

## AYURVEDIC APPROACH TO PSORIASIS (EKAKUSHTHA): A CASE STUDY.

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**ABSTRACT**

Psoriasis(*Ekakushtha*) is one of most common skin disorders encountered in clinical practice. It is a chronic disease that has psychological and social impact on patient's life. Even though, modern medical science have lots of facilities and upgraded technology for treatment of patient, this disease is still progressing rapidly. The disorder may affect people of any age, but it most commonly begins at the age of 15 to 40 years. The condition is not contagious. The most common form, plaque psoriasis, is commonly seen as red and white hues of scaly patches appearing on the top of skin. Due to invariable similarities in signs and symptoms, it is equated to *Ekakushtha* in *Ayurveda*. Modern treatment which include topical therapy, corticosteroids etc. have limitations as they give only temporary relief. Hence, there is need for drugs having good efficacy in this debilitating disorder which is possible by *ayurvedic* treatment. Present case was carried out in IPD of Rognidan department, Government Ayurved College, Nanded, Maharashtra. The treatment has shown marked improvement in relieving all the symptoms and PASI score of patient.

**INTRODUCTION**

Psoriasis is chronic non-infectious inflammatory skin disorder seen in daily practice. Lesion varies from few milli meters to several centimeter, stress and life-style are main predisposing factors. Psoriasis is the most common dermatologic disease affecting upto 2.5% of world population. In India 0.8% population is suffering from Psoriasis. Psychological stress is one of the major triggering factor in the exacerbation of the disease.

In *ayurveda* most of the skin disorders can be taken under general term "*Kushtha*". Psoriasis is considered as type of *Kushtha* and it is correlated to various varieties of "*Kshudra kushtha*". Among them "*Ekushtha*", "*Kitibhakushtha*"<sup>1</sup> are the commonest due to resemblances in signs and symptoms. In Psoriasis individual lesions are demarcated red with dry silvery White scaling. Lesion most commonly seen on the elbow, knee, lower back etc. viz. the extensor aspects of the body.

**HETUS OF PSORIASIS<sup>[2]</sup>**

1) *Ahara* –

- Improper and irregular diet causes the disturbance of *vata dosha*
- Dairy product like *dadhi* in daily diet
- *Nava dhanya*
- *Anup mamsma-matsya sevan*

2) *Vihara*-

- *Chhardi veg dharana* (suppression of natural urge)
- *Ratri jagaran* (night duty)
- 3) *Mansika nidana* – *Chinta*, *bhaya*, and *vegavarodha* causes *vata vrudhi*.

In all types *Kushtha*, the basic body components to be vitiated are called as *Saptakodravysangraha* and it comprises *Tridosha* (*vata, pitta, kapha*), *Twaka*, *Rakta*, *Manas lakshan* have important role in manifestation. (*cha.chi 7/9*) In *Ekkushtha* dominant *dosha* are *vata kapha* (*cha chi 7/29*) and *twacha* is the main *doshadhishthan*.

**SIGN AND SYMPTOM OF EKKUSHTA:-**

Psoriasis is correlated with *Kitibha*, *Ekkushtha* etc by different research worker but the clinical feature of *kushtha* mention in (*charak chi 7/21*) are very much similar to psoriasis (*Ekkushtha*).

- a) *Aswedana*:- The lesion of this disease is dry and rough.
- b) *Mahavastu*:- Lesion found all over body.
- c) *Matsyashakalopama*:- Well defined raised macule, papule, plaque of erythema which are covered with silvery scales.
- d) *Krishna aruna varna*:- Lesion are raised and black colour, and thick lesion become black in colour.

It is *chirkari* and *sukhasadhya* disease as per *charak* but clinically it is *krichhrasadhya* disease. Topical

medication, phototherapy<sup>3</sup> etc. are general treatments used in modern medical systems, but do not give a complete cure but provide only temporary relief usually remission and exacerbation occur, when their use is discontinued.

Treating various types of *Kushtha* is challenging but Ayurveda has given a remedy for such a burning disease. Now a days people are gradually turning towards *Ayurveda* for safe and complete cure of disease. Specially in skin problems. *Shodhan*, *Shaman*, *Nidanparivarjan* are main principles of treatment.

All *acharya* emphasized on *Shodhan* therapy because medicines given after *shodhana* therapy are more effective. *Shamana chikitsa* is indicated to subside the remaining *doshas*, *shamana chikitsa* is very much useful in those patients who are unable to undergo. *Charak* has advised *shamana* therapy with *Tikta* and *kashaya dravya* after administration of proper *shodhana (cha chi 7/50)* various forms of local application are prescribed like *udvartna*, *pralepa*, *parisheka*, *abhyanga* etc.

#### CASE REPORT:-

A 35 year old male patient with complaints of:

- 1) Reddish patches on abdomen and both limb and head
- 2) Scaling of the skin
- 3) Itching all over the body.

Patient has above complaints since 1 yr

#### Material- 1)Drugs:-

Sr.No.	Dravya	Dose	Duration	Anupana
1	<i>Arogyavardhini Vati</i>	250mg	2BD for 21 days	Luke Warm Water
2	<i>Kaishor Guggulu</i>	250mg	2BD for 1 month	Luke Warm Water
3	<i>Rasmanikya</i>	150mg	BD for 21 days	Luke Warm Water
4	<i>Khadir-Guduchi Kwath</i>	40ml	BD for 1 month	-
5	<i>Panchtikta Ghrita</i>	2TSF	Early Morning for 1 month	Luke Warm Water
6	<i>Takradhara</i>	500ml	Early Morning for 15 days	-
7	<i>Karanj + Nimb Tail</i>	Local Application	TDS 1 month	-

The whole regimen was given along with *pathya*. After 3-4 days patient started improving and after 15 days of therapy patient improved more than 50%, patient was discharged after 15 days and called for follow up after 1 month. Patient was relieved completely after 1 month of treatment.

#### RESULT

In this study patient got relief in symptoms mainly scaling, itching, induration, redness after few days of treatment. PASI<sup>4</sup> (Psoriasis Area Severity Index is most widely used tool for measurement of severity of psoriasis) score was initially 60, after 15 days of treatment it reduced to 24 and after 1 month of treatment it decreased to 8. Patient was asymptomatic but occasionally start itching.

H/o –Amlapitta

No/H/O-DM/HTN/Asthma/Arthritis

Patient was normal 1yr back, since then patient has been suffering from above complaints. He took treatment from different allopathy doctors but got no relief, then he came to our hospital Government Ayurved Hospital Nanded in Rognidan department.

#### Personal History:-

Occupation- Auto driver

Bad habit – Chronic alcoholic since 7-8 years

O/E-

*Nadi* (Pulse)- 78/min

*Mala* (Stool)- samyaka

*Mutra* (Urine)- Samyaka

*Jivha* (Tongue)- Nirama

*Agni*- Vishamagni

*Shabda* (speech)- Normal

*Sparsha* (Skin)- Khara

*Druka* (eye)- Normal

*Akruti* (Built)- Madhyama

*Bala*- Madhyama

B.P.- 110/70 mm Hg

#### MATERIAL AND METHOD

##### Method:-

- Centre of study: Government Ayurveda Hospital, Nanded
- Simple random single case study.

#### DISCUSSION

Psoriasis is a major skin problem in today's lifestyle, in modern medicine there are various kinds of drugs specially steroid, but recurrence of disease is mostly occur. *Ekakushtha* is very near to psoriasis and it is considered as *Kshudra kushtha* hence *kushtagna*, *vatakaphashamak*, and immunity enhancing drug can be beneficial for the disease.

- *Arogyavardhini vati*<sup>5</sup> ( R.R.S 20/87-93) is a useful formulation in treating skin diseases like eczema, excessive dryness of skin, rashes etc. It is indicated in various skin diseases due to vitiated *Vata* and *Kapha*. *Ekakushtha* is disease of *vata-kapha dushti*, so it is useful in *ekakushtha* (psoriasis), also use as *grahanishodhak*, *dipan*, *pachan*, *pakwashaydushti nashak*<sup>6</sup>
- *Kaishor guggul* is *vatakapha nashak*, hence used in treatment of *vata-kapha Pradhan ekakushtha*.<sup>7</sup>

*Kaishor guggul* is a good blood purifier, anti bacterial and anti inflammatory. Along with other ayurvedic medicine *kaishor guggul* gives promising result in *Ekakushtha*.

- *Panchtikta Ghrta*<sup>8</sup> was selected for shaman therapy because of specially indicated in classics for *kushtha*. It is widely used in treatment of psoriasis, eczema, ulcers. It is useful in cooling the inflamed part of the body. Condition like psoriasis traditionally been treated with *Panchatikta Ghrta* because of its blood purifying action, which purify blood from toxins. Researches shows that it is beneficial in skin disorders of *vata* and *kapha* predominance.
- *Takradhara* is useful for reducing cortisol which is a stress hormone. It is also useful in relieving itching and scaling symptoms in patient. Triggering factors like *bhaya*, *krodha* and *shoka* also showed high significant response. Psoriasis is more stress sensitive than other skin disorders. *Takradhara* showed a role in reducing vitiated *manasika dosha* as well as *sharirika dosha*.
- *Karanja* and *Nimba* acts as *vran shodhak*, *kushthhara* and *krimihar*.<sup>9</sup> The active ingredients in these drugs shows antibiotic, antiseptic, anti pruritic property.
- *Khadira*, *guduchi*, *kwath* which is use in treating the patient showed significant results. *Khadira*<sup>10</sup> (catechin) is itself mention as “*kushthghna*” in *charak samhita*. *Guduchi* is acts as *Rasayana* which improves immune response of body. *Guduchi*<sup>11</sup> acts as *vata-kaphahara* as well as *raktadoshghna*.
- *Rasmanikya ras*<sup>12</sup> which used for 21 days shows significant improvement in *lakshanas*. *Ras manikya* useful in ailments related to impurities in blood. *Rasmanikya* is itself mentioned as “*Sarvakushtha nashanam*” in *Bhaishjya Ratnavali Kushtharogadhikar*. It contains sulphur compound which are known for their blood purifying action.



Picture 1 (Before Treatment)



Picture 2 (Before Treatment)



Picture 1 (After Treatment)



Picture 2 (After Treatment)

#### CONCLUSION-

Hence, in this present study, we concluded that without *shodhana* therapies like *vamana* and *virechana*, *shaman chikitsa* is beneficial. The above mentioned regimen shows excellent result in terms of symptoms.

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