

ROLE OF PANCHAKARMA IN EK-KUSHTHA (PSORIASIS) – A CASE STUDY

Anirudh^{1*}, Sharma S.² and Anand N.³^{1,2}Post Graduate Scholar, Rishikul Campus, Uttarakhand Ayurved University, India.³Assistant Professor, Rishikul Campus, Uttarakhand Ayurved University, India.***Corresponding Author: Anirudh**

Post Graduate Scholar, Rishikul Campus, Uttarakhand Ayurved University, India.

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ABSTRACT

Ek-Kushtha is a type of *kshudrakushtha* that resembles psoriasis in its clinical presentation and is mainly caused by disbalance of *VATA* and *KAPHA doshas*, that causes a rash with itchy & scaly patches. It can be painful, interfere with sleep and make it hard to concentrate. The condition tends to go through cycles, flaring for a few weeks or months then subsiding for a while. According to WHO (2016) prevalence of psoriasis in countries ranges between 0.09% and 11.4%^[1], making psoriasis a serious global problem. Prevalence of psoriasis in India is 0.44-2.8%^[2], it commonly effects individual in their 3rd or 4th decade with males being affected two times more common than females. According to *Acharya Sushrut*, *Ek-Kushtha* is defined as the disorder which makes the body blackish or reddish. *Ek-Kushtha* is a long-term disease and difficult to cure, *Samshodhana* is the primarily therapy which is indicated in the treatment of *Kushtha* (Psoriasis). Based on this, a 41-year-old male patient having symptoms of itching and scales on bilateral legs and few tiny patches on bilateral elbows was managed with *Vamana*, *Virechana* and *Samshodhana* as mentioned in classical texts. The purpose of this study is to give a view of the effect of *Vamana*, *Virechana* followed by *Takradhara* in the management of chronic psoriasis.

KEYWORDS: Ek-kushtha, *Vamana*, *Virechana*, *Takradhara*.**INTRODUCTION**

The word Psoriasis is derived from the Greek word 'Psora' which means 'itch' or 'scale' and 'Iasis' means 'condition'.^[3] Psoriasis is a non-infectious, inflammatory disease of the skin characterized by well-defined erythematous plaques with large adherent, silvery scales.^[4] A chronic, recurrent, inflammatory disease of the skin of unknown origin, characterized by well circumscribed erythematous, dry plaques of various sizes, covered with mica-like scales.

Based on Morphological Types

- Chronic stable plaque psoriasis (psoriasis vulgaris)
- Guttate psoriasis
- Pustular psoriasis
- Erythrodermic psoriasis
- Rupoid, elephantine and ostraceous psoriasis.

In *Ayurveda* all skin disorders have been described under the term *Kushtha*. It is also among *Ashtamahagada* mentioned in *Charaka Samhita*.^[5] *Ek-Kushtha* is defined as the disorder which makes the body blackish or reddish. *Acharya Dalhana* has commented that blackish colour is due to *Vata Dosha*.^[6] *Acharya Charaka* has mentioned *Ek-Kushtha* as *Vata-Kapha Pradhana* whereas *Acharya Sushrut* mentioned it as *Kapha Pradhana*.

Acharya Charaka characterized *Ek-Kushtha* as.

- i. *Aswedanam* :- Absence of perspirations
- ii. *Mahavastu* :- Extensive localization or bigger lesions
- iii. *Matsyashaklopamam* :-Fish like scales.

CASE REPORT

A 41- year-old male patient came to consult in OPD of Panchakarma (OPD Reg. No. 7170) in Rishikul Ayurvedic Medical College with complaints of intense itching from 20 years, reddish scales and burning sensation from 10 years. The patients also consulted in allopathic hospital and took allopathic medications but did not get satisfactory relief then he came to Rishikul for further management.

PATIENT PROFILE**Name:** ABC**Age/Sex:** 41 year/ M**OPD No.:** PK 7170/38505**Occupation:** Data -Analyst**Religion:** Hindu**Address:** Haridwar**PAST HISTORY**

History of dyslipidemia (not taking any medication).

ENVIRONMENTAL HISTORY

Patient shifted from Bangalore to Haridwar 17 years back and found his symptoms aggravates since then.

PERSONAL HISTORY

Appetite: Normal

Thirst: Normal

Bowel: Irregular habit

Micturition: Normal

Sleep: Sound

Diet: Vegetarian

VITAL EXAMINATION

Blood Pressure: 130/80 mmHg

Pulse rate: 76 bpm

Respiratory rate: 16cpm

Weight: 65kg

Temperature: 98.8 F

ASHTAVIDHA PARIKSHA

1.	Nadi	<i>Sleshma-Paitika</i>
2.	Mala	<i>Malabadhta</i> (Constipated On/Off)
3.	Mutra	<i>Prakrut</i>
4.	Jivha	<i>Sama</i> (coated)
5.	Shabda	<i>Prakrut</i>
6.	Sparsha	<i>Ruksha twaka</i>
7.	Drika	<i>Prakrut</i> (no pallor, no icterus)
8.	Aakriti	<i>Madhyama sharir</i>

DASHVIDHA PARIKSHA

1.	Prakriti	<i>Pitta-Kapha</i>
2.	Vikriti	<i>Kapha Rakta</i>
3.	Sara	<i>Rakta sara</i>
4.	Samhanana	<i>Madhyama</i>
5.	Pramana	<i>Madhyama</i>
6.	Satva	<i>Pravara</i>
7.	Satmya	<i>Madhyama</i>
8.	Ahara shakti	<i>Madhyama</i>
9.	Vyayama shakti	<i>Madhyama</i>
10.	Vaya	<i>Yuva-avastha</i>

SKIN EXAMINATION

Site of lesion: bilateral legs

Distribution: Symmetrical

Color: Reddish

Margin: Irregular

Surface: Greasy

SAMPRAPTI GHATAKA

Nidana	Viprita Ahara-vihar, mala vibandha
Dosha	Tridosha
Dushya	Twaka, Rakta, lasika, sweda
Srotas	Rasa, Rakta
Adhithana	Twacha
Rogamarga	Bahaya

MANAGEMENT

1. *Shodhana chikitsa*
2. *Shamana chikitsa*

METHOD OF PREPARATION AND ADMINISTRATION OF THE DRUGS**1. THERAPEUTIC INTERVENTION of VAMANA KARMA**

TREATMENT	MEDICATION	DOSE	ROUTE	DURATION
Deepana & Pachana	<i>Panchakola Churna Agnikumar Rasa</i>	5 gm BD 2 Tab BD	Oral	10 Days
Snehapana in Arohanakarma	<i>Panchtikta and Mahatikta Ghrita</i>	(30ml, 60ml, 90 ml, 150 ml, 200ml, 250ml) With Lukewarm Water	Oral	Morning Empty Stomach for 6 Days
Snehana and Swedana	<i>Sarvanga Abhyanga with Coconut oil and 777oil. Sarvanga Swedana with Dashmoola Kwatha</i>	Q.S	External	For 3 Days
Vamana	<i>Madanphala churna Vacha churna Madhuyashti churna .Saindhav with Madhuyashti phanta</i>	10 gm 5 gm 5 gm 1.5 gm 200 ml	Oral	1 Day

No. of Vegas: 5

Antiki Shuddhi: *Pittanta.*

Shuddhi: *Madhyama.*

Peyadi Sansarjana: was followed for 5 days after *Vaman* then after rest of 3 days *snehapana* is started again for *Virechana Karma.*

2. VIRECHANA KARMA

TREATMENT	MEDICATION	DOSE	ROUTE	DURATION
<i>Snehapana in Arohanakarma</i>	<i>Panchtikta and Mahatikta Ghrita</i>	(30ml, 60ml, 90 ml, 150 ml, 200ml, 250ml) With Lukewarm Water	Oral	Morning Empty Stomach for 6 Days
<i>Snehana and Swedana</i>	<i>Sarvanga Abhyanga with Coconut oil and 777oil. Sarvanga Swedana with Dashmoola Kwatha</i>	Q.S	External	For 3 Days
Virechana	<i>Trivrita Avaleha, Aragvadh Phala Majja Kwatha</i>	40 gm 120 ml	Oral	1 Day

No. of Vegas: 18.

Shuddhi: *Madhyama.*

Antiki Shuddhi: *Kaphanta.*

Peyadi Sansarjana: was followed after *Virechana* for 5 days.

3. Takradhara

TREATMENT	MEDICATION	DOSE	ROUTE	DURATION
Takradhara	Amlaki kwath	Q.S	External	2 Sitting each for 7 days

4. SHAMANA CHIKITSA

Phase 1 - for 14 days

- Patolakatukrohinyadi Kashaya 20 ml (Empty Stomach)*
- Dushivishhar gutika*
- Wash with decoction of Mahamanjistha and Triphalah Kashaya.*

Phase 2 – for 14 days

- Raktapachaka kshaya
- Avipatikara churna with guduchyadi Kashaya
- Dushivishhar guti
- Combination of Panchnimbadi churna
Haridrakhand
Gandhaka rasayana
Avipatkar churna

1-1 tsf (After meal)

- VIRECHANA KARMA followed by TAKRADHARA (15 Days)

Phase 3 - for 1 month

- 2nd sitting of Takradhara for 15 days
- Rasayana therapy –A. Shilaprvanga Vati 1
BD Rasayana kaal

B. Twaka Savarnakara yoga

5. NIDANA PARIVARJANA

Disease manifestation starts from Nidana, first step in the management is to avoid Nidana Sevana as it will stop the further progression of the disease, by restricting vitiation of Dosh. Hence main objective of treatment is to improve metabolic activities at Dhatu level, to rectify Srotoavrodha and to provide nourishment to depleted Dhatu.

DIET

The patient was adviced strict food regime with less intake of *Kaphavardhaka Aahara.*

RESULT

Significant relief has been observed in symptoms like Erythema, Scales and Burning sensation. Bowel habits and sleep quality of patient has also been improved. After *Virechana* there is less relief in itching, for which we planned *Sarvanga Takradhara*, 1.5-liter *Takra* and 1-liter fresh *Aamlaki Siddha Jal* (Water) was prepared. And 2 siting of *Dhara* each sitting of 7 days is given. Significant relief in itching is found after *Takradhara.*

CHANGES IN SIGN AND SYMPTOMS

Sign and Symptoms	Before Treatment	After Treatment	Dhatu Dushti	Srotas	Srotodushti
Aswedanam	Present	Absent	<i>Rasa, Rakta</i>	<i>Rasavaha, Raktavaha</i>	<i>Sanga</i>
Mahavastu	Present	Reduced	<i>Rasa</i>	<i>Rasavaha,</i>	<i>Sanga</i>
Matshayashaklopama	Present	Absent	<i>Rasa</i>	<i>Rasavaha,</i>	<i>Sanga</i>
Krishna- Aruna varna	Present	Absent	<i>Rasa, Rakta</i>	<i>Rasavaha, Raktavaha</i>	<i>Vimargagamana</i>
Kandu			<i>Rasa, Rakta</i>	<i>Rasavaha, Raktavaha</i>	<i>Sanga</i>
Vedana			<i>Rasa, Mamsa</i>	<i>Rasavaha,</i>	<i>Sanga</i>
Bahalata			<i>Mamsa</i>	<i>Mamsavaha</i>	<i>Sanga</i>
Twaka Rukshata			<i>Rasa, Rakta</i>	<i>Rasavaha</i>	<i>Sanga</i>

FOLLOW UP

During the 1st phase of treatment, patient noticed little improvement in complains especially in itching, but during 2nd phase he felt relief in itching scaling plaques and burning sensation over the plaques. And during the last phase of treatment complete remission of plaque with no symptoms present. He undergoes *shodhna* process (VIRECHANA).

The follow up was carried after 1 month to rule out progression of disease and adverse reaction.

DISCUSSION

Ek-kushtha or Psoriasis is caused due to faulty diet and lifestyle, which leads to impairment of digestion and aggravation of *kapha dosha*, *kapha* manifests in skin and causes accumulation of toxins. As the patients has severe doshas manifestation in skin, there is chronic condition, accumulation of doshas was at its peak level. In *Bahudoshaja Avastha*, *Sanshodhana karma* is the appropriate course of treatment to address the aggravated and vitiated *doshas*. Certain medication/ procedures such as *Deepana*, *Pachana*, *snehana* and *swedana* are examples of preliminary therapies that have been used to rectify incorrect metabolism prior to beginning the primary treatment.

First of all, *Panchakola Churna* and *Agnikumar Rasa* was given to the patient for 10 days which stimulates *Jatharagni* which further stimulates all other *agnis* i.e. *Dhatwagni* and *Bhutagni*. After that *Panchtikta* and *Mahatikta ghrita* was given as *snehapana* in increasing order for 6 days till the *Samyaka snehana Lakshana* were appeared. Gradual dose of *snehana* is necessary for loosening the bond between *dosha* and *dushya*, thereby helping in breaking the pathogenesis of *ek-kushtha*. The content of *Panchtikta* and *Mahatikta ghrita* eg. *Giloy*, *triphalala*, *nimb*, *patola* etc have *vyavayi*, *vikasi*, *ushna Tikshna guna*, *trisoshara prabhav* and *katu vipaka*. They help in eradication of *doshas* from entire body and brought them into *koshtha*, so it helps in reducing symptoms like itching, erythema, red scales etc. after completion of *abhyantara Snehapana*, *Sarvanga Snehana swedana* is planned for 3 days. Which helps in removing obstruction in *Srotas* and bring vitiated *doshas* from *Shaka to koshta*.

Role of Vamana – *Samshodhan* has been indicated in *Bahudoshaja Avastha* by Acharya Charaka, *Vaman* is especially indicated in *Kaphottarkushthavastha*.^[7]

Amashya is moolasthan of *kapha*, also *ek-kushtha* has the involvement of *kapha*, hence *Vaman karma* can be performed in all *Kapha* predominant disorders. As *ek-*

kushtha is a *kaphavata* predominant *vikara*, Removal of *Amadosha*, increase quality of digestive fire (*Agni*). Also purification of *vata dosha* which relief in dryness and removal of obstruction, All these benefits has been achieved by *Vamana karma*. *Vaman karma* always perform in morning time, when the level of *kapha* at its peak.

Role of Virechana- *Virechana Karma* is a method of biopurification process which cleanses the *Kostha* and brings down the morbid *Dosha* from the body and helps to maintain the *Dosha* and *Dhatu Satmaya* or keep up the homeostasis and leads to the refurbish and rejuvenation of the body tissues also helps in boost the body immunity and cleanses the *Srotas* (micro channels). Therefore, *Virechana* is very beneficial therapeutic measure for Psoriasis.

Role of Dhara

1. Increased metabolic rate
2. Vasodilation
3. Stimulation of sweat glands

Dhara is a part of *Keraliya Panchkarma* which means pouring liquid medium in a thin, continuous, stream over the body or affected area, when it is done all over the body it is known as *Sarvanga Dhara*. It comes under *Parishheka Swedana*. *Takra* used for *dhara* is always luke warm which causes vasodilation of all the channels hence it improves the circulation.

Takra has *vata-kaphghna* property, it can use in the form of *dhara* in *ek-kushtha*, as *ek-kushtha* is *vata-kapha* dominant disease. As we have used *Amalaki* with *tharka*, *Amlaki* has anti-inflammatory and anti-oxidant properties, lactic acid in *takra*^{6a} may help in the transdermal absorption of these drugs and gives systemic anti-inflammatory and anti-oxidant effect in *ek-kushtha*.

Swedana is considered as “*Bahiparimarjana Chikitsa*” and is one among the “*ShadaUpakarma*”. *Parimarjana* is a spectacular word from Ayurvedic literature which has been defined from *Shabdakalpadruma* which means ‘*Parishodhana* i.e., *Dhavana* whereas ‘*Marjana*’ means “*Anganirmalyikaranam*” i.e., removal of body waste product. The *Parimarjana* with a prefix of *Bahi* becomes the ‘*Bahiparimarjana*’ which means complete external removal of waste material. *Bahiparimarjana Chikitsa* is one out of three main methods of treatment classifications. *Bahiparimarjana Chikitsa* is the treatment procedure that depends upon the external touch such as *Abhayanga*, *Swedana*, *Pradeha*, *Parishheka*, *Unmardana* etc.



BT



AT

Properties of drugs used for Smsshaman chikitsa

1. *Dooshivishari gutika* contain *Jatamanshi*, which inhibits the oxidising agents, *Pippali*, *pippali* helps in reducing inflammation.
2. *Raktapachaka Kashaya* – is *Pittashamak* and *Anulomak* helps in reducing the burning sensation.
3. *Patolkatukrohinyadi Kashaya*- Ingredients are:- Patola, katurehini, Chandana, Madhusrava, Guduchi, Patha. Patola, Chandana and patha have Kapha-pitta shamaka properties. Murva and guduchi have Tridoshshamaka property, so this drugs is very useful for management of ek-kushtha.
4. *Shilapravang*- (used as *rasayana*.) Ingredients are:- *Shodhit Shilajatu*, *Vanga bhashma*, *Makardhwaja*, *Suvarna bhashma*, *Ashvagandha*, *Shatavari*, *kauch beej*. All these drugs have *Rasayana* (*Saptadhatuposhak* and *Balya*) potential. *Shilajeet* is the main content, as per *Acharya charaka*, every curable disease can be treated with *shilajeet*, if administered in proper way and dose, It has *Rasayana* property.^[8]

Shilajeet has *Anti allergic*.^[9] *anti inflammatory*^[10] and *immunomodulatory properties* as well.

CONCLUSION

Importance of the beauty exists in the society since ancient times. So the skin diseases are taken upto a social stigma, due to altered appearance.

It can be concluded that *virechana karma* using *Panchtikta* and *Mahatikta Ghrita* followed by *Takradhara* is a good treatment technique for *Ek-kushtha*. Significant improvement is seen in the cardinal sign and symptoms of *Ek-kushtha*. There is no adverse drug reaction seen during the period of intervention.

Pathyasevana also plays a major role in the treatment of *Ek-kushtha*.

Result of this case is very encouraging but the study was conducted on a single patient, so for detailed analysis trial should be conducted on a larger sample size.

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