy  
N/H/o :- any other major illness  
N/H/o :- any allergic disorder  
K/c/o :- Chronic alcoholism and used to consume alcohol daily

Diet history :- Non veg food 3-4 times per week, Daily 1 glass of milk

at night time and consumption of lassi on regular basis and irregular food habits.

The patient was admitted



**CASE REPORT:- (2)**

NAME:- Narendra Klathiet  
AGE:- 39 yrs/male  
Occupation :- construction sight  
C/o:- (since 3 yrs)  
Scaling at back region , bilateral elbow joint and at abdomen

Itching  
Burning sensation  
Blood oozing after scratching  
Dryness

Frequent micturation  
K/C/O :- DM (since 2 yrs)  
1. Tb. Metformin 500 mg 1-2-1  
(HB1AC:- 13.3 (18/06/18))  
(HB1AC:- 6.5 (22/02/19))  
N/K/C/O:- HTN/BA/Epilepsy  
N/H/o :- any other major illness  
N/H/o :- any allergic disorder

Diet history :- Non veg food 1-2 times per week,  
(fish with red meat)  
spicy with oily food daily taken.



Gradation	Case Report (1)		Case Report (2)	
	BT	AT	BT	AT
Itching	++++	+	+++	+
Burning sensation	+++	-	++	+
Redness	+++	-	++	-
Scaling	++++	-	++	-
Dryness	++++	+	+++	+
Blood oozing after scratching	+++	-	+++	-
Thickening of skin	+++	-	++	-

### NEED OF STUDY

Eka kushtha is one among the kshudra kushtha, correlated with psoriasis, a chronic, non infectious skin disease with it's prevalence ranging from 0.1% to 3%.

In modern science using a steroidal therapy having more side effects and chances of recurrence is more.

Hence, ayurvedic intervention is necessary in such a disorder.

### CONCLUSION

The prevalence of psoriasis increasing day by day. Ayurvedic management is effective in slow down the disease progression and breakdown the pathology.

The virechana is highly effective in the management of psoriasis.

However, chikitsa aims not only at radical removal of the causative factors of the disease but also at the restoration of the equilibrium of the bodily humors.

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