



World Journal of Pharmaceutical Science & Technology

Journal homepage: www.wjpst.com

Review Article

EKAKUSHTHA W.S.R. PSORIASIS AND ITS AYURVEDIC MANAGEMENT – A CASE REPORT

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Received: 15-6-2022, Revised: 30-6-2022, Accepted: 10-7-2022

ABSTRACT

Psoriasis is non-infectious chronic inflammatory disease of skin characterized by well-defined erythematous plaques with silvery scale which have a predilection for extensor surface and scalp and by chronic fluctuating course. The disease not only affects the patient physically but also disturbs the mental and social health of the patient, as the appearance of patient may be embarrassing. According to W.H.O. the world-wide prevalence of Psoriasis is 2-3% (April, 2013). In India prevalence of Psoriasis varies from 0.44 to 2.88%. In Ayurveda all skin diseases are described under the umbrella of *Kushtha*. *Ekakushtha* is one of the *Kshudra Kushtha* described in Ayurvedic text. In *Charak Samhita Chikitsasthan* chapter 7, *Ekakushtha* is described as *Vat - Kaphaj* disease. *Ekakushtha* has signs and symptoms i.e. *Aswedanam* (absence of sweating), *Mahavastu* (big size lesions) and *Matsyashakalopamam* (scaling) which can be compared with Psoriasis. The exact aetiology of Psoriasis is not known but many precipitating factors like genetic, dietary, immunological and psychological has been found. It is spreading fast because of unsuitable life-style changes such as dietary pattern, busy schedule and stress. There is no satisfactory treatment available for Psoriasis. Ayurveda has good results in Psoriasis. In ayurveda repeated *Shodhan Chikitsa* and *Shaman Yogas* are mentioned in treatment of *Kushtha*. In this case study first *Rukshana- Pachan* then *Virechana Karma* as

Shodhan Chikitsa and *Shaman Yoga* were given, which showed good results in Psoriasis. *Pachan* leads to *Aampachan*, *Shodhan* removes *Vruddha* (vitiated) *Doshas* from the body. *Shaman* stabilises *Doshas* in our body.

KEYWORDS: *Ekakushtha*, *Shodhan*, *Shaman*, *Pachan*, Psoriasis

INTRODUCTION

In Ayurveda all skin diseases have been described under the heading of *Kushtha*¹. *Ekakushtha* is one of the *Kshudra-Kushtha* described in Ayurvedic text². In *Charak Samhita Chikitsasthan* Chapter 7, *Ekakushtha* is described as *Vat - Kaphaj* disease³. *Ekakushtha* has signs and symptoms i.e. *Aswedanam*, *Mahavastu* and *Matsyashakalopamam*, which can be compared with symptoms of Psoriasis⁴. Hence it has been taken as analogue to Psoriasis in the present case study. According to W.H.O. the world-wide prevalence of Psoriasis is 2-3%. In India prevalence of Psoriasis varies from 0.44 to 2.88%. Psoriasis consists of itchy, deep pink to reddish, well demarcated, indurated plaques with silvery scaling present particularly over extensor surface and scalp. Psoriasis is common chronic, immune mediated, inflammatory, proliferative, non-contagious disease of the skin affecting people who are genetically predisposed with environment playing critical role in pathogenesis⁵. Psoriasis is multi-factorial disease. Triggering factors are infection, drug, trauma. There is no satisfactory treatment available for Psoriasis. Acharya *Charaka* had mentioned that all *Kushthas* are *Tridoshaj* in nature⁶. Hence *Shodhan Chikitsa* which helps to remove vitiating *Doshas* from body and *Shaman yoga* which help to bring *Samyavastha* (balanced condition) of *Doshas* showed good result along with *kayadhara* therapy in this case study.

MATERIALS AND METHODS

History of patient

A 24 yr old female patient came to the Kayachikitsa OPD of Dhruva Ayurved Hospital, Supedi, Gujarat, India. presented with C/O Reddish silvery plaque over upper and lower limb, abdomen, chest and back (since 6 months) Thick scaly, itchy lesions on both extremities, chest, abdomen, and back (since 6 month) • Itching all over body (since 1month) • Loss of appetite (since 5 days) Patient had taken allopathic treatment before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient was farmer by occupation, Patient did not have history of any other major illness. On examination: General condition -moderate, afebrile, Pulse Rate - 80/min, regular, patient had H/O Psoriasis since 6 years no pallor, icterus was present. Routine investigation such as Complete Blood Count, Random Blood sugar and Urine Routine and Microscopic were in normal range. As per Ayurvedic text the symptoms of *Ekakushtha* are: *Aswedanam Mahavastu Matsyashakalopamam* Diagnosis: *Ekakushtha* (Psoriasis).

Table No. 1: *Dashavidha Pariksha and Ashtavidha Pariksha.*

<i>Dashavidha Pariksha</i>		<i>Ashtavidha Pariksha</i>	
<i>Sharira Prakruti</i>	<i>Vata-Pittaja</i>	<i>Nadi</i>	<i>Sadharana</i>
<i>Manasa Prakruti</i>	<i>Rajas</i>	<i>Mutra</i>	7-8 times/24hrs
<i>Vikruti</i>	<i>Madhyama</i>	<i>Mala</i>	<i>Abaddha</i>
<i>Sara</i>	<i>Madhyama</i>	<i>Jihva</i>	<i>Uplepa (Sama)</i>
<i>Samhanana</i>	<i>Madhyama</i>	<i>Shabda</i>	<i>Spashta</i>
<i>Satva</i>	<i>Heena</i>	<i>Sparsha</i>	<i>Anushnaseetha</i>
<i>Satmya</i>	<i>Madhyama</i>	<i>Drik</i>	<i>Pravara</i>
<i>Abhyavaharana Shakti</i>	<i>Madhyama</i>	<i>Akruti</i>	<i>Madhyama</i>
<i>Jarana Shakti</i>	<i>Madhyama</i>		
<i>Vyayama Shakti</i>	<i>Madhyama</i>		
<i>Desha</i>	<i>Anupa</i>		
<i>Vaya</i>	<i>Bala</i>		

Table No. 2: *Signs and symptoms*

Sign and Symptoms	
<i>Aswedanam</i> (Absence of sweating)	Present at the plaque region
<i>Mahavastu</i> (Big size lesions)	Present
<i>Matsyashakalopamam</i> (Scaling)	Present
Candle grease sign	Present
Auspitz sign	Present

Table No. 3: *Assessment criteria Subjective Criteria*

<i>Aswedanam</i> (Absence of sweating)	
Normal Sweating	0
Mild Sweating	1
Mild Sweating on exercise	2
No Sweating after exercise	3

<i>Mahavastu (Big size lesion)</i>	
No lesion	0
Lesion on partial part of hand, leg, neck, scalp, trunk, back	1
Lesion on most part of hand, leg, neck, scalp, trunk, back	2
Lesion on whole part of hand, leg, neck, scalp, trunk, back	3

<i>Matsyashakalopamam (Scaling)</i>	
No scaling	0
Mild scaling from all lesions	1
Moderate scaling from all lesions	2
Severe scaling from all lesions	3

Table No. 4: Objective Criteria

a. Candle grease sign	
Absent	0
Improved	1
present	2

b. Auspitz Sign	
Absent	0
Improved	1
present	2

Treatment given: *Shodhan Chikitsa* with *Shaman yoga* showed good result in this case study. 1. *Rukshan/ Pachan: Agnitundi vati* (500 mg) three tablets twice a day after meal , *Chitrakadi Vati* (500 mg) three tablet twice a day before meal.

2. *Snehapan* with *Panchatikta Ghrita* given in morning at 7:00 am for 5 days with increasing quantity of *Panchatikta Ghrita* every day, *Anupan - Koshna Jal* (Luke warm water)

Table No. 5

Day first	30 ml <i>Ghrita</i>
Day Second	50 ml <i>Ghrita</i>
Day third	60 ml <i>Ghrita</i>
Day fourth	70 ml <i>Ghrita</i>
Day fifth	100 ml <i>Ghrita</i>

After 5 days *Samyak Snehapan Laxnas* were seen. Then 2 days *Sarvang Snehan, Swedana* was given on day 3rd *Virechana* was given. *Virechan: Abhyadi modak* (255 mg) three tablet. 100 ml *Kwatha* (deccoction) of *Triphala Churna* was Prepared as per procedure of *Kwatha* mentioned in *Sharandhar Samhita*. Then fine powder of *Shunthi Churna* was added to *Kwatha*, 20 ml of Castor Oil was added to it. This preparation was given orally to patient at 8:57 am in the morning after *Snehana* and *Swedana*. After one and half hour *Virechana Vega* (Loose Motion) was started. Eight *Virechana Vega* (Loose Motion passed) in 12 hours. Pulse Rate and Blood Pressure after *Virechana* were within normal limit. *Sansarjan Kram* (rules about diet after *Shodhan Chikitsa*) advised for 3 days. *Sarvang Kayadhara* therapy and *Shaman Yoga* was started 5 days after *Virechana*. *Sarvang Kayadhara (Panchvalkal Kwath)* time duration- 30 minutes in morning at 10 am for 10 days. *Shaman Yoga*: Well prepared combination of *Arogyavardhini Vati* twice daily before food, Tablet *Gandhak Rasyana* twice daily before food , Tb *Swayambhuva Guggul* three tablets twice daily , *Swadista Virachak Churna* three gm twice daily after meal, *Rakta Pachak* and *Rasa Pachak Yoga* 20 ml after meal for 10 days. With above mentioned line of treatment patient got complete relief from the symptoms of psoriasis.

Table No. 6

Sign and Symptoms	Before Treatment	After Treatment
<i>Aswedanam</i> (absence of sweating)	1	0
<i>Mahavastu</i>	2	0
<i>Matsyashakalopamam</i> (scaling)	3	0
Candle grease sign	2	0
Auspitz sign	2	0

Photographs



RESULT AND DISCUSSION

In above case study patient got complete relief from symptoms of *Ekakushtha* (Psoriasis) . Ayurveda has *Panchakarma Chikitsa* as its unique specialty. In this case study *Virechana Chikitsa* showed good results along with *Shaman Yoga* and *Kayadhara* therapy. *Virechana Chikitsa* helps to remove vitiated Dosha from body . *Shaman Yoga Arogyavardhini Vati*, *Tb Swayambhuva guggul* , Tablet *Gandhak rasyana* has *Kushthaghna* as well as *Rasayana* effect on skin. As Psoriasis is psychosomatic disease, *Kayaadhara* may help to relieve the stress.

CONCLUSION

In this case study we got good results of Panchakarma and Ayurvedic medicine. The treatment given for *Ekakushtha* (Psoriasis) was *Rukshana/Pachana* , *Shodhan* , *Shamam Yoga* and *Sarvang*, *Kayadhara* therapy; which helped in *Aampachan*, removal of vitiated *Dosha* from body and to bring *Samyavastha* (balanced condition) of *Doshas*. So above treatment help to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

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