

EVIDENCE BASED AYURVEDIC MANAGEMENT OF PSORIASIS (EK KUSHTA): A  
CASE STUDY

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## ABSTRACT

In Ayurveda, almost every skin disorder is explained under Kushta rogaadhyaya. Psoriasis can be compared with Ek Kushta in ayurveda. It is a disease that occurs in the skin in which there is a chronic inflammation. Symptoms includes erythematous skin lesions of varying sizes with silvery scales but have well - defined boundaries. People who have reported us are all relapsed cases or they are not cured permanently. Case Presentation- This case had a male patient, aged 50, who had been diagnosed with Psoriasis or Ek kushta visited our clinic. He presented complaints of generalized body itching and scaling, particularly on his back, abdomen region, legs, and hands, persisting for a duration of 2 years. Despite trying various medications, he felt fatigue and experienced feeling of depression. The patient was given Panchatikta ghrita, alongside other oral medications. Notably, there was a marked improvement in all symptoms. The treatment course spanned 3 months, with monthly follow-up evaluations conducted. ayurveda management is effective in treating Psoriasis (Ek kushta)

**KEYWORDS:** Ek kushta, Ayurveda, Panchtikta ghrita, Psoriasis, Shaman.

## INTRODUCTION

In addition to serving as a barrier against toxins and viruses, the skin serves as a shield against physical, chemical, and thermal harm. Additionally, it keeps electrolytes and fluids in equilibrium. An excessive development of skin cells results from the autoimmune skin condition Psoriasis. The name "Psoriasis" comes from the Greek word "Psora," which means "itch." Dry skin and raised, scaly, red patches are symptoms of this chronic illness, which is characterised by plaques, which are tiny silvery scales. These plaques, known as the Auspitz sign, range in size from tiny to hand-sized and can bleed when scraped. Psoriasis affects the immune system, blood vessels, and outer layer of the skin and is influenced by both genetic and environmental factors. The WHO estimates that psoriasis affects 2-3% of the world's population, with varied percentages in India (0.44–2.88%)<sup>[1]</sup> Genetic factors play a large role (7–36%), with a 7% risk for one parent and 41% risk for both if they are impacted. T lymphocytes (Th-1) involved in the immunological response, which is important. The illness known as Psoriasis, which is characterised by fast skin cell proliferation, is brought on by a variety of factors including heredity, stress, immunological changes, fungus, and bacteria. This condition is linked to Ekkushta by symptoms like decreased sweating (Asweda), persistent skin lesions (Mahavastu), flaking that resembles fish scales (Matsya shakalopama), pink discolouration (Aruna varna), and darkening of affected areas (Krishnavana).<sup>[2]</sup> Ekakushta, a disorder predominantly brought on by an

imbalance in Vata and Kapha doshas, is described in Chapter of Charaka Samhita's Chikitsa Sthana<sup>[3]</sup> Acharya Charaka noted that all types of Kushthas (skin disorders) are influenced by the three doshas (Tridosha).<sup>[4]</sup> There is no easy cure for the widespread and complicated health problem of psoriasis. Modern therapies include systemic ones like methotrexate, PUVA, corticosteroids, and cyclosporine, as well as localised ones like calcipotriol, corticosteroids, retinoids, and UV radiation. Long-term use may have negative consequences.<sup>[5]</sup>

## PATIENT INFORMATION

A 50 yr old male patient came to the clinic presented a complain of scaling & roughness of skin along with itching & redness all over body. The patient was asymptomatic 2 yr ago. Then gradually he noticed patch on the right ear. He ignored the condition but gradually patches were spread over face & then all over the body. For the same, he consulted allopathic physician & took medications for more than 2 months & got mild relief. But later on after 4 months, the symptoms reappeared with more intensity. After that he consulted a homeopathic physician took medicine for more than 4-5 months & found temporary relief. But after discontinuation of medication, the conditions reappeared, the patient experienced cracked, scaly lesion, patches & itching, with these complaints the patient came to our clinic for better & permanent cure in April 2024. Upon further investigation, it was discovered that the

symptoms worsened when the patient was exposed to sunlight, and these symptoms significantly aggravated & the patient's faces difficulty to carry out their daily activities. The personal history of patient reveal regular intake of red meat, fishes, milk products & excessive intake of sour & spicy food.

**Family history:** nuclear family having Non consanguineous marriage. No other members of family have similar or contributing history. No other specific causative factor was found.

## CLINICAL FINDINGS

### 1 Physical Examination

General condition was fair and afebrile.

Vitals were normal.

Cardiovascular system, respiratory system and per abdomen examinations are within normal limits

### 2 Skin Examination

Lesions were erythematous, scaly papules and present on upper and lower extremities along with back & abdomen region

Nature – maculopapular

Colour- reddish

Distribution – generalized

Itching – present

Discharge - on scratching watery discharge

Scaling – when dries silvery powdery

Discharge Number- many

## AYURVEDIC FINDING

Lakshana present in Ek kushta along with doshas

1. Aswedanam -
2. Shyamavarna - vata- kapha
3. Kina - kapha
4. Srava - kapha- pitta
5. kharasparsha1 vata
6. Kathinaa (parusha) - vata

## DIAGNOSTIC ASSESSMENT

### LABORATORY EXAMINATION

Total wbc 12.20thus

Neutrophils 89%

Total wbc 12.20thus

Lymphocyte 6%

Esinophils 2%

Monocytes 3%

Basophils 00

AEC 220/cumm

FBS 91mg/dl

VDRL Non reactive

## ASSESSMENT CRITERIA

To evaluate the impact of treatment, the Psoriasis Area and Severity Index (P.A.S.I) scoring system was utilized.<sup>[6]</sup>

Extent: For every skin region, the proportion of affected skin was gauged as a percentage of the total skin on the

affected area of the body. Subsequently, a score ranging from 0 to 6 was designated as outlined below:

**Table - Showing Diseased Skin Grading.**

Coverage	Score
0	0
<10%	1
10-29%	2
30-49%	3
50-69%	4
70-89%	5
90-100%	6

The severity was measured with the help of four different parameters Itching, Erythema, Scaling, Thickness. These were measured for each skin section as per the following chart-

**Table- Showing Severity Score.**

Severity	Score
None	0
Mild	1
Moderate	2
Severe	3
Very Severe	4

## Overall Assessment of Clinical Response

- Full remission: Achieving a 100% decrease in PASI score.

- Significant improvement: Attaining a reduction of 75-99% in PASI score.

- Moderate improvement: Realizing a decrease of 50-74% in PASI score.

- Slight improvement: Experiencing a reduction of 25-49% in PASI score.

## AYURVEDIC DIAGNOSTIC METHODS

### - Rogipariksha

#### Dashavidha Pareeksha

Prakriti: Vata Kapha,

Vikrithi: Dosha - VataKapha, Dushya: Twak, Rasa,

Rakta, Sara: Madhyama

Samhanana: Madhyama

Satva: Madhyama

Saatmya: Madhyama

Aharashakti: Madhyama

Vyayama Shakti: Madhyama

Pramana: Madhyama

Vaya: Bala.

#### Astasthan Pareeksha

Nadi: Prakriti, 80/minute

Mala: Prakriti, regular once a day

Mutra: Prakriti, 3-4 times/day

Jihva: Anavritt

Shabda: spasta

Sparsha: Anushnasheeta

Drik: Prakriti

Aakriti: Prakriti

**Rogapareeksha**

- Nidana: Virudhahara Vihara
- Purvarupa: Kharasparshatha, Twaksphutana
- Rupa: Kandu, Toda, Bheda, Aswedana, Mahavastu, Matsyasakalopama
- Upashaya: snigdh
- Anupashaya: Intake of Virudhahara
- **Samprapti** :- Nidana → Vata Kaphadusti → Rasa Raktadushana → Sthanasamshraya in Paada, Hasta, Vankshana, Shiras → Kandu, Toda, Aswedana, Mahavastu, Matsyasakalopama → Eka Kushta

**SAMPRAPTI GHATAK OF EK KUSHTA**

Dosha: Vata Kapha  
 Dusya: Twak, Rasa,  
 Rakta Agni: Samagni,  
 Ama: Jataragni and Dhatwagnijanya Ama  
 (Srotrodha, Mala Sanga)  
 Srotas: Rasavaha, Raktavaha, Mamsavaha  
 Srotodushti: Sanga  
 Rogamarga: Bahya,  
 Rogaavastha: Chirakari,  
 Adhistana: Twak  
 Udbhavasthana: Amapakvasaya  
 Vyaktasthana: Pani, Paada, Twak  
 Sadhyaasadhya: Asadhya

**THERAPEUTIC INTERVENTION****First visit**

Date	Medicine	Dose
24/4/24	chopchini rasayan	5gm bd
	Panchtikta ghrita	10ml bd
	Mahamanjisthadi Kashayam	15 ml bd
	Singnaad guggul	1/2tab- bedtime
	Khadiraristam	20ml bd
	777oil	Local application

**1 follow up**

Date	Medicine	Dose
27/5/24	chopchini rasayan	5gm bd
	Khadirarista	20 ml bd
	Singnaad	1/2tab- bedtime
	guggul	

**2nd Follow up**

Date	Medicine	Dose
24/06/24	chopchini rasayan	5 gm bd
	Panchtikta ghrita	5ml bd
	Sarivadyasav	20ml bd
	Nimbadichurna vati	1 bd
	Amrita guggul	1 bd
	777oil	local application

**3rd - follow up**

Date	Medicine	Dose
12/08/24	Chopchini Rasayana	5 gm bd
	Mahatikta ghrita	5ml bd
	Khadirarista	20ml bd
	Nimbadichurna bati	1 bd
	Singhnaad guggul	1/2tab - bedtime
	777 oil	-local application

**FOLLOW-UP AND OUTCOMES****Table - Showing PASI Score of Upper extremities.**

	BT	AT 30th day	1st FU 50th day	2nd FU 80thday
Area	3	2	1	0
Erythema	2	1	0	0
Induration	4	3	0	0
Desquamation	5	3	1	0
Itching	3	1	1	0

**Table - Showing PASI Score of Lower extremities.**

	BT	AT 30th day	1st FU 45th day	2nd FU 60thday
Area	2	1	0	0
Erythema	3	2	0	0
Induration	2	1	0	0
Desquamation	4	2	1	0
Itching	3	1	0	0

**FIGURE/VIDEO CAPTIONS****Before- treatment****After treatment****DISCUSSION**

Causative factors of Kushtha or Psoriasis include an unhealthy diet and lifestyle, leading to digestion problems and an imbalance in the tridosha. Kapha becomes evident in the skin, causing toxin build up. The imbalanced Vata, Pitta, and Kapha, along with affected Tvak, Rakta, Mamsa, and Ambu, form the seven vital components contributing to this skin disorder's development.<sup>[7]</sup> Since scaling is a primary symptom, both Vata and Kapha are implicated. The imbalanced doshas affect the Shithila dushya, including the Twak (skin), leading to the stage of Sthana samshraya avastha and manifesting as symptoms

of Eka kushtha. Acharya Charaka explains that in Kushtha disorders, the Shithila (loosening or disintegration) occurs in the entire Twak, while the lesions appear at the specific site where the doshas have accumulated.<sup>[8]</sup> In treating Kushtha, especially in skin conditions, the use of bitter, astringent, and pungent herbs for shaman therapy is advised. These medicines purify the Rakta dhatu. Patients are recommended to avoid heavy-to-digest foods, sour items, milk, and yogurt. This approach is particularly relevant in chronic cases of the disease.



### Shamana Aushadis

For vataja kushtha, begin with ghritapana, while for kaphaja kushtha, the vaman procedure is recommended. In pittaja kushtha cases, the primary treatment involves virechana and raktamokshana.<sup>[9]</sup> In the context of treating various types of skin disorders in the Vataj condition, the application of Sarpi is recommended. In cases where there is pronounced scaling and dryness, Snehan plays a significant role in managing the ailment. Additionally, the utilization of Panchatikta Ghrita, as mentioned in Bhaisajya Ratnavali Kushtha Adhikar, serves as a commonly employed treatment involving Snehan for skin issues. The ingredients such as Patola, Guduchi, Nimba, found in the Ghrita, work synergistically to address imbalances in Vata, Kapha, and Rakta.<sup>[10]</sup>

Regarding Panchatikta Ghrita, its description can be found in Bhaisajya Ratnavali Kushtharogadhikar, while indications for Shaman Sneha pan are outlined in Charak Samhita Sutrasthana.

Chopchini is a traditional remedy for treating several skin ailments such as psoriasis, eczema, and skin irritation. This herb is highly beneficial in managing psoriasis when applied topically to the affected region in the form of a cream owing to its anti-psoriatic action. It works by inhibiting the growth of pathogens and lessens skin inflammation due to its anti-inflammatory and antiproliferative traits.

The functioning of Maha Manjisthadi Kwatha involves the presence of constituents like Manjistha, Guduchi, Bakuchi, Nimb, Haridra, Patola, which not only aid in detoxification but also purify the blood. This formulation also contributes to the pacification of Kapha Dosha and serves as an antidote for conditions caused by an excessive accumulation of Santarpanottha Vyadhi, as per Charak Samhita. Furthermore, Maha Manjisthadi Kwatha facilitates weight reduction.<sup>[11]</sup>

Khadirarista was administered during the follow up phase as Khadira (Acacia catechu) is considered as Kleda shoshaka (controlling the secretions from skin) due to its Khara guna (roughness). It is also having vrana shodhana and ropana (healing), shotaghna (anti-inflammatory) & anti-oxidant property. It is also very effective arishta (enemy) in the treatment of skin diseases and so indicated in Kushta roga.<sup>[12]</sup>

Taking Singhnad Guggul helps to balance the aggravated Vata due to its Vata balancing properties. It is used to treat various diseases like skin condition, gout, anemia, respiratory condition etc.

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