

ROLE OF PANCHAKARMA (BIO-PURIFICATORY METHODS) IN EKAKUSHTHA  
(PSORIASIS)-A CASE STUDYShilpa Chafle<sup>1\*</sup> and Dr. Bhaumik Suthar<sup>2</sup><sup>1</sup>Associate Professor, Dept. of Panchakarma, Ananya College of Ayurved, Kalol, Gandhinagar.<sup>2</sup>Assistant Professor, Dept. of Panchakarma, Ananya College of Ayurved, Kalol, Gandhinagar.

\*Corresponding Author: Shilpa Chafle

Associate Professor, Dept. of Panchakarma, Ananya College of Ayurved, Kalol, Gandhinagar.

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## ABSTRACT

Psoriasis is a non-contagious auto-immune chronic inflammatory skin disorder having unknown etiology, characterized by dry, scaly, erythematous patches, circumscribed red, thickened, plaques with an over lining silver-white scales. There is no satisfactory treatment for psoriasis in modern medicine. It can be correlated with *Ekakushtha* in *Ayurveda*, which is defined one of the type of *Kshudrakushtas*. According to Acharya Charaka vitiation of *Vata* and *Kapha Doshas* causes *Ekakushtha* including symptoms like *Aswedana*, *Mahavastu*, *Matsyashakalopamam*. A 46yr old female patient case reported to Panchakarma department, Ananya College of Ayurved, Kalol in January 2024 with complains of thickened plaques with dry scale over both hands (both palms, near thumbs and near little fingers) and right knee joint, with discoloration of both the palms since 4yrs. The patient had undergone *Snehapana* with *Tiktak Ghrita*, *Sarvanga Snehana-Swedana*, *Vamana Karma* with *Madanphala* + *Pimpali* + *Vacha churna* + *Madhu* + *Saindhava* with *Yashtimadhu Phanta*. *Virechana* by *Trivruttavaleha*-50gm with luke warm water followed with proper *Samsarjanakrama*. Follow-up took after each karma. Result: After treatment marked improvement was observed on follow-up of each *Shodhana Karma*

1. Dryness and scaling reduced
2. Discoloration improved

**KEYWORDS:** *Ekakushtha*, Psoriasis, *Panchakarma*, Bio-purificatory methods.

## INTRODUCTION

21 century is era of glamour & fashion. There is definitely skin value. Psoriasis<sup>1</sup> is one of the most common dermatologic diseases affecting up to 1-2% of world's population. The word psoriasis is derived from the Greek word 'Psora' and Iasis'. Psora means itch or scale & Iasis means condition.

Psoriasis is an inflammatory disorder that affects the skin and nails. It is marked by patches of thick, red skin covered with silvery scales that occurs primarily on the elbows, knees, lower back and scalp. Although not life threatening, it can be painful and causes psychological and emotional distress. Some people's genes have tendency towards acquiring psoriasis which could be triggered off by injury, throat infection, certain drugs and physical and emotional stress. Once this disease occurred it may prolonged for years and decades. This disease sometimes aggravates due to seasonal and dietary habits.

The view of Ayurveda is that psoriasis is caused by a combination of bad food habits like *Paryushita Ahara*, *Viruddhanna Sevana*, *Vishamashana* etc. and stress. In

*Ayurveda* it is correlated with *Ekakushtha*,<sup>[2]</sup> which is described as one of type of *Kshudra Kushtha*. *Ekakushtha* is described by *Bruhatrai* (*Charaka*, *Sushurut*, *Vagbhata*), *Laghutrai* (*Madhav Nidana*, *Bhavprakash*, *Yoga ratnakar*). Acharya Charaka has described in *Kushtha Roga* there is involvement of *Vata*, *Pitta* and *Kapha*. Also the involvement of *Tvaka*, *Rakta*, *Mamsa* and *Lasika* called as '*Saptako Dravyasamgraha*'.<sup>[3]</sup> He clearly defined that '*Matsyashakalopamam*' is main symptom of disease means red, thickened plaques over skin like skin of fish. Vitiation of *Vata* and *Kapha* causes *Ekakushtha*.

In *Chikitsa*, *Shamana* & *Shodana* are mainly defined. *Ayurvedic* drugs show some significant result. But there is a maximum chance of recurrence. Hence this disease should be treated with *Shodhana chikitsa* which removes all *Doshas* from body permanently & avoid recurrence. "*Doshaha kadachit kupyanti, jita langhana pachanaihi. Jitaha Samshodhanairye tu na tesham punarudbhavah*".<sup>[4]</sup>

According to Acharyas *Vamana*, *Virechana*,

*Raktamoshana* are the main *Shodhana Karmas* in *Ekakushtha*. *Acharya Vagbhata* elaborated the *Chikitsa* of *Kushtha* that one should performed the *Vamana Karma* after every 15 days, *Virechana Karma* after a month, *Raktamokshana* every 6 month and *Nasya Karma* every third day.<sup>[5]</sup>

## MATERIAL AND METHOD

### About Case

A 46yr old female patient came to OPD of Panchakarma Dept., Ananya College of Ayurved, with C/O, Thickened

### General Examination

|                               |                                |                               |
|-------------------------------|--------------------------------|-------------------------------|
| <i>Nadi</i> : 80/min          | <i>Urah</i> : AEBE, Clear      | <i>Desh</i> : <i>Anupa</i>    |
| <i>Mala</i> : <i>Samyaka</i>  | <i>Udar</i> : Soft, NT         | Marital Status: Married       |
| <i>Mutra</i> : <i>Samyaka</i> | <i>Kshudha</i> : <i>Mandya</i> | Occupation: House wife        |
| <i>Jivha</i> : <i>Nirama</i>  | <i>Nidra</i> : <i>Prakruta</i> | <i>Koshtha</i> : <i>Mrudu</i> |

On First visit: Patient had given *Deepana & Pachana Chikitsa* for 3 days, with

- *Hingvashtaka Churna*: 3 gm twice a day (Before meal)
- *Anupana*: Cow ghee
- *Chtrakadi Vati*: 2 vati twice a day (After meal)
- *Anupana*: *Koshna Jala*
- *Erandabhrishtha Haritaki Vati*: 2 Vati (Bed time)
- *Anupana*: *Koshana Jala*

### *Vamana Karma*<sup>[6]</sup>

Before administration of *Vamana* drug, the patient had given internal *Snehapana* for 5 days.

### *Purva Karma*

- *Snehapana*: *Tiktak ghruta* in incersing dose i.e. 30ml, 60ml, 90 ml, 120 ml and 150 ml with Luke warm water till *Samyaka Snigdha Lakshanas* are appeared.
- Patient was daily observed during *Snehapana kala* for *Samyaka Snigdha Lakshanas*. Then patient kept on *Kaphotkleshak Ahar* (*Dahi, Udad Khichadi, Dahi Wada*),
- *Abhayanga & Sarvanga Swedana*.
- On *Vamana* day after passing natural urges patient kept on *Abhyanga, Sarvanga Swedana*
- & hot water bath.

### *Pradhan Karma*

- *Akanthapan*: *Yavagu* (500ml) + *Godugdha*
- *Vamana Kalpa*: *Madanphala*+ *Pimpali*+ *Vacha*+ *Saidhava*+*Madhu* = 5grm with *Yashtimadhu Phanta*
- *Vamanopag dravya*: *Yashimadhu Phant*
- *Pariksha*: *Vaigiki* = 7-8 vegas
- *Laingiki*= *Laghav, Klama, Shirojadya*
- *Antiki*= *Kramat Prabhuta Kapha- Alpa Pittanta Maniki*= 5-6 lits

### *Paschat karma*

*Dhumpant*- 3 *apan* followed with *Samsarjan karma* for 5

plaques with dry scales over both hands (both palms, near thumbs and near little fingers) and right knee joint, with discoloration and continuous itching of both the palms since 4yrs.

Patients had No H/O HTN/DM/Any major illness.

No Genetic predisposing No H/O irregular sleeping.

Patient had H/O eating of combination food like milk and banana / milk and rice / curd and riceetc., habit of excessive eating of packed food, ready to cook foods, excessive stress.

days (2 *Annakala*) with *Peya, Vilepi, Mung-dal Khichadi*.

### *Virechana Karma*<sup>[7]</sup>

On next follow-up after 15<sup>th</sup> day of *Vamana Karma*.

### *Purva Karma*

- *Snehapana* started for *Virechana Karma* (same as *Vamana karma*)
- Prior to *Virechana*, 3 days- *Sarvanga Snehana Swedana & Pittokleshaka Ahara* given.

### *Pradhan karma*

- After passing natural urges started with *Sarvanga Snehana & Swedana* patient had given *Vierchana kalpa*.
- *Virechana Kalpa*: *Trivruttavleha* -40 grm, *Anupana*: *Koshana Jala*
- Patient had advice to take Luke warm water after every 30-45 min.
- *Pariksha*: *Vaigiki*: 17 veg

*Laingiki*: *klama, Shirshul, Alpa hrullas, Vatanulmana*.

*Antiki*: *Kramat Pitta Kaphant*.

### *Paschat Karma*

Followed with *Sansarjana karma* for 5 days (2 *Annakala*)

### *Raktamokshana (Siravedha)*

*Purva Karma*: *Snehapana*: *Tiktak ghruta* – *Shaman Matra* i.e 15 ml twice a day after meal.

*Pradhan Karma*: *Siravedha* method with help of 20 no scalp vein set.

*Matra*: 80 ml, *Varna*: *Ishat Krushana* (Blackish red)

After *Raktamokshana* patient kept on *Shamana Chikitsa* with

- *Arogyavardhini Vati*: 250mg twice a day (Before meal), *Anupana*: *Jala*

- *Vidangarishta*: 30 ml twice a day ( after meal),  
*Anupana*: *Jala*
- *Mahamanjishthadi Kwatha*: 30 ml twice a day (after meal),  
*Anupana*: *Jala*

### OBSERVATION

After *Vamana Karma* patient had slight decrease in dryness and itching. There was no improvement in other symptoms. After *Virechana & Raktamokshana* there was marked improvement in dryness and scaling. Also discoloration and itching of both palms was improved. Dryness over right knee joint was markedly improved and slightly improvement in discoloration.

Note: Photographs of patient before treatment and after treatment are attached.

### DISCUSSION

*Ekakushtha* is a one of type of *Kshudra Kushtha* which has relapsing in nature. Vitiating of *Kapha, Vata* causes *Ekakushtha*. It affects in any age group. *Tridosha* with *Tyaka, Rakta, Mamsa and Lasika* are main culprit of *Ekakushtha*. *Samshodhana* is one of important treatment of *Ayurveda* which deals with elimination of the aggravated *Doshas* from the body.

As per *Ayurvedic* point of view process of *Vamana Karma* precedes *Dipan pachana Chikitsa* which reduces *Aamadoshas* & increase *Agni*. *Tiktak ghruta* which is used in *Snehapana* has *Pitta Shamaka* and *Rakta Prasadana* property. *Kapha dushti* is reduced by *Vamana karma* as.<sup>[8]</sup> *Vamana dravyas* are having the characters of *Vyavayi* (diffuse) and *Vikasi* (spreading nature) by virtue of *Veerya* (potency) they get quickly circulated into large

and small capillaries of the body. It pervades all over the body. By virtue of its *Ushna* (hot) and *Tikshna* (acute) properties, the accumulated *Doshas* get liquefies and breakup into small pieces at cellular level. *Doshas* started melting in the body due to *Ushna Guna*, we can observe the perspiration (*Sweda padurbhava*) on patient's forehead or whole body. Because of its *Vikasi Guna*, it detaches the *Malas* from *Dhatu*s. At this stage we can observe *Horripilation (Lomaharsha)* in the patient. Due to *Sukshma Guna* and *Anupravana* properties the *Malas* or *Doshas* float because already body has got *Samyaka Snigdhatata* (internal oleation) and pass through smallest capillaries and ultimately reaches to stomach. When patient feels *Adhmana* it indicates that *Doshas* are shifted to stomach. *Vamana dravyas* are predominant of *Agni* and *Vayu Mahabhutas*. When patient feels nausea (*Hrillas*) it indicates the *Doashas* are *Urdhwagami* and may get *Vamana Vegas*.

As that of *Virechana Dravyas* are predominant of *Jala* and *Prithvi Mahabhutas*, *Doshas* get *Adhogami* and started with *Virechana Vegas*. *Virechana* is main *Shodhana Karma* for *Pitta*.

As *Pitta & Rakta* have *Ashraya-Ashrayi Sambhandha*, *Virechana Karma* ultimately reduced *Rakta dushti*.

*Raktamoshana* reduces *Rakta Dushti* by removing *Dushit Rakta* from body. "*Agre sravati dushitasram*....."<sup>[9]</sup> Thus in nutshell, we can say that these bio-purificatory methods work on 'Saptako-dravya-sangraha' and helps to breakdown pathology (*Samprapti Bhanga*) of this disease.

### Before Treatment



After Vamana Karma



After Virechana and Raktamokshana



**CONCLUSION**

*Shodhana Karma* removes aggravated *Doshas* from body permanently. Various *Panchakarma* procedures doing with internal medicines can be best option for management of *Ekakushtha*.

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