



## AYURVEDIC MANAGEMENT OF *EKA KUSHTA* (PSORIASIS) – A CASE REPORT

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### ABSTRACT

In Ayurveda, *Eka Kushta* can be correlated with Psoriasis due to very much similarity in their symptoms. The unique treatment modality of *Ayurveda* provides long lasting results and a better life to patients through its three basic principles of treatment i.e. *Shodhana*, *Shamana* and *Nidana Parivarjana*.<sup>[1]</sup> *Panchakarma* (*Shodhana*) therapy is a unique type of treatment for various disorders such as Chronic Diseases, Auto-Immune, Hormonal disorders, Degenerative disorders etc, where Ayurveda equally beneficial for the promotion and preservation of health. In addition, *Shamana Chikitsa* & *Bahir Parimarjana Chikitsa*<sup>[2]</sup> (External Application) like *Lepana Chikitsa* of various drugs when administered after a précised *Shodana* would be an addition benefit in the treatment protocol thus aids in eradication of the diseases (psoriasis) completely. This work is supported by a case report, providing evidence for the management of *Eka Kushta* by *Ayurvedic* Treatment Protocol.

**KEYWORDS:** *Eka Kushta*, *Psoriasis*, *Snehapana*, *Vamana*, *Virechana*, *Jaloukavacharana*, Leech therapy.

### INTRODUCTION

Acharya *Sushruta* has explained 7 layers of skin and disease related with particular layer in detailed. In *Ayurveda* classics, almost all the skin diseases are explained under the single Umbrella; *Kushta*. *Kushta* is grossly classified as *Sapta Maha Kushta*<sup>[3]</sup> (Seven in Number) and *Ekadasha Kshudra Kushta*<sup>[4]</sup> (Eleven in number). *Ayurveda* considers skin diseases are innumerable and having variety of types. *Eka Kushta* is one amongst the 11 types of *Kshudra Kushta* described in *Ayurvedic Samhitas*. Acharya *Charaka* briefly explains the sign and symptoms of *Eka Kushta* like *Aswedanam* (lack of sweating / anhidrotic), *Mahavastu* (covering of large surface area), *Matsyashakalopam*<sup>[5]</sup> (looks like scales of fish), which may be correlated with psoriasis. Acharya *Sushruta* explain symptoms of *Eka Kushta* as *Krishna Arun Varnata*, Psoriasis is the most common skin disorder seen in day today clinical practice characterized by erythematous, circumscribed and silvery- white skin lesions. Signs and symptoms produced in *Kushta* are depending upon the predominance of the dosha in them. It is considered under *Ashta Mahagada Roga*.<sup>[6]</sup> As per *Acharyas* the vitiation of *Dosha* (*Vata*, *Pitta* and *Kapha*) with *Twak*, *Mamsa*, *Rakta* and *Lasika* have the chief role in pathogenesis of *Kushta*. *Shodhana* treatment has prime prominence in skin diseases because it removes the

vitiated *Doshas* from the body which are main cause of diseases. *Shodhana* therapy has very much importance in today's practice. The present Case Report is an Evidence in support of the clinical efficacy of *Vamana*, *Virechana*, and *Jaloukavacharana* in management of *Eka Kushta*(Psoriasis) According to *National Psoriasis Foundation* 125 million people worldwide—2 to 3 percent of the total population—have psoriasis, according to the *World Psoriasis Day Consortium*.

### CASE REPORT

A 44 years old female approached *Kayachikitsa Department* OPD, Arogyadhama, Sushrutha Ayurvedic Medical College and Hospital presenting with chief complaints as itching and discolouration of skin, erythematous patches of rounded to irregular shape, appearance of silvery scales guarding the patches over her trunk, both hands, both legs and back. The Patient was apparently healthy about 5 years ago, later she experienced itching all over her back, abdomen, chest, both hands and both legs. The area affected with itching slowly got discoloured and dry, there was also appearance of red erythematous patches guarded with scales. The patches were more pronounced over back and abdomen. Simultaneously she was suffering from constipation, physical and mental stress and disturbed sleep. Patient also had a treatment history of allopathic

medicine since few years, for which no significant relief was found. As a part of routine blood investigations, Complete Blood Count, RA factor, Blood Sugar Level, Liver Function Tests, Renal Function Tests and Routine and Microscopic Urine Examination were performed to rule out any possible associated disorder. The finding of these investigations were found within normal limits.

- **Past history:** No significant medical history
  - **Personal history:** Profession: Housewife
- Diet: Mixed diet  
Sleep: Disturbed due to itching  
Bowel: Constipation  
Addictive habits: Coffee

• **Skin Examination (Sthananika Pareeksha)**

1. Inspection: Size shape—Erythematous lesion lower back, both hands, legs and over the trunk region.
2. Color—White silvery scales
3. Uniformity—Generalized plaques
4. Thickness—More than 0.5cm in diameter
5. Lesions—Plaques
6. Palpation: Moisture—Dryness, no sweating  
Temperature—Warmth of the skin
7. Texture—Roughness
8. Mobility and turgor—Reduced

**Signs:** - Candle Greece Sign—Positive  
Auspitz Sign—Positive

**Treatment plan:** - The treatment was carried out in three phases, the details is provided in Table No.1

**Table No.1: The treatment was carried out in three phases.**

Sl no	Treatment
1.	<i>Vamana</i>
	<i>Virechana</i>
	<i>Jaloukavacharana</i>
2.	<i>Shamana</i>
3.	<i>Nidana Parivarjana</i>

**Process of Shodhana:** - Preparation and Process of *Vamana* and *Virechana* – As *Eka Kushtha* is chronic and relapsing in nature with the involvement of *Tridosha* and *Twaka, Rakta, Mamsa, Lasika* and *Kleda*. Hence, repeated *Shodhana* is required for the treatment. *Shodhana* is one of the important treatment measure of *Ayurveda* which deals mainly with elimination of vitiated *Doshas* from body. These *Doshas* (toxins and waste materials) should be eliminated naturally by *Panchakarma/Shodana* procedure.

**Purvakarma – Deepana Pachana:** It is very essential process prior to the *Panchakarma* procedure. As with this process, *Ama Doshas* (toxins) present in the *Shakha* undergo digestion. For removal of *Amadosha Deepana Pachana* is advised. Thus the free *doshas* (toxins) can be easily eliminated outside the body through *Vamana* and *Virechana*. The patient was administered with *Chitrakadi*

*vati* (2-2-2) B/F with warm water for 7days to attain *Deepana* and *Pachana*.

**Snehapana (Oleation):** *Acharya Charaka* quotes that *Kapha* glides fluently towards *Koshtha* through the body, which is kept ready by *Oleation* and *Fomentation*, in the same manner as the water stream eloquently through the vessel coated with a layer of unctuous material. For this patient was administered with *Mahatiktaka Ghritha*<sup>7</sup> in *Arohana Krama* (increasing dose) of 30ml, 80ml, 150ml, 220ml, and 250ml for 5 days. During this period, the patient was kept on semi liquid hot diet.

**Sarvanga Abhyanga (whole body massage with oil) and Swedana (Fomentation):** After completion of *Oleation* therapy, on the next day patient was subjected for *Sarvanga Abhyanga* (Whole body massage) with *Nalpamaradi pinda taila*<sup>8</sup> and *Sarvanga Swedana* (Fomentation) for 20-25 mins or until profuse perspiration occurred. The patient was advised for complete rest on this day and to eat *Kaphavardhak Aahara* in the evening like *Dahi vada, Dahi bhaat, milk* and *milkproducts, idlivada*.

**Pradhana Karma**

**Vamana-** On this day, the patient was kept on nil by mouth (NBM) till the process of *Vamana* started. *Abhyanga* along with *Swedana* was given and Pulse and Blood pressure was monitored. The patient was administered with luke warm *Godugdha* (milk of cow) as a *Akanthapana dravya*. The *Vamaka Yoga* (preparation used for vomiting) that contained the drugs *Madanphala*(*Randia dumetorum*) (7g), *Vacha churna* (*Acorus calamus*)(3g) *Nimba churna* (*Azadirachta indica*)(4g), *Pippali churna* (*Piper longum*) (2g), *Saindhava lavana*<sup>9</sup> (*Sodium Chloride*)(2g) mixed with honey was administered to patient(Table 2). After 15 minutes of administration of *Vamaka yoga, Vamana vega*<sup>10</sup> (acts of vomiting) to commenced. For easy evacuation of vomitus *Yasthimadhu phanta* as a *Vamanopaga* was administered followed by *Lavanodaka*. Time and quantity of administration of *Vamanopaga dravyas* acts of vomiting (major, moderate or minor) and amount of vomitus along with the contents were noted. The process was continued till patient was undergone through 12 *Vegas* and 10 *Upavegas*. The procedure was stopped after the medicine was expelled and *pitta* was noted.

**Table No 2: Vamana Dravya and its dosage.**

NAME OF THE DRUG	DOSAGE
<i>Madanaphala Churna</i>	6g
<i>Nimba Churna</i>	4g
<i>Pippali Churna</i>	2g
<i>Vacha Churna</i>	2g
<i>Saindhava Lavana</i>	1g
<i>Madhu</i>	QS
<i>Ksheera</i>	3and half litre
<i>Yashtimadhu Phanta</i>	5litre
<i>Lavanodaka</i>	1litre

**Paschat Karma;**— *Triphala Kashaya* was used for *Kavala Dharana*, *Dhumapana* was done using *Vacha*.

**Samsarjana Karma:**— Since it was a *Pravara Shuddhi* – *Samsarjana Karma* was followed for 7 days Diet – Rava ganji, Kichandi, Rice dal, Rice Rasam, followed by Normal diet

**Virechana Karma:** - After the gap of 15days, *Virechana* procedure is carried out.

1. *Deepana/Pachana- Chitrakadi Vati* (2-2-2)x3days
2. *Snehapana- Mahatiktaka Ghritha*(30ml,70ml,110ml, 200ml)x4days
3. *Sarvanga Abhyanga* with *Nalpamaradi Pinda Taila* followed by *Sarvanga Sweda* for 3days.

4. On the day of *Virechana- Sarvanga Abhyanga* followed by *Swedana* was performed.

During the *Pitta Kala- Trivruth Lehya* (60g) + *Triphala Kashaya* (500ml) was administered.  
Observation: 31vegas was observed

**Samsarjana Karma:** since it is a *Pravara Shuddhi* – *Samsarjana Karma* followed for 7 days Diet –Rava Ganji, Kichandi, Rice dal, Rice Rasam, followed by Normal diet.

**Jaloukavacharana<sup>[11]</sup> (Leech therapy):**—After the gap of 10days leech therapy done on hands, legs and abdomen.

**Shamana Aushadhi:** - For one month

Name of the medicine	Dosage
<i>Patoladi Kashaya</i> (10ml) + <i>Aragwadadhi Kashaya</i> (10ml)	[20ml-0-20ml]Before food with warm water
Tab. <i>Atrisor</i>	2-2-2 After food with warm water
<i>Avipattikara Churna</i>	0-0-1tsp with warm water
<i>Siddharthaka Snana Churna</i>	Externally
<i>Siddharthaka Soap</i>	Externally
777 oil	Externally
<i>Triphala Taila</i>	Externally
<i>Atrisor Cream</i>	Externally

**Nidana Parivarjana :-** Avoid intake of Sour, Spicy food, Tomato, Potato, Cashew, Pista, Peanuts, Urad Dhal, Beans, Mutter, Curds, Tea , Coffee, Milk products.



Image 5: During 1<sup>st</sup> Sittings of Jaloukavacharana:-Image 6: After 2<sup>nd</sup> Sittings of Jaloukavacharana:-Image 7: After 3<sup>rd</sup> Sittings of Jaloukavacharana:-

## DISCUSSION

Plaque psoriasis compared to *Eka Kushta* as per *Ayurveda* classics was treated with *Vamana*, *Virechana*, *Raktamokshana* and other *Shamana Aushadis* effectively. *Acharya Sushruta* has advised periodic repetition of *Shodhana* Procedure in case of *Kushta*. Repeated *Shodhana Karma* is required *Kushta* is a *Bahu Dosha Avastha Vyadhi* and there is involvement of various tissues (*Saptako Dravya Sangraha*). Thus periodic administration of *Shodhana Chikitsa* helps in cleansing of the *Srotas* and *Dhatu* involved in the *Vyadhi Samprapthi*. In the present case as the *Rogi Bala* was also *Pravara* a *Protocol* was prepared to bring about *Pravara Shuddhi* by administering *Vamana*, *Virechana* and *Raktamokshana*. Significant improvement was seen in the patient with respect to size, thickness and scaling of skin lesions, itching sensation. The lesion before treatment and positive progression of the lesion of each *Shodhana* Procedure is presented in Image 1, 2, 3, 4, 5, 6, 7 respectively. Hence, the signs and symptoms of the Plaque psoriasis - *Eka Kushta* was effectively managed through *Ayurveda*.

## CONCLUSION

*Eka Kushtha* (Psoriasis) though difficult to manage, but if correctly diagnosed and managed significant relief can be found. In present case, the treatment was found very effective in treating Psoriasis. There was 60-70% relief in signs and symptoms after *Shodhana* Therapy and 80%

to 90% relief after Oral medications and *Nidana Parivarjana*.

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