



## A COMPARATIVE CLINICAL STUDY OF SIDHARTAK LEPA, VAMAN & VIRECHAN IN THE MANAGEMENT OF “EKAKUSTHA” W.S.R. TO PSORIASIS

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## ABSTRACT

Psoriasis is a chronic autoimmune condition that triggers the buildup of skin cells too quickly. This buildup of cells formed scaling to the surface of the skin. It became basically Inflammation and redness across the scales. Typical colour of psoriatic scales is whitish & silver, which occurs on the skin in dense red patches. Those patches can crack and bleed at times. (Dry Erythematous, Macules, Papules & Scales). Psoriasis is one the worst dermatological disorder in the world affects up to 3.5% and the Indian population roughly 0.44 to 2-8%. All the skin diseases in *Ayurveda* have been described under the broad heading of “*Kustha Roga*”. *Kustha* divided in 2 types: - *Maha Kustha* & *Ksudra Kustha*. *Ekakustha* is considered one of the *Kshudra Kustha*. *Ayurvedic Samhitas* have considered all type of *Kustha* is *Tridosaja*. On the basis of dominance of *Dosha* they have different types. So that *Ekakustha* is (*Vata-Kaphaj*) phenomenon. *Ekakustha* is (*Vata-Kaphaja*) phenomenon. Psoriasis has a wide range of presentation from just a single spot to involvement of all over the body. When we carefully analyses the nature, we can see close resemblance of symptoms between Psoriasis & *Ekakustha*. This Comparative Clinical study shows that combined three procedures- *Vaman Karma*, *Virechana Karma* & *Lepa* by *Sidhartak Churna* is showing more effective results in reliving Psoriasis in comparison of single procedure like *Vaman Karma* by *Sidhartak*

Churna, Virechan Karma by Sidhartak Churna & Sidhartak Lepa is showing less relief than combined 3 procedure.

**Keywords:** Psoriasis, Ekakustha, Sidharthak Churna.

## INTRODUCTION

The largest organ of body is called Skin. It prevents germs from getting into the body and save internal organs. Skin protects the survival of all other parts of the body and even maintains the immune system. Skin represents human personality so everyone cares for their skin. Any skin disease can affect people's physical and mental health. Skin is just like a mirror showing our emotions and natural physiological aspects. Patient of skin disorder feel depressed and low confidence in social life. Psoriasis is one the worst dermatological disorder in the world affects up to 3.5% and the Indian population roughly 0.44 to 2-8%.<sup>1</sup> All of *Ayurveda's* skin diseases were listed under the big heading "*Kustha Roga*", the disease that destroy the look and personality is called *Kustha Roga*.<sup>2</sup> The present study of psoriasis was taken as *Ekakustha*. The *Ekakustha* phenomenon is *Vata-Kaphaja*. Psoriasis has a wide range of manifestations, from just one spot to affecting the whole body. When we examine the existence carefully, we can see strong symptom similarity between Psoriasis & *Ekakustha*, So Psoriasis has been taken as *Ekakustha* in present research. In present study we selected *Vaman & Virechan* with *Sidharthak Churna*.<sup>3</sup>

### Need of Study-

- There is a great need for affordable & inexpensive as well as safe & efficient new treatment methods.
- In such cases *Ayurvedic* medicines are useful.
- To Compare the Single procedure effect with three combined procedure effect in Psoriasis, and effect of *Sidhartak Churna* in psoriasis.

### Aim & Objectives-

- To Analyse the effect of "*Vaman Karma*" as *Shodhana Karma* in the management of *Ekakustha*.
- To Analyse the effect of "*Virechan Karma*" *Shodhana Karma* in the management of *Ekakustha*.
- To Analyses the effect of "*Sidhartak Lepa*" External medicine in the management of *Ekakustha*

- To compare the effect of "*Vaman Karma & Virechan Karma*" both *Shodhana Karma* and *Sidhartak Lepa* on *Ekakustha*.

### Material & Methods:

#### A. Selection of patient & Criteria of diagnosis:

The study was conducted on 40 clinically diagnosed & confirmed cases of Psoriasis from OPD & IPD section DSRRAU, Jodhpur. The main diagnosis criteria for patients were based on the *Ayurveda* based cardinal signs and symptoms of the disease and modern texts.

#### B. Criteria of Inclusion:

1. Diagnosed & confirmed cases of *Ekakustha* (Psoriasis), on the basis of sign & symptoms.
2. Patients between the age group of 18-60 years of either sex.

#### C. Exclusion criteria:

1. Patients below 18yrs and above 60yrs.
2. Infective origin, Allergic diseases, Immune compromised like HIV, HBV.
3. Pregnant and lactating woman.
4. Patient having cardiac disease, renal disease and endocrine disorder will exclude from study to avoid overlapping of symptomatology.

#### D. Investigations:

1. ESR (erythrocyte sedimentation rate) 2. TLC, 3. Blood sugar (Fasting/ Post Prandial) 4. Sr. Cholesterol, 5. HB%, 6. Sr. Triglyceride

#### E. Grouping:

40 registered patients were randomly divided into four groups named as group A, B, C & D consisting 10 patients each.

**Group A:** 10 registered patients of Psoriasis administered with "*Vaman Karma*" with "*Sidhartak Churna*".

**Group B:** 10 registered patients of Psoriasis administered with "*Virechan Karma*" with "*Sidhartak Churna*."

**Group C:** 10 registered patients of Psoriasis administered "Lepa" with "Sidhartak Churna".

**Group D:** 10 registered patients of Psoriasis administered "Vaman Karma", "Virechan Karma" & "Lepa" with "Sidhartak Churna".

**F. Procedure Protocol:**

- Vaman Karma:** Procedure of Vaman was carried out as follows, Deepana-Pachana with Panchkol Churna 3gm BD for three days, Snehapana was done with Go Ghrita till Samyak Sneha lakshana was observed, and then Sarvang Snehana Swedana was done. Vaman was induced by decoction 180 ml Sidhartak Churna (Madanaphala double quantity), Saindhava Namaka 1gm & honey 30 gm as Vamaka Yoga after that Dhoompana & Samsarjana Karma was carried out.
- Virechan Karma:** Deepana- Pachana with Panchkol churna 3 gm BD for 3 days, after it Snehapana was done by Go Ghrita for three days.

**I. Criteria of assessment:**

**Subjective Parameters-**

**1. Aswedanam:** (Lesions are dry rough)

No dryness and roughness	0
Slite dryness and roughness	1
One or more than two lesions	2
All over the body	3

**2. Mahavastum:** (Bigger lesions are found all over the body and deeply rooted)

Not Present	0
One or more than two lesions	1
Two or more bigger lesion over more than one body part	2
Lesion all over the body with silvery scales	3

**3. Matsyashakalopamam:** (Well defined raised macules, papules, and erythematic plaques found which covered with silvery scales)

No	0
Up to 25%	1
26 to 50%	2
More than 50%	3

**4. Krishna Arun Varna:** (Lesions are raised and erythematous, thick indurated, lesion becomes black in colour)

Normal skin	0
Slite black	1
Dark patches	2
Black spots with variation	3

Then Sarvang Snehana Swedana was done for three days & Virechan with decoction of Sidhartak Churna 80ml (Aragwadha in 2double quantity) was given empty stomach and after that proper Samsarjana Karma was done.

- Lepa with Sidhartak Churna:** Apply Sidhartak Lepa for 15 days.
- Vaman Karma, Virechna Karma & Lepa with Sidhartak Churna:**

**G. Duration of clinical trial and follow up:** Total duration of trial was 2 months with follow up after every 15 days and after completion of trial.

**H. Termination criteria:**

- Progressive worsening of Psoriasis & development of complication during trial period.
- Patient who does not complete the treatment with follow-up.
- Death of patient due to any cause.

Severity of each variable will range from; these criteria will be assessed and scored as follows –

0	-	Normal
1	-	Mild
2	-	Moderate
3	-	Severe

**PASI Score: PASI = Total Head + Total Arms + Total Trunk + Total Legs**

**Interpretation:** Minimum Score = 0; Maximum Score = 72

**OBSERVATION:** The present study showed that relative preponderance of the incidence of Psoriasis is in 2nd to 4th decade of life of *Vata- Kaphaja Prakriti* males & Hindu dominated families, socioeconomic status middle class, married persons were found to suffer more, runs chronic course, maximum number of trial patients were govt. employs, more in vegetarian subjects & no significant family history, maximum affected urban population having graduate education group suffered mostly from disease. Subjects addicted to Tea, Tobacco & Alcohol which are pathologic risk

factor for Psoriasis, *Chinta* (stress) found in maximum patients who lead to Depression- psychological stress as being a key exacerbation or trigger of Psoriasis. Several etiological factors as described in *Ayurveda* and Modern medicine for initiation of *Ekakustha* (Psoriasis) were found to be responsible as precipitating factors in current clinical study.

**Results:** Table is showing effect of therapeutic trial on clinical symptomatology in 40 patients of *Ekakustha* (Psoriasis) based on intra group comparison (Wilcoxon matched pairs signed rank test)

**Table 5**

Variable	Gr.	Mean		Diff.	% Change	SD±	SE±	P	S
		BT	AT						
<i>Aswedanam</i>	A	2.100	1.000	1.100	52.38%	0.3162	0.1000	0.0002	E.S
	B	2.300	1.200	1.100	47.82%	0.3162	0.1000	0.0011	V.S
	C	1.900	1.100	0.8000	42.10%	0.4216	0.1333	0.0039	V.S
	D	2.400	1.000	1.400	58.33%	0.5164	0.1633	0.0010	E.S
<i>Mahavastum</i>	A	1.900	0.900	1.000	52.63%	0.4714	0.1491	0.0020	V.S
	B	2.200	1.100	1.100	50%	0.5676	0.1795	0.0020	V.S
	C	1.800	1.000	0.8000	44.44%	0.4216	0.1333	0.0039	V.S
	D	2.200	1.100	1.200	54.54%	0.4216	0.1333	0.0010	E.S
<i>Matsyashkalopamam</i>	A	2.000	1.000	1.000	50%	0.4714	0.1491	0.0020	V.S
	B	2.300	1.200	1.100	47.82%	0.3162	0.1000	0.0010	E.S
	C	1.900	1.000	0.9000	47.36%	0.5676	0.1795	0.0039	V.S
	D	2.100	1.000	1.100	52.38%	0.5676	0.1795	0.0020	V.S
<i>Krishna Arun Varna</i>	A	2.000	0.900	1.100	55%	0.3162	0.1000	0.0010	E.S
	B	1.900	0.900	1.000	52.63%	0.4714	0.1491	0.0020	V.S
	C	1.600	0.800	0.8000	50%	0.4216	0.1333	0.0039	V.S
	D	2.300	1.000	1.300	56.52%	0.4830	0.1528	0.0010	E.S
PASI Score	A	25.170	9.090	16.080	63.88%	3.788	1.198	0.0010	E.S
	B	24.900	9.430	15.470	62.12%	3.071	0.9710	0.0010	E.S
	C	18.460	8.550	9.910	53.68%	2.799	0.8850	0.0010	E.S
	D	27.630	9.000	18.630	67.42%	2.732	0.8640	0.0010	E.S

**Table 6:** Table is showing effect of therapeutic trial on clinical symptomatology in 40 patients of *Ekakustha* (Psoriasis) based on INTER GROUP comparison- Kruskal Wallis test (non-parametric ANOVA)

Parameter	P value	Significant	Kruskal wallis static	K.W. test
<i>Aswedanam</i>	0.0275	S	9.137	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D S
<i>Mahavastum</i>	0.2719	N.S	3.905	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S
<i>Matsyashakalopamam</i>	0.6339	N.S	1.714	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S
<i>Krishna Arun Varna</i>	0.0938	S	6.397	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S
PASI Score	0.0002	E.S	19.976	A Vs B N.S A Vs C S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D E.S

**Table 7:** Table is showing effect of therapeutic trial on Laboratory parameters in patients of *Ekakustha* (Psoriasis) based on intra group comparison (Pair t-test)

Variable	Gr.	Mean		Diff.	SD±	SE±	P	T	S
		BT	AT						
HB%	A	13.830	14.670	-0.840	1.007	0.3184	0.0135	2.638	S
	B	13.450	13.910	-0.460	0.4719	0.1492	0.0065	3.083	V.S
	C	13.060	13.750	-0.690	0.585	0.1853	0.0024	3.724	V.S
	D	13.920	14.620	-0.700	0.7674	0.2427	0.0090	2.885	V.S
TLC	A	6220.0	6045.0	175.00	773.61	244.64	0.2463	0.7153	N.S
	B	6270.0	6085.0	185.00	537.51	169.98	0.1524	1.088	N.S
	C	5720.0	5520.0	200.0	588.78	186.19	0.1553	1.074	N.S
	D	5940.0	5595.0	345.0	453.66	143.46	0.0198	2.405	S
ESR	A	17.700	14.300	3.400	1.430	0.4522	<0.0001	7.520	E.S

	B	18.400	15.000	3.400	1.075	0.3399	<0.0001	10.002	E.S
	C	19.300	17.500	1.800	3.521	1.114	0.0702	1.616	N.S
	D	20.200	16.900	3.300	1.494	0.4726	<0.0001	6.983	E.S
Sr. Cholesterol	A	194.60	169.20	25.400	9.336	2.952	<0.0001	8.604	E.S
	B	206.40	173.60	32.800	23.098	7.304	0.0008	4.491	E.S
	C	204.70	202.90	1.800	16.745	5.295	0.3709	0.3399	N.S
	D	185.00	156.40	28.600	9.143	2.891	<0.0001	9.892	E.S
Sr. Triglyceride	A	124.60	98.900	25.700	10.771	3.406	<0.0001	7.545	E.S
	B	132.40	100.60	31.800	11.173	3.533	<0.0001	9.000	E.S
	C	114.60	106.10	8.500	14.316	4.527	0.0466	1.878	S
	D	107.60	89.400	18.200	7.969	2.520	<0.0001	7.222	E.S
Blood Sugar (Fasting)	A	97.140	92.330	4.810	8.875	2.806	0.0603	1.714	N.S
	B	97.830	92.050	5.780	6.344	2.006	0.0091	2.881	V.S
	C	91.170	88.400	2.770	4.673	1.478	0.0468	1.874	S
	D	97.780	96.800	0.9800	7.189	2.273	0.3383	0.4311	N.S

**Table 8:** Table is showing effect of therapeutic trial on Laboratory parameters in 40 patients of *Ekakustha* (Psoriasis) based on INTER GROUP comparison (ANOVA- Tukey Kramer multiple comparison test)

Parameter	P Value	Significant	Tukey-Kramer test
HB%	0.7142	N.S	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S
TLC	0.9113	N.S	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S
ESR	0.2641	N.S	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S
Sr. Cholesterol	0.0004	E.S	A Vs B N.S A Vs C S A Vs D N.S B Vs C E.S B Vs D N.S C Vs D V.S
Sr. Triglyceride	0.0003	E.S	A Vs B N.S A Vs C V.S A Vs D N.S B Vs C E.S

			B Vs D N.S C Vs D N.S
Blood Sugar (Fasting)	0.4251	N.S	A Vs B N.S A Vs C N.S A Vs D N.S B Vs C N.S B Vs D N.S C Vs D N.S

### Overall Effect of Clinical Trial:

**Table 9:** Table is showing the criteria for the assessment of overall effect of the therapies:

S. No.	Symptoms Relieved	Grading	Assessment
1	Less than 25%	Mild relief	Non-satisfactory
2	25% to 50%	Moderate relief	Good
3	50% to 75%	Significant relief	Satisfactory
4	75% to 100%	Complete relief	Excellent

**Table 10:** Table is showing the % Relief of Subjective parameters in the Group A, B, C & D

Subjective parameters	% Relief in Group A	% Relief in Group B	% Relief in Group C	% Relief in Group D
Aswedanam	52.38%	47.82%	42.10%	58.33%
Mahavastum	52.63%	50%	44.44%	54.54%
Matsyashakalopamam	50%	47.82%	47.36%	52.38%
Krishna Arun Varna	55%	52.63%	50%	56.52%
PASI Score	63.88%	62.12%	53.68%	67.42%
Total	54.77%	52.07%	47.51%	57.83%

**Table 11:** Table is showing the % Relief of Objective parameters in the Group A, B, C & D

Objective parameters	% Relief in Group A	% Relief in Group B	% Relief in Group C	% Relief in Group D
HB%	6.07%	3.42%	5.28%	5.02%
TLC	2.81%	2.95%	3.49%	5.80%
ESR	19.20%	18.47%	9.32%	16.33%
Sr.Cholesterol	13.05%	15.89%	0.87%	15.45%
Sr.Triglyceride	20.62%	24.01%	7.41%	16.91%
Blood Sugar (Fasting)	4.95%	5.90%	3.03%	1.00%

## DISCUSSION

**Discussion on Clinical Study:** The patients suffering from skin disease Psoriasis (*Eka-Kustha*) attending the O.P.D./I.P.D. section of P.G. Department of *Panchkarma*, DSRRAU, Jodhpur (Raj.), were randomly selected who fulfilling the inclusion and exclusion criteria of study. Total 40 patients were registered for the current trial and completed the therapy. The drug for trial *Sidharthak Churna* was chosen from *Charaka Samhita Chikitsa Sthan – Kustha Roga Chikitsa* contents of the *Sidharthak Churna* are *Nagaramotha*, *Madanaphala*, *Amalaki*, *Vibhitaki*, *Hareetaki*, *Karan-*

*ja*, *Aragwadha*, *Kalinga Yava*, *Daruharidra*, *Saptaparna* in equal proportion for *Sidharthak Churna*, *Madanaphala* in 2 part for *Vaman Karma*, *Aragwadha* in 2 part for *Virechan Karma*.

**Intra Group Comparison:** Comparison between Group A, B, C & D for Subjective parameters, Group A (The medicine Group) showed statistically Extremely significant result in *Aswedanam*, Very Significant result in *Mahavastum*, *Matsyashakalopamam*, Extremely Significant result in *Krishna Arun Varna*, Extremely significant result in PASI Score. Group B (The medicine Group) showed statistically Very significant result in *Aswedanam*, *Mahavastum*, *Krishna*

Arun Varna Extremely Significant result in Matsyashakalopamam PASI Score. Group C (The medicine Group) showed statistically Very significant result in Aswedanam, Mahavastum, Matsyashakalopamam, Krishna Arun Varna Extremely Significant result in PASI Score.

Group D (The medicine Group) showed statistically extremely significant result in Aswedanam, V Mahavastum, Krishna Arun Varna, PASI Score, and Very significant Matsyashakalopamam. Comparison between Group A, B, C & D for Objective parameters:

In patients of Group A showed statistically Significant result in HB%, Not Significant result in TLC, Blood Sugar (Fasting) Extremely Significant result in ESR, Sr. Cholesterol, Sr. Triglyceride.

### CONCLUSION

Result reveled that symptomatically 54.77% relief was observed in Group A while 52.07% relief was observed in Group B, 47.51% relief was observed in Group C and 57.83% relief was observed in Group D.

Comparing the symptomatic improvement in all Four groups it was found that average percentage of relief was higher in Group D (Vaman Karma, Virechan Karma & Sidhartak Lepa). Therefore, it can be concluded that Shodhana (Vaman & Virechan) By Sidhartak Churna & Sidhartak Lepa administration are effective in management of Eka-Kushtha (Psoriasis) as these are safe, cost effective and free from any side effects.

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