Case Study On Ekakushtha (Psoriasis) With Ayurvedic Management.

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Abstract: Psoriasis is non infectious chronic inflammatory disease of skin characterized by well defined erythematous plaques with silvery scale which have a predilection for extensor surface and scalp and by chronic fluctuating course. The disease not only affects the patient physically but also disturbs the mental and social health of the patient, as the appearance of patient may be embarrassing. According to W.H.O. the world wide prevalence of Psoriasis is 2.3\% (April, 2013). In India prevalence of Psoriasis varies from 0.44 to 2.88\%. In Ayurveda all skin diseases are described under the umbrella of Kushtha. Ekakushtha is one of the Kshudra-Kushtha described in Ayurvedic text. In Charak Samhita Chikitsasthana chapter 7, Ekakushtha is described as Vat - Kaphaj disease. Ekakushtha has signs and symptoms i.e. Aswedanam (absence of sweating), Mahavastu (big size lesions) and Matsyashakalopamam (scaling) which can be compared with Psoriasis. The exact aetiology of Psoriasis is not known but many precipitating factors like genetic, dietary, immunological and psychological has been found. It is spreading fast because of unsuitable life-style changes such as dietary pattern, busy schedule and stress. There is no satisfactory treatment available for Psoriasis. Ayurveda has good results in Psoriasis. In ayurveda repeated Shodhan Chikitsa and Shaman Yogas are mentioned in treatment of Kushtha. In this case study first Rakshana- Pachan then Virechana Karma as Shodhan Chikitsa and Shaman Yoga with Takradhara therapy were given , which showed good results in Psoriasis. Pachan leads to Aampachan, Shodhan removes Vruddha (vitiated) Doshas from the body, Shaman stabilises Doshas in our body.

Keywords: Ekakushtha, Shodhan, Shaman, Pachan, Psoriasis

I. Introduction

In Ayurveda all skin diseases have been described under the umbrella of Kushtha.\textsuperscript{[1]} Ekakushtha is one of the Kshudra-Kushtha described in Ayurvedic text.\textsuperscript{[2]} In Charak Samhita Chikitsasthana Chapter 7, Ekakushtha is described as Vat - Kaphaj disease.\textsuperscript{[3]} Ekakushtha has signs and symptoms i.e. Aswedanam, Mahavastu and Matsyashakalopamam,\textsuperscript{[4]} which can be compared with symptoms of Psoriasis. Hence it has been taken as analogue to Psoriasis in the present case study. According to W.H.O. the world wide prevalence of Psoriasis is 2-3\% (April, 2013). In India prevalence of Psoriasis varies from 0.44 to 2.88\%.\textsuperscript{[5]} Psoriasis consist of itchy , deep pink to reddish , well demarcated, indurated plaques with silvery -miscaceous scaling present particularly over extensor surface and scalp.\textsuperscript{[6]} Psoriasis is common chronic, immune mediated, inflammatory, proliferative, non contagious disease of the skin affecting people who are genetically predisposed with environment playing critical role in pathogenesis.\textsuperscript{[7]} Psoriasis is multi-factorial disease. Triggering factors are infection, drug, trauma.\textsuperscript{[8]} There is no satisfactory treatment available for Psoriasis. Acharya Charaka had mentioned that all Kushthas are Tridoshaj in nature.\textsuperscript{[9]} Hence Shodhan Chikita which helps to remove vitiated Doshas from body and Shaman yoga which help to bring Samyavastha (balanced condition) of Doshas showed good result along with Takradhara therapy in this case study.

II. Case report

A 21 yr old male patient came to the Kayachikitsa OPD of Government Ayurved College, Nanded, Maharashtra ,India. presented with C/O Reddish silvery plaque over upper and lower limb, abdomen, chest and back (since 5 months)
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- Thick scaly, itchy lesions on both extremities, chest, abdomen, and back (since 5 month)
- Burning all over body (since 1 month)
- Loss of appetite (since 5 days)

Patient had taken allopathic treatment before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient was farmer by occupation, Patient did not have history of any other major illness.

On examination: General condition - moderate, afebrile, Pulse Rate - 80/min, regular, patient had H/O Psoriasis since 5 years no pallor, icterus was present. Routine investigation such as Complete Blood Count, Random Blood sugar and Urine Routine and Microscopic were in normal range.

As per Ayurvedic text the symptoms of Ekakushtha are: Aswedanam Mahavastu Matsyashakalopamam

Diagnosis: Ekakushtha (Psoriasis)

<table>
<thead>
<tr>
<th>Sign and Symptoms</th>
<th>Present at the plaque region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aswedanam (Absence of sweating)</td>
<td></td>
</tr>
<tr>
<td>Mahavastu (Big size lesions)</td>
<td>Present</td>
</tr>
<tr>
<td>Matsyashakalopamam (Scaling)</td>
<td>Present</td>
</tr>
<tr>
<td>Candle grease sign</td>
<td>Present</td>
</tr>
<tr>
<td>Auspitz sign</td>
<td>Present</td>
</tr>
</tbody>
</table>

Assessment criteria
Subjective Criteria

a) Aswedanam (Absence of sweating)
- Normal Sweating 0
- Mild Sweating 1
- Mild Sweating on exercise 2
- No Sweating after exercise 3

b) Mahavastu (Big size lesion)
- No lesion on Mahavastu 0
- Lesion on partial part of hand, leg, neck, scalp, trunk, back 1
- Lesion on most part of hand, leg, neck, scalp, trunk, back 2
- Lesion on whole part of hand, leg, neck, scalp, trunk, back 3

c) Matsyashakalopamam (Scaling)
- No scaling 0
- Mild scaling from all lesions 1
- Moderate scaling from all lesions 2
- Severe scaling from all lesions 3

Objective Criteria
a. Candle grease sign
When a Psoriatic lesion is scratched with the point of a dissecting forceps, a candle grease-like scale can be repeatedly produced.\(^\text{[10]}\)
- Absent 0
- Improved 1
- Present 2

b. Auspitz Sign
On complete removal of the scales, a red, moist surface is seen. On further scarping, punctate bleeding points are seen.\(^\text{[11]}\)
- Absent 0
- Improved 1
- Present 2
Treatment given : So Shodhan Chikitsa with Shaman yoga showed good result in this case study.
1. **Rukshan Pachan** :with Triphala (combination of Terminalia chebula, Emblica officinalis and terminalia bellirica), Musta (Cyperus rotundus) and Shunthi (Zingiber officinale) Kwatha (Deccoction) given 40 ml BID before meal for 3days.Kwath was prepared as per procedure mentioned in Sharangdhar Samhita.
2. **Snehapan** with Panchatikta Ghrita given in morning at 7:00 am for 5days with increasing quantity of Panchatikta Ghrita every day, Anupan - Koshna Jal (Luke warm water)

<table>
<thead>
<tr>
<th>Day</th>
<th>Ghrita</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day first</td>
<td>30 ml</td>
</tr>
<tr>
<td>Day second</td>
<td>60 ml</td>
</tr>
<tr>
<td>Day third</td>
<td>90 ml</td>
</tr>
<tr>
<td>Day fourth</td>
<td>120 ml</td>
</tr>
<tr>
<td>Day fifth</td>
<td>150 ml</td>
</tr>
</tbody>
</table>

After 5days Samyak Snehapan laxnas were seen. Then 2 days Sarvang Snehan, Swedana was given on day 3rd Virechana was given.
3. **Virechan** : Haritaki Churna (Terminalia chebula) (10 gm)+Kutaki Churna (Picrorhiza kurroa) (5gm)+Aragvadha Kapila Vati (combination of Cassia fistula, Mucuna Pruriens) [Nashik Seva Sangh Pharma] (2gm) +castor (Ricinus communis) oil (20ml).
First 60 ml Kwatha (deccoction) of Haritaki Churna and Kutaki Churna was Prepared as per procedure of Kwatha mentioned in Sharandhar Samhita. Then fine powder of Aragvadha Kapila Vati (Nashik Seva Sangh Pharma) was made and it was added to Kwatha, 20 ml of Castor Oil was added to it. This preparation was given oraly to patient at 9:30 am in the morning after Snehana and Swedana. After one and half hour Virechana Vega (Loose Motion) was started.
Eight Virechana Vega (Loose Motion passed) in 12 hours . Pulse Rate and Blood Pressure after Virechana were within normal limit . Sansarjan Kram (rules about diet after Shodhan Chikitsa) advised for 3 days. Sarvang Takradhara therapy and Shaman Yoga was started 5 days after Virechana.
4. **Sarvang Takradhara** (Musta and Amalaki Siddha Takra) time duration- 30 minutes in morning at 10 am for 10 days.
5. **Shaman yoga** :Well prepared combination of Rasmanikya (Dhootpapeshwar Pharma) 125mg + Shatputi Aabhrak Bhasma (Dhootpapeshwar Pharma) 125mg + Guduchi Satwa (Dhootpapeshwar Pharma) 500mg +Chopachini Churna (Sinilax china) 3 gm was given twice in day after meal for 10 days.
With above mentioned line of treatment patient got complete relief from the symptoms of psoriasis.

<table>
<thead>
<tr>
<th>Sign and Symptoms</th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aswedanam (absence of sweating)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Mahavastu</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Matsyashakalopamam (scaling)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Candle grease sign</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Auspitz sign</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

**Photographs before Treatment**

**Photographs after treatment**
III. Result and Discussion

In above case study patient got complete relief from symptoms of Ekakushtha (Psoriasis).

Ayurveda has Panchakarma Chikitsa as its unique specialty. In this case study Virechana Chikitsa showed good results along with Shaman Yoga and Takradhara therapy. Virechana Chikitsa helps to remove vitiated Dosha from body. Shaman Yoga that is the combination of Rasmanikya, Abhrak Bhasma, Guduchi Satwa and Chopachini Churna has Kushthaghna as well as Rasayana effect on skin. As Psoriasis is psychosomatic disease, Takradhara may helps to relieve the stress.

IV. Conclusion

In this case study we got good results of Panchakarma and Ayurvedic medicine. The treatment given for Ekakushtha (Psoriasis) was Rukshana/Pachana, Shodhan, Shaman Yoga and Sarvang Takradhara therapy; which helped in Aampachan, removal of vitiated Dosha from body and to bring Samyavastha (balanced condition) of Doshas. So above treatment help to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

Reference

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