

**EFFECT OF SHODHANA AND SHAMANA CHIKITSA IN EKA-KUSHTHA (PSORIASIS)- A SINGLE CASE STUDY**

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Article Received on  
07 Jan. 2018,

Revised on 28 Jan. 2018,  
Accepted on 17 Feb. 2018

DOI: 10.20959/wjpr20185-11265

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**ABSTRACT**

Healthy skin is the reflection of healthy body which will not only have an impact on somatic make-up but also on psychological and social aspect of individual. Eka kushta is a type of kshudra kustha described in various Ayurvedic classics. In Charak Samhita, Eka-kushta is a Vatakaphaja disease. Ekakushta has signs and symptoms i.e. Aswedanam, Mahavastu and Matsyashakalopamam, which can be compared with symptoms of Psoriasis. In modern medicine, there is no definite treatment for psoriasis but it has serious side effects like hepato and nephrotoxicity etc. Hence, it is the need of time to find out safe and effective treatment for psoriasis and here Ayurveda plays an

important role. The unique treatment modality of Ayurveda provides long lasting results and a better life to patients through its three basic principles of treatment i.e. Shodhana, Shamana and Nidana parivarjana. A 36 year old female approached to OPD of R A Podar Medical (Ayu) college, Mumbai with chronic psoriasis since 2010, was treated with Shodhana chikitsa and with few shamanaushadhi. A remarkable improvement in this condition was observed in just 4 months of span.

**KEYWORDS:** Eka-kushta, psoriasis, Ayurveda, Shodhana, Shamana.

## INTRODUCTION

In Ayurveda all skin diseases have been described under the umbrella of Kushta. Ekakushtha is one of the kushdra kushtha described in ayurvedic text.<sup>[1]</sup> The word 'kushtha' is derived from 'kus nishkarshane'<sup>[2]</sup> which implies to destroy or to scrap out. Ekakushta is a vatakaphapradhana kushta.<sup>[3]</sup> It has signs and symptoms i.e. Aswedanam (absence of perspiration), Mahavastu (present all over body) and Matyashakalopama (skin resembles scales of fish).<sup>[4]</sup> All these symptoms can be co-related with psoriasis. Psoriasis is a papulosquamous dermatologic disorder with psychiatric comorbidity that often goes remission, relapse and seasonal variation. It clinically presents the erythematous lesions distributed all over the body with silvery scales, covering loops of dilated superficial capillaries underneath which are represented as tiny bleeding points on removal of scales (Auspitz's sign).<sup>[5]</sup> It has higher association with psychiatric illness than do other dermatologic conditions. Topical medication, phototherapy etc. are general treatment used in modern medicine which do not give complete cure but provide only temporary relief with local and systemic side effects as well as toxicity.

Now a day's people are gradually turning towards Ayurveda for safe and complete cure of disease, especially in skin problems Shodhana (panchkarma therapy), Shaman and Nidanparivarjana.

### A case report as follows

A 36 year old female patient came to us with chief complaint of-

1. Reddish patch all over body and head
2. Scaling of skin
3. Severe itching all over body.

Patient had above complaints since 7 year.

H/o= Hyperacidity

No H/o= DM, HTN, Asthma.

### History of personal illness

The patient was normal 7 years back. After then patient have been suffering from small coin shaped lesions over scalp with severe itching and diagnosed as Scalp Psoriasis by allopathic physician. For this patient took allopathic treatment but got no relief. With time, the lesions

were spread over back of trunk, gradually all over body. Hence, she came to OPD of R A Podar Medical (Ayu) college, Mumbai for management.

### Personal History

Occupation: In Service

Bad Habits: Milkshake, Dadhi sevan, fast food, nonveg-fish, vegavarodha.

O/E:- Nadi (Pulse)= 74/ min

Mala (Stool)= Malavasthambha

Mutra (Urine)= Normal

Jeeva (Toung)= Saam

### MATERIAL AND METHOD

**Method:-** Simple random single case study.

### Material with daily treatment & Prognosis

Shodhana chikitsa with Shamana yog showed good result in this case study.

1. Deepana-Pachana: Chitrakadi vati 2TDS with luke warm water for 5days and nirama lakshanas observed.
2. Snehapana with Mahatikta Ghrita given in morning at 7:00 am for 5days with increasing quantity with luke warm water.

Day First	30 ml Ghrita
Day Second	60 ml Ghrita
Day Third	90 ml Ghrita
Day Fourth	120 ml Ghrita
Day Fifth	150 ml Ghrita

After 5 days, samyak snigdha lakshanas were seen. Then 2 days Sarvang Snehana with Neem-Karanja taila, Swedana with Dashmoola kwatha was given. On 3<sup>rd</sup> day, patient posted for Virechana karma.

### 3. Virechana Dravyas

Triphala kwath= 80ml

Abhayadi modak= 2

Castor oil= 20ml

This preparation was given empty stomach orally to patient at 9.30am in the morning after sarvanga snehana and swedana. After one and half hour Virechana vega was started.

Eight Virechana vega (loose motion passed) in 12 hours. Pulse rate and Blood pressure after Virechana were within normal limit. Sansarjana karma (rules about diet after Shodhana chikitsa) with Peyadi karma advised for 3 days.

4. Shamana yoga: After Sansarjana karma well prepared combination of Rasmanikya (Dhootpapeshwar pharma) 125mg + Shataputi Abhrak Bhasma 125mg + Guduchi satwa 500mg was given with Khadirarishta 20ml in day after meal for 10days.
5. Bahyopachara (External application): Acharya Sushruta suggested external application of kushthagna drugs for the management of Twaggata Samprapti. So Psoraline oil (JRK's) was given locally.
6. Nidana Parivarjana: Patient was advised to avoid fast food, Dadhi sevana, fish meat, excessive milk products etc.

**Table no. 1**

Sr.	Lakshana (sign & symptoms)	Before Virechana	After Virechana	After 10 days
1.	Erythematous papules	+++++	++++	+++
2.	Scaling of skin	+++++	+++	+++
3.	Itching	+++++	+++	+++
4.	Constipation	++	+	+
5.	Stress (due to disease)	+++++	+++	+++
6.	Pain	+	-	-

### Photograph



a) First Day in OPD

b) After Virechan

c) After 10 days

After 10 days, as some symptoms gradually decreased, patient became faithful to treatment and got confidence. Hence, we were planned for Raktamokshana chikitsa. In Charak Samhita, Shonit sravan (raktamokshana) is described as one of the treatment for Raktapradoshaja vikaras.<sup>[6]</sup> Patient was subjected to 4 settings of raktamokshana on every 10 days follow-up.

### Shamana Aushadhi

1. Arogyavardhini vati= 2tab BD.

2. Kaishor guggul= 2tab BD.
3. Rasmanikya 125mg + Shataputi Abhrak Bhasma 125mg + Guduchi Satwa 500mg BD
4. Khadirarishta= 20ml BD
5. Psoraline oil for local application.

Table no. 2

Follow up After 10 days	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>
Treatment → Symptoms ↓	AAT*	AAT	AAT*	AAT	AAT*	AAT + Shirodhara	AAT*	AAT + Shirodhara	AAT + Shirodhara
Erythematous	+++	++	++	++	++	++	+	-	-
Scaling	+++	++	+	+	+	+	-	-	-
Itching	+++	++	+	+	-	-	-	-	-
Constipation	+	-	-	-	-	-	-	-	-
Stress	+++	+++	++	++	++	+	+	-	-

Note:- AAT\*= All above treatment and Siravedhana (nearly 40ml of blood).

### Photographs



After Raktamokshana

After Shirodhara

### RESULT

Patient started to show improvement after Virechana karma (14 day), decrease in symptoms like itching, erythema & body ache. After Rasayana chikitsa (28 day) marked decrease in the erythematous lesions and scaling of skin was seen. After 2<sup>nd</sup> setting of siravedhana (42 day), skin now showed less inflamed patches and itching sometimes. In 75 days patient was 95% cured. Due to Shirodhara, stress factor reduced and skin became almost normal after 90 days of treatment. Patient continued the treatment for next 2 months and she has better result.

**DISCUSSION**

At the door-step of 21<sup>st</sup> Century with a machine like routine, fast food and fast hectic life of scientifically modernized world, human is being confronting with a variety of diseases. This type of food habits, less sleep, stress, pollution accelerates the disturbance in the body especially on the skin.” It is a bloom on a woman’s face if you have beautiful skin, you don’t need anything else”. Ekakushtha is very near to psoriasis and it is considered as kshudra kushtha hence kushtagna, vatakaphashamak and Rasayana chikitsa which help to cure disease and also restrict relapse of symptoms.

- Chitrakadi vati<sup>[7]</sup>- Deepana, pachana; mainly Amadoshnashak & Agni vardhaka.
- Mahatikta Ghrita<sup>[8]</sup>- selected for Shamana therapy. It was beneficial in skin disorders of Vata and Kapha predominance like Psoriasis.
- Neem & karanja taila<sup>[9]</sup> acts as Vrana shodhaka, krimihar and kushthhara. Active principles of these drugs shows antibiotic, antiseptic and anti-pruritic property.
- Virechana- Though ekakushtha is a vata-kaphaj but all kushta are tridoshaja<sup>[10]</sup> so there is dushti of pitta which is with rakta dhatu, so role of Virechana as Shodhana is important.
- Rasmnikya ras was used for 21 days in 2 cycles giving 15 days gap in between them. Bhaishajya Ratnavalikar mentioned in Kushtharogadhikar that Rasmanikya as “Sarvakushtha nashanam”.<sup>[11]</sup> It contains sulphur compound which are known for their blood purifying action.
- Shataputi Abhrak Bhasma has the ability for tissue restoration therefore it is an excellent cellular regenerator.
- Guduchi satva is a good immunity booster and has good haematogenic (helps in formation of red blood cells) effect.
- Khadirarishta<sup>[12]</sup> generally works in diseases occurs due to dominance of Vata, Kapha. Khadira is itself mention as ‘kushthghnanam’<sup>[13]</sup> in Charak Samhita.
- Psoraline oil (JRK’s) effectively reduces multiplication of skin cells, the major symptom of Psoriasis.
- Aarogyavardhini vati (R.R.S. 20/87-93) is used as deepana, pachan, grahanishodhak and pakwashayadushti nashak.
- Kaishor guggul<sup>[14]</sup> is mainly vatakapha nashak hence used in treatment of Eka-kushtha.
- Siravedhana: for Rakta dhatu Shodhanarth this panchkarma done.
- Shirodhara- This useful for reducing plasma cortisol which is a stress hormone.

**CONCLUSION**

It can be concluded from present case study that classical Shodhana and Shamana Aushadhi is highly effective in the management of Psoriasis.

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