

Dr Roli Bansal

Assistant Professor, Panchkarma Department, Uttranchal Ayurvedic College
Dehradun, India

ABSTRACT: In Ayurveda skin diseases are mainly included in *Kushtha*. Psoriasis can be correlated with a type of *Kushtha* known as *Ekkushtha*. Psoriasis, a chronic, recurrent inflammatory skin disorder, characterized by slightly elevated reddish patches or papules (solid elevations) covered with silvery white scales. Modern medical science treats Psoriasis with PUVA, corticosteroids etc. But these therapies give serious side effects like hepatic and nephrotoxicity, bone marrow etc and because of recurrence Patient used to fed up with medicines. 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 34 years female patient having symptoms of *Eka kushtha* since last 8 years. She was suffering from large round silvery scaly patches over her Right Elbow joint, both Knee Joint and Right Ankle joint with severe itching and dryness. There was no significant past history of any other chronic illness. The patient was treated with Vaman in Panchakarma followed by Oral medications. Patient reported symptomatic improvement after the course of Vaman. The improvement was significantly increased during course of oral medications.

Keywords: *Eka kushtha*, Psoriasis, Vamana, Ayurveda

INTRODUCTION

Psoriasis is characterised by well defined, erythematous plaques with characterised silvery, large, loose scales. Scaling is the predominant sign. Winter aggravation is very common.¹ This peculiarity can therefore be correlated with the skin lesion *Ekakushtha* which is said to have *Vata-Kapha* predominance and hence aggravates in winter season. Also the symptoms of resemblance to *Matsya Shakal* i.e. scales of fish also fits in here. Also it is extensively spreading and invades the whole body often which is rightfully depicted in its sign of *Mahavastu*.

Clinical features of Psoriasis (*Rupa of Eka kusht*)

- Extended skin lesions (*Mahavastu*)
- Scaling of skin similar to the scales of the fish (*Matsya shakalopama*)ⁱⁱ

Line of Ayurvedic treatment for Psoriasis –

In Panchakarma, among Shodhana therapy, Vamana is principle treatment for *Kapha dosha*ⁱⁱⁱ. Acharya Charak defined Vamana as a process in which waste products or toxins (*doshas*) are eliminated through upper channels that is mouth.^{iv} Oral medications which are prescribed to the patients were *Mahatiktak Ghrit*, *Arogyavardhini Vati*, *Khadir Churna* and *Nimba Churna* and for Local application *Marichyadi Tail*. All these conservative medication were used for the pacification of *Vata* and *Kapha dosha*. These drugs possess mainly *Tikta* and *Katu* properties. Thus it was assumed that purification mechanism in combination with oral medication would be helpful in treatment of *Eka kushtha*.

CASE REPORT –

A 34 years old female was presented in OPD no.110 of Panchkarma Department presenting with chief complaints as itching and discoloration of skin, silvery scaly patches of rounded to irregular shape on her Right Elbow joint, both Knee Joint and Right Ankle joint with severe itching and dryness. Around about 8 years back, she was in healthy state, later she started with itching on some area of skin. The area affected with itching slowly got discolored and dry. There were appearance blackish patches guarded with silvery scales. The patches were more pronounced over both knee joint, right shin and right elbow joint. Simultaneously she was suffering from loss of appetite, headache and mental stress. She had taken treatment of allopathic medicine for years and got some relief but still she had complaint of severe itching. She had put on weight because of continues use of steroids. 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
- First Phase :
- First phase of treatment included *Sanshodhana Karma* (Purification Mechanism) i.e. *Vamana* (Process of vomiting) . It was strictly followed with *Purvakarma* and *Paschatkarma* (Before and after *Vamana*) Total period required for this process is 15 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*, combination of *Khadir* and *Nimb churn* and for Local application *Marichyadi Tail* for 6 months.

Preparation and Process Of Vaman**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 in dose of 3gms thrice a day for 5 days with luke warm water^v.

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 eloquently through the vessel coated with a layer of unctuous material^{vi}. For this patient was administered with *Mahatiktaka Ghrita*^{vii} in a dose of increasing order of 30ml, 45ml, 60ml, 90ml 110 ml and 120 ml 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 Til 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 *Kapha vardhak Aahar* in the evening like *Dahi vada*, *Dahi bhaat* or *Khichadi*^{viii}.

Pradhan Karma:

[A] Vamana^{ix}-

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 vomiting), which was prepared by using *bharad* (coarse form) of *Yashtimadhu* 40 g 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 (1.5 litre) completely.

The *Vamaka yoga* (preparation used for vomiting) that contained the drugs *Madanphala* (*Randia dumetorum*), *Vacha* (*Acorus calamus*) and *Saindhav* (Sodium Chloride) in proportion of

4:2:1 mixed with Honey in total quantity of 7 gms of it was administered to patient (Table 1)^x. After 15 minutes of administration of *Vamaka yoga*, patient was follow for *Vamana vega* (acts of vomitings) to commence on his own. Time and quantity 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 4 minor vomiting acts (*vegas*). When the appearance of vomitus was composed of medicine along with *Pitta*, the procedure was stopped.

Paschat Karma (Process after Vomiting):

Dhumapana –

After rest of 10 mins, *dhoomapana* was given with stick made of *Aguru* (*Aquilaria agallocha*) for 3-4 times by each nostril of patient.

Sansarjana Karma –

Since patient was undergone in *pravar* (major) grade of purification (7 major and 4 minor *vega*) of *vamana*, she was advised to follow the dietic and behavioural restrictions regimen of seven days. In this dietic 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).

OBSERVATION AND DISCUSSION

During the 15 days course of *Vamana*, patient had reported 60-70% improvement in his symptoms. She had got 70% relief from itching. The discoloured skin and scaly patches had been improved by 40%.. 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*. 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 Ghrita* in an increasing manner. *Ghee* carries property of drug without leaving its own property. The ingredients are *Saptaparna* (*Alstonia scholaris*), *Ativisha* (*Aconitum heterophyllum*), *Shampak* (*Cassia fistula*), *Kutaki* (*Picrorrhiza kurroa*), *Patha* (*Cissampeloc pareira*), *Musta* (*Cyperus rotundus*), *Ushir* (*Andropogon muricatus*), *Triphala* (*Embllica officinalis*, *Terminalia chebula*, *Terminalia bellerica*), *Patola* (*Trichosanthes dioica*), *Nimba* (*Azadirachta indica*), *Parpataka* (*Fumariaparvi flora*), *Dhanwayasa* (*Alaghi mouroum*), *Chandana* (*Santalum album*), *Pippali* (*Piper longum*), *Padmaka* (*Prunus cirasoidus*), *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*), *Kiratatika* (*Swerita chirata*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Trymamana* (*Gentian kurroa*), *Goghrita* (*Butyrum departum*) etc. The drugs possess *Ushna*, *Tikshna*, *Vyavayi*, *Vikashi*, *Katu*, *Tikta rasatmaka* and *Katu vipaka*. It was observed that the action of drugs was mainly due to properties of these drugs which have *Dipan*, *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 nervine calminative and antispasmodic during vomiting process. *Vacha* i.e. *Acorus calamus* was having spasmolytic action. *Yashtimadhu* i.e. *Glycyrrhiza glabra* helped in *Vamana* process. *Saindhava* i.e. Sodium Chloride and *Madhu* was said to be help in *Kapha vilyan* and *chedan karma* that means pacifying *Kapha dosha*.^{xi}

Thus *Vamana* pacified itching, diminished scaly patches, reduced dryness, decreased some silver scales and mildly normalized the discoloration.

In second phase of treatment, the patient was administered with oral medications like *Arogyavardhini Vati*, *Khadir and Nimba churna*, *Mahatiktak Ghrit* and for local application *Marichyadi Tail*.

Arogyavardhini Vati^{xii} contains *Shuddha Parada* (Herbal Purified Mercury), *Shuddha Gandhaka* (Herbal Purified Sulphur), *Shu ddha 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. Also there occurs vitiation of *Kapha*, which is required for regulation of peristalsis movement in large intestine. *Arogyavardhini Vati* worked as Purificatory agent for large intestine and mainly on the organic toxins produced in large intestine.

The second content of oral medication is *Khadir* (*Acacia catechu*) and *Nimba Churna* (*Azadirachta indica*). Due to its *Tikta Rasa* it purifies blood and acts on diseases caused by impured blood. It is given in quantity of 3gms thrice a day with luke warm water.

The other drug is *Mahatiktaka Ghrita* which has *Dipana*, *Pachana*, *Amapachaka*, *Strotoshodhaka*, *Raktaprasadan*, *Raktashodhaka*, *Kandughna*, *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*) *Hartaal*, *Manahshila*, *Nagarmotha* (*Cyperus rotundus*), *Arkadugdha* (*Calotropis procera*), *Kaneramulatwak* (*Nerium indicum*), *Nishoth* (*Operculin ipomoca*), *Gorasa*, *Indrayanamula* (*Citrullus cococynthis*), *Kushtha* (*Saussurea lappa*), *Haridra* (*Curcuma longa*), *Daruharidra* (*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 Snignidha guna* reduces scaling, *Ushna virya* increases Swedan by Vaat *Kapha nashak Dravya*, *Rakta shodhaka*, *Immunomodulator*, *Kushtha Kandu Nashak* property.

Along with *Shodhana* and *Shamana* therapy patient was advised to avoid Non vegetarian food (Fish, Mutton, Chicken, Eggs etc), fast food (Chinese, Samosa, Kachori etc), fermented food (Idli, Dosa etc), *Katu Amla rasa* (Dahi wada, Spicy food), Contaminated water and environment.

Table1: Preparation of *Vamana*

Ingredients	Quantity
<i>Madanphala</i> (<i>Randia dumentorum</i>)	4gm
<i>Vacha</i> (<i>Acorus calamus</i>)	2gm
<i>Saindhav</i> (Sodium Chloride)	1gm
<i>Madhu</i> (Honey)	Sufficient quantity

Table 2: Oral drugs, their Composition, Doses and Exact effect

Name of drug Compound	Ingredients	Dose Frequency	Duration	Exact effect
<i>Arogyavardhini Vati</i>	<i>Shuddha Parada</i> , <i>Shuddha Gandhaka</i> , <i>Abhraka bhasma</i> , <i>Tamra bhasma</i> , <i>Triphala</i> , <i>Shuddha Shilajit</i> , <i>Shuddha Guggul</i> , <i>Chitrakmula twaka</i> , <i>Kutaki</i> all pasted in <i>swarasa(rasa)</i> of Leaves of <i>Nimba</i>	2tab (250mg each) Thrice a day	6 months	<i>Amadoshanashak</i> , <i>Hepatoprotective</i> , <i>Vata</i> and <i>Kapha nashaka</i>
<i>Nimba Churna & Khadir Churna</i>	Powder of <i>Nimba</i> Leaves and <i>Khadir</i>	3gms Thrice a day	6 months	<i>Kandunashaka</i> , <i>Raktashodhadhaka</i> , <i>Raktaprasadaka</i>
<i>Mahatiktaka Ghrit</i>	<i>Saptaparna</i> , <i>Ativisha</i> , <i>Shampak</i> , <i>Kutaki</i> , <i>Patha</i> , <i>Musta</i> , <i>Ushir</i> , <i>Triphala</i> , <i>Patola</i> , <i>Nimba</i> , <i>Parpataka</i> , <i>Dhanwayasa</i> , <i>Chandana</i> , <i>Pippali</i> , <i>Padmaka</i> , <i>Haridra</i> , <i>Daruharidra</i> , <i>Vacha</i> , <i>Vishala</i> , <i>Shatavari</i> , <i>Sariva</i> , <i>Krishna Sariva</i> , <i>Vasa</i> , <i>Murva</i> , <i>Guduchi</i> , <i>Kiratatikta</i> <i>Yashtimadhu</i> , <i>Trymamana</i> , <i>Goghrita</i>	10ml Once a day	6 months	<i>Dipan</i> , <i>Pachana</i> , <i>Amapachaka</i> , <i>Strotoshodhaka</i> , <i>Raktaprasadan</i> <i>Raktashodhaka</i> , <i>Kandughna</i> , <i>Kushthaghna</i> and <i>Varnya</i>

Marichyadi Tail	<i>Marich, Hartaal, Manahshila, Nagarmotha, Arkadugdha, Kaneramulatwak, Nishoth, Gorasa, Indrayanamula, Kushtha, Haridra, Daruharidra, Devdaru, Raktachandana, Vatsanabha, Sarshap tail</i>	As per required on lesion Once a day	6 months	<i>VaatKapha nashak, Rakta shodhaka, immunomodulator, Kushtha Kandu Nashak</i>
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Table 3: Overall Effect of Vamana

Steps in Process of Vamana and Virechana	Mechanism	Exact effect showed
<i>Dipana Pachana</i>	Removal of <i>Amadosha</i>	Increase in <i>Agni Ama-doshanashaka</i>
<i>Snehapana</i>	Pacification of <i>Vata dosha</i> Reduction in Scaling and Dryness	<i>Vata doshashamaka,</i>
<i>Abhyanga</i>	Removal of Dryness Decrease in Scaling	<i>Vata doshaShamaka</i>
<i>SarvangaSwedana</i>	Removal of Obstruction Increase in <i>Swedana</i>	<i>Strotas Shodhana</i> (Purification of system)
<i>Vamana</i>	Reduction in Itching Pacification of <i>Kaphadosha</i>	<i>Kapha dosha Shodhana</i>
<i>Dhumapana</i>	<i>Kaphadosha</i>	<i>Shiro Virechana</i>

Figure 1: First visit of Patient to OPD
Figure 2: Visit of patient after Treatment
Figure No. 1 Before Treatment

**Figure No.2 After Treatment****Drug Therapy**

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 *Vaman* and 80% to 90% relief after Oral medications and *Nidan parivarjana*.

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