

ROLE OF AYURVEDA IN MANAGEMENT OF PSORIASIS (EKAKUSTHA) – A CASE STUDY

Dr. Vijaykumar U. Gawai¹, Dr. Deokumar W. Raut², Dr. Rajendrakumar S. Rahangdale^{3*}, Dr. Manjiri Saraf³ and Dr. Jayashri G. Tayade³

¹Professor and HOD, Department of Kaumarbhritya, Government Ayurved College, Nanded.

²Assistant Professor, Department of Kaumarbhritya, Government Ayurved College, Nanded.

³PG Scholar, Department of Kaumarbhritya, Government Ayurved College, Nanded.

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***Corresponding Author.**

Dr. Rajendrakumar S.

Rahangdale

PG Scholar, Department of
Kaumarbhritya, Government
Ayurved College, Nanded.

ABSTRACT

Psoriasis or *Ekakushtha* is a type of *Kshudrakushtha* described in the *Ayurvedic* classics. Psoriasis is a common skin disorder encountered in the clinical practice. The classical symptoms of *Ekakushtha*, as described in the *Ayurvedic* texts resembles with psoriasis. This disorder may affect people of any age. In modern science psoriasis is treated with Corticosteroids and topical therapy etc. This therapy is having serious side effects and temporarily relief i.e. the tendency of recurrence of the symptoms is high. In *Ayurveda*, its treatment is described on the basis of three principles - *Shodhan*, *Shamana*, and *Nidana parivarjana*. *Ayurveda* provides long lasting results and better

life to patient. A present case was carried out in *Balroga* OPD at Government Ayurved College and Hospital, Nanded, Maharashtra. The treatment has shown marked improvement and relieving all symptoms of patient.

KEYWORDS: Psoriasis, Shodhan, Shamana, Nidanparivarjana.

INTRODUCTION

Psoriasis is an autoimmune Papulo-squamous disorder with 1/3rd of cases manifesting in the childhood. Pediatric cases are more common in female and 50% cases having positive family history.^[1] The condition often triggered by the factors like physical trauma, infection (β -hemolytic streptococci, HIV), T-lymphocytes are believed to be important in the pathogenesis.^[2] Psoriasis affects 1-2% of the general population.^[3] In *Ayurveda*, most of the skin diseases can be counted under the general term "*Kushtha*". Psoriasis is considered as a

type of *Kushtha* and it is correlated to *Ekakshudra*, which in turn is explained under the heading of *Kshudrakushtha*. Psoriasis is characterized by demarcated red lesions with dry silvery white scaling, which are most commonly seen on the elbow, knee, lower back etc. via, the extensor aspect of the body.

CAUSES OF PSORIASIS (HETU)^[4]

Ahara- Viruddha Ahara (improper and irregular diet).

- *Navadhanya*, dairy products (milk, curd).

- Oily products in daily diet, *Matsya sevana*

Vihara- Chhardi vega dharana (suppression of natural urges)

- *Ratrijagarana* (remaining awoken during night)

Manasika- Chinta (stress)

PRODORMAL FEATURES OF PSORIASIS (PURVARUPA)^[4]

-*Aswedana* (reduced or no perspiration)

-*Atiswedana* (increased perspiration)

-*Tvak vaivarnya* (discoloration of skin)

-*Kandu* (itching)

-*Nistoda* (pricking sensation)

-*Suptata* (numbness)

-*Lambaharsha* (horripilation)

-*Klama* (fatigue)

-*Sparshadnyavata* (loss of sensation)

CLINICAL FEATURES OF PSORIASIS (RUPA)^[5]

-*Aswedana* (reduced sweating)

-*Mahavastu* (extended skin lesion)

-*Matsyashaklopama* (scaling of skin similar to scaling in fish)

TREATMENT

It is *Chirakari* and *Sukhasadhya* disease as per *Acharya Charaka* but clinically it is *Kastasadhya*.

In modern system of medicine Psoriasis treated with^[7]**Topical therapy**

We have Emollients, Keratolytics, Humectants, Dithranol, Calcipotriol, Steroids, Coal tar etc.

Systemic therapy

We have Methotrexate, PUVA Therapy, UV-B Phototherapy, Steroids, Retinoids and Cyclosporin.

Treatment prescribed in *Ayurvedic* Classics^[8]

-*Ghritapana* (Oral administration of medicated ghee)

-*Shodhana Vamana* (emesis), *Virechana* (purgation),

-*Raktamokshana*: bloodletting by

-*Shamana Aushadhi*: Administration of *Tikta* and *Kashaya dravyas* after *Abhyantara Shodhana*.

-Local application: *Udvaartana*, *Pralepa*, *Parishek*, *Abhyanga* etc.

CASE REPORT

An 11 years old female patient was present in Balroga OPD of Government Ayurved College, Nanded, Maharashtra, with chief complaints of itching, silvery dry scaly patches, over both legs and lower back since 2 years. The affected area slowly got discolored and dry, there was appearance of red erythematous patches guarded with scales, the patches were more pronounced over both legs and lower back, simultaneously she was suffering from loss of appetite, hyperacidity, mental stress and disturbed sleep. She had taken allopathic treatment for around one and half year but didn't get any relief.

Diagnostic Criteria: The diagnosis of Psoriasis is usually done clinically i.e. on the basis of appearance of the skin. Psoriasis is classified under the section L 40 of ICD 10 (International Classification of Disease 10).

Table no 1: Diagnostic Criteria.

Symptoms	Findings Positive/Negative
Raised red patches of skin covered with white or silvery scales	Positive
Itching, burning, soreness	Positive
Bleeding or cracking of plaques	Positive
Area of body affected- elbow, knee, trunk, scalp	Positive
Thickened or ridged nails	Negative
Painful swollen joints	Negative
Auspitz sign	Negative
Koebner phenomenon	Negative
Candle grease sign	Negative

When she firstly visited in the OPD, we carried out all the routine investigation CBC, BSL, LFT, KFT, Urine routine and microscopy, etc. Findings of all of them were found within normal limits.

TRETTMENT PLAN

1. First phase- *Shodhana karma*: Patient was advised admission in the IPD and started *Purvakarma* including *Abhyantar Snehana* for 3 days with *Panchatikta ghrita* in dose of increasing order of 30 ml, 60 ml, and 90 ml with lukewarm water. Then *Sarvanga Snehana* and *Swedana* for next 2 days. *Virechana dravyas* given to patient on 5th day, and advised for overnight NBM along with *Snehana* and *Swedana*, 2 tablets (125 mg tabs) of *Ichhabhedi rasa* given initially. After 30 minutes of administration of *Virechana Yoga*, patient was observed for *Virechana Vega* (purgation acts). The process was continued till patient was undergone 10 major and 3 minor purgation acts. When the appearance of stool was like that of *Pitta* and *Kapha*, the process was stopped. Then *Sansarjana krama* given for 2 *Aharkalas*.
2. Second phase- *Shamana Chikitsa* and *Nidana parivarjana*: *Shamana chikitsa*: Oral medication given for 6 months.

Table no 2: Shamana Chikitsa Dravya.

No.	DRUGS	DOSE	DURATION
1	Arogyavardhini Vati 250 mg	1BD	6 Month
2	Pancha tikta ghrita Guggulu	1BD	6 Month
3	Khadiradi Vati 250 mg	1BD	6 Month
4	Rasamanikya Rasa 125 mg	1BD	6 Month
5	Gomutraharitaki 100mg	1BD	6 Month
6	Mahamanjishthadi kwatha	10 ml TDS	6 Month
7	Cutis ointment (Vasu Pharma) for LA	BD	6 Month

Note- BD- Two times a day, TDS- Three times a day, LA- Local application.

Raktamokshana- After 15 days of *Shodhana Chikitsa* the patient was called for follow up and then planned for *Raktmokshana* by *Jalaukavacharana* and 2 settings of *Jalaukavacharana* was given within the 6 months of course of treatment.

Nidana parivarjana- Avoid non vegetarian foods like fish, meat, chicken, eggs and fast foods, fermented foods like Idli, Dosa, Curd, Spicy foods, etc.

DISSCUSSION

Psoriasis is a major skin problem in today's life-style. In modern medicine, there are various drugs which can have some serious side effects and didn't get satisfactory results.

Psoriasis (*Kushtha*) is *Santarpana janya*, and *Kledapradhana Vyadhi*, thus, the first line of treatment is *Apatarpana Chikitsa* in the form of *Shodhana*. The principle of the Ayurved therapy is until one expel out morbid *Doshas* through *Shodhana*. *Kushtha* is a described under *Raktapradoshaja Vyadhi* and *Pitta* is a *Mala* of *Rakta*. Excessive amount of *Pitta* is eliminated from the body through *Virechana*. *Virechana Karma* also has effect on *Vata*, *Pitta*, *Kapha*, *Rakta*, *Tvaka*, *Mansa* and *Ambu* which are prime causative factors for skin disorders. *Raktamokshana* is indicated in *Kushtha* because vitiation of blood is one of the cause of skin disorders. Then given *Shamana* therapy act as *Kushthagna*, *Dipan*, *Pachan*, *Vatashamak* and immunity modulator can be beneficial for psoriatic patient.

Arogyavardhini Vati- Dysfunction of large and small intestine lead to *Vata*, *Pitta* and *Kapha drushti*. In this way they all three *Doshas* induces organic toxins and get deposited in the *Tvacha*, *Rakta*, *Mansadhatu* once disturbed the normal function of this *Dhatus* thus there developed *Kushtha*. *Arogyavardhini Vati* purified the large and small intestine and removed organic toxin from the body. *Arogyavardhini Vati* it is indicated in various skin disease due to vitiated *Vata* and *Kapha*, and also act as *Grahanishodhak*, *Dipana*, *Pachana*, *Pakvashayadrushtinashak*.^[9]

Panchtiktaghrita Guggulu- Contains *Nimba*, *Patola*, *Kantakari*, *Guduchi*, *Vasaka*. The primary ingredient of *Panchtiktaghrit* is *Nimba*. *Nimba* act as powerful blood and plasma purifier and effective against skin disorder. All drugs in *Panchatiktaghrita Guggulu* are *Tikta* and *Kashaya Dravya* is beneficial for *Kushtha*. This *dravyas* used for *Kushtha* as a *Shamana Aushadhi*.^[10]

Ecchabhedi Ras- Dysfunction of small intestine and deposition of toxins in body, this toxin disturbed the normal function of *Twacha*(skin), *Rasraktadi Dhatu*, it causes *Kushtha* like disorders this drug is useful in *kapha* dominant *Kushtha Roga*.^[11]

Rasmanikya Ras – *Rasmanikya* useful in ailments related to impurities in blood *Rasmanikya* is mentioned as *Sarvakushthanashanam* in *Bhaisajyaratnavali Kushtharogadhikar*. It contains Sulphur compound it plays impetrative role for the maintenance of health of skin connective tissue muscle and blood purifying action.^[12]

Khadiradi Vati- *Khadira* is itself mentioned as *Kushthghna* by *Acharya Charak* and also mentioned as *Kushthanashak Yoga*.^[13]

Mahamanjishthadi Kadha- The properties of *Manjishtha* explained in *Ayurveda* blood purifier Vermicidal and wound healing properties. It helps to control itching and burning sensation of the skin and improve complexion of skin. *Manjistha* act as *Dipan*, *Pachan*, wormicidal, blood purifier and *Kushthghna* action on skin.^[14]

Cutis Cream- The primary ingredient of cutis cream is *Marichyadi Tail* it contains *Maricha*, *Haratal*, *Mansheela*, *Nagarmotha*, *Arkadugdha*, *Kanhermultvak*, etc. most of the drugs in *Marichyadi tail* are *Katu*, *Tikta*, *Kashaya*. It reduces *Kandu* due to *kapha Shamak* action, reduces scaling effectively due to its *Laghu* and *Snigdha guna* and *Ushna Virya* increases *Swedana* and acts as *Kapha Vatanashak*, *Raktashodhak*, immune modulator, *Kushtha*, *Kandu Nashak* property.

RESULTS

During 6 months course of *Shodhana*, *Shamana*, and *Nidanparivarjana* regimen patient has reported 70-80% of improvement in all symptoms. She got 80% relief from itching the discolored skin had been improved by 60% silvery scales were reduced completely and no evidence of recurrence till date.



Fig 1: Before Treatment.



Fig 2: After treatment.

CONCLUSION

Psoriasis is a disease having bad impact on the body as well as mind. *Ayurveda* management may give blissful life to the Psoriatic patient. The principle of *Ayurveda* therapy is *Shodhan* (purificatory measure), *Shamana* and *Nidanparivarjana* helps to breaking etiology of disease. The combined effect of this treatment relieves all symptoms and helps to improve general condition of the patient. Hence, in the present study we conclude that if the patient is properly diagnosed at the appropriate time and take the prescribed medicine regularly, follows *Pathya-Apathya* (do or don't along with therapy), then psoriasis can be cured.

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