EFFECTIVE AYURVEDIC TREATMENT ON PSORIATIC ERYTHRODERMA (EKA KUSHTHA) - A CASE STUDY

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ABSTRACT
Psoriatic Erythroderma also called “exfoliative dermatitis”, in this disease the skin over the entire body develops erythema and scaling. Psoriasis erythroderma can result from a pre-existing skin disease such as psoriasis. Injudicious irritating topical treatment of the primary disease can precipitate this transformation. For present study, a 52 years old Hindu male patient having symptoms like erythema, severe scaling, itching whole over body (Excessive on trunk, both arm, both leg, scalp region), dryness over affected part since 23 years was registered. Patient prior went for allopathy treatment since 1993. According to patient, all the symptoms had been aggravated excessively since December 2015, when he stopped allopathic treatment. Considering the signs and symptoms patient was treated in the lines of Vata-Kapha dominant Kushtha (Ekakushtha). Classical Vamana and Virechana karma was done followed by Shaman Chikitsa along with Pathya- Apathya. Significant relief found in the signs and symptoms with no recurrence in the fallow up of the treatment.
Keywords: Psoriasis erythroderma, Kushtha, Ekakushtha, Vamana, Virechana.

INTRODUCTION
Psoriatic Erythroderma is a rare type of psoriasis, occurring once or more during the lifetime of 3 percent of people who have psoriasis. It generally appears in the people who have unstable plaque psoriasis. It means the lesions are not clearly defined. Widespread, fiery redness and exfoliation of the skin characterize this form. Severe itching and pain often accompanies it. Erythrodermic psoriasis can occur abruptly at the first signs of psoriasis or it can come on gradually in people with plaque psoriasis¹. The causes of erythrodermic psoriasis is not understood yet, however there are some known triggers. Abrupt withdrawal of systemic treatment, use of systemic steroids (cortisone), severe sunburn, allergic, drug-induced rash that brings on the Koebner phenomenon (a tendency for psoriasis to appear on the site of skin injuries), infection, emotional stress, alcoholism. In allopathic science initial treatment usually includes medium-potency topical steroids and moisturizers which give only symptomatic relief for a short time. Due to its recurrent and chronic nature, psoriatic erythroderma is a challenge to treat¹. In Ayurveda, almost all skin diseases are taken under generalized term Kushtha². The symptoms of Ekakushtha like Aswedanam (absence of sweating), Mahavastu (extensive lesions invading whole body), Matsyasakalopam (scaling resembling scales of fish), it seems to be more nearer to Psoriatic erythroderma³. As
per Ayurvedic view, Ekakushtha is a Vata-Kapha dominant Tridhosaja Vyadhi. Due to excess of Dosha, Sodhana Chikitsa is performed followed by Shaman Chikitsa along with Pathya-Apathya. Here, a patient of psoriatic erythroderma (Ekakushtha) was successfully treated with Ayurvedic principals of treatment, is presented as a case study in the article.

CASE REPORT
A 52 years Hindu male patient residing in Bapunagar (Ahmedabad) came to OPD of Kayachikitsa Dept., Akhandanand Ayurved college hospital in first week of February 2015; with the following complains:

- **Chief Complaints:** Erythema, severe scaling, itching whole body (excessive on trunk, both arm, both leg, scalp region), dryness over effected part.
- **Aggravated excessively from the last winter.**
- **On Examination:** Multiple pin point pits in the nail plate and Onychodystrophy found. Sama Avastha found by Jihva Darshana Pariksha
- **Past History:** According to patient before 23 years back, he was healthy, later (end of 1992) started with mild red erythematous scaly patches on back, abdomen and scalp with dryness. He had diagnosed psoriasis by dermatologist and accordingly treated. At that time all the complaints were relived within 6-8 months. But all complaints reappeared again in next winter. Since then he was many times treated with antipsoriatic medicine, which provided relief for some times but afterwards it reappeared again. The condition of the patients was aggravated in every winter season and it became worst in December 2014. Then he termed to Ayurvedic treatment for its permanent solution.

- **Family History:** Nil
- **Dietary History:** Vegetarian, no junk food, took fermented items rarely, daily curd. Excessive consumption of Lavan Rasa, occasionally Viruddha Ahar of Lavan rasa with milk.
- **Symptoms of Krumi:** Not found
- **Associated complaints:** Appetite decrease, disturbed sleep, constipation, stress factor
- **No addiction**

All routine blood investigation as CBC, Sugar Level, LFT, RFT, Urine Routine and Microscopic examination, USG abdomen were carried out and founded within the normal limit.

TREATMENT PLAN
Considering the signs and symptoms, patient was treated in the lines of Vata-Kapha pradhana Kushtha (Ekakushtha). Treatment plan as following:

- **Step 1:** Deepan-Pachana Chikitsa for 7 days with Chitrakadi Vati 2tab twice a day and Ajmodadi Churna 1gm twice a day
- **Step 2:** Snehpana with Panchtikta ghrita till Samyaka Snehpana laksana found
- **Step 3:** Vamana with Madanphala, Yastimadhu Phanta etc. Followed by Purvakarma (Sarvang Abhyanga and Swedana 1 day) and Pachyat karma (Dhumpana and Samsarjan karma)
- **Step 4:** Snehpana with Panchtikta ghrita till Samyaka Snehpana Laksana found
- **Step 5:** Virechana with Ichhahbhed as 4tab (125mg each) Followed by Purvakarma (Sarvang Abhyanga and Swedana 3 day) and Pachyat karma (Samsarjan karma for 5 days)
- **Step 6:** Shamana Chikitsa for pacification of rest doshas followed by Pathya-Apathya 4 months.
1. **Manjisthadi Kwath** [12] 20ml twice a day
   - empty stomach
2. **Arogyavardhini vati** [13] 2 tab twice a day
3. **Sansammi vati** 2 tab twice a day
4. **Kaisor Guggulu** [14] 2 tab twice a day
5. **Rasayan Churna** - 1gm
6. **Kalmegha Churna** - 1gm
7. **Khadir Churna** [15] - 1gm twice a day
8. **Sudarshan Churna** [16] - 1gm
9. **Karanj tail** [17] for locally application twice a day

**OBSERVATION**

1) First Visit of Patient to OPD:

2) **After Vamana and Virechan Karma:** Scaling and itching decreased. Erythema persists as it is.

3) **After 4 month of Shamana chikitsa and Pathya-Apathya Palana:** Scaling, itching and Erythema 100% removed, only mild discoloration and onychodystrophy present.

No complaints till date as per regular follow up.

**DISCUSSION**

In *Charak Samhita Siddhi Sthana Acharya* Charak told Vamana Yogya and Virechana *Yogya Rogi. Kushtha Rogi is included in both.* It is proved by this case study of Psoriatic Erythroderma (Eka Kushtha) - A Case Study.
Psoriatic erythroderma which was successfully treated as a Eka Kushtha.

<table>
<thead>
<tr>
<th>Treatment Planned</th>
<th>Used Drugs with Doses and Contains</th>
<th>Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DipanaPachana</strong></td>
<td><strong>Chitrakadi Vati</strong> 2 tab twice a day on empty stomach with lukewarm water Contains: Chitraka, Trikatu, Pipalimula, Chavya, Panchalavanas, Dwikhsara, Ajamoda, Hingu, Maricha, Bijora Nimbu swaras ya Dadim swaras se bhavana</td>
<td>Ama-dosha nashaka Increase in Agni</td>
</tr>
<tr>
<td><strong>Ajamodadi Churna</strong></td>
<td>1 gram twice a day on empty stomach with lukewarm water Contains: Ajamoda, Vidanga, Saindhava lavana, Devadaru, Chitraka, Pippalimoola, Maricha, Haritak, Vridhadaraka, Nagar</td>
<td>Ama-dosha nashaka Increase in Agni</td>
</tr>
<tr>
<td><strong>Snehapana</strong></td>
<td><strong>Panchatikta Ghrita</strong> in a dose of increasing order of 40ml, 80ml, 120ml, 160ml, 200ml and 240 ml with lukewarm water for respective six days Contains: Nimba, Patola, Vyaghri, Guduchi, Vasa, Triphala, Goghrita</td>
<td>Vata-doshashamaka Decrease in Burning Sensation Reduction in Scaling and Dryness</td>
</tr>
<tr>
<td><strong>Abhyanga</strong></td>
<td>Coconut oil for 1 day</td>
<td>Removal of Dryness Decrease in Scaling (Vata dosha Shamaka)</td>
</tr>
<tr>
<td><strong>Sarvanga Swedana</strong></td>
<td>Nadi Swedan: 30-35 minutes Followed by Atapa sevana</td>
<td>Stroto Shodhana</td>
</tr>
<tr>
<td><strong>Vamana</strong></td>
<td>Vamana Yoga: Madanphala 4gm, Vacha 2gm, Saindhav 1gm, Madhu Sufficient quantity Akantha Pana with Yastimadhu Phanta</td>
<td>KaphadoshaShodhana Reduction in Itching</td>
</tr>
<tr>
<td><strong>Dhumapana</strong></td>
<td>After 10 mins of Vamankarma, Dhoomapana was given with Dhumvarti for 3-4 times by each nostril of patient</td>
<td>Kaphadosha ShiroVirechana</td>
</tr>
<tr>
<td><strong>Virechana</strong></td>
<td><strong>Ichhahedi Ras</strong> (125mg Each) 4 tab given with cold water. Contins: Shunti, Maricha, Shuddha Parada, Shuddha Gandhaka, Tankana Bhasma, Shuddha Jayapala</td>
<td>Reduction in itching, discolouration and scales Pitta dosha shodhana</td>
</tr>
</tbody>
</table>

**Table 2:** Oral drugs, their Composition, Doses and Exact effect

<table>
<thead>
<tr>
<th>Name of drug Compound</th>
<th>Doses and Contains</th>
<th>Exact effect</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Manjisthadi Kwath</strong></td>
<td>20ml twice a day For 4 months on empty stomach Contains: Manjitha, Haritaki, Vibhitaki, Amalaki, Katuki, Vacha, Devdaru, Haridra, Nimba</td>
<td>Sarve Kush-thanashaka</td>
</tr>
<tr>
<td>Drug Name</td>
<td>Dosage and Ingredients</td>
<td>Notes</td>
</tr>
<tr>
<td>-----------</td>
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</tr>
<tr>
<td>Arogyavardhini Vati</td>
<td>2 tab (500mg each) twice a day with luke warm water for 4 months, Contains: ShuddhaParada, Shuddha Gandhaka, Loha Bhasma, Abhraka Bhasma, Tamra Bhasma, Haritaki, Vibhitaki, Amalaki, Shilajatu, Guggulu, Eranda, Katuki, Juice extract of Nimba</td>
<td>Amadosha nashak, Hepatoprotective, Vata and Kapha nashaka</td>
</tr>
<tr>
<td>Sanshamani Vati</td>
<td>2 tab twice a day with luke warm water for a 4 months, Contains: Giloy Ganvati</td>
<td>-</td>
</tr>
<tr>
<td>Kaishor Guggulu</td>
<td>2 tab twice a day with luke warm water for a 4 months, Contains: Triphala, Guggulu, Guduchi, Trikatu, Vidang a, Danti, Trivrit, Guduchi, Goghrita</td>
<td>Sarve Kushthanashaka</td>
</tr>
<tr>
<td>Rasayana Churna</td>
<td>Guduchi, Gokshura, Amalaki</td>
<td>-</td>
</tr>
<tr>
<td>Kalmegha Churna</td>
<td>Kalmegh (Andrographis Paniculata)</td>
<td>-</td>
</tr>
<tr>
<td>Khadir Churna</td>
<td>Khadir (Acacia catechu)</td>
<td>Kushthaghna</td>
</tr>
<tr>
<td>Sudarshan-Churna</td>
<td>Main contain is Kiratatitka 21 Part (Half of total ingredients) others are Kaleeyaka (Santalum album), Haridra, Devdaru, Vacha, Motha, Hareetaki etc</td>
<td>Tikta rasa pradhana yoga, Tikta rasa have Kushthagna property</td>
</tr>
<tr>
<td>Karanj tail</td>
<td>local Application twice a day, Contains: Karanja, Saptachada, Langali, Snuhi, Arka, Anala, Bhringaraja, Nisha, Gomutra, Visha, Taila</td>
<td>Visarp-Visphota-Vicharchika nasaka</td>
</tr>
</tbody>
</table>

Along with Shodhana and Shamana therapy, the patient was advised to avoid non-vegetarian food (chicken, eggs, fish, mutton, etc.), fast food, fermented food (achar, idli, dosa, pau, bread etc), Katu Amla rasa (dahi, spicy food), to take less lavan rasa in Ahara. Patient was advised yoga and medication to reduce mental stress. In this patient every year we want to planned Vasantik Vaman & Virechan in Sarada Rhutu to prevent the dosh sanchaya for next 3 year.

**CONCLUSION**

Psoriatic Erythroderma (Ekakushtha) is complicated to treat. In present case, the treatment was found very effective in treating Psoriatic Erythroderma (Ekakushtha). There was 70% relief in signs and symptoms after Shodhana Chikitsa and 95% relief after Shamana Chikitsa (Oral medication, Local Application) and Pathya-Apathya palana.

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