



# A CASE STUDY: MANAGEMENT OF EKA KUSHTHA WITH AYURVEDIC REGIMEN (PSORIASIS)

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## ABSTRACT

The quality and condition of the skin greatly contributes to the perception of health, wellness, youth and beauty. Skin disorders are one of the burning problems of the modern era and Psoriasis is one of them. *Eka Kushtha* is a subtype of *Kushtha*, characterised by *Aswedanam*, *Mahavastu*, *Matsyashaklopamam*<sup>1</sup>. It is a primarily a *Kshudra Kushtha* yet chronic in nature and difficult to manage due to its involvement of *Tridosha* (mainly *Vata* and *Kapha*) and *Dushya* (*Rasa*, *Rakta*, *Mamsa* and *Lasika Dhatu*). The condition manifests as well-demarcated dry, scaly patches on the skin often with itching and bleeding points. In this case report 39-year-old female patient came with complaints of rounded plaques covered with silvery micaceous scales along with intense itching on almost whole of the body parts since 5 years. Both *Shodhana* (*Virechana Karma*) and *Shamana therapy* was prescribed to the patient with the drugs having Purgative, immunomodulatory, Anti-mitotic, Anti-inflammatory, *Kushthaghna*, *Shothahara*, *Savarnikarana* properties. At the end of 90 days of treatment there was complete relief in itching, dryness, scaling of the plaques. This case study suggests that both *Shodhana* and *Shamana therapy* can provide great relief to patient suffering from *Eka Kushtha*.

**Keywords:** *Eka Kushtha*, *Virechana Karma*, *Shamana therapy*, *Kshudra Kushtha*.

## INTRODUCTION

Skin diseases have been extensively described in Ayurvedic classics due to their impact on physical appearance, mental well-being, and social interaction. Psoriasis has been linked to several physical comorbidities, including psoriatic arthritis, heart disease and obesity, but it is also connected to mental health conditions like depression and anxiety, particularly because of its visibility. It is an autoimmune, chronic inflammatory skin disorder clinically characterized by erythematous, sharply demarcated papules & rounded plaques, covered by silvery micaceous scales. Skin lesions of psoriasis are variably pruritic. It is chronic and is well known for its course of remissions and exacerbations. The effect of *Shodhana Chikitsa* can be increased if it is followed by *Shamana Chikitsa* which include both *Antarparimarjan* and *Bahiparimarjan Chikitsa*.

Psoriasis is an immune-mediated, chronic inflammatory and non-contagious diseases of the skin results in multiplication of skin cells several times faster than normal that leads to red plaques on the skin covered with silvery scales<sup>2</sup>.

Physical examination may reveals bleeding spots from the lesion when scales are removed known as Auspitz sign. When a psoriatic lesion is scratched with the point of a dissecting forceps, candle grease like scales can be repeatedly produced even from the non- scaling lesions named as Candle grease sign.

Most of the times, intervention in patients of Psoriasis initially gives good results, but later on, the therapy does not respond very well. This is also the major cause of impaired life quality in patients of Psoriasis. Thus, looking at the impact of Psoriasis on life quality, the present study is designed to find out the effect of *Chaturangula Dala Pralepa* and *Panchnimba Churna* along with *Virechana Karma* on the patient of *Eka-Kushtha*.

The severity of Psoriasis is assessed by Psoriasis Area and Severity Index (PASI Score).

### PASI Score

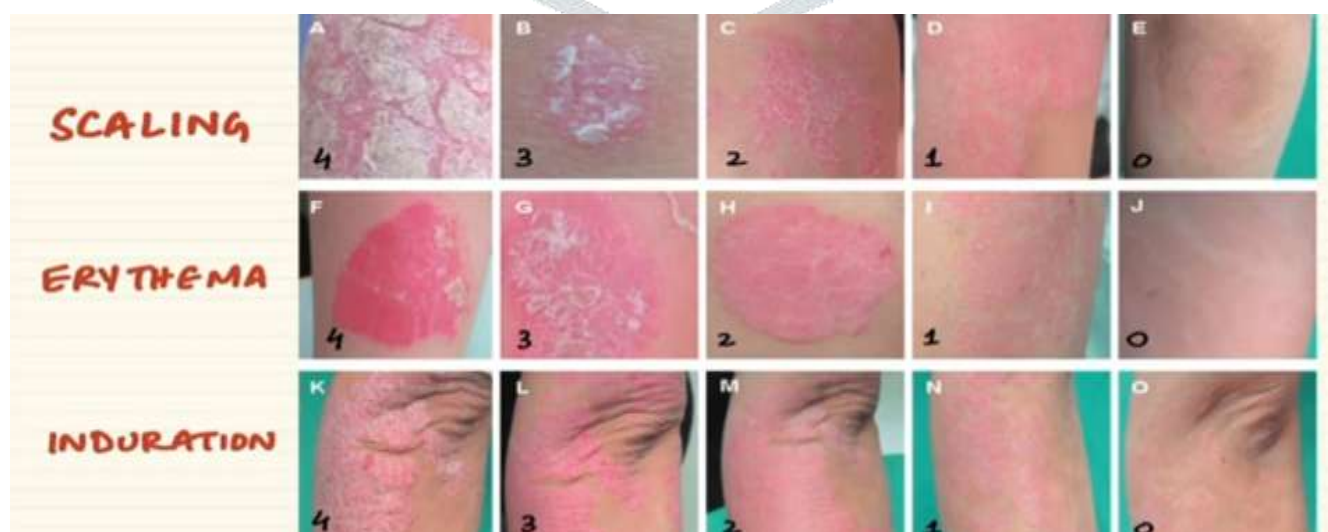
This psoriasis area and severity index (PASI) score calculator measures the psoriasis severity based on lesion severity, appearance and skin area affected. The body is divided into four sections **head (H) (10% of a person's skin), arms (A) (20%), trunk (T) (30%), legs (L) (40%)**. Each of these areas is scored by itself, and then the four scores are combined into the final PASI. For each section, the percent of area of skin involved, is estimated and then transformed into a grade from 0-6<sup>3</sup>.

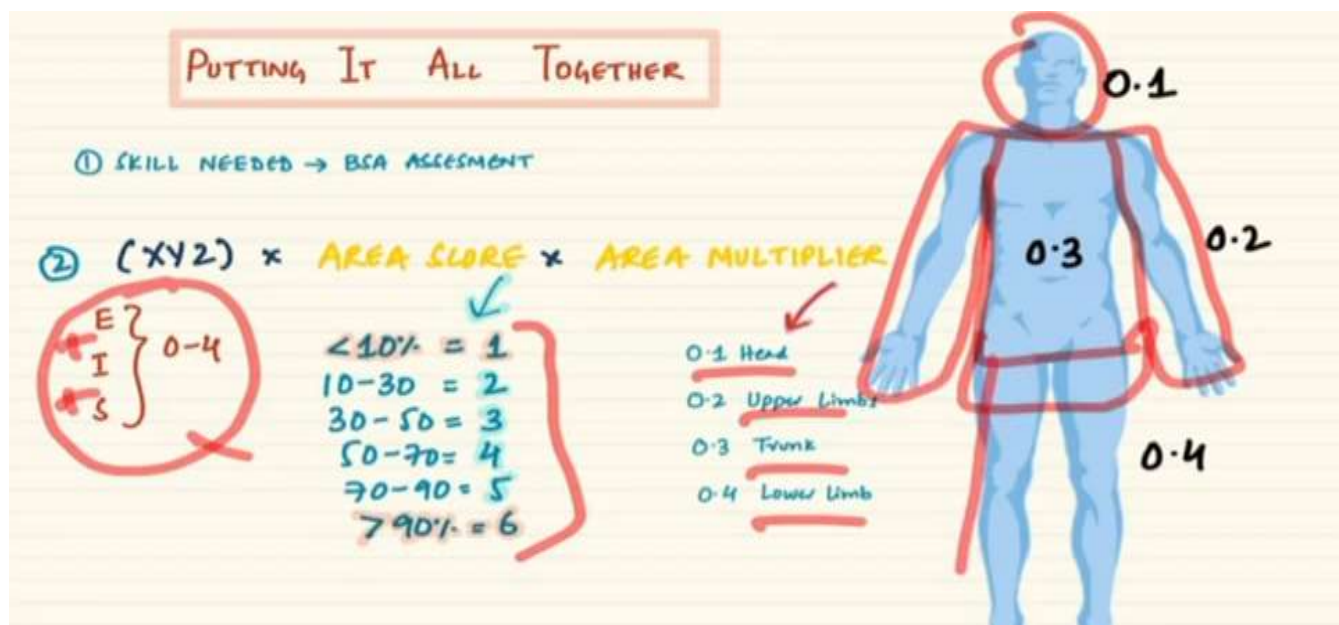
AREA INVOLVED	GRADE
0% of involved area	0
< 10% of involved area	1
10-29% of involved area	2
30-49% of involved area	3
50-69% of involved area	4
70-89% of involved area	5
90-100% of involved area	6

Within each area, severity is calculated by three clinical signs:

- Erythema (redness)
- Induration (thickness)
- Desquamation (scaling).

Severity parameters are measured on a scale of 0 to 4, from none to maximum.





## CASE

A 39-year-old female patient registered to OPD of *kayachikitsa* Department, Rishikul Campus, UAU on 20th April 2024 with chief complaints of rounded plaques covered with silvery micaceous scales along with intense itching on almost whole of the body parts for 5 years. On examination Auspitz sign was positive (bleeding points on removal of scales). Patient also complained of blackish discoloration of scalp along with dryness and itching for 6 years. There was no history of other Autoimmune disorders (like Atopic dermatitis, Vitiligo, Rheumatoid arthritis, Thyroiditis), endocrinal disorder (Diabetes), Hypertension. Patient has a history of piles in the past 2 years.

Patient had received several systemic treatments including methotrexate, acitretin, cyclosporin, and etanercept but did not get much relief then she decided to take ayurvedic treatment from Rishikul campus UAU. Written informed consent for treatment and data publication was obtained from the patient.

**Personal history** of patient was quite normal with good appetite, clear and regular bowel evacuation after taking 6 grams of *Triphala churna* at night with lukewarm water, normal urine frequency (3-4 times during day and once during night), sleep was sound.

Patient do not have any type of addiction. Vitals of the patient was normal as shown in table no. 1. The patient was clinically diagnosed as the case of *Eka Kushtha* and advised for *Panchkarma* therapy for *Virechana Karma*.

Before Shamana therapy, *Virechana Karma* was planned according to the *Koshtha* of the patient. *Deepana Pachana* was done with *Trikatu Churna* 3gm BD before meal for 3 days. Then, *Abhyantar Snehapan* was started with *Panchtikta ghrita* with a starting dose of 30ml empty stomach with Lukewarm water followed by increasing the dose with 30ml every day upto a maximum dose of 180ml (upto 6 days) or when *Samyaka Snehana Lakshan* was seen in the patients. After *Abhyantar Snehana*, *Bahya Snehana* (with *Tila Taila*) and *Nadi Swedana* was done for 2 days. Then, on 12<sup>th</sup> day *Virechana Yoga* (*Trivrit Avaleha* 150gm & *Triphala Kwath*) was prescribed to the patient.

Internally, *Panchnimba Churna* 5gm twice daily after lunch and dinner along with Lukewarm water was prescribed. Externally, for local application *Chaturangula Dala Pralepa* mixed with *Takra* was prescribed. Along with medications *Pathya-Apathya* was also prescribed to the patient (table no.3).

On second visit (after 30 days) patient got mild relief in itching and dryness.

On third visit (60days after treatment started) patient got moderate relief in all the symptoms, Scaling, itching and dryness.



On fourth visit (90 days after treatment started) there was complete relief in all the symptoms. Patient was followed after every 1 month. No recurrence was observed during this period.

**Table 1: General observations of patient**

1.	Blood pressure	132/84 mmHg
2.	Pulse rate	96 per min
3.	Respiratory rate	18 per min
4.	Temperature	Afebrile clinically
	Diseases specific examination	
1.	Site of involvement	Right & Left upper limb, Right & Left lower limb, Front of thorax, Abdomen, Back of thorax, Scalp
2.	Pattern	Symmetrical, Diffused
3.	Skin colour	Plaques covered with silvery micaceous scales.
4.	Signs present	Auspitz sign Candle grease sign
5.	PASI Score	32.4 (BT)

**Table 2: Medicines Prescribed**

S.NO	MEDICINES	DOSE WITH ANUPANA	PHARMACOLOGICAL ACTION
1.	<i>Panchnimba Churna</i>	5 gm BD with lukewarm water	Anti-inflammatory, Anti-mutagenic, Anti-oxidant, Immunomodulator, Anti-carcinogenic, Hepatoprotective <sup>4</sup>
2.	<i>Chaturangula Dala Pralepa</i>	Applied locally with <i>Takra</i> twice daily for 30 minutes	<i>Kushthaghna, Shotha-hara, Vedanasthapana, Vrana Shodhana Savarnikarana</i> <sup>5</sup>

**Table 3: PATHYA-APATHYA**

PATHYA	APATHYA
1. Moisturise your skin regularly.	1. Avoid using hot water when bathing.
2. Avoid dairy products, red meat, alcohol.	2. Avoid scratching or picking at skin around any cuts or scrapes.
3. Consume diet which is rich in Omega 3 fatty acids.	3. Don't use bleach or detergent when doing laundry.
4. Remove the scales.	4. Avoid being in hot & humid conditions.
	5.

FOLLOW UP	IMPROVEMENT
After 30 days	Mild relief in scaling, itching and dryness & PASI Score (24.4)
After 60 days	Moderate relief in scaling, itching and dryness. PASI Score (16.6)
After 90 days	Complete relief in scaling, itching and dryness. PASI Score (2.8)
Follow up taken 1month after completion of treatment	No relapse of any symptom even after stopping treatment, no side effects was noticed.

### LEFT UPPER LIMB

BT

AT



### RIGHT UPPER LIMB

BT

AT



**RIGHT LOWER LIMB**

**BT**

**AT**



**LEFT LOWER LIMB**

**BT**

**AT**





## THORAX &amp; ABDOMEN

BT



AT



BACK

BT



AT



## DISCUSSION

***Panchnimba Churna: A Potent Internal Detoxifier***

*Panchnimba Churna* is a polyherbal formulation consisting of *Panchaang* of the Nimba plant- *Patra*, *Pushpa*, *Phala*, *Moola*, *Twaka*. These parts are renowned in Ayurveda for their *Tikta* and *Kashaya rasa*, *Ushna virya*, and *Kapha-Vata hara* properties.

## Mode of Action<sup>6</sup>:

*Shodhana*: The *churna* aids in the elimination of *Ama* and purifies the *Rakta dhatu*, which is essential in treating skin disorders.

*Kusthaghna & Krimighna*: It possesses strong antimicrobial, antifungal, and anti-inflammatory properties, directly addressing the pathogenesis of *Kushtha*.

*Deepana-Pachana*: It enhances digestive fire, thereby correcting Agni, which plays a crucial role in the formation of *Ama* and overall health.

Regular administration of *Panchnimba Churna* helps reduce the systemic burden of *Dosha* imbalance and promotes internal cleansing, creating a foundation for external therapies to be more effective.

## *Chaturangula Dala Pralepa*: External Soothing and Dosha-Pacifying Therapy<sup>7</sup>

*Shothahara* (anti-inflammatory): Reduces local swelling and erythema.

*Vranaropaka* (wound healing): Helps in skin regeneration and reduction of plaques.

*Kandughna* (anti-pruritic): Relieves intense itching, a common symptom in Eka Kushtha.

*Rakta Shodhaka*: Aids in local purification of the blood and balances Pitta at the site.

When applied consistently, the *Chaturangula Dala Pralepa* helps in softening the lesions, reducing scales, and improving the texture and color of the skin.

## Synergistic Action and Clinical Relevance

Combining internal detoxification with external pacification and healing represents a classic Ayurvedic approach of *Shodhana and Shamana*. While *Panchnimba Churna* acts systemically to rectify *doshic* imbalances and purifies internally, *Chaturangula Dala Pralepa* offers localized symptomatic relief and promotes skin healing.

## This integrated approach:

- Addresses both the root cause (Nidana) and the symptoms (Lakshana) of Eka Kushtha.
- Offers a non-steroidal, natural alternative for chronic skin conditions.
- Reduces recurrence by correcting the underlying metabolic and immunological disturbances.

## CONCLUSION

The use of *Panchnimba Churna* and *Chaturangula Dala Pralepa* in managing *Eka Kushtha* underscores the strength of Ayurvedic dermatology in offering holistic, sustainable, and natural therapies. When administered under proper guidance, this combination can significantly improve patient outcomes with minimal side effects. Further clinical validation and pharmacological studies could help integrate these ancient remedies into contemporary dermatological practice.

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**CONFLICT OF INTEREST:** None Declared.



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