

# Management of Ek kushtha(psoriasis) through Ayurvedic Formulation: A Case Study

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**Abstract-** Ayurvedic system of medicine describes a wide range of etiological factors for dermatological disorders. The etiological factors include physical, physiological, psychological, psychosocial, hereditary and *Papakarma* (sinful activities), based on the proximity of causes which are reclassified into *sannikrishta* (proximal cause) and *viprakrishta* (remote cause) *nidana*. *Sannikrista Nidana* (real causative factor) - Three *Doshas* viz. *Vata*, *Pitta* and *Kapha* and four *Dushyas* viz. *Tvak* (Rasa), *Rakta*, *Mansa* and *Ambu* or *Lasika* involved in the pathogenesis of skin diseases. These seven can be considered as *sannikrishta nidana* in *kushta*. In Ayurveda most of the skin disorders can be taken under general term “*Kushtha*”. Psoriasis is correlated with *Ek- Kushtha* which is a type of *Kshudrakushtha* due to resemblances in signs and symptoms. Psoriasis is a non-infectious chronic relapsing inflammatory skin disease having unknown etiology, characterized by well-defined dry scaly erythematous patches and covered with adherent silvery white scales. The eruption is usually symmetrical and most commonly affects extensor surfaces of elbows, knees, scalp, nails and the sacral regions. Its incidence is 1-2% of world population. Here a case report of a 20 years old female having complaint of *aruna varna*, *kandu*, *twakrukshata* etc. since 9 years. He was treated with Ayurvedic herbs and given some dietary regimen to follow.

**Keywords-** Ek kushtha, kshudra kushtha, psoriasis

**Introduction-** The skin is one of the five ‘*Gyanendriya adhisthana*’ as described in Ayurvedic texts, which is responsible for ‘*Sparshagyanam*’ or touch sensation; therefore it plays a great role in physical and mental wellbeing of any individual. The *Kushtha* is generally described as *Tridoshaja Vyadhi* and is classified into *mahakushta* and *ksudra kushta*. *Nidana* or the etiological factors closely linked with the manifestation, transmission and progression of the disease are broadly classified as-

## **Etmiology/ Hetu sevān**

1. **Aaharaja Hetu-** *Aahar* is one of part of *trayopstmbha*, so it is one of the chief responsible factors in the production of the *kushta*. *Viruddha Ahara* (incompatible or antagonistic diet) <sup>(1)</sup> *Acharya Charaka* has stated that the substances acting antagonistic to ‘*Dehadhatu*’ are *Vairodhika*. *Acharya Charaka* described eighteen types of *Viruddha Ahara* in *vimanstan*. *Mithya-Ahara* (irregular Diet) <sup>(2)</sup>
2. **Viharaja Hetu.** <sup>(3)</sup> *Viharaja Hetu* also play an important role in the production of *kushta*. *Mithya Vihara*, *Vegadharana* & *Panchakarma pacharanare* included in *Vihara Hetus*. *Mithya Vihara* (irregularity in daily routine). The activities opposite to ‘*Svasthanavritta*’ is called ‘*Mithya Vihara*’. Sudden changes from cold to heat & vice-versa comes under in *Mithya Vihara*. *Vega Vidharana* – suppression of natural urge <sup>(4)</sup>, *Krimi* <sup>(5,6)</sup>. *Maharishi Charak* and *Sushrut* both mentioned *Krimi* is one of the probable causative factor for *kushta*.

**Signs and symptoms-** *Ek-kushta* is one of *Kshudra-kushta*. *Aswedanam* (not perspire), *Mahavastu* (extensive) and *Matsyashakalopamam* (looks like fish scale), *Arun varna* (discoloration) are the main symptoms of *ek-kushta*<sup>(7)</sup>

### Material and method-

**Case report** -The present case study is a successful Ayurvedic management of Ek-kushta. A 20 years old female patient came to our hospital Govt. Dhanwantari Ayurvedic College and Hospital Ujjain on 14/1/2021 with chief complaint of red erythematous lesions with severe itching as well as scaling of skin over both legs, hands, abdominal region, face, since 8 years, which is aggravated during winter season.

**History of present illness-** According to the patient, she was asymptomatic 9 years back. One day she noticed some papules over lower legs with itching. She took allopathic medicine for this but got symptomatic relief. Her condition worsens day by day. The papules spread and become red patches with scaly skin and spread over to both legs, hand, face, and abdominal region and back. Now she wants to take Ayurvedic treatment. So, she came here for better management.

**Past History-** No Previous H/O any other severe illnesses.

### Personal history

- General condition – average
- Nadi – Pitta Pradhan Vata
- Mala – Saam
- Mutra – Samanya Gandh, Varna.
- Temperature – 98.40 f
- Agni – Vishamagni Blood pressure – 110/70 mmHg
- Shabd – Samnaya
- Drika – Samanaya
- Akriti – Madhyam
- Bala – Madhyam
- Jihva – Niraam
- Addiction- tea
- Nidra- disturbed

**Treatment History-** Patient took allopathic and local medication for present complaint but could not get satisfactory relief.

**Surgical History** -No H/O any surgery.

**Family History** -Family history was negative for similar condition or skin disorder and no H/O severe illnesses.

### Differential Diagnosis - 8 Medical Conditions That Mimic Psoriasis

- Eczema.
- Seborrheic Dermatitis.
- Pityriasis Rosea.
- Lichen Planus.
- Onychomycosis.
- Lupus.
- Squamous Cell Carcinoma.

- Mycosis Fungoides.

**Treatment-** The details of the internal and external medications prescribed have been mentioned as below

1. Chakramarda beej churna 2 gm BD
2. Panch tikta ghrit 1 tsp with luke warm water/milk on empty stomach
3. Maahakusthagn Kashaya 2 tsp BD
4. Tab.Soraneem 1 BD
5. Triphala guggul 2 BD
6. Khadiraristha 20 ml BD
7. Chakramarda beej churna soaked in takra for overnight used for local application
8. Coconut oil 100 ml +Kapoor 5 gm+ tankan bhasma 1 gm

**Do's and Don't's-** Nidana parivarjana (Don't) – Salt in excessive amount, curd, jaggery, sour,oil, milk, rice [8,9]

food, heavy diet and diet whose aggravated vata dosha should be avoided. Direct description of pathya-apathya (don't and do's) for skin disease are available in Astanga Hridayam. According to Astanga Hridayam, in skin disease patient should have diet enriched with old rice, barley, [10]

wheat, pulse like green gram/ lentils, vegetable having bitter taste.

## Result

S.No	Symptoms	On first visit	First follow up	Second follow up
1	Aswedanam	++	+	
2	Mahavastu	+++	++	+
3	Matsyashaklopamam	++++	++	+
4	Aruna varna	++++	+++	++

(+) mild      (++) moderate      (+++) severe      (++++) very severe  
Before treatment



After treatment



- **Discussion-** The symptoms of *Ek Kushtha* like *Aswedanam*, *Mahavastuma*, *Matsyashakalopamama* and *Aruna varna*, it seems to be more nearer to psoriasis. *Aswedanam* (absence of sweating) indicates absence of perspiration. *Maha- vastuma* means extensive lesions invading whole body. *Psoriasis* is spreading disease which occupies whole of the body. *Matsya- shakalopama* (resembles scales of fish), ex-plains the scaly nature and hyperkeratinisation which is occurring in the epidermis, scaling resembling scales of fish.

Psoriasis is a skin disorder that causes skin cells to multiply up to 10 times faster than normal. This makes the skin build up into bumpy red patches covered with white scales. They can grow anywhere, but most appear on the scalp, elbows, knees, and lower back. Plaques of red skin, often covered with silver-colored scales. These plaques may be itchy and painful, and they sometimes crack and bleed. In severe cases, the plaques will grow and merge, covering large areas.

In the present case, *pitta*, *kapha*, and *rakta* were the *Doshas*, and *Rasadhatu*, *Raktadhatu*, and *Mamsadhatu* were the *Dushyas*. *Dosha-dushya samurcchana* (pathological progress) was taken place due to the circulation of vitiated *Doshas* and their *Sthanasamshraya* (site of pathological changes)



at *Tvaka* (skin) with the clinical presentation of *Vyadhilakshnanas* (signs and symptoms of psoriasis). The treatment protocol was adopted for *Samprapti bhedana* (to counteract the pathophysiology) where *Pitta-kaphahara* treatment is given. Also, the *Agnidipana* (improvement of the biological fire), *Ampachana*, *Rasaprasadana* (improvement in the quality of blood), and *Raktaprasadana* (purification of the blood) were achieved with the help of all the internal medicines. The intake of *Viruddha ahara* (the unwholesome dietary practices) is one of the important causative factors in the etiopathogenesis of skin diseases. The patient should avoid *Viruddha ahara* for better treatment response, speedy recovery, and to avert the recurrence in chronic skin ailments. In present case, the patient was following the excess use of salty and sour food items, old butter and curd, spicy food, simultaneous use of milk products and salty snacks, etc. The patient was taking modern medications without sidestepping the causative factors as per *Ayurveda*. Therefore, temporary relief had observed with a relapsing pattern during the allopathic treatment. Thus, in the present case, the strict dietary regimen (*Pathya*) has been advised as the mitigating intervention along with *Ayurveda* medicines.

- Panchtikta ghrīt<sup>[11]</sup>- panchtikta ghrīt is a medicated ghee administered internally for shaman purpose. Ghee has property of shukshmasrotogamitva it reaches and nourish every dhatu. Moreover in kustha the medicated ghee fortified with Tikta and Kashaya rasa has been recommended for internal use.
- Triphala Guggulu<sup>[12]</sup>- According to the ancient Indian scripts, Triphala Guggulu is an excellent herbal curative formulation, which cures almost all the ailments. Triphala Guggulu balances all the three doshas in the body and is extremely beneficial in removing toxins from your body, maintaining healthy cholesterol levels, supporting weight management, and maintaining proper digestion and food absorption.
- Khadirarishta<sup>[13]</sup>-it is a polyherbal ayurvedic formulation prepared using ancient ayurvedic fermentation technique. It is known to purify blood, treat skin diseases and cure intestinal problems. This remedy is used since aeons as an excellent blood purifier, antibacterial and digestive agent and is very beneficial in curing pimples and acne from the skin.
- Maha kusthagn Kashaya <sup>[14]</sup>- Khadira- (Acacia catechu Family- Mimosoidaceae), Abhya- (Terminalia chebula Family-Combretaceae), Amalki, Haridra, Aruskara, Saptaparna, Aragvadhā, Karavira, Vidanga, Jatipraval.

**Conclusion-** Ekkustha (Psoriasis) is the skin disease which is more difficult to cure even in modern science. This study showed that Ayurveda medicine has hope for such cases. Although it is a single case it gives platform for the researcher to do more study in more number of patients. The case report demonstrates the treatment of Ek kustha completely with only Ayurvedic medicinal intervention. Pathya sevan plays a major role in the treatment of Ek kustha. Apathya should be avoided. The patient had relief and symptoms had lowered significantly.

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