

ROLE OF AYURVEDA IN THE MANAGEMENT OF EKKUSHTA (PSORIASIS)

^{*1}Dr. Kirti Mohan Pujari and ²Dr. Vinay Dadasaheb Chavan.¹PG Scholar, Panchkarma Department, LRP Ayurvedic Medical College, Islampur.²Associate Professor, Panchkarma Dept., LRP Ayurvedic Medical College, Islampur.

*Corresponding Author: Dr. Kirti Mohan Pujari

PG Scholar, Panchkarma Department, LRP Ayurvedic Medical College, Islampur.

Article Received on 06/02/2025

Article Revised on 26/02/2025

Article Accepted on 16/03/2025

ABSTRACT

Psoriasis is diseases with reddish plaques and silvery scales. It is papulosquamous skin diseases and chronic, inflammatory, multi-systemic Nature. The worldwide prevalence of psoriasis is 2-3%. In Ayurveda All types of skin diseases included under the term of 'Kushta'. Ekkushta is a form of Kshudra Kushta resembles as psoriasis because of its distribution pattern and characteristics features of aswedanam (anhydrous), mahavastu (covers long portion of body) matsyashaklopam (lesions like dry scaly like fish) It is caused by an imbalance of the Vata and Kapha Doshas. Round plaques covered in silvery scales and erythematous, clearly delineated papules are the clinical features of psoriasis, an immune-mediated illness. The elbows, scalp, knees, and gluteal cleft are the most often locations, The treatment options available in allopathy (corticosteroids, light laser therapy) are not much satisfactory. Hence this study has been proposed to evaluate role of Ayurvedic management in Ek-Kushta. Shodhan is the finest treatment for Bahudoshaj condition. Kushta is bahudoshaj vyadhi. In kushta chikitsa vaman, virechan, Raktamokshan are indicated to cure disease. By shodhan therapies, root cause of disease eliminated and reoccurrence is prevented. As virechan karma eliminates pitta kapha and rakta dhatu related impurities, It reduces Daha (burning), kandu (itching) and mastyashakalamam (scaling). This article is case study of 32yrs female patient with sign and symptoms of Ekkushta registered from the O.P.D, P.G. Department of Panchkarma, LRP Ayurvedic College, Islampur, Sangli.

KEYWORDS: Ekkushta, Psoriasis, Virechan Karma.

INTRODUCTION

Skin is largest organ of body and It is one among 5 Dnyanendriya adhistan described in ayurveda. It is responsible for sparsh gnyan i.e touch sensation. It plays role in physical and mental well being of individual and patient's quality of life.

Psoriasis is one among the most common skin disorders encountered in today's practice. In ayurveda all the skin disease have been discussed under 'kushta'. Kushta rog is described in ayurveda by brihatrayee in two types. i.e Mahakushta and kshudrakushta. Ek kushta is one of the type of kshudra kushta.^[1]

According to madhav nidan, clinical features of Ek kushta is Aswedanam (Unhydrous), Mahavastu (covers long portion/whole body), Mastyashakalamam (Resembles like scales of fish).^[2] Ekkushta correlates with psoriasis which is chronic inflammatory skin disease characterised by erythematous Round plaques covered in silvery scales affecting extensor surface, scalp. It is relapsing in course. It affects 2% Population in world. In India 1.5 % Population affect Irrespective of sex.^[3]

In 21st century, due to sedentary life and improper diet, stress, pollution worsens the disease It doesn't cause any systemic involvement but their appearance disturbs mental condition of patient. In area, where people are eating non vegetarian diet and viruddhahar, patients of Ekkushta seen more. The treatment options available in allopathy are not much satisfactory. First line treatment include corticosteroids and acitretin. And other includes local laser and light therapy which had systemic and local side effects.^[4] hence this study has been proposed to evaluate role of Ayurvedic management in Ek-Kushta. In kushta chikitsa vaman, virechan, Raktamokshan are indicated to cure disease.^[5] Hence keeping this in consideration, study is meant to expel doshas by virechan karma followed by shaman aushadhi.

This process of virechan karma, balances vitiated vata and kapha doshas, which leads to reduction in symptoms like Mastyashakalamam, Mahavastu, kandu and size of lesion. Chopchini paak is raktashodhak, vranropak and Tikta ushna which nourishes Rakta, Rasa Dhatu.^[6]

CASE STUDY

A female of 32 age years, housewife, who has no history of comorbidities came to out patient department of panchkarma of LRP Ayurvedic Medical College and Hospital, Islampur, Sangli with complaints severe itching, redness and pain in skin lesions, localized at bilateral sole region and palm region since 1.5yrs. She had associate complaint of loss of appetite, headache, disturbed sleep and irregular bowels since 1yr. She took allopathic treatment for past few years but didn't get permanent relief. . Since 1 month the symptoms have aggravated, she came to Panchkarma Dept. LRP AMC, Islampur, Sangli. No history of any major medical or surgical illness.

Personal History: Appetite - Reduced Sleep - Disturbed
Addiction - Tea (4cup/day) Bowel -Incomplete
evacuation Diet - Mixed
Thirst - Normal (1.5lit/day) Occupation - Housewife
Marital status – Married

On Examination

B.P - 110/80 mm of Hg **Pulse Rate** - 82/min **RS**- B/L clear
SpO2 - 98%
CVS - S1S2 normal
CNS - Conscious and well oriented
P/A - Soft and non-tender

**Ashtavidha Pariksha**

Nadi (pulse) = 74/min. Mala (stool) = Vibandha Mutra (urine) = Normal.

Jivha (tounge) = Eshatha saam. Shabda (speech) = Normal.

Sparsha (skin) = Khar, Raktawarniya. Druka (eyes) = Normal.

Druka = Prakrut Akrti = Madhyam Bala = Madhyama.

Agni = Kshudhamandya.

Treatment

In Ayurveda classics, it has been mentioned that diseases treated with Samshodhana Chikitsa (bio- purification therapy) have the least tendency to re-occur.^[6] Virechana Karma (therapeutic purgation) is indicated not only for Pittaja disease but also for Rakta and Kaphaj disease.^[7] In this procedure first Deepana (enhancing metabolic state) Pachana (enhancing digestion) Karma was done with Shunthi Churna (powder of dried rhizome of Zingiber officinale Roscoe). This drugs is excellent Deepana drug and thus helps in Aam Pachana. After this Snehapaan (therapeutic oleation) was done Murchit GoGhrita. Ghrita can penetrate the cell membrane. So, drugs incorporated with Ghrita (ghee) will easily assimilate in the human body. This will help in rejuvenation of cells and smoothening of vitiated Dosha (regulatory functional factors of the body). Ghrita is best among Vata-Pitta Prashaman drugs. So, it helps in the alleviation of dryness, burning sensation and scaling of disease. After internal Snehapana external Snehana (oleation) with Tila Tail and Swedan (therapeutic fomentation) will melt the Dosha (removal of toxin and nitrogenous wastes) from the periphery to guts.^[8] Which is thrown out of the body with the help of Virechak Kashaya.

Table No. 1: Shodhana Treatment.

| | | | |
|----|-------------------------------------|---|--|
| 1. | Snehapana | Murchit GoGhrita | 1 st day = 30 ml 2nd day = 60 ml 3rd day = 90 ml 4th day = 120 ml |
| 2. | Sarwanga Abhyanga Sarwanga Sweda | Til Taila Dashmoolakwatha | For 3 day (5th -7th day) |
| 3. | Virechana | Triphala+ kutki+ nishottar 300ml Kwath | Vega – 15 (Madhyam Shudhi) (8th day) |
| 4. | Sansarjana Karma | | 5 days (9th – 13th day) |

Table No. 2: Shamana Aushadhi.

| | | |
|----|-------------------|--------------------------|
| 1. | Chopchini Paak | 10 grams BD (after food) |
| 2. | Manjisthadi kadha | 20ml BD (after food) |
| 3 | Panchtikta ghrita | 5ml BD (Before food) |

| PATHYA | APATHYA |
|--------------------|---------------------------------------|
| Sadrutta palan | Consuming sour, salty, meat & alcohol |
| Vyayam Yoga | Excessive sleep |
| Meditaiaon | stress |
| Healthy food habit | Junk food |

Assessment Parameters**Table No. 3: Aswedanam (anhydrous).**

| | |
|---|--|
| 0 | Normal |
| 1 | Anhydrous in very few lesions |
| 2 | Anhydrous in few lesions |
| 3 | Anhydrous in All lesions |
| 4 | Anhydrous in All lesions and uninvolved skin |

Table No. 4: Mastyashaklopam (Scaling).

| | |
|---|--|
| 0 | No scaling |
| 1 | Mild Scaling by rubbing /by itching (in few lesions) |
| 2 | Moderate Scaling by rubbing /by itching (in all lesions) |
| 3 | Severe Scaling by rubbing /by itching (in all lesions) |
| 4 | Scaling without rubbing / itching (in all lesions) |

Table No. 5: Kandu (Itching).

| | |
|---|---|
| 0 | No Itching |
| 1 | Mild/Occasional Itching (2-3 min) |
| 2 | Moderate, tolerable infrequent |
| 3 | Severe Itching, Frequently |
| 4 | Very Severe itching disturbing sleep and other activities |

Table No. 6: Krishna arun varna (Erythema).

| | |
|---|-----------------------|
| 0 | No Erythema |
| 1 | Slight Erythema |
| 2 | Well defined Erythema |
| 3 | Moderate Erythema |
| 4 | Severe Erythema |

Table No. 7: Mahavastu (Lesions).

| | |
|---|---|
| 0 | No lesions |
| 1 | Lesions on partial areas of hand ,leg,neck,palm,scalp |
| 2 | Lesions on most areas of hand ,leg,neck,palm,scalp |
| 3 | Lesions on whole areas of hand ,leg,neck,palm,scalp |
| 4 | Lesions on Whole body |

RESULT AND DISCUSSION**Table No. 8.**

| Associate Symptoms | Before Treatment | After Treatment |
|-------------------------------|------------------|-----------------|
| Aswedanam (anhydrous) | 4 | 1 |
| Mastyashaklopam (Scaling) | 3 | 1 |
| kandu (Itching). | 3 | 0 |
| krishna arun varna (Erythema) | 3 | 1 |
| Mahavastu (Lesions) | 3 | 1 |

Significant improvement in Ekkushta signs and symptoms was seen. Shamana Aushadhi was administered for 15 days following Sansarajana Karma. The first follow-up was completed on day 15, and the second follow-up was completed on day 30.

This case was diagnosed as Ekkushta based on Nidana and Lakshana. Rasavaha, Raktavaha and Mamsvaha Strotas are vitiated in Ekkushta. Virechana is considered the finest of the five Sanshodhana (purificatory) procedures because it suppresses the excess Rakta related Dosha throughout the body and balances the Vata and Kapha Doshas. This is because Rakta dhatu and vata-Kapha are the primary afflicted doshas. As virechan

karma eliminates pitta kapha and rakta dhatu related impurities. Ushna (hot), Teekshna (sharp), Sookshma (subtle), Vyavayi, Vikashi Guna, Prithvi Mahabhoota (earth element), Jala Mahabhoota (water element), and Adhobhagaharana Prabhava (potency of downward movement) are some of the qualities of Virechana medications. Goghrita has pittaghna property. Usna Virya makes Trivrit Vatahara, Virechana Karma makes it Pittahara, and Ushna Virya, Katu Vipaka, and Katu Tikta Rasa make it Kapha Shamaka. Its purgative properties are the primary reason it is used here. Following Virechana, the patient received a mix of medications that aid in healthy Dhatu formation. Ingredients of Panchatikta Ghrita has Katu, Tikta, Kashaya Madhura,

Laghu and Sheeta, Snigdha properties along with Ushna Virya helps to pacify Vata Pitta and Kapha Doshas.^[9] Due to pacification of Vata Dosha subside Khara sparsh, matsyashaklopam (Dry Scaling), as well as krushna arun Varna (Erythema) Due to pacification of Kapha Dosha helps to subside Kandu (Itching) and plaques. Chopchini paak is raktashodhak, vranopak and Tikta, ushna which nourishes Rakta, Rasa Dhatu.^[5] Manjishthadi kashay is patent enough for kushta and raktashodhak in properties.^[10]

CONCLUSION

Shodhan (Bio-purification) of the body along with Ayurveda modalities provided better clinical management for such case of Psoriasis. This is the uniqueness of Ayurveda management. It helps to prevent recurrence. Viruddha aahar and Vihar (nidanasevan) is mula for disease. It should be treated. This study reveals efficacy of Ayurvedic treatment in ekkushta without complication and prevent further progression.

REFERENCES

1. Vd. Tripathi Brahmanand. Charak Samhita, reprint 2020 chaukhamba surbharati prakashan varanasi, 2020 Chikitsasthan 07/4-10. part-II chikitsathan page no. 299.
2. Shri Madhavakara with the madhukosha Sanskrit commenterry, By shri Yadunandan Upadhyay-Madhav Nidan, Chaukhmbha Sanskrit Sansthan, Reprint, 2019; part 2 Adhyay 49th, page no158, sholka 17.
3. Psoriasis in india: prevalance and pattern Indian Journal of Dermatology, venereology and Leprology. <https://ijdv1.com/psoriasis-in-india-prevalence-and-pattern>.
4. DAVIDSON'S- principles and practise of medicine. 19th edition. Chapter no 21-skin Disease - Page no.1079
5. Vd. Tripathi Bramhanad, Charak Samhita, reprint 2020, choukhamba surbharati Prakashan, Varanasi, 2020.
6. Vaidya laxmipati shashtri, Yogratanakar, Chaukhambha prakashan, Reprint no 2072, uttarardh, page no. 205.
7. Vd. Tripathi Bramhanad, Charak Samhita, CHIKITSA STHANreprint 2020, choukhamba surbharati Prakashan, Varanasi, 2020.
8. Sastri Kasinatha and Chaturvedi GorakhananthaCharaka Samhita, Sutrasthana; Sneha adhyaya: Chapter13, Verse 58; Varanasi: Chaukhambha Bharati Academy, 2016.
9. Ayurveda Pharmacopia, Volume I, Part II, Published by Department of Ayurveda, Colombo, Sri Lanka, 1979, [Pg 122].
10. Ayurveda Pharmacopia, Volume I, Part II, Published by Department of Ayurveda, Colombo, Sri Lanka, 1979, [Pg 202].