

CASE STUDY OF AYURVEDIC MANAGEMENT ON *EKKUSHTHA* (PSORIASIS)¹*Vd. Pooja Lohale, ²Baghel Prashant, ³Vd. Sachin Tike and ⁴Vd. Madhuri Todkari^{1,2,3}PG. Schloar (Sharir Kriya), Government Ayurvedic College, Osmanabad, Maharashtra, India.⁴Associate Professor of Panchkarma Deptment, Government Ayurvedic College, Osmanabad, Maharashtra, India.***Corresponding Author: Dr. Vd. Pooja Lohale**

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ABSTRACT

In our generation, the skin is the most important part of human being it's affected by junk food, stress, infections. PSORIASIS is a chronic skin disease. The exact cause of Psoriasis are not known, but its Thought to be related to an immune system problem with cell in your body. The T-cells attack healthy skin cells by mistake, as if to heal a wound or to fight an infections. Psoriasis is characterized by dry skin and raised red areas on the skin covered with fine silvery scales, Erythematous, Well defined dry scaly papules. In *AYURVEDA*, all skin Disorders described in *Kushtha Vyadhi* in detailed. Psoriasis is co-related with *Ekkushtha* due to extreme similarity. *Ekkushtha* is a *Vata-Kaphaj doshs*.^[1] The most commonly affected area of psoriasis are forehead, back of neck or behind and backside, hands and legs. *Acharyas* follows treatment the herbal medicine drugs and prepration are mentioned, various number herbal drugs are used to cure disease and regulate the body functions. The present work done has been under taken to study the *Ayurvedic management* of psoriasis A case repot of 30 yrs old female. presented with well demarcated raised red scaling silvery patches on back lumbar region, both forearm and legs or itching will be presented in the paper.

KEYWORDS: Psoriasis, *kushtha*, *Ekkushtha*, *Virechan*, *Takaradhara*, *Shaman Chikitsa*.**INTRODUCTION**

IN *Acharya Charak* is described *Kushtha*. The Type of *Kushtha Mahakushtha* and *Shudrakushthas*. The *Shudrakushtha* involved 11 type of *Kushtha* that is the *Ekkushtha* is type of *Shudrakushtha*.^[2] The *Ekkushtha* is a *Vata-Kaphaj* disease. *Ekkushtha* has signs and symptoms i.e. *Aswedanam*, *Mahavastu* and *Matsyashakalopama*.^[3] This symptoms compare with psoriasis.

Psoriasis is a non-infectious, chronic inflammatory disease of skin, characterize. Psoriasis is commonly affecting the skin, elbow, legs and scalp also. The Psoriasis cause in unknown. In Modern medical science treated the psoriasis than after some periods seen the side effects of medicine. hence to need a prophylatic and curable treatment for disease. Here the *Ayurveda* plays the most important role to cure the disease, its uses the herbal drugs and *Shaman*, *Shodhan* treatment follows.^[4] In his case study, follows the treatment to patient is *Shaman*, *Shodhan*, *Takradhara* and *Nidan parivarjana*.^[5]

A CASE REPORT AS FOLLOW

A30 yrs old female patient opd no 15399 came to government *Ayurved* hospital, osmanabad *Twacharog* department with chief complaints.

-Reddish patches over back region, both forearm and legs.

-scaling of skin.

-Itching over patches.

-Hair loss and itching the scalp.

Patient had above complaints since last 3 months,

NO H/O HTN, DM, Ashthma. H/O Amla-Pitta. K/C/O- Psoriasis.

HISTORY OF PERSONAL ILLNESS

The patient was suffering from symptoms last 3 months.Reddish patches over forearm, legs and, back region and itching over the patches. In this patient took treatment modern medicine but got no relief, then she came to our hospital- *Twacharog* department opd at Government *Ayurved* Hospital osmanabad.

PERSONAL HISTORY

Occupations:-Private service

Habbits:-Tea (more than 6 times).

ON EXAMINATION

Nadi-68/min

Mala-Malabadhata/loose stool

Mutra-Normal

Jeeva-Saam

Agni-Prakrut

Shabda-Normal

Sparsha- *Shitoshna-Ushna*

Druka-Normal
Bala-Madhyam
Akruti-Madhyam
Raktadaba-130/80 mmHg

CASE STUDY:-Simple Random Single.

CENTER-Government *Ayurvedic* Hospital, osmanabad, Maharashtra.

ASSESSMENT CRITERIA

Subjective Criteria

A) *Aswedanam*
 Normal Sweating 0.
 Mild Sweating 1.
 Mild Sweating on exercise 2.

B) *Mahavastu*
 No lesion on *Mahavastu* 0.
 Lesion on partial part of back region 1.
 Lesion on most part of back region 2.

C) *Matsyashskalopanam*
 No scaling 0.
 Mild scaling from all lesion 1.
 Severe scaling from all lesion 2.

OBJECTIVE CRITERIA

A) Auspitz sign

On complete removal of the scale, a red, scaling is seen.
 On further scarping, punctuate bleeding points are seen.
 Absent 0.
 Improved 1.
 Present 2.

B) PASI (Psoriasis Area and Severity Index)

The Body is divided into four sections
 Head 10%
 Arms 20%
 Legs 30%
 Trunk(back region) 40%

TREATMENT

Shaman chikitsa and *Shodhan chikitsa* are follows in psoriasis, *Shodhan chikitsa (Virechan Karma)* showed best effects in psoriasis case study.

1) Shaman

Arogya vardhini vati 2 BD after meal with warm water,
Gandhak rasayan 2BD after meal with plane water,
Suthshekher Ras 2 BD after meal
Avipathikar Churna 5 gm BD for 3 days before meal with warm water,
Khadira Arista 4 tsp BD after meal.

2)Local Application

Winsoria oil
Lepa-Vidang+Lodhra+Indrayeva-10 gm each.
 PLAN FOR VIRECHAN^[6] (*SHODHAN KARMA*).

3)Pachan

With *Triphala* (combination of *Terminalia chebula*, *Embllica officinalis* and *terminalia bellirica*), *Shunthi* (*Zingiber officinale*), and *Musta* (*Cyperus rotundus*) *Kwatha* (Decocotion) givan 40 ml after meal with warm water for 3 days. To follow the *Kwath* procedure by *Sharangdher Samhita*.

4)Patient has givan *Snehapan* 5days with *Panchatikta Ghrit* in morning at 8 am with increasing quantity every day with *Anupan* luke warm water.

Day 1 st - 30 ml *Ghrit*
 Day 2 nd -60 ml *Ghrit*
 Day 3 rd -90 ml *Ghrit*
 Day 4 th - 120 ml *Ghrit*
 Day 5 th - 150 ml *Ghrit*

After *Snehapan Samyak Snigdha Lakshna* were seen. after 2 days *Sarvang Snehana*, *Sweadan* was givan. Than 3 rd day *virechan* was givan.

5) Virechan

Abhyadimodak -3 tablets, *Manuka phant* 200 ml, *Triphala Kwath* 150 ml and *Aragvadh Kapila Vati* - tablets was prepared as per procedure mentioned in *Sharangdher Samhita*. In morning 9 am after the *Sarvang Sanehan* and *Sweadan* givan the *Abhyadimodak* 3 tablets orally with mentioned drugs. After 1 hrs *Virechan Vega* get started with this preparation. 16 Vega in 8 hrs. pulse rate and blood pressure was normal. *Madhyam Vega* of *Virechan Karma*. than *Sansargan Kram* advised for 5 days.

6)Takaradhara

Takaradhara with *Musta* and *Amalaki Churna* time duration for 30 min 7 days in morning 9 am.

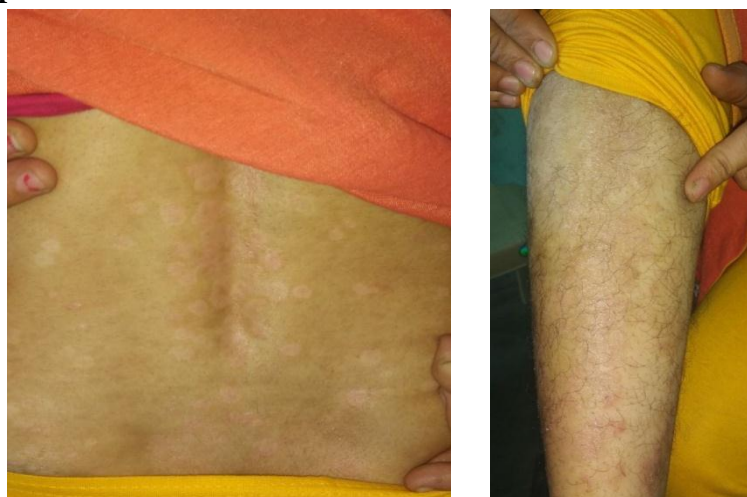
7) Dietary changes

To avoid tea.
 Avoid excess carbohydrate foods.
 Time to time intake food, Avoid spicy, salty and sour foods.

RESULT AND DISCUSSION

The patient came at hospital last 3 months, the reddish patches over both forearm, legs and back region, hair loss with itching symptoms Nearly get disappear. In Above case study patient get relief from symptoms of *Ekkushtha*(psoriasis). *Panchakarma* is the base of *Ayurveda*. In above case study we followed the treatment was *Shodhan karma(Virechan)* and *Takaradhara*. *Virechan* works to remove the *dusht doshas* and stabiliz the body functions. *Takradhara* helps to remove the stress and control itching of scalp and hair loss. Also followed the *shaman* treatment, *Lepa*. The patient get relief 70 % by *Ayurvedic* management.

SIGN AND SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
Aswedanam	1	0
Mahavastu	2	1
Matsyashakalopanam	2	0
Auspitzs sign	2	1
PASI(LEG & TRUNK)	Leg-30% /Trunk -40%	Leg-10% /Trunk-20%

BEFORE TREATMENT**AFTER TREATMENT****CONCLUSION**

IN Ayurveda Panchakarma is significantly works and internal medications shows all body improvement functions. patients was given Shaman, Shodhan Chikitsa and Lepa so result found in this disease recurrence high. so above treatment effective to cure and satisfy the patient to this treatment. That proved the Aurvedic Herbal drugs and its procedure is most effective than allopathy treatment.

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