



Role of Dashapaka Guduchi taila w.s.r to Avartana in the management of Eka kustha (psoriasis) - A Case Report.

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ABSTRACT

Psoriasis is a chronic systemic inflammatory disease affecting not only the skin but also affect joint and mental health etc. It is consider as autoimmune disorder ,The relapce and remission are very common in this disease. It occurs in all age groups and about equally in men and women. In Ayurveda almost all skin diseases can be taken under generalized term “*Kushtha*”, Siddha sneha(medicated oil/ghee) are largely used in Ayurveda clinical practices .Process of avartana increases the potenc and reduce the dose of formulation(oil/ghee).A 45 year male patient complaint skin discolouration elevated patches with sever ithching on chest region and posterior part of body. here diagnosed case of Ekakustha(psoriasis) was treatead with single formulation Dashapaka guduchi taila. Lesion were markedly reduced , ithching was completely reduced, elevation and discoloration also reduced.

KEY WORDS: Eka kustha, Psoriasis, Guduchi taila, Avartan , Dashapaka Guduchi tail ,Sneha Kalpana.

INTRODUCTION

In Ayurveda almost all skin diseases can be taken under generalized term “ *kustha*”, is one of the common diseases affecting the mankind, *Kushtha* is produced invariably by the vitiation of the seven factors i.e. Three *Dosha* and four *Dushya*. in Ayurvedic texts. All most all *Acharya* described 7 *Maha Kushtha* and 11 *Kshudra Kushtha* which different in nomenclature and description. symptoms of Eka Kustha like Aswedanama ,Mahavastu, Matsyashakalopama and Abharaka patrasama,it seems to be more like to psoriasis. Aswedanama (absence of sweating)indicates absence of perspiration. Maha vastu means extensive lesion invading whole

body. This disease occupies whole part of body. *Matsyashakalopama* (resemble scales of fish), explains the scaly nature and hyperkeratinisation which is occurring in epidermis, scaling resembling scales of fish. According to Acharya Bhavprakash, in *Ekakustha*, skin lesion are *chakrakara* (rounded) and as like *patra* of *Abharkha* that is silvery like mica. This clinical Features indicates the similarity between *Eka-Kustha* and psoriasis.

Guduchi taila is herbal preparation mentioned in *Chakradutta*¹, which is indicated in *Vatarakta* and *Kushtha*. The ingredients of this medicine are *Guduchi*, *milk*, and *tila taila*. Possible physicochemical changes in the final product, changes in relation to the fatty acids of *taila*. This medicated oil contains, a single drug as chief medicament ingredient of herbal origin i.e. *Tinospora cordifolia* (Wild.) Hook. F. & Thoms. with well established phytoconstituents. *Guduchi* (*Tinospora cordifolia* (Wild.) Hook. F. & Thoms.) is mentioned as an effective drug for *Kushtha*². It is grouped under *Panchatikta* which is found to be mentioned as effective in the treatment of *Kushtha* by many ancient texts.

To avoid administration of *Sneha* in large doses for longer duration in certain clinical conditions and patients and so as to increase efficacy to change characteristics of formulation, the technique of *Avartana* was invented earliest in premiere text of Ayurvedic classics; *Charaka Samhita*³. *Avartana* is a kind of pharmaceutical modification (value addition) to increase the properties of an ayurvedic formulation. The meaning of the term *avartana* is repetition of process of *snehapaka* in same batch with same ingredients without changing *sneha drava*. so here to increased potency of *Guduchi taila* we did 10 *avartana* (*Sneha Paka*) of *guduchi taila*.

CASE REPORT

A 60 year old male patients hindu religion, visited ITRA hospital ,opd of rasa shastra and bhaishjya kalpna on 29/07/2020 opd case number 27564 with well demarcated raised elevated patches on trunk and back region. The affected skin was a variable shade of red and the surface was covered by silvery scale .He complained of itching and burning all over body .On history, patients had above complaints since 5 years. Initially lesions were started from back of trunk, both leg but later the polycyclic lesions was produced on chest region. For this patients took allopathic treatment for long time but got no relief. His general health was good and both physical examination and all blood test were done before and after treatment. No any Past History of DM, Hypertension, Thyroid disorder, Truama. No Family History was found.

Table.No.1 Physical examination of Patients.

Height	Weight	BP	Pluse	Tongue
160 cm	68 kg	130/90 mm/Hg	68/min	saam

Table.No.2 Showing Blood investigation done Before and After for study.

Investigation		Before	After
Blood Counts	Hb	15.6	15.7
	RBC	5.26	5.39
	WBC	10470	10670
	Platelate Count	302000	278000
Differential Count	Neutrophils	57	63
	Lymphocytes	30	29
	Eosinophils	11	04
	Monocytes	02	04
	Basophils	00	00
Blood Indices	P.C.V	48.1	47.4
	M.C.V	91.4	87.9
	M.C.H	29.7	29.1
	M.C.H.C	32.4	33.1
	R.D.W	12.7	12.4
E.S.R	After one hour	08	04

Table No.3 Showing Bio-chemistry investigation done Before and After study.

Investigation		Before	After
Blood sugar	Fasting Blood glucose	131	106
Lipid Profile	Serum Cholesterol	120	110
	S. Triglyceride	86	88
	S. HDL	37	19
	S. LDL	65.8	60
	S.VLDL	17.2	17
Renal Profile	Urea	17	19
	Uric acid	7.1	6.7
	Creatinine	1.3	1.7
Hepatic profile	Total Bilirubin	0.9	0.6
	Direct Bilirubin	0.4	0.4
	Indirect Bilirubin	0.5	0.2
	S.G.P.T	20	31
	S.G.O.T	21	27
	Alk.Phosphate	72	80
	Total Protein	8.6	7.7
	Albumin	4.4	4.2
	Globulin	4.2	3.5
A/G Ratio	1.05	1.2	

Materials and Method

Table No.4 Formulation Composition Of Guduchi taila.

NO.	Ingredients	Part
1	Guduchi Kalka	1/8 part
2	Guduchi Kwatha	4 part
3	cow milk	1 part
4	Tila Taila	1 part

Dasha Paka Guduchi Taila: *Snehapaka* was done with above mentioned ingredients, quantity and proportion. Prepared *Guduchi taila* after *Snehapaka* used for further processed with *Kalka*, *Kwatha* of same ingredients in same proportion for next *Avartana* (cycle of *Snehapaka*) which was repeated for 9 more times.

Table No.5 Showing Treatment Protocol.

Internal	<i>Dasha Paka Guduchi taila</i>
Dose	6 ml BD
Adjuvant	lukewarm water
Time of Administration	Empty stomach morning and evening
Local Application	<i>Guduchi taila</i> Q/S
Study duration	2 months
Follow up	30 days

Table.No.6 OBSERVATION

Sr.No	Parameters	Before Treatment	After Treatment
1	Matsyashakalopama	3	1
2	Rukshta	2	1
3	Aswedanam	2	0
4	Daha	3	1
5	Srava	0	0
6	Unnati	3	1
7	Kandu	3	1
8	Mahavastu	3	1
9	Discolouration	2	1

Table No.7 RESULT

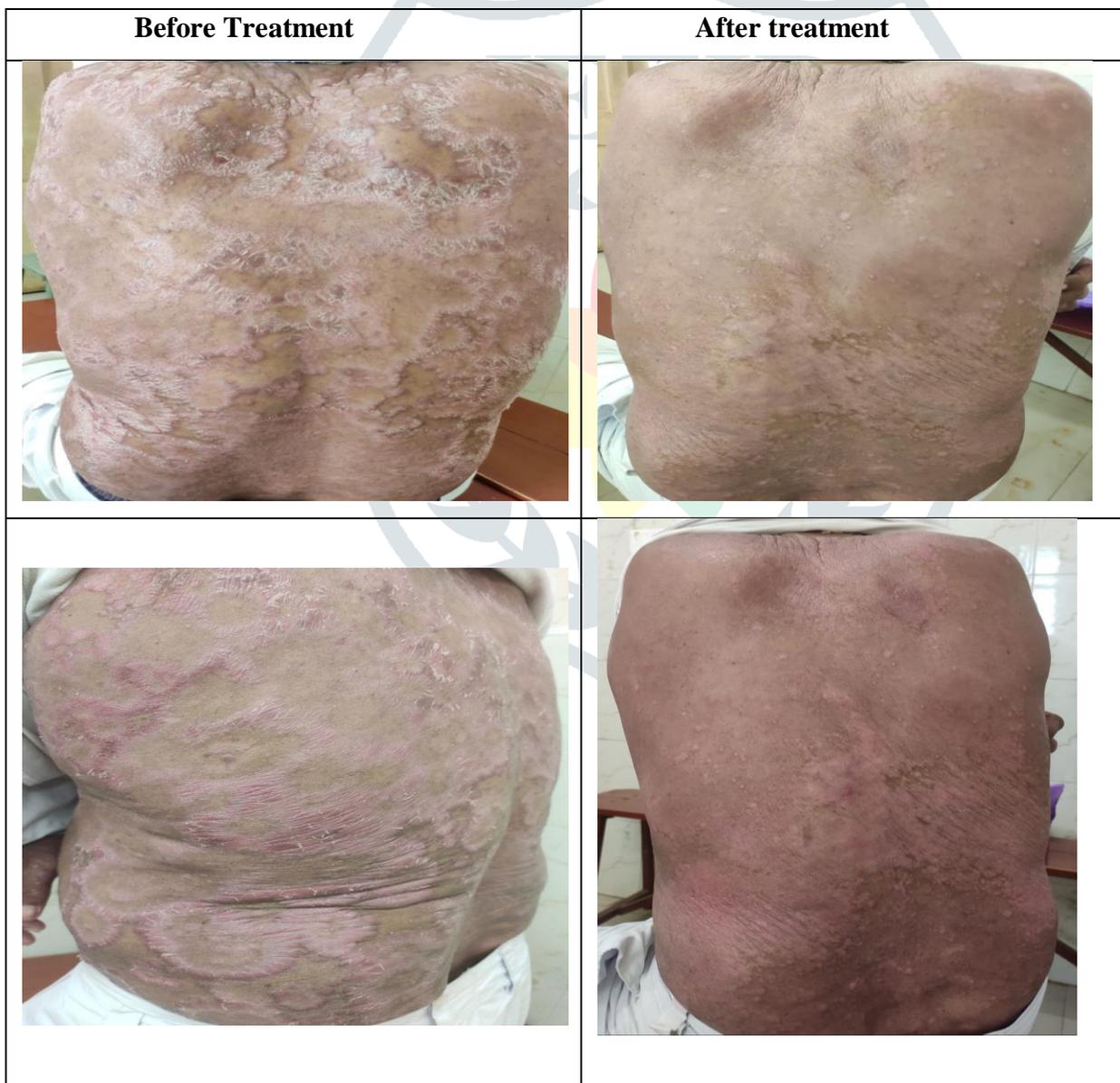
Sr.no	Parameter	Before treatment	After treatment
1	Candle grease sign	2	0
2	Auspitz sign	2	0
3	DLQI	13	3
4	PASI	19.8	2.3

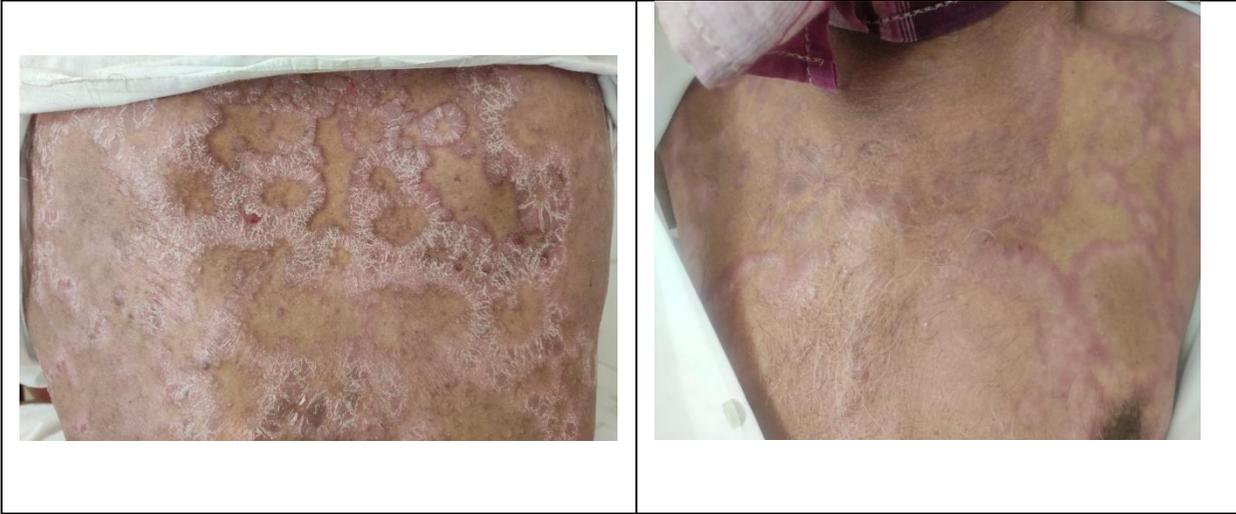
Discussion: All *Kushthas* are *Tridoshaja*. However, in *EkaKushtha* the dominance of *Vatakapha* is mentioned by *Charaka* and *Kapha* by *Sushruta*. While commenting on this *Gangadhara* mentioned that blackish – red discolouration seen in *EkaKushtha* is due to *Vata* and the symptoms like *Asvedana* and *Mahavastu* should be considered due to dominance of *VataKapha*. Due to the indulgence of various *Nidanas* simultaneous aggravation of *Doshas* in general and *Vata-Kapha* in particular (in *Eka Kushtha*) and the production of *Aama* with *Dhatu Shaithilyata* occur. Then the vitiated *Doshas* along with *Aama*, move through *Tiryak Sira* and get settled in to the *Twak and Mamsa* along with vitiated *Rakta and Lasika*. This causes obstruction in *Rasavaha*, *Rautavaara*, *Rasavaha* and *Swedavaha Srotas* producing the symptoms like *Aswedana*, *Twak Vaivarnyama*, *Mahavastum* etc. If *Kushtha* is not treated at this stage it further progress to the deeper *Dhatu*s. *Guduchi taila*

has Tikta, Madhur and Kashay Rasa Pradhan ingredients, Madhur vipak and ushna virya and Tridoshashamana property .By avartita process of Dasha Paka guduchi taila it was more potent due to process of repeted adding of guduchi Kwatha and milk.so Tiktata and kashaytva of drug increased more which help to clear the dushti of Dhatu and Doshas.

Conclusion

This case report showed that psoriasis can be effectively managed through single Ayurveda formulation. After observation of all data we conclude that Avartita sneha (Dasha Paka guduchi taila) showed significant result in ekakustha(psoriasis).





REFERENCE

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- ² Sharma A. Chikitsa Sthana, 9/7. 6th ed. Varanasi: Chaukhamba Surbharati Prakashana; 2004. Sushruta Samhita; p. 251
- ³ Charaka Samhita, Agnivesha, Chakrapanidatta commentary, (29/119-120) p.834.