

EFFECTIVE AYURVEDIC MANAGEMENT OF EKKUSTHA (PLAQUE PSORIASIS) A
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ABSTRACT

Autoimmune diseases is a Condition in which the body's immune system mistakes its own healthy tissues as foreign and attacks them. Most autoimmune disease cause inflammation that can affect many parts of the body. Autoimmune disorder affects the different organs and there function. Psoriasis is a one of autoimmune dermatological disorder, in which there is chronic inflammatory as well as a hyperproliferative skin changes take place. In ayurveda all the skin diseases are described under kushtha."Ekkustha is a type of *kshudra kushtha* occurring mainly due to the imbalance of *vata* and *kapha doshas*, resembling the Psoriasis. Its clinical manifestations is characterized by erythematous, sharply demarcated papules and rounded plaques, covered by silvery micaceous scale predominantly affecting the skin of elbows, knees, scalp. The world wide prevalence rate of psoriasis 0.09 to 11.2%. Steroid creams, PUVA and immune system suppressing medications such as methotrexate are the mainstay of treatment of Psoriasis. This case study intends the efficacy of *shodhana chikitsa* (*Vamana and Virechana karma*) as well as *shamana chikitsa* in the management of *ek kushtha*. After the completion of treatment patient got highly significant results after *shodhana* and *shaman chikitsa*.

KEYWORDS: Autoimmune Disorder, Immune system, Psoriasis, *Ek kushta*, Ayurvedic management, Shodhana, Shaman.

INTRODUCTION

Psoriasis is a chronic, inflammatory, immune mediated proliferative, disfiguring and disabling disease for which there is no permanent cure. Psoriasis is a papulosquamous disorder of skin, characterized by sharply defined erythematous lesion. They vary in size from pinpoint to large plaques. Many times, it may manifest as localized or generalized pustular eruption.^[1] Psoriasis is a common autoimmune disorder, affecting up to 1% of the world's population.^[2] Both Males and females suffering equally.^[3] In psoriasis, main abnormality is of increased epidermal Proliferation due to excessive multiplication of cells in the basal layers. The transit time of keratinocyte is shortened and epidermal turnover is reduced to 5-6 days from 28-30 days.^[4] Even Though the aetiology is unknown, the factors, involved are genetic, biochemical and Immunopathological.^[5] Precipitating factors like trauma, infections, sunlight, some drugs ex-H2 blocker drugs, ca++ channel blocker drugs and emotions may flare up the disease.

1. Erythematous sharply defined plaques, covered with silvery white scales.

2. Extensor surface primarily involved such as the both hands and lower limb.
3. Koebner's phenomenon present in the active phase of the disease.
4. Auspitz sign and candle grease sign are another classic feature of the disease

There are several types of Psoriasis which can be related to certain diseases described in Samhitas. While the description of Kushtha is present since Vedic period, Ekakushtha is described in Garuda Purana^[6] and almost all Ayurvedic classics after that period i.e. Brihatrayi, Laghutrayi and all texts afterwards. Ekakushtha is mentioned in all Ayurvedic classics under Kshudra kushtha and has predominance of Vata and Kapha dosha.^[7] The causative factor of Ekakushtha is same as Kushtha. Dietary factors as Viruddha aahara, excessive consumption of Drava, Snigdha, Guru aahar, Navanna, Vega dharana specially of vomiting are major aetiologies. Indulgence in sinful act and ill Manovritti (negative mentality) are associated mental factor for causing the disease.^[8] Acharya Charaka has mentioned the symptoms of Ekakushtha as Aswedanam, Mahavastu, and Matsyashakalopamam^[9] and Acharya Sushruta

described its symptoms as Krishna-aruna varnata^[10] The etiological factor leads to vitiation of Tridosha especially Vata and Kapha. These Doshathrough Tiryakvahini sirasproceed to Bahya rogamarga i.e.Twacha,Rakta, Mamsa, andLasika and cause the symptoms of disease.^[11] Repeated Samshodhana along with Samshamana is main line of treatment.^[12] Both Antah parimarjan and Bahiparimarjan therapies have been indicated in kushta roga.

CASE REPORT

Introductory history

Date of admission 07\10\2022

IPD Admission no- 20222992

Age- 44\male

Marital status- married

Past history

Hypertension since 3 years

Chief complaint

All over body itching, erythematous rashes on both hands ,legs, abdomen , and back since 7-8 years with scaling on scratching

History of present illness- the patient was asymptomatic before 8 years after that he developed complaint of scaly rashes on his lower abdomen and back which gradually progressed and Involved his both forelegs and both hands there is severe itching in the rashes along with scaling After scratching . on enquiry he told that lesions have no relation to seasonal variation and Remained constant for whole year .he took allopathic medication for about 2 years and the Ayurvedic medication for 7 months which provided symptomatic relief till treatment continues, On discontinuity of the treatment again the symptom aggravated.

Family history- No history

Personal history- appetite normal

Sleep was disturbed due to itching.

Habit of incomplete evacuation of bowel

Integumentary system examination- lesions were scaly papules, present on abdomen, back, both hands, legs.

They were symmetrical and well demarcated.

Auspitz sign – present

Candle grease sign – present

Diagnosis – on the basis of clinical history and examination the condition was diagnosed as plaque psoriasis.

Treatment protocol

Total duration – 4 months

1. *Deepana pachana with chitrakadi vati* 250mg TDS and *panchkola phant* 20ml BD for 3 days.
2. *Vamana karma* – abhyantara snehana with panchtikta ghrita for 5days in increasing order which is followed by mridu snehana and swedana for 2 days. Then vamana karma was performed by madanphal and vacha kwath followed by sansarjana karma for 5 days.
3. Virechana karma – *Aabhyantara snehana* was done for 7 days. After *mridu snehana* and *swedana* was done for 3 days then virechan karma was performed a followed by *sansarjana karma* for 5 days was done before starting *samshamana* drugs.
4. Shanshamana therapy-
 1. Arogyavardhini vati- 2BD
 - Gandhak rasayan 125mg x
 - Rasamanikya 125 mg
 2. Sarivadyasava 2o ml BD
 3. 777 oil local application
 4. Sarvang Takradhara with Amla and Musta kwath

BD

Criteria for assessment

Patient was assessed with psoriasis area and severity index (PASI) score.

Plaque characteristic	Lesion score	Percentage area affected	Area score
Erthema	0-None	Area Score(B)	0=0%
Induration\thickness	1-Slight	Degree of involvement as a	1=1% -9%
Scaling	2- Moderate	percentage for each	2=10%-29%
Lesion score sum(A)	3-Severe	body region affected	3=30%-49%
	4-Very severe	(score each region in between 0-6)	4=50%-69%
			5=70%-89%
			6=90%-100%

Multiple lesion score sum (A) by Area score (B), for each body region, to give 4 individual subtotals (C). Multiple each of the subtotals (c) by amount of body

surface area represented by that region, i.e. x0.1 for head, x 0.2 for upper body, x0.3 for trunk,and x0.4 for lower limbs.

Observation and Result -PASI scale*

Plaque characteristic	Head		Upper body		Trunk		Lower limb	
	BT	AT	BT	AT	BT	AT	BT	AT
Erythema	-	-	3	0	3	0	3	1
Induration/thickness	-	-	2	0	2	1	2	0
Scaling	-	-	3	1	3	0	2	1
Area score			3	1	3	1	4	2

After treatment PASI score was significantly reduced 23.2 to 2.1 in the follow up of 4 months.no new patches developed on body.



before treatment



after treatment



DISCUSSION

Psoriasis is a chronic skin condition caused by an overactive immune system. chronic, inflammatory disease of skin classic presentation characterized by red, scaly plaques. Treatments include externaltherapy, panchkarma, rasa- rakta prasadana chikitsa.

Ek kushtha is a kshudra kushtha and have vata –kapha Dominance and Even involvement of tridosha can be evident from its signs and symptoms. The vitiated doshas reaches to shithila dushya like twaka etc.and results into sthana samshraya avastha and then produces symptoms of ek kushtha.the line of treatment mentioned in ayurvedic classics for kushtha roga are nidana parivarjana, shodhana, snehana, raktamokshana, shamana chikitsa etc.

Sarivadyasava- sariva is considered to to be the best raktashodhaka, prasadaka dravya, drug like sariva, mustaka, nyagrodha, ashwatha, ananta, raktachandan have the shotha hara properties which will helps in relieving the erythema in the disease. Aarogyavardhani vati according to rasaratna samucchaya Aarogyavardhini vati medonashak, kushthaghna, dipana, pachana, imbalance of vata, pitta, and kapha is main cause of any disease forming aarogyavardhini vati balances these doshas.It improves the function of bhrajak pitta which is very useful to maintain the normal and healthy texture of skin. Arogyavardhini vati rasakalpait cures skin disease due to purifying property. rasmanikya beneficial effects in the management of diseases such as; eczema, rashes,

Leukoderma and Wounds etc.impurity of blood is one of the reason of skin ailments and rasmanikya acts as raktashodhak means it purify blood thus gives relief from skin problems, it is believed that presence of purified sulfur helps to detoxify blood. The ingredients of rasmanikya acts as kushtha har thus relive symptoms of leprosy or many other skin diseases.the immunosuppressants effects give benefits in autoimmune skin diseases such as systemic lupus erythematosus, psoriasis etc.gandhak rasayana act as agnidepana, kaphaghna, kledaghna, raktaprasadak, krimighna, kushthaghna. Gandhak rasayan shows various properties such as antipruritic activity it helps to relief from itching. its mechanism of action as per ayurveda , gandhak rasayan help to sustain the optimum status of raktadhatu also act as rasayan, due to its swedjanana activity, it removes pitta and kapha dosha from the body, and because of kadhughan property. Sarvang takradhara stimulates marmas and improves circulation, there by improving their circulation which in turn improves the blood circulation. Takra has panch ras except lavan ras, amla vipak, ushna veerya and vatkaphagna. ekkushtha is also a vatakapha dominant disease. psoriasis is a chronic immune mediated hyperproliferative inflammatory skin disease. As takradhara contain amalki and musta which has antioxidant &anti-inflammatory property which is beneficial to cure psoriasis.

CONCLUSION

Although the complete eradication of psoriasis is not possible but by Ayurvedic therapies and medications,

patients can get excellent relief from the annoying symptoms of psoriasis .Recurrent intervention is required to prevent the relapse of the disease and to improve the quality of life.

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