



ORIGINAL RESEARCH PAPER

Ayurveda

EFFECTIVENESS OF AYURVEDA IN TREATING EKA KUSHTHA WITH SPECIAL REFERENCE TO PLAQUE PSORIASIS: A CASE STUDY.

KEY WORDS: Psoriasis, Ekakushtha, Ayurveda, Shamanoushadhis, Panchakarma Therapies, Basti.

Dr. Kiran Damoo Ubhe

Assistant Professor, Department of Kayachikitsa, M.D. (Kayachikitsa), Ph.D. Scholar (Kayachikitsa) MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar, Pune 411028.

Dr. Vishwajit N. Patil

Associate Professor, Department of Shalyatantra, Swami Vivekanand Ayurved College, Shrigonda M.S. (Shalyatantra), Ph.D. Scholar (Shalyatantra).

ABSTRACT

Psoriasis is an auto-immune disease, it is non- contagious inflammatory skin disorder characterized by erythematous, sharply demarcated papules and rounded plaques, covered by silvery scale. Ayurvedic correlation of this condition can be done with Ekakushtha involves imbalance of Vata and Kapha doshas. Psoriasis being a skin manifestation, but it also leads to psychological distress, depression and social isolation. This is a case study of 34 year old female, presented with silvery scaly lesions associated with severe itching over lower back, Abdomen, Scalp above ear, Bilateral lower limb over shin since 6 years. She was treated with Ayurvedic Shamanoushadhis and Panchakarma Therapies – Sarvanga snehana, Swedana, Basti, Raktamokshana. The patient diagnosed as Ekakushtha.

INTRODUCTION:

Psoriasis is an auto-immune disease, it is non-infectious, chronic inflammatory disease of skin, characterized by erythematous, sharply demarcated papules and rounded plaques, covered by silvery scale with a predilection for the extensor surface and scalp, and a chronic fluctuating course.^[1] Aetiology is unknown, but factors involved are genetic, biochemical and immunopathological.^[2] Diagnosis is made on the basis of clinical symptoms, Koebner's phenomenon present in the active phase of the disease, Wornoff's ring often present in the healing phase of the disease, Auspitz sign and candle grease sign are also classic feature of the disease. Ayurveda describes skin diseases under the roof of Kushtha. It further classifies Kushtha as Maha kushtha and Kshudra Kushtha. Eka kushtha is a type of Kshudra Kushtha which involves the imbalance of Vata and Kapha doshas^[3] and presents as Asvedanam, Mahavastu and Matsyashakalopamam Avastha^[4]. Acharya Sushruta described its symptoms as Krishna-aruna varnata^[5]. Repeated Samshodhana along with Samshamana is main line of treatment^[6].

Case Report:

A 34 year old female having complaint of silvery scaly lesions associated with severe itching over lower back, Abdomen, Scalp above ear, Bilateral lower limb over shin since 6 years. Known case of Psoriasis since 6 years taken Allopathic treatment.

Family History- Paternal- H/o Psoriasis

Personal History- Non-vegetarian diet, Madhura snigdha sevana, abhishyandi ahara sevana

Addiction- NIL

No any known allergies.

Table 1: On Examination:

General Examination Pulse- 76/min Blood Pressure- 110/70 mm of hg CVS- S1S2 heard with no added sounds CNS- Conscious, oriented RS- AEBE clear	Local Examination Area – lower back, Abdomen, Scalp above ear, Bilateral lower limb over shin Shape – irregular, Multiple patches Colour- silvery white Elevation- Present Pain – Absent Tendency to bleed- No Loss of sensation -No	<i>Ashthavidh Pariksha</i> <i>Nadi- Vatakaphaja</i> <i>Mala- samyaka</i> <i>Mutra- 5- 6times/day</i> <i>Jivha- saama</i> <i>Shabda- spashta</i> <i>Sparsha- anushna</i> <i>Druka- prakruta</i> <i>Akruti- Madhyama</i>
---	---	--

Treatment:

Table 2: Shaman Chikitsa

Kalpa	1 st Day	After 1 month	After 2 month	After 3 month	After 4 month	After 5 month
Aarogyavardhini vati 500mg TDS	✓			✓		
Khadirarishta - 20ml with 20ml water BD	✓	✓	✓	✓	✓	
Krumikuthar rasa 500mg 1 HS	✓					
Mixture of khadira, nimba, vidanga, musta, haridra -500 mg each BD with lukewarm water	✓	✓	✓	✓	✓	
777 Oil Local application	✓	✓	✓	✓	✓	
Rasapachaka Vati 250mg TDS			✓	✓	✓	✓
Mahatiktaka Ghrita 10ml BD- Bahya abhantara		✓	✓	✓	✓	✓

Panchakarma therapies – Day 7 – Day 14

- 1st day- Raktamokshana by Siravedha
- Sarvanga Snehana- Nimba taila
- Sarvanga Swedana- Nimba patra Bashpa swedana
- Basti- alternate anuvasana- niruha (7 days)
- Anuvasana- nimba taila (30ml)+nirgundi taila (20ml)+karanja taila (10ml)
- Niruha- eranda dashamoola kwatha 600ml

On 3rd Followup- After 2 months- Panchakarma chikitsa

- Sarvanga Snehana- Nimba taila
- Sarvanga Swedana- Nimba patra Bashpa swedana
- Basti- Mahatiktaka Ghrita basti 60ml 7 days

Assessment criteria:

PASI Scoring for assessment of Psoriasis:

Intensity

The intensity section of the score measures discoloration, thickness, and scaling. A doctor can rate each of these three symptoms using the below scoring system:

0: absent symptoms

1: mild symptoms

2: moderate symptoms

3: severe symptoms

4: very severe symptoms

Area

The area section shows the extent to which psoriasis affects the following:
head and neck
upper limbs
trunk
lower limbs

0: absence of symptoms

1: 1–9% coverage

2: 10–29% coverage

3: 30–49% coverage

4: 50–69% coverage

5: 70–89% coverage

6: 90–100% coverage

PASI score interpretation

0–5: None to mild psoriasis

6–10: Moderate psoriasis

11 or higher: Severe psoriasis

Kandu (Itching) No itching 0

1–2 times a day 1

Frequent itching 2

Itching disturbs the sleep 3

Table 3: Observations:

	Before treatment	After treatment
Intensity (Trunk)		
Discolouration	3	1
Thickness	3	0
Redness	2	0
Intensity (lower limb)		
Discolouration	2	1
Thickness	2	0
Redness	2	0
Intensity (Scalp)		
Discolouration	2	0
Thickness	3	0
Redness	3	1
Area coverage (Trunk)	5	1
Area coverage (lower limb)	3	1
Area coverage (Scalp)	2	0
PASI Score	13.6	1.7
Itching	3	0

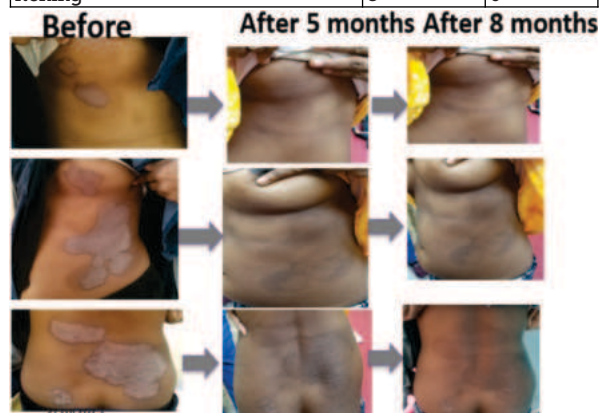


Figure 1: Before and After treatment

DISCUSSION:

Eka kushtha is a type of Kshudra Kustha which involves the imbalance of Vata and Kapha doshas.

These doshas proceeds to Bahya rogamarga i.e. Twacha, Rakta, Mamsa, and Lasika and lead to symptoms of disease^[7]. It

needs Shaman and repeated Shodhana chikitsa.^[8]

Samprapti Ghatak

Dosha- Vata -Kapha Pradhan

Dushya- Twaka, Rakta, Mansa, Ambu

Srotasa- Rasavaha, Raktavaha Srotas

Sroto- Dushti Type- Sang

Ama- Sama

Udhbhavsthana- Amashaya

Vyakti Sthana- lower back, abdomen, Scalp above ear, bilateral lower limb over shin

Considering the Rakta (vitiation of Rakta) and Pitta Dushti (vitiation of Pitta) Raktamokshana with Siravedh was done initially. Raktamokshana by Siravedha – it helps in purifying Dushta Rakta, removes toxins and inflammatory mediators from the blood, enhances blood circulation and skin oxygenation, reduces itching, scaling, and redness, prevents disease progression and recurrence, balances Tridosha.

Shaman chikitsa used possess Pachaka, Raktashodhana, Kushthahara, Strotovishodhana, Agnikrita properties.

1. Arogyavardhini vati- is an Ayurvedic formulation which cures all types of Kushtha Roga. It is Rasayan, Pachani, and Dipani and useful in lack of appetite, indigestion, and irregular bowel. It contains ingredients like Haritaki which is astringent and laxative, Bibhitaki helpful in digestive disorders and is anthelmintic. Amalaki is antioxidative, antihepatotoxic, and immune modulator, Shuddh Shilajit is useful in relieving kidney diseases, liver diseases, digestive disorders, Guggulu converts cholesterol into bile helping to remove the unwanted fats and balancing the cholesterol levels, Chitrak is effective agent in relieving digestive disorders such as loss of appetite, indigestion, piles, worms, colitis, and various liver diseases, Katuki is effective in liver disorder, Kajjali, is Yogavahi, and enhances the properties of other constituents thereby producing faster action. Bhasma along with Kajjali obtains deep penetration, It has the ability of balancing Tridosha, Bitter taste, dry, and light properties are useful in destroying all skin disorders enhances Complexion and skin texture, Astringent property promotes wound healing^[9]

2. Khadirarishta – it has raktashodhak, sarak and pachak properties. Arista has teekhana, vyavayi & vikasi properties, So it instantly reaches in the srotas and eliminates the accumulated doshas, it also increase the agni. Kahadira and other contents of khadiri arista are best for kustha.

3. Krumikuthar rasa - It mainly contains Karpura, Indrayava, Ajmoda, Vidanga, Shuddha hingula, Shuddha vatsnabh. These are Ushna, Tikshna and is Krumihar^[10]. It is an effective in treating intestinal worms. As per Sushrut all Kushtas are Tridoshaj and Krumija hence useful in Kustha.

4. Nimba has Tikta- Kashaya Rasas, Laghu & Ruksha Guna, Seeta Veerya and Katu Vipaka. Nimba balances Vata which might be due to its Prabhava. Nimba acts on discoloration, scaling-roughness & hardness of skin.

5. Khadira is classified under Kusthaghna gana, it has Tikta, Kasaya Rasa, Laghu, Ruksha Guna, sita Virya, Katu Vipaka, Kapha-pittahara, Dipana **Karma**, Prabhav is Kusthaghna.

6. Vidanga has Katu, Kashaya rasa, Lagu, Rooksha, Theekshna guna, Ushna virya, Katu vipaka and has Deepana, Vishahara, Krimihara, Kushtahara karma.

7. Musta is classified under Lekhaniya, Kandughna, has Tikta,

Katu, Kasaya Rasa, Laghu, Ruksha Guna, sita Virya, Katu Vipaka, Kapha-pitta hara, Dipana-Pachana, Grahi, Lekhana karma and is indicated in Kushtha.

8. Haridra - used for skin diseases, classified under Lekhaniya, Kustaghna, Kandaghna, Krmighna, it has Tikta, Katu Rasa, Ruksha, Laghu Guna, Usna Virya, Katu Vipaka and has Kapha-vatahara, Lekhana, Visaghna, Varnya **Karma**

9. Rasapachaka Vati - It is anulomak, Dipan-Pachan, normalizes vitiated Kapaha-Pitta Dosha. Reduces Rasadhatu Vikruti and nourishes Rasa Dhatu.

10. Mahatiktaka Chrita - it helps in relieving inflammatory changes in the skin, gut, and joints. Promotes skin health, relieve skin conditions; reduce inflammatory changes, assists proper digestive activity, relief in Pitta dosha aggravation.

11. 777 Oil - it contains Wrightia tinctoria which helps reduces inflammation by interacting with the immune system at the skin level. It reduces **scaling and redness, Alleviates itching**.

Sarvanga Snehana- it helps relieve tiredness, body aches, nourishes body tissues, induces good sleep, **Nimba taila** - : It is Kushthagha and it decreases itching

Sarvanga Swedana- it improves body's circulation.

Basti - Nirgundi Tail has anti-inflammatory properties. Nirgundi has vata kapha hara properties^[11,12,13], katu tikta rasa, ushna virya, reduces vata and shleshma (kapha) and reduces kushta, krimi, ruja, pliha roga, gulma and aruchi, **Karanja Tail** has anti-inflammatory properties. **Nimba Tail** is Kanughna, it is best for shamana of vata & it does not increase kapha^[14]. Nimba is the one of the drug for Kushta roga^[15].

Eranda-dashamoola Kwatha Niruha Basti- helps in pacifying Vata dosha, helps reduce inflammation. Eranda has ushna virya and Vatakaphaghan property. As explained by Acharya Charaka, Earandmool has Vrishya and vatahara property and Dipan karma.

CONCLUSION:

Psoriasis being a skin manifestation, but it also leads to psychological distress, depression and social isolation. This case study patient suffered from severe itching over lower back, Abdomen, Scalp above ear, Bilateral lower limb over shin since 6 years, diagnosed as Eka Kushtha and was treated with Ayurvedic Shamanoushadhis and Panchakarma therapies which proved to be beneficial in this patient which reflected in reducing signs and symptoms. Following up after 8 months also showed no recurrence of skin patches.

REFERENCES:

1. Z. Zaidi and S.W.Lanigan; Dermatology in Clinical practice, 2010 Springer-Verlag London Limited, Immune system of the skin, pg 185.
2. Michael Hertl; Autoimmune diseases of skin; third edition; Springer Wein New York; pg no. 328 - 331.
3. Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Charak Samhita, Savimarsha Vidyotini - Hindi Vyakhya; Varanasi; Ed 2011; Pub -Chaukhamba Sanskrit Sansthan Pg no.253. (Ch. Chi. 7/29 - 30).
4. Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Charak Samhita, Savimarsha Vidyotini - Hindi Vyakhya; Varanasi; Ed 2011; Pub - Chaukhamba Sanskrit Sansthan Pg no.252. (Ch. Chi. 7/21) (Ch. Chi. 7/41)
5. Kaviraj Ambikadatta Shastri; Sushruta Samhita, Ayurveda tatva sandipika, Varanasi; Ed. 2007; Publication - Chaukhamba Sanskrit Sansthan. Pg no. 321. (S.Ni. 5/10).
6. Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Charak Samhita, Savimarsha Vidyotini - Hindi Vyakhya; Varanasi; Ed 2011; Pub-Chaukhamba Sanskrit Sansthan Pg no. 255 (Ch. Chi. 7/21) (Ch. Chi. 7/41)
7. Brahmananda Tripathi; Ashtang Hridaya, Nirmala Hindi Tika, Varanasi; Ed. 2010, Chaukhamba Sanskrit Sansthan pg no.369. (A.H.Ni. 14/3).
8. Pandit Kashinath Pandey and Dr. Gorakhnath Chaturvedi; Charak Samhita, Savimarsha Vidyotini Hindi Vyakhya; Varanasi; Ed 2011; Chaukhamba Sanskrit Sansthan Pg no. 255 (Ch. Chi. 7/21) (Ch. Chi. 7/41).
9. Acharya JT, editor. Ayurveda Dipika Commentary of Chakrapanidatta on Charak Samhita of Agnivesha. Sutrasthan, Atreyabhadrapapiya Adhyaya. 2nd ed., Ch. 26. Verse 43. Bombay: Nirnaya Sagar Press; 1935. p.143-5.
10. Gopal Krishna, Rasa Tantra Sar and Siddha Prayog Sangraha, Pratham Khand,

Yog no 60, Ajmer, Krishna Gopal Ayurved Bhavan, sixteenth ed; 2014. p.206.

11. Anonymous, e-book Dhanvantari Nighantu, NIIMH-CCRAS, New Delhi, 2010. <https://niimh.nic.in/ebooks/eNighantu/index.php> Date 14 Feb 2023, time 09.08 pm IST
12. Bapalal Vaidya, Nighantu Adarsh, volume 2, second edition, Chaukhambha Bharati Academy, Varanasi, 1999. p-232-236.
13. Chunekar KC, Bhavaprakash Nighantu, Chaukhambha publications, Varanasi. p344-346.
14. Vd. Harish chanda singh kushwala, charaka samhita, Varanasi: Chaukhambhaorientalia, Reprint Edition 2016, vol-1, sutra sthana, chapter 13, shloka no. 14, pp-327
- Dr. Satish Chandra Sankhyadhar and Dr. Deepika Sankhyadhar. Raaja Nighantu. Varanasi: Chaukhambha orientalia, Edition 2012. Chapter 15, Shloka no 117, Page no 851.