

MANAGEMENT OF EK-KUSHTHA W.S.R PSORIASIS THROUGH AYURVEDA– A
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ABSTRACT

Today, Modern medical science, have lots of facilities and upgraded technologies for treatment portion of patient, even though many diseases may still in progressive phase in the society. Psoriasis is one of such kind of disorders, which has substantial psychological and social impact on a patient's life. Being skin manifestations psoriasis goes beyond a cosmetic problem. Psoriasis is a non-infectious, chronic inflammatory disease that produces plaques of thickened, scaling skin. Psoriasis is commonly affecting the skin of elbow, knees & scalp. Some people may have severe Psoriasis is involving their entire body. The quality of life of patient with Psoriasis is often diminished because of the appearance of skin. However the treatment options available in contemporary system of medicine are not much satisfactory. Psoriasis is a disease difficult to cure by its nature, so it is a difficult task for the patients as well as 'chikitsaka' in ayurveda. It can be co-related with kitibha kushta / ekkushta /vata-kaphaj kushta. In Ayurved system of medicine numbers of drugs /preparation are mentioned. Various herbal drugs and Herbo-mineral act as an rejuvenator for skin. The present work has been under taken to study-Ayurvedic management of chronic Psoriasis- A case study.

KEYWORDS: Psoriasis, Ayurvedic management, A case study.**INTRODUCTION**

Psoriasis is one of the most common dermatological diseases affecting most of the world's population. It occurs in all age groups and about equally in men and women. It is a chronic, recurrent inflammatory disease of the skin. The exact aetiology is still unknown, but many precipitating factors like genetic, environmental, immunological and psychological have been found to be influential in the expression of the disease¹ Psoriasis has been considered as psychosomatic disorder where the effect of psyche has been stressed in both Ayurveda and Modern Science. In Ayurveda, almost all skin diseases can be taken under generalised term Kushtha. Psoriasis is considered as a one type of Kushtha.

The symptoms of Eka

Kushtha like Aswedanama, Mahavastuma, Matsyashakalopamama and Abhraka-patrasama, it seems to be more nearer to psoriasis. Aswedanama (absence of sweating) indicates absence of perspiration. Mahavastuma means extensive lesions invading whole body⁴ Psoriasis is spreading disease which occupies whole of the body. Matsyashakalopama (resembles

scales of fish), explains the scaly nature and hyperkeratinisation which is occurring in the epidermis, scaling resembling scales of fish.

Accord

ing to Acharya Bhavprakash, in EkaKushtha, skin lesions are chakrakara (rounded) and as like patra of Abhraka that is silvery like mica. These clinical features indicate the similarity between Eka-Kushtha and Psoriasis. There is large number of drugs of herbal and mineral origin mentioned in Ayurvedic texts, regarding the treatment of ek-kushta. The present case study is successful Ayurvedic management of a case of ek-kushta (psoriasis). Here a case report of a 40 years-male having with the complaint of ubhay pad pradeshi twak aaraktavarniya twakavaivarnya, kandu, twakrukshata etc. since 3 months. He was treated with Ayurvedic herbs & some panchkarma procedure which give effective result with Ayurvedic management.

Case Report

A 40 years old male patient came to us with following chief complaint –

Table 1 : Showing symptoms & duration of patient.

No	Chief Complaints	Duration
1	Ubhay pad & padtal pradeshi twakvaivarnya (discolouration)	3 months
2	Yanamasyoshaklopamam (erythematous patches rounded and irregular shape appearing as silvery scale)	3 months
3	Kandu (itching)	3 months
4	twakrukshata (dryness)	3 months

History of Present Illness

A 40 years old male patient presented with reddish erythematous plague on legs he was complaining of itching and burning sensation over there. On history patient had above complaints since 3 months. Patient took modern medicine but get only temporary symptomatic relief. Severity of symptoms increased day by days, So he came for our hospital for Ayurvedic treatment. Past History:-

No any H/o

- DM / Hypertension / Thyroid disorder
- TRAUMA
- Addiction
- Family illness (kulvrutta –
- matrukul - sandhigata vata,
- pitrukul - madhumeha,
- swakul - Prakrut) Astavidha Pariksha
- Nadi (pulse) = 78/min.

- Mala (stool) = awastambha
- Mutra (urine) = 3-4 times in a day
- Jeeva (tounge) = Eshat saam.
- Agni = prakrut
- Shabda (speech) = Normal.
- Akrti = Madhyama.
- Bala = Madhyama.
- Raktadaaba (B.P) = 120/70 mm/Hg.

Investigation

CBC HB- 12 gm% WBC- 6700 • PLATELET – 184000
ESR- 18 mm (westerngreen method) BSL (Radam)-
Within normal Limit URINE (R) - 81 mg/dl

MATERIALS AND METHODS

Method of sampling- simple randomized
Study design: experimental clinical single case study.

Materials**Table 2:- Showing material used in study.**

Dravya	Dose	Duration	Anupan
Ras manikya	125mg	Bd after meal	
talsindur	125mg	Bd after meal	
Ras manikya	125mg	Bd after meal	
Parval Panchamrit	500mg	1 Bd after meal	With luke warm water
Kaishore gugul	250mg	1 Bd after meal	
Nimba-patol- kwath			10 ml
Kamdudha ras			250 mg
			With half cup of water after meals
			1 bd after meals

Table 3:- Showing panchakarma done in study.

Virechana – by 5 gm trivruttavaleha with luke warm water	Daily at night
Stanik abhyang (ubhay pad pradeshi) with Valyapladi oil	Once in a day
Takradhara	Once in a day
Psorolin oil	At night

Mode of action of drugs

1. Ras manikya :-vatshelshamak jwar nashak,kushtagna,swaskas-nashak
2. Talsindur :- twak-rakta vikar nashak ,vishamjwarnashak
3. Nimba :- ushna, Kaphahara, Vranaodhanakara, kushtagna
4. prawal pachamrut :- pittshamak,swaskasnashak
5. kaishor gugulu :- vatraktanashak, kushtagna,vrananashak
6. kamdudha rasa :- pittvikarnashak, raktadoshanashak, dahavikar nashak

DISCUSSION

The etiological factors explained for all types of Kushta can be categorized as follows Dosha hetu Aharaja Nidana - Excessive intake of amla (sour), lavana (salt), kashaya (astringent) rasa, guru (food which are heavy to digest), snigdha (food made of ghee & fried substances) and drava ahara (food articles containing excess of oil and liquid contents), adhyashana (eating food before the digestion of previous meal), vishamashana (eating food irregularly and at improper time), atyashana (eating excessive food), asatmya ahara (eating food which is not

suitable for an individual).

Viharaja nidana – Atapasevana (excessive exposure of the body to the sun rays), Anila sevana (exposure of the body to the cold wind), Atishrama (excessive physical work), divaswapna (indulgence in day time sleep). Vyadhi hetu Mithya Ahara / Viruddha ahara - Incompatible food, Dushi visha (artificial poisoning), polluted water, shitoshna vyatyasa sevana (sudden diving into cold water or drinking cold water after fear, exhaustion and coming from sunlight)
Practice of Physical exercise and sunbath after heavy meals.

Mitya vihara - Suppression of chardi, mutra vegas (suppression of vomiting and urine urges), sexual indulgence after snehana karma (oleation therapy).

Mithya achara - Papa Karma, Guru Tiraskara, Sadhu Ninda (Idiopathic causes like doing sin, not respecting teachers, etc.)

Ubhaya hetu

Aharaja Nidana – Excessive intake of ksheera (milk), dadhi (curds), navanna (food prepared with fresh grains), pishtanna (food containing excess of oil), navadhanya (fresh grains), masha (urad dal), kulatha (horse gram), matsya (fish), varaha (excess of meat), mulaka (raddish), guda (jaggery), madhu (honey).

Mitya ahara - Vidahi vidagdha ahara (food which increases pitta / burning sensation), intake of food in ajirna avastha (indigestion phase).

Virudha (incompatible food), ahara-gunataha viruddha. For example intake of mulaka(radish), lashuna (garlic) with Milk; gramya anupa audaka mamsa with milk (intake of marshy animal's meat with milk), intake of fish with Milk.

Acharaja Nidana - Behavioural misconduct, antisocial activities, sinful activities are considered as acharaja nidanas. These acharajanya nidanas bring about psychogenic stress which is of prime importance in aggravation of psoriasis.
Samprapti (Pathogenesis) Nidanas of kushta aggravates

the doshas, causes agnimandya (indigestion) and in other hand produces dhatu shaitilyata (cause weakness of the muscles etc). Among all the doshas, vata and kapha get aggravated predominantly and causes the shithilyata of dushyas like twak (skin), rakta (blood), mamsa (muscles), lasika (channels) and obstruct the lomakupa (sweat glands) leading to the sangatmaka vikriti (vitiation) in swedavaha srotas (Channels of sweat glands) This prakupita (vitiated) doshas enters into rasaraktadi paribhramana (systemic circulation) especially sanchara (movement) in tiryaka siras (vein) and lodges in bahya roga marga viz. twak and resulting in mandalotpatti (formation of skin lesions).

DISCUSSION

Discussion on treatment principles adopted w.r.t clinical condition In line of treatment we think about Aampachn, dipan,,vata kapha shamanaand shodhan chikitsa.

- rasmanikya, talsindhur having properties of raktadushtinashak and kushtagna as well as praval panchamrut are pittshamak so reduces the symptom of kandu of patient .
- Nimba having antibacterial,kushtaghna property as well as katukrohini and patol having katu tikta rasa which reduces the raktdushti kamdudha act as a pittshamak which is alsohelpful for reducing raktdoshti.
- Stanik abhyanga with Valyapladi oil reduces the twakrkshta
- Daily virechana by trivruttavaleha is helpful reducing pitta kaphaj drushti which is helps to decrease all the symptoms of the diseases.
- Psora kot having kushtagna drwya like swetakutaj, nimba,kirat-tikta as well as takradhara is vatkapahna properties helps to reduces twakvaivarnya
- At the end of 2 months, there is improvement of 80% of total symptoms of the patient.

OBSERVATION AND RESULT

The results observed after the treatment: Improvement in signs and symptoms of the patient. Relief was found in kandu, (itching) twak vaivarnya (discolouration over skin),

Table 6: showing symptoms before and after treatment.

Chief complaints	Before treatment	After treatment
Ubhay pad & padtal pradeshi twakvaivarnya (discolouration)	+++	+
Yanamasyoshaklopamam (erythematous patches rounded and irregular shape appearing as silvery scale)	+++	-
Kandu (itching)	+++	-
twakrukshata (dryness)	++	-

CONCLUSION

Eka kushtha (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time, it can give significant relief. And ayurvedic herbs along with panchkarma therapy shows highly significant results in ek-kushta.

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