

**AYURVEDIC MANAGEMENT OF EKAKUSHTHA - A CASE REPORT**Amruta Arjun Lad<sup>1</sup> Anita Dalwai<sup>2</sup>

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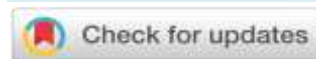
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**ABSTRACT**

Skin is one among the five *Gnanendriya adhistana* as described in *Ayurvedic* texts, which is responsible for 'Sparsha Gyanam' or touch sensation; therefore, it plays a great role in the physical and mental well-being of any individual. The Global Burden of disease project has shown that skin diseases continue to be the 4th leading cause of nonfatal disease burden world-wide. *Ekakushta* is one of the most common, social crippling skin disorders characterised by *Matsyashakalopamam* having classical symptoms where *vata* associated with *kapha* plays an important role in the pathogenesis and prognosis of the disease. Psoriasis can have a significant impact on a patient's Quality of Life. A 33-year-old male patient having severe itchy, scaly lesions all over the body including the scalp associated with a burning sensation approached OPD of Our, SBG *Ayurvedic* medical college and hospital, Belagavi, Karnataka the patient was treated with classical *virechana* along with *krumighna basti*, *Shamanaushadi* Hence the patient noticed significant relief in signs and symptoms.

**Keywords:** EKAKUSHTHA, SHAMANA, VIRECHANA,

## INTRODUCTION

In the present generation, beauty is a combination quality of such as shape, colour, and an attractive and engaging personality, typically one who uses this impresses others but that should be maintained through healthy habits. But due to *Prajnaparadha* and some psychological cause or weak daring, less immunity power one should suffer from many different skin diseases. Unhealthy food, sedentary lifestyle, and negative thinking cause *Vikruta Twak vikarasa* among them *Ek kustha* is one of the guiltiest looking and irritating diseases. Psoriasis is a scaling popular disease in which lesions of various sizes are seen which are characterized by dry silvery scales. Typical lesions are covered with overlapping thick silvery Micaceous or slightly opalescent shiny scales (*Matsyashakalopamam*) can be considered a cardinal feature of *Ekakushta*. *Shakala shabda* is related to the skin which refers that the affected twacha in *Ekakushta* resembles the scaly skin of a fish. Psoriasis has been considered an Idiopathic disease. It is now believed that Psoriasis is essentially a genetic disorder that is triggered by some form of stress<sup>1</sup>. In *Ayurveda Viruddha Ahara vihara* is the *Vyadhi utpadaka Hetu* (main etiological factor responsible for the production of disease)

### A Case Report

#### Chief Complaints

Widespread dry patches on hands and back side on lumbar region and in the head with the itching for 2 years. Peeling of skin and dandruff for 6 months and Redness and blackish discoloration of the skin.

#### Associated Complaints

On and off constipation for 15 days., Disturbed sleep for 2 months.

Loss of appetite since 2 months.

#### H/O Present Illness

He is normal before 2 years than he gradually developed symptoms like patches and itching on his hands and back side over the lumbar region. He has taken treatment from a local doctor but didn't get the complete cure, then the symptoms got aggravating gradually, along with that he also suffered from disturbed sleep for 2 months and on and off

constipation since 15days, loss of appetite for 2 months. Sever itching for 6 months, so their condition got worsen so he visited our hospital for further management.

#### Past History

No history of DM /HTN.

No allergic history

#### Personal History

Diet –Non-vegetarian

Appetite -Poor

Bowel -Abnormal (on and off constipation)

Sleep –Disturbed because of itching

#### On Examination

Very hard dry patches

Discoloration of the skin

Redness

Inflammation is also present.

#### Investigations

ESR -77mm/hour

Hb% -11.8gm%

Eosinophils count - 9%

Diagnosis- Psoriasis

We conclude the disease by its *Lakshanas* explained in the classics

### AIM AND OBJECTIVES

### MATERIAL AND METHOD

#### DASHVIDH PARIKSHA

1)Nadi (Pulse) -88/ min 2) Mala (Stool) - Constipated-3-4 in a week 3) Mutra (Urine) -Normal 4) Jivha (Tongue) -Coated 5) Shabda (Speech) - Normal 6) Sparsha (Skin) -Ruksh (Dry) 7), Dreek (Eyes)- Normal 8 )Akruti (Built) -Madhyam (Medium) 9 )Agni (Digestion)- Visham (Irregular) 10)Bala (Power) -Madhyam (Medium)

#### ASHTAVIDH PARIKSHA :

1)Nadi (Pulse) -80/min,2) Mala (Stool) - Niram,3)Mutra (Urine)- Niram,4)Jivha (Tongue) - Saam,5)Shabda (Speech) -Spashth,6)Sparsha (Touch) -Anushnasheet,7)Drika (Eye) -Pallor+,8) Akriti (Built) -Madhyam

### SKIN EXAMINATION

#### Inspection:

Size shape—Erythematous lesion on lower back, both knee joints, hands, and over the trunk region

Color—White silvery scales

Uniformity—Generalized plaques

Thickness—More than 0.5cm in diameter

Lesions—Plaques

**Palpation:**

Moisture—Dryness, no sweating

Temperature—Warmth of the skin

Texture—Roughness

Mobility and turgor—Reduced

Signs

Oil drop sign—Positive

Candle Greece Sign—Positive

Auspitz Sign—Positive

**Subjective criteria for assessment of therapy**

**Table 01:** Shows Subjective Criteria Before Treatment

Plaque characteristic	Lesion score	Head	Upper limbs	trunk	Lower limb
Erythema	0=no      1=slight	3	3	3	3
Induration	2=moderate	2	1	2	1
Scaling	3=severe    4=very severe	4	3	4	3

**Table 02:** Shows Treatment Given to Patient

PACHANA	SHAMAN CHIKITSA	SHODHANA
<i>Ampachaka kadha</i> 20 ml BD	<ol style="list-style-type: none"> <li>1. <i>Arogyavardhini vati</i>(2-0-2)</li> <li>2. <i>Gandhak Rasayana</i> ( 2-0-2)</li> <li>3. <i>Mahamanjishthadi Kadha</i> (10ml-0-10ml)</li> <li>4. <i>Vidangarishta</i> (10ml-010ml)</li> <li>5. <i>Gandharva Haritaki churna</i> (0-0-5gm) with <i>koshna jala</i></li> </ol>	<ol style="list-style-type: none"> <li>1) <i>Virechana -snehapanartha - tiktak ghrutpan</i> <i>Virechak kalpa - Trivrutta avleha</i><sup>4</sup></li> </ol>

**Table 03:** Shows Subjective Criteria After Treatment

Plaque characteristic	Lesionscore	Head	Upper limbs	trunk	Lower limb
Erythema	0=no      1=slight	1	1	2	2
Induration	2=moderate 3=severe	0	1	0	1
Scaling	4=very severe	2	1	2	1

FIG NO 1 AND 2 SHOWS IMAGES BEFORE TREATMENT



Fig 01

Fig 02

FIG NO 3 AND 4 SHOWS SUBJECTIVE CRITERIA AFTER TREATMENT



Fig 03

Fig 04

## DISCUSSION

*Arogyavardhini Vati* helps in blood purification by removing toxins due to its Shodhan (detoxification) property *Gandhaka Rasayana*<sup>2</sup> has antibacterial, antiviral, and antimicrobial properties. It is useful in the treatment of skin diseases such as itching and pruritus. It can improve digestion and skin complexion. Purified sulfur is used in the treatment of a variety of diseases. It has a stimulant action on secreting organs such as skin and mucous membranes. It has diuretic and laxative action. It increases bile and is useful in skin diseases. Mahamanjisthadi Kadha is an antioxidant, It detoxifies the entire body It helps to control the itching and burning sensation of the skin. Herbal formulation of gandharva haritaki helps in relief from acidity, gas, indigestion and constipation. *Vidangarishta* helps manage skin disease because it removes the toxin from blood and works as a blood purifier due to Shodhan (Purification). *Ghrita* is indicated in classics in Kushta Chikitsa. *Tiktak Ghrita* has Vata Pitta Shamaka property (pacifying Vata and Pitta), improves complexion (*Tvachya*), and has the property to incorporate other substances when it is added. All the ingredients have the property to alleviate skin diseases (*Kushthaghna*). *Kushtahara* drugs such as *Tiktak Ghrita*.<sup>3,4</sup> Consideration of psychological condition and status of *Agni* if one should do repeated *Shodhana*, *Shamana*, and takes a *Rasayana* drugs it gives better results in *Eka-Kushtha*. *Virechana* pacifies the morbid *Pitta* and helps to carry out its function normally, hence helping the skin lesions to heal.<sup>5</sup> *Nitya Virechana* removes the toxic materials from the body and provides purification of the body at two levels:

gross level, where various organs and systems of the body are thoroughly cleansed, cardiovascular level and gastrointestinal tract, and cellular level, where the purification and cleansing of the body are produced at cell membrane and molecules. Gut absorption improves considerably, and metabolism is also corrected.

## CONCLUSION

From this case report, we may conclude that combined *Ayurvedic* treatment and diet regimen can be potent and effective in the treatment of *Ekakushtha* (Psoriasis). No adverse effect or aggravation of the symptoms was found in the patient during and after the treatment

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