EKA KUSHTHA (PSORIASIS) TREATED WITH AYURVEDIC TREATMENT – A CASE STUDY

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ABSTRACT
Skin is vital organ of human body. It is the largest organ of the integumentary system. Psoriasis is one the most dreadful dermatological condition. In India an estimated 1 to 2% of the population is suffering from psoriasis. Kushtha explained in Ayurveda having similar features of psoriasis. Causative factors mention in Ayurveda and modern science are derangement in immune, metabolic system and stress. Ekakushtha is one of the Kshudra-Kushtha described in Ayurvedic text. In Charaka Samhita chapter 7, Ekakushtha is described as Vata-kaphaj disease. Ekakushtha has signs and symptoms i.e. aswedanam (absence of sweating), Mahavastu (big size lesions), mattyashakalopamam (scaling) which can be compare with psoriasis. It is chronic Tridoshaj disorder with pathological involvement of Rasa, Rakta, Twak, Lasika etc. Depends upon chronicity of psoriasis, management consist of Shodhan (purificatory) and shaman (palliative) measures for its prevention and curative aspects. Clinical research has indicated individuals often experience a diminished quality of life. In this case study Ayurvedic treatment which shown extreme results, signs & symptoms of disease vanished without recurrence even after 6 months without medications used by me.

Keywords: Ekakushtha, Shodhana, Shamana, Ayurvedic, integumentary system, skin, dermatological disorders.

INTRODUCTION
Skin is vital organ of human body. It is the largest organ of the integumentary system. According to Ayurveda, skin is the one of the five “Gyanendriyas” It is responsible for sparshgyan, therefor it plays great role in physical and mental wellbeing. In present modern era, altered life style and food habits specially virudhahar is most common cause for the skin diseases. Skin diseases make a person handicap in society. Nobody wants to touch them. They are forbidden by everyone and there is loss of beauty and personality which turns to stress and anxiety. Psoriasis is one the most dreadful dermatological condition. Psoriasis is a fairly common skin condition and is estimated to affect approximately 1%-3% of the U.S. population. It currently affects roughly 7.5 million to 8.5 million people in the U.S. It is seen worldwide in about 125 million people. Interestingly, African
Americans have about half the rate of psoriasis as Caucasians. Psoriasis is a common autoimmune dermatological disorder in India with prevalence varies from 0.44 to 2.8%\(^2\). In India an estimated 1 to 2% of the population is suffering from psoriasis. There is no satisfactory treatment in any other system of medicine except in Ayurveda, where a lot of description about its etiopathogenesis and treatment is available right from the Vedic and Samhita period. Kushtha explained in Ayurveda having similar features of psoriasis. All the skin diseases in Ayurveda have been discussed under the broad heading of “Kushtha”, which are further divided in Mahakushtha & Ksudra Kushtha\(^3\). In present study Psoriasis has been taken as Eka Kushtha. Clinical features of Eka Kushtha described by Acharya Charaka are very much similar to that of Psoriasis and the features explained by Acharya Kashyapa represent remission, relapse and seasonal variation which are present in Psoriasis\(^4\).

**Clinical Features of Eka Kushtha (Psoriasis)**

Aswedanam Mahavastu Yasyamatsyahakalopamam | Tadekkushtham...

Aswedanam (absence of sweating), Mahavastu (extensive lesions on body), Matsyashakalopam (resembles scales of fish) are features of Eka Kushtha. Eka Kushtha is a condition having dominancy of Vata & Kapha\(^6\). All Acharyas have emphasized on the Shodhana therapy in the management of Eka Kushtha. As per pathophysiology of disease, vitiated Vata along with Kapha hampers normal physiological functions of dermatome i.e. sweating, perception of touch stage by stage. As Vata is having Yogavahi property, it functions according to associated Dosha i.e. Kapha in this particular disease. Kushtha is Raktapradoshaja Vikara\(^7\). Psoriasis is a non-infectious, inflammatory disease of the skin, characterized by well defined erythematous plaques with large, adherent, silvery scales. The eruption is usually symmetrical and clinically Psoriasis most frequently affects the skin of the elbows, knees, scalp, nails, lumbosacral areas, intergluteal cleft and glans penis\(^8\)

**Factors involved in Samprapti of Eka Kushtha (Psoriasis)**


**CASE REPORT**

A 45 years old male patient occupationally worker in chemical industry approached in our Hospital for Ayurvedic treatment with chief complaint of –

1. Silver colored patches on all over body specially on Both (right and left) hands, legs, chest, Abdomen and back of the region,
2. Itching in patches
3. Scaling from patches
Patient had above complaints since 2 months.

**History of Present illness:** The patient was normal before 2 months. Then he started to have reddish patches Right and left Ankle region, Right and left Palm region gradually it turns in silvery with scaling and itching in these patches. Patient took treatment for this from skin specialist, allopathic doctors, Ayurvedic, Homeopathic doctors but did not get relief, and then he came to our SSNJ Ayurved Hospital, Solapur for further management.

**Family History of Kushtha absent Laboratory Investigation**

CBC, ESR, Urine routine and microscopic all were within normal limits.

**Physical Examination Vitals Systemic Examination**

Temperature - 98.6 0 f, Respiratory System - Normal Pulse - 74/min Cardio Vascular System - Normal R.R. - 20/min Central Nervous System - Normal B.P. - 130/80 mm of Hg Per Abdomen – Normal
Local Examination
Skin Inspection: Silvery white colored, scaly patches on Right and left Hand, Right and left Legs, Chest and Back region.

Palpation
Patches were felt dry with rough surface, normal in temperature, firm, minimally elevated from skin surface.

Treatment given to Patient
1. Aam Pachana and Agni Deepan for 5 days
2. Abhayantara Snehapana with Mahatiktaka Ghrita 5 Days
3. Virechana Karma 1 day
4. Samsarjana Krama of 1Week 7 Days
5. Abhyantara Oushadha (Shaman Chikitsa) and mrudu Abhayanga 40 Days

DISCUSSION
Kushtha is Shodhan Saadhya Roga hence in its management Acharya told to employ Panchakarma (Purificatory measures) frequently. In present Case study utilized Aam Pachana, Virechana, Shamana Chikitsa and mrudu Abhayanga for management of disease.

1. Aam Pachan and Agni Deepan
After examination and Agniparikshana, Aam Laxana found on Jeevha and Jaranashakti was hampered, to combat this Aam Pachan and Agni Deepan processed with employing Langhana, only Rice and Mudga Yusha etc. Sutshekhara Vati 2 Tablets twice daily, before Meal given with Kosha Jala as Anupana, for 5 days. Due to Dhatwagni Mandhya and Bhutagnimandhya, there is production and accumulation of Aam which cause Strotorodha (blockage of body channels) by its Guru, Abhishyandi, and Picchila properties so nutrition of body parts congested.

2. Abhyantara Snehapana with Mahatiktaka Ghrita
Before employing Panchakarma, SnehanaSwedana is mandatory.

“Snehoanilam Hanti Mrudu Karoti | Deham Malanam Vinihanti Sangam || Snigdhasya Sookshmeshvayaneshuleenam | Swedastu Dosham Nayati Dravatvam” ||
Snehapana pacifies vata, brings softness in body parts, Mala accumulated, stagnated in body parts get loosened, Swedana cause liquefaction of Doshas. Dosha get Anuloma Gati and brought towards Kushtha. Mahatiktaka Ghrita used in this clinical study for Abhyantara Snehapana having superior Kushthaghna properties and Kapha-Pittahara Guna so it bring vitiated Doshas to Kushtha, pacifies Vata by Sneha Guna.

3. Virechana Karma
After Samyaka Snehapana, Samyaka Snigdhalaxana of patient 2 day gap given. Bahya Snehan with Mahatiktaka Ghrita and Swedana given on 1st and 2nd day. On 3th day Virechana conducted. At 6 A.M. Shyama Trivrutta Avaleha 10 grams churned with 30 ml of Triphala Kwatha. Vega Started at 10 A.M. Total 12 Vega occurred in whole day which show best Virechana result. Appropriate utilization of Virechana Karma removes bodily vitiated Kapha, Pitta Dosha, and Kleda from body cause Samprapti Bhanga and makes body disease free.

4. Samsarjana Krama
On successful completion of Virechana Karma, Samsarjana Krama adopted for Jatharagni Vardhana. After completion of Samsarjana Krama Psoriasis affected part turns from pinkish to normal skin color, scaling, itching completely stopped.

5. Abhyantaraoushadha and Mrudu Abhanga
After completion of Shodhan Karma, Abhyantara Oushadha given for 40 days, and Mrudu Abhanga with nimba tail applied on Psoriatic part Sutshekhara Vati -2 Tablet Twice Daily Before Meal, Aarogyavardhini Vati 23- 2 Tablets Before Dinner. Anupana - Kosha Jala, Kushthagna Kwatha- Patol, Indrayava, Triphala, Trayamana, Shunthi each 3 gm and kutki 1gm prepare kwatha 32 ml twice daily., Mrudu Abhanga with Nimba tail applied on Psoriatic part. Nimba tail having
Kushthagna Property and acts as Pitta Vataghna acting on Daha, Raga, Kandu and rukshta.

Sutshekharavati, Aarogyavardhini Vati, Kushthagna Kwatha given for maintenance of bodily Pitta, Vayu and Kapha Dosha.

PHOTOGRAPHS

Before Treatment                                      After Treatment

CONCLUSION
Ayurvedic treatment shown excellent results in this case, signs & symptoms of disease relapsed totally without recurrence even after 6 months without medications. Patient suffered from disease since last 2 months taken treatment of different doctors recur-
ring and relapsing, patient left hope of its betterment but this long standing treatment works and provided resultant output to get rid from psoriasis. Here more number of patients required to rich up to any conclusion, but with this case it can be stated this treatment is a hope for long standing Psoriasis with conventional medicaments

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