PSORIASIS (EKA KUSHTHA) THROUGH AYURVEDA – A CASE STUDY
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INTRODUCTION
In Ayurveda, all skin diseases are grouped under a broad heading of Kushtha Roga. Eka kushtha is one of such diseases explained under the heading of Kshudra Kushtha (minor skin ailments). Even though, in terms of severity, incidence and prognosis, it is not a minor kind. The classical symptoms of Eka kushtha described in Ayurveda resembles with Psoriasis. The clinical feature of Eka kushtha described by Acharya Kashyap represents remission, relapse and seasonal variation which are present in Psoriasis. Modern medical science treats Psoriasis with PUVA, corticosteroids etc. But these therapies give serious side effects like hepato and nephrotoxicity, bone marrow depression etc. Hence, it is the need of time to find out safe and effective treatment for Psoriasis and here Ayurveda plays an important role. The unique treatment modality of Ayurveda provides long lasting results and a better life to patients through its three basic principles i.e. Shodhana, Shamana and Nidan parivarjana. For present study, we have reported a 42 years female patient having symptoms of Eka kushtha since last 17 years. She was suffering from large round erythematous scaly patches over her trunk, both hands, both legs and head and also severe itching and dryness over affected lesions. There was no significant past history of any other chronic illness. The patient was treated with Vamana and Virechana therapies in Panchakarma followed by Oral medications. Patient reported symptomatic improvement after the course of Vamana and Virechana. The improvement was significantly increased during course of oral medications with Nidan parivarjana.

Keywords: Eka kushtha, Psoriasis, Vamana, Virechana, Nidan parivarjana.

ABSTRACT
Eka kushtha is a type of kshudra kushtha described in different Ayurvedic classics. It is Vata-Kaphaj disorder. The classical symptoms of Eka kushtha described in Ayurveda resembles with Psoriasis. The clinical feature of Eka kushtha described by Acharya Kashyap represents remission, relapse and seasonal variation which are present in Psoriasis. Modern medical science treats Psoriasis with PUVA, corticosteroids etc. But these therapies give serious side effects like hepato and nephrotoxicity, bone marrow depression etc. Hence, it is the need of time to find out safe and effective treatment for Psoriasis and here Ayurveda plays an important role. The unique treatment modality of Ayurveda provides long lasting results and a better life to patients through its three basic principles i.e. Shodhana, Shamana and Nidan parivarjana. For present study, we have reported a 42 years female patient having symptoms of Eka kushtha since last 17 years. She was suffering from large round erythematous scaly patches over her trunk, both hands, both legs and head and also severe itching and dryness over affected lesions. There was no significant past history of any other chronic illness. The patient was treated with Vamana and Virechana therapies in Panchakarma followed by Oral medications. Patient reported symptomatic improvement after the course of Vamana and Virechana. The improvement was significantly increased during course of oral medications with Nidan parivarjana.

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INTRODUCTION
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- Reduced perspiration (Aswedan)
- Increased perspiration (Atiswedan)
- Discolouration of the skin (Twak vaivarnya)
- Itching (Kandu)
- Pricking sensation (Nistoda)
- Numbness (Suptata)
- Horripilation (Lomaharsha)
- Fatigue (Klama) etc.

Clinical features of Psoriasis [Rupa of Eka kushtha] ³–

- Reduced sweating (Asweda)
- Extended skin lesions (Mahavastu)
- Scaling of skin similar to the scales of the fish (Matsya shakalopama)
- Pink discolouration (Aruna varna)
• Blackening of the part (Krishna varna) etc.

Line of Ayurvedic treatment for Psoriasis –
• Ghritapana (Oral administration of medicated Ghee)
• Shodhana – Vamana (emesis), according to the need Virechana (Purgation) can also be carried out or else both are also recommended one after the other.
• Shamana Aushadha (Medication) – Both external and internal medication is carried.

In Panchakarma, among Shodhana therapy, Vamana is principle treatment for Kapha dosha. Acharya Charak defined Vamana as a process in which waste products or toxins (doshas) are eliminated through upper channels that is mouth. Acharya Sharangdhar explains that the process in which Apakwa Pitta and Kapha are forcibly expelled out through upper route. Likewise in Virechana Pitta and Kapha are expelled out through lower route that is anus. Vatadosha is Yogvahi that means it functions according to the accompanying Kapha or Pitta dosha. Oral medications which are prescribed to the patients were Mahatiktak Ghrit, Arogavardhini Vati, Nimba Churna and for Local application Marichyadi Tail. All these conservative medication were used for the pacification of Vata and Kapha dosha. These drugs possesses mainly Tikta and Katu properties. Thus it was assumed that purification mechanism in combination with oral medication and Nidan parivarjana (Avoidance of etiological factors) would be helpful in treatment of Eka kushta.

CASE REPORT –
A 42 years old female was presented in OPD no.15 of Rognidan Department presenting with chief complaints as itching and discolouration of skin, erythematous patches of rounded to irregular shape, appearance of silvery scales guarding the patches over her trunk, both hands, both legs and scalp. Around about 17 years back, she was in healthy state, later she started with itching all over her back, abdomen, chest, head, both hands and both legs. The area affected with itching slowly got discoloured and dry. Also, there was appearance of red erythematous patches guarded with scales. The patches were more pronounced over back and abdomen. Simultaneously she was suffering from constipation, loss of appetite, physical and mental stress and disturbed sleep. She had taken treatment of allopathic medicine for years but didn’t get any relief.

When she visited OPD, first of all we carried out her all routine blood investigations as Complete Blood Count, Blood Sugar Level, Liver Function Tests, Renal Function Tests and Routine and Microscopic Urine Examination to rule out any possible associated disorder. But finding of these investigations were found within normal limits. There was no significant past history of any type of addiction was found.

Treatment Plan –
The treatment is carried out in two phases

I. First Phase:
First phase of treatment included Sanshodhana Karma (Purification Mechanism) i.e. Vamana (Process of vomiting) and Virechana (Process of purgation). It was strictly followed with Purvakarma and Paschatkarma (Before and after Vamana and Virechana respectively) Total period required for this process is 40 days.

II. Second Phase:
After Shodhana, second phase of treatment initiated in the form of oral medication and Nidan parivarjana. The composition of oral administration of drugs was
Mahatiktak Ghrit, Arogyavardhini Vati, Nima Churna and for Local application Marichyadi Tail for 6 months.

**Preparation and Process Of Vamana And Virechana** –

As Eka kushtha is chronic and relapsing in nature and also there is an involvement of Tridosha and Twaka, Rakta, Mansa, Lasika and Kleda. Hence, repeated Shodhana is required for treatment. Shodhana is one of the important treatments of Ayurveda which deals mainly with elimination of aggravated Doshas from body. These Doshas (toxins and waste materials) should be eliminated naturally as well as by Panchakarma from nearest route of the body

**Purvakarma**

**Deepana Pachana** :

It is very essential process before any purification process. As with this process, Ama doshas (toxins) present in the Shakha undergo digestion. For removal of Amadosha, stuck to the Srotasas should undergo the process of digestion through Deepana Pachana. Thus the free doshas (toxins) can be easily eliminated outside the body through Vamana. For this the patient was administered Trikatu(Zingiber officinale, Piper longum and Piper nigrum) Churna (powder form) and Musta(Cyperus rotundus) churna in dose of 3gms thrice a day for 5 days with luke warm water.

**Snehapana(Oleation)** :

After five days of Deepan Pachan process, Snehapana (Oleation) therapy was carried out in patient. Acharya Charaka quotes that Kapha glides fluently towards Koshtha through the body, which is kept ready by Oleation and Fomentation, in the same manner as the water stream elouently through the vessel coated with a layer of unctuous material. For this patient was administered with Mahatiktaka Ghrita in a dose of increasing order of 30ml, 60ml, 90ml, 120ml 150ml and 180ml with luke warm water for respective six days. During this period, the patient was kept on semi liquid hot diet with less unctuous material.

**Sarvang Abhyang (Whole Body Massage With Oil) And Swedan(Fomentation)** :

After completion of Oleation therapy, on 7th day patient was subjected for Sarvang Abhyang(Whole body massage with oil) and Sarvang Swedan(Fomentation) for 20-25 mins or until profuse perspiration occurred. The patient was advised for complete rest on this day and to eat Kaphavardhak Aahar in the evening like Dahi vada, Dahi bhaat or Khichadi.

**Pradhan Karma:**

[A] **Vamana**

On this day, the patient was kept on nil by mouth (NBM) till the process of Vamana start. Abhyanga along with Swedana was given to the patient. Phanta of Yashtimadhu(Glycyrrhiza glabra) as Vamanopaga (helpful for vomitting), which was prepared by using bharad (coarse form)of Yashtimadhu 700mg mixed with 3 litres of hot water.

After general examination of patient, Pulse and Blood pressure was monitored. Then she was administered luke warm Godugdha (milk of cow) till she felt that her stomach was filled (1.2 litre) completely. The Vamaka yoga (preparation used for vomitting) that contained the drugs Madanphala (Randia dumetorum), Vacha(Acorus calamus) and Saindhav (Sodium Chloride) in proportion of 4:2:1mixed with Honey in total quantity of 7 gms of it was administered to patient(Table 1). After 15 minutes of administration of Vamaka yoga, patient was follow for Vamana vega (acts of vomitings) to commence on her own.
tity of administration of Vamanopaga dravyas, acts of vomiting (major, moderate or minor) and amount of vomitus along with the contents were noted. The process was continued till patient was undergone through 7 major and 3 minor vomiting acts (vegas). When the appearance of vomitus was composed of medicine along with Pitta and Vata dosha, the procedure was stopped.12

**Paschat Karma** (Process After Vomiting): **Dhoomapana** –
After rest of 10 mins, dhoomapana was given with stick made of Aguru (Aquilaria agallocha) for 3-4 times by each nostril of patient.13

**Sansarjana Karma** –
Since patient was undergone in pravar (major) grade of purification (7 major and 3 minor vega) of vamana, he was advised to follow the dietetic and behavioural restrictions regimen of seven days.14 In this dietetic and behavioural restrictions were given to patient. The sequence of regimen was planned as Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yush, rice with Mamsarasa were served for 3 Aaharkaala (diets). [B]Virechana-

After 7 days rest after Sansarjana karma, Snehapana therapy was carried out again as before for 6 days, which was followed by Sarvang Abhyang(Whole body massage with oil) and Sarvang Swedan(Fomentation) for 2 days. The patient was advised to take Kapha avardhak and Pitta Vardhak aahar like Tomato soup or Panipuri, in the evening on the second day of Abhyang and Swedan.

On the day of Virechana patient was kept Nil By Mouth (NBM), till the process of Virechana start. Abhyang along with Swedan was given to the patient. Triphala(Emblica officinale, Terminalia bellerica, Terminalia chebula) kwath 100ml, Erand Tail(Castor oil) 10ml, Abhayadi Modak 2tablets, this yog was given to patient. After 1 hour of administration of virechana yog, patient was followed for virechana vega (acts of purgations) to commence on her own. Time and quantity of administration of Virechana dravyas, acts of Virechana (major, moderate and minor), amount of stool along with its consistency colour and other symptoms were noted. The process was continued till patient was undergone through 15 major and 2 minor purgation acts (vegas). When appearance of stool was composed of Pitta and Kapha and also patient felt tired but light, the procedure was stopped. Sansarjan karma was followed as in Vamana karma but for 2 Aahar kaal (2 diets) as madhyam (purification) was madhyam(moderate).

**OBSERVATION AND DISCUSSION**
During the 40 days course of Vamana, patient had reported 60-70% improvement in his symptoms. She had got 50% relief from itching. The discoloured skin and red scaly patches had been improved by 40%. The silver scales were reduced. Also the patient had developed normal bowel habit. The treatment regime was planned in two phases. In the initial phase of the management patient was undergone through Vamana and Virechana karma. The principle of the therapy is until one expel out the morbid Doshas from the body. It acts mainly on vitiated doshas of psoriasis that is Vata and Kapha. In Purvakarma patient was administered Mahatiktaka Ghrita13 in an increasing manner. Ghee carries property of drug without leaving its own property. The ingredients are Saptaparma (Alstonia scholaris), Ativisha (Aconitum heterophyllum), Shampak (Cassia fistula), Kutaki (Picrorrhiza kurroa), Patha (Cissampeloc pareira), Musta (Cyperus rotundus), Ushir (Andropogon

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muricatus), Triphala (Emblica officinalis, Terminalia chebula, Terminalia belerica), Patola (Trichosanthes dioica), Nimba (Azadirachta indica), Parpataka (Fumaria parviflora), Dhanwayasa (Alaghi mouroum), Chandana (Santalum album), Pipalli (Piper longum), Padmaka (Prunus cerasoides), Haridra (Curcuma longa), Daruharidra (Berberis aristata), Vacha (Acorus calamus), Vishala (Citrullus colocynthis), Shatavari (Asparagus racemosus), Sariva (Hemidesmos indicus), Krishna Sariva (Ichnocarpus frutescens), Vasa (Adhatoda vasica), Murva (Clematis triloba), Guduchi (Tinospora cordifolia), Kiratatakta (Swertia chirata), Yashtimadhu (Glycyrrhiza glabra), Trymamana (Geoschizum kurroa), Goghrita (Butyrum depotrum) etc. The drugs possess Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tikta rasa, and Katu vipaka. It was observed that the action of drugs was mainly due to properties of these drugs which have Dibpan, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna, Kushthaghna and Varnya mechanism of actions. They acted mainly for the eradication of doshas from whole body and brought them into Koshtha. It also pacified the symptoms like itching, discoloration and dryness due to aggravated Vata and Kapha doshas.

The main components of Vamana and their actions are as follows - Madanaphala (Randia dumetorum) in small doses acted as nauseant and provided useful as a nerve calming and antispasmodic during vomiting process. Vacha i.e. Acorus calamus was having spasmylytic action. Yashtimadhu i.e. Glycyrrhiza glabra helped to lower the increasing blood pressure during the strenuous Vamana process. It also acts as smooth muscle relaxant. Saindhava i.e. Sodium Chloride was said to be the best in helping the process of emesis. According to Acharya Vagbhata, it possesses the properties like Vishyandi, Aruksha, Sukshma, Ushna, Vyavayi. Acharya Indu clears that it increases secretions through channels, penetrates the minute channels and spread quickly to the whole body. Madhu was effective in breaking the Avarana (shield) of fat tissue without aggravating the Vata. Components of Virechana yoga and their action are as follow:-

Triphala kwatha- Amalaki(Emblica officinalis) was tridoshahar and Vibandhanashak action like Haritaki(Terminalia chebula) and Bibhitaki(Terminalia belerica) had Rechak (laxative) action. Erand Tail(Ricinus communis) acted as Adhibhaghar, Virechak, Kruminissarak and also did shodhana of Kapha in Aamashaya.

In Abhayadi Modak, Haritaki and Aamlaki is Anulomak, Danti is Tikshna Virechak, Trivrut has Virechak prabhav, Pippali is Pitta Virechak and Marich has Pramathi property. Along with Pitta rechan, kapha samshodhana and vatanuloman take place. Abhayadi Modak is Katu Rasa, Tikshna Guna and Ushna Vrya with Katu Vipak. Doshas expel out through anal route (Gudamarga) as Virechak dravyas have Jala and Pruthvi Mahabhat pradhanya and have Adhobhaghar prabhav. Thus Vamana and Virechana pacified itching, diminished red scaly patches, reduced dryness, depressed some silver scales and mildly normalized the discoloration.

In second phase of treatment, the patient was administered with oral medications like Arogyavardhini Vati, Nimba churna, Mahatiktak Ghrut and for local application Marichyadi Tail. Arogyavardhini Vati contains Shuddha Parada (Herbal Purified Mercury), Shuddha...
Gandhaka (Herbal Purified Sulphur), Shuddha Loha (Purified Iron), Abhraka bhasma (Purified Mica), Tamra bhasma (Purified Copper), Triphala, Shuddha Shilajit (Asphaltum), Shuddha Guggulu (Commiphoramukul), Twaka of root of Chitraka (Plumbago zeylanica), Kutaki (Picrorrhiza kurroa) all are pasted in swarasa (juice extract) of leaves of Nimba (Azadirachta indica). It was administered in a dose of 500 mg thrice a day with water after meal.

Dysfunctions of large intestine lead to constipation. Further there is disturbance or dushti of Vata in large and small intestine and in this way the required Pitta for digestion get disturbed. Also there occurs vitiation of Kapha, which is required for regulation of peristalsis movement in large intestine. These leads to delay of movements of stool which further results in production of organic toxins and get absorbed in interstitial skin, Rakta Mamsadi dhatu. Vitiation of Vata results its spread among all over body. Thus there is development of Kushtha vyadhi in body. Arogyavardhini Vati worked as Purificatory agent for large intestine and mainly on the organic toxins produced in large intestine.

The other drug is Mahatiktaka Ghrita which has Dipana, Pachana, Ama-
pachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandugha, Kushthaghna and Varnya mechanism of actions. It is administered in dose of 10ml early morning empty stomach.

The drug used for external application is Marichyadi Tail which contains Marich (Piper nigrum) Hartaala, Manahshila, Nagarmotha (Cyperus rotundus), Arkadugtha (Calotropis procera), Kaneramulatwak (Nerium indicum), Nishoth (Openculm ipomoca), Gorasa, Indrayanamula (Citrus cocynthis), Kushtha (Saussurea lappa), Haridra (Curcuma longa), Daraharidra (Berberis aristata), Devdaru (Cedrus deodara), Raktachandana (Pterocarpus santalinus), Vatsanabha (Aconitum ferox), Sarshap tail (Brassica alba).

Most of the drugs are of Katu, Tikta and Kashay Rasa which acts as Kapha shamaka, reduces Kandu, Laghu Snigndha guna reduces scaling, Ushna virya increases Swedan by Vaat Kapha nashak Dravya, Rakta sho-
dhaka, Immunomodulator, Kushtha Kandu Nashak property.

Along with Shodhana and Shama-
na therapy patient was advised to avoid Non vegetarian food (Fish, Mutton, Chicken, Eggs etc), fast food (Chinese, Vada paav, Samosa, Kachori etc), fermented food (Idli, Dosa etc), Katu Amla rasa (Dahi wada, Spicy food), Contaminated water and environment. Patient was advised medica-
tion to reduce mental stress.

Table1: Preparation of Vamana

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madanphala(Randia dumentorum)</td>
<td>4gm</td>
</tr>
<tr>
<td>Vacha(Acorus calamus)</td>
<td>2gm</td>
</tr>
<tr>
<td>Saindhav(Sodium Chloride)</td>
<td>1gm</td>
</tr>
<tr>
<td>Madhu(Honey)</td>
<td>Sufficient quantity</td>
</tr>
</tbody>
</table>

Table 2: Oral drugs, their Composition, Doses and Exact effect
<table>
<thead>
<tr>
<th>Name of drug Compound</th>
<th>Ingredients</th>
<th>Dose</th>
<th>Frequency</th>
<th>Duration</th>
<th>Exact effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arogyavardhini Vati</td>
<td>Shuddha Parada, Shuddha Gandhaka, Abhraka bhasma, Tamra bhasma, Triphala, Shuddha Shilajit, Shuddha Guggul, Chitrakmula twaka, Kutaki all pasted in swarasa(rasa) of Leaves of Nimba</td>
<td>2 tab (500mg each)</td>
<td>Thrice a day</td>
<td>6 months</td>
<td>Amadosha-nashak, Hepatoprotective, Vata and Kapha nashaka</td>
</tr>
<tr>
<td>Nimba Churna</td>
<td>Powder of Nimba Leaves</td>
<td>3 gms</td>
<td>Thrice a day</td>
<td>6 months</td>
<td>Kandunashaka, Raktashodhaka, Raktaprasadaka</td>
</tr>
<tr>
<td>Mahatikta Nak Grit</td>
<td>Saptaparna, Ativisha, Shampak, Kutaki, Patha, Musta, Ushir, Triphala, Patola, Nimba, Parpataka, Dhanwayasa, Chandana, Pippali, Padmaka, Haridra, Daruharidra, Vacha, Vishala, Shatavari, Sariva, Krishna Sariva, Vasa, Murva, Guduchi, Kiratatikta Yashtimadhu, Trymamana, Goghrita</td>
<td>10 ml</td>
<td>Once a day</td>
<td>6 months</td>
<td>Dipan, Pachana, Amapachana, Strotooshodhaka, Raktaprasadan, Raktaoshodhaka, Kandughna, Kushthaghna and Varnya</td>
</tr>
<tr>
<td>Marichyadi Tail</td>
<td>Marich, Hartaal, Manahshila, Nagarmotha, Arkadugdha, Kaneramulatwak, Nishoth, Gorasa, Indrayanamula, Kushtha, Haridra, Darruharidra, Devdaru, Raktachandana, Vatsanabha, Sarshap tail</td>
<td>As per required on lesion</td>
<td>Once a day</td>
<td>6 months</td>
<td>Vaat Kapha nashak, Rakta sho dhaka, Immuno modulator, Kushtha Kandu Nashak</td>
</tr>
</tbody>
</table>

Table 3: Overall Effect of Vamana and Virechana

<table>
<thead>
<tr>
<th>Steps in Process of Vamana and Virechana</th>
<th>Mechanism</th>
<th>Exact effect showed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dipana Pachana</td>
<td>Removal of Amadosha Increase in Agni</td>
<td>Ama-doshanashaka</td>
</tr>
<tr>
<td>Snehapana</td>
<td>Pacification of Vata dosha Decrease in Burning Sensation Reduction in Scaling and Dryness</td>
<td>Vata-doshashamaka</td>
</tr>
<tr>
<td>Abhyanga</td>
<td>Removal of Dryness Decrease in Scaling</td>
<td>Vata doshaShamaka</td>
</tr>
<tr>
<td>Sarvanga Swedana</td>
<td>Removal of Obstruction Increase in Swedana</td>
<td>Strotas Shodhana (Purification of system)</td>
</tr>
<tr>
<td>Vamana</td>
<td>Reduction in Itching Pacification of Kaphadosha</td>
<td>Kapha dosha Shodhana</td>
</tr>
<tr>
<td>Dhumapana</td>
<td>Kaphadosha</td>
<td>Shiro Virechana</td>
</tr>
<tr>
<td>Virechana</td>
<td>Reduction in itching, discoloration and scales Pacification of Kaphadosha and Pittadosha</td>
<td>Pitta dosha shodhana</td>
</tr>
</tbody>
</table>
CONCLUSION

Eka kushtha (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time, it can give significant relief. In present case, the treatment was found very effective in treating Psoriasis. There was 60-70% relief in signs and symptoms after Shodhana Therapy and 80% to 90% relief after Oral medications and Nidan parivarjana.

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