

## MANAGEMENT OF PSORIASIS W.S.R EKA-KUSHTHA –A CASE STUDY

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**ABSTRACT**

Psoriasis is a chronic inflammatory skin disease which is very difficult to treat. It affect both sexes equally. In Ayurved it is correlated with Eka-kushtha and it occurs due to imbalance of Vata and Kapha. The disease is characterized by erythema with layers of silvery scale followed by itching and burning sensation. Several medicinal as well as topical treatment are prescribed to control the disease. Here is a case of Psoriasis 53 year male patient suffering for last 1 & 1/2 year was examined in KC OPD and treated with shaman chikitsa. The case taking was done in standardized format and treatment was given as per Ayurved guidelines and now cured for last 8 months.

**KEYWORDS:** Psoriasis, Eka kushtha, shaman chikitsa.**INTRODUCTION**

In Ayurved all type of kushtha are caused by vitiation of all tri-doshas but the individual type is having its own predominance of doshas. Eka-kushtha occurs due to vitiation of vata and kapha and its lakshana shows involvement of dhatus like rasa, rakta and mamsa and srotas like rasavaha, raktavaha, mamsavaha and swedavaha are also involved. The disease Psoriasis i.e Eka kushth is characterized by aswedanam, mahavastu, matsyashakalopamam, rukshata, kandu, krisna aruna varna, daha, raktabha pidika. Agni here get manda consuming ahita virudhha aahara which is the basic cause of all skin diseases. Patient suffering from Psoriasis often experience a social stigma which hamper their daily life.

Different types of chikitsa mentioned in ayurvedic classics like shodhan chikitsa, shaman chikitsa, external application, raktamokshana control the disease and improve quality of life. Here the case is treated with shaman chikitsa.

**CASE REPORT**

Patient Name- XYZ Age -53y

Sex -male

O. P. D No- 3122/780 K.C Dept G.A.M Puri

Occupation- shopkeeper

Date of initial registration for treatment- 24/01/24

Date of completion of treatment- 25/02/24

**Chief Complaints and Duration-** Patient complains of

itching & scaly eruption at back and abdomen since 1 & 1/2 years with dryness & discoloration of skin followed by involvement of whole body which is aggravated in winter season & intake of sea food.

**Present illness-** First patient suffered from itching in his back and abdomen just after which he noticed scaly eruptions, dryness and discoloration, later appears on all over the body.

**Past history-** No H/O- HTN/DM or above disease.

**Family history-** No such history

**Treatment history -** Allopathic medicine taken but no relief.

**Personal history-** married having 3 children.

- Addiction- Tobacco
- Bowel- Constipated on & off
- Diet - Mixed
- Appetite - Moderate
- Sleep- Disturbed
- Mental statue- anxiety, Forgetfulness

B.P. -114/84 mmhg Pulse-74/min

**Investigations-** Hb%-12 gm%, ESR- 44 mm/hr, TLC- 7000/cumm.

**Diagnosis-** Psoriasis w.s.r Eka-kushtha as per lakshana mentioned in Ayurved classics.

**Assessment criteria**

- Itching
- Dryness
- Scalyskin
- Discoloration
- New lesion appearance
- Healing of patches

**Treatment given**

1. Arogya vardhini vati 250 mg twice daily with luke warm water after food
2. Ekavimshatika guggulu 500 mg twice daily with luke warm water after food
3. Chitrakadi vati 250 mg twice daily with luke warm water before food
4. Mahamanjisthadi kwath 15 ml twice daily with water after food

Patient was advised to take pathya aahar and to avoid fast food, sea food, salty and sour foods. he also advised for meditation and exercise to maintain healthy life style.

All treatments were given for 1 month and the patient condition was assessed as per assessment criteria.

**Follow up**

The above medications were given for another 2 month and the patient was asked to visit hospital for follow up assessment. First follow up was taken after 15 days and improvement in itching, scaling, dryness & discoloration is noticed. Second follow up was taken after another 15 days where healing of patches noticed, also there was no new scaly patches was noticed. Third follow up was done after 1 month of second follow up where appearance of new skin was seen. There is no further recurrence of disease is seen.

**OBSERVATION**

Assessmentcriteria	Before treatment	After treatment	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up
Itching	Present	Improved	Absent	Absent
Dryness	Present	Improved	reduced	Absent
Scaly skin	Present	Reduced	Marked reduced	Absent
Discoloration	Present	Reduced	Absent	Absent
Healing of patches	Absent	Observed	Observed	Present



**Before Treatment**



**After Treatment**



**Before Treatment**



**After Treatment**

**DISCUSSION**

Here a case of Psoriasis which is taken as Eka kushtha in Ayurved is discussed which is a chronic inflammatory condition. In Eka kushtha both shodhan and shaman chikitsa is given as per the condition of patient. In this case we selected shaman chikitsa mainly the composition which pacify kapha and vata and improves Agni. Arogyavardhini vati used in many skin disease, hepatic disorders, irregular bowel syndrome. Ekavimshatika guggulu is effective as anti inflammatory so given in kushtha, krimi, dusht vrana grahani. Chitrakadi vati is effective in digestive disorders hence improve Agni. Mahamanjisthadi kwath purify blood by expelling toxins from body.

**CONCLUSION**

Due to unhealthy lifestyle and improper diet habit psoriasis becoming a common problem now a day. Patient suffering from such condition often experience mental and social pressure due to the physical appearance This case study suggest Ayurvedic management is effective in psoriasis i.e Eka kushtha. uncomplicated cases shaman chikitsa controls the further spreading and cures the disease from root.

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