



MANAGEMENT OF *EKAKUSTHA* (PSORIASIS) – A CASE STUDY

¹S.K.Das Adhikari,

²Arun Kumar Das

³Sipra Sasmal

¹ Prof. & H.O.D, Kayachikitsa Govt.A.A.A.C. Indore, M.P.

² Guide & Principal,G.A.M. Puri, Odisha.

³ Prof. & H.O.D, Roga Nidan , SAMCH Indore,M.P.

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ABSTRACT

In the present era Psoriasis is the common skin disease in the society. It is non-infectious chronic inflammatory disease of skin characterized by well-defined erythematous plaques .In Ayurved Psoriasis can be correlated with *Eka-kustha* which is a type of *Kustha roga*. It is usually localised in the extremities and all over the body i.e. trunk, scalp etc. *Sarwanga Kandu* (itching all over the body) silvery scaling (*Matsya Shakal*), *Twaksphutana* (breaking or cracking of skin), *Kharasparsha* along with loss of sweating. A case study has done on 35 years old male patient came with complaints of itching, scaling all over body and scalp along with *Darunaka* (Dandruff), *Vibandh* (Constipation). He was diagnosed with *Ekakustha* (psoriasis) and benefited by internal medicaments i.e. Ayurvedic formulations-Amrita *Guggulu*, *Pancha Nimba Churna*, *Triphala churna*, *Panchatikta Grita* orally and administration of *Marichydia Taila (Brihat)* externally followed by for 45 days. After completion of the treatment patient got significant results.

Key words: *Ekakustha*, *Kharasparsha* (roughness of skin), *Twaksphutana* (cracks on skin) , *Darunaka* (dandruff) , *Vibandh* (constipation)

INTRODUCTION:

Generally, the word “*Kustha*” is considered as leprosy in modern medical science. In Ayurved all the skin diseases have been included under the broad heading of “*Kustha*” which has been included as one of the “*Ashta Mahagad*” and further divided into 18 types i.e. seven *Mahakusthas* and eleven *Ksudra Kusthas*¹. *Kustha* lodges in skin, which is the largest organ of the body. It is a link between internal and external environment and is also the seat of complexion, which maintains beauty and personality. Skin diseases are account for a great deal of misery, suffering, incapacity and economic loss. *Kusthas* are considered as *tridoshas* and dominance of a particular *dosha* manifest a specific sign and symptoms². The present study on *Ekakustha* is categorised in *kshudra kustha*

by Acharya Charak, which is manifested by dominance of *vata -kapha doshas* while Maharshi Sushruta has considered *Pitta* predominance in it. Psoriasis has been exactly correlated with *Ekakustha*, having the sign and symptoms of Psoriasis.

Psoriasis is a non infectious chronic inflammatory skin disease clinically characterized by erythematous scales papules plaques by silvery scales. Particularly effects over the extensor surfaces, scalp, and nails³.The word “Psoriasis” is derived from the Greek word “psora means “itch” or “rash”. It is classified into the following type’s i.e. Plaque, Guttate, Inverse, postural & erythrodermic type on the basis of nature of spread. *Ekakustha* mentioned by Acharya Charaka are very much similar to psoriasis due to the resemblance of signs and symptoms like *Aswedanam*

(Absence of sweating), *Keshapatan* (Hairfalling), *Matsyashakalopamam* (silver yscaling), *ShiroKandu* (itching on scalp), *Darunaka* (Dandruff).⁴In modern medical science topical medication, phototherapy etc. are advised for its treatment, but provide only temporary relief. When their use is discontinued, remission and exacerbation occur. In Ayurveda *Ekakustha* is classified by Charak in *kshudra kushta*. Treatment of *Ekakustha* is not described specifically. So the general principle of treatment of *kushta* will be considered. Many treatment modules like *shodhan*, *saman* and external application are described. In this case. *Amruta gugglu*, *Panchanimba churna*, *Panchatikta gruta*, *triphala churna* for internal and *Marichayadya tail (Brihat)* for external use followed by *swedan* were administered.

PATIENTS INFORMATION:

A 35 years old Male patient came to OPD of Kayachikitsa, Govt. Auto. Ashtang Ayurved College Hospital, Indore, on Date 28/02/2024 with OPD No: 5175/7272 and admitted in IPD (IPD No-258) for treatment.

CHIEF COMPLAINTS:

- Itching All over body and scalp since 02 years
- Silvery Scaling with cracks all over body, 02 years
- White powdering while itching 02 years
- Fall of *darunaka* (dandruff) after itching of Scalp 02 years

ASSOCIATE COMPLAINTS:

- Disturbed sleep since one year.
- Loss of appetite since 6 months.
- Irregular bowel habit

H/O PRESENT ILLNESS:

He was apparently normal before 02 years gradually developed symptoms

like patches and itching on hands, Legs and back side over lumbar region. Then spread all over body. Silvery white skin with cracks developed. He has treated by other therapies but didn't get relieved from the symptoms and aggravating gradually, along with that he also suffered from disturbed sleep, loss of appetite and constipation since about 6 months. Since 6 months his condition got worsen that compel him visited to our hospital for further management.

PAST HISTORY:

The patient has No history of suffering from Diabetes mellitus, Hypertension or any allergic conditions.

History of treatment taken: Previously patient was taken modern medication but not relived from the symptoms.

PERSONAL HISTORY:

Patients was not addicted with consuming alcohol, tobacco, cigarette etc

Diet –Non vegetarian

Appetite –Poor

Bowel –irregular bowel habits

Sleep –Disturbed because of itching

CLINICAL FINDING:

Silvery Scaling with cracks all over body

Severe Itching all over body

White powder produced after itching

Darunaka (dandruff) were produced on head.

TIME LINE:

In present case study medication was given for 45 days. In the interval of 15 days observation was done and the clinical findings were noted after the medications as per the assessment criteria.

DIAGNOSIS:

On the basis of sign and symptoms patient having very similar with the *Ekakustha* (Psoriasis) which is described in Ayurvedic classics and treatment was planned accordingly.

CONSENT DETAILS: An informed consent was taken from the patient in written format before the treatment

Table. 1Therapeutic Intervention

Medicaments	Doses	Time(Kala)	Anupana	Duration of the treatment
<i>Amrita Guggulu</i>	500mg	Morning & Evening in empty stomach	Luke Warm water	45 days
<i>Panchanimba Churna</i>	3 grams	Morning & Evening in empty stomach	Luke Warm water	45 days
<i>Panchatikta Grita</i>	10ml	9 AM & 5 PM	Luke Warm water	45 days
<i>Triphala churna</i>	6gms	After lunch & dinner	lukewarm water	45 days
<i>Marichydia Taila (Brihat)</i>	Adequate quantity	<i>Sarvanga abhyanga</i> and <i>Swedan</i>		45 days

FOLLOW UP:

Patient was admitted in IPD up to completion of the treatment and follow up had been done regularly. Progress of treatment were noted in the interval of 15 days for the assessment of the result.

OBSERVATION:

The sign and symptoms were observed in the interval of 15 days and mentioned in the table to evaluate the efficacy of the treatment.

Table. 2 sign and symptoms before and after treatment

Sign and Symptoms	Before treatment	After 15 days	After 30 days	After 45 days
Itching	Severe	Moderate	Mild	Some time in very low intensity
Silvery Scaling with cracks	All over body	About 50% less	About 75% less	About 99%
White powdering	More in quantity	Moderate	Very Less	Nil
<i>Darunaka</i> (dandruff)	More	Moderate	Very less	Nil
Appetite	Very less (Poor)	Improved	Comparatively improved	Good
Constipation	Moderate	Mild Improved	Motion is satisfactory	Motion is satisfactory

Image No.1 Before and after treatment



DISCUSSION:

Ekakushta is a type of *Kshudra kushta* and have *vata-kapha* dominance and even involvement of *pitta* i.e. *tridoshaja Vyadhi*. According to Charaka Samhita the special identification are advised those are *Matsyashakalolpamam*, and *Kinakara sparsha*, which are observed in this case and correlated. In modern Medical science Psoriasis is a chronic inflammatory disorder, in which erythematous plaques, with silvery white scales are found. Hence *Ekakustha* is very resembles with Psoriasis. All types of *kushtas* are considered as *Tridoshaja vyadhi*, treatment should be planned according to strength of *doshas*. The line of treatment mentioned in Ayurvedic classics for *kushta roga* are *Nidana parivarjana*, *Prakriti vighatana*, repeated *shodana*, *Snehana*, *Swedana*, *Raktamokshana*, *Shamana*, *lepana* etc. So as *Shamana* therapies the above said ayurvedic formulations and oil were chosen for *Snehana (oleation)* followed by *swedan* (sudation) therapy. The mode of actions and efficacies of the medicines are described very briefly as below.

AMRITA GUGGULU⁵:

Amrita Guggulu is a polyherbal classical Ayurvedic medicine, mainly composed of *Guduchi*, *Dasamula*, *Patha*, *Murvamula*, *Bala*, *Kutki*, *Daruharidra*, *Eranda*, *Tripha* etc.

This Ayurvedic preparation balances all the three *doshas*, predominantly *vata* and *Pitta* which helps to cure all types of skin diseases like Psoriasis, Eczema, Dermatitis and in decreased digestive power.

PANCHA NIMBA CHOORNAM⁶

This Ayurvedic formulation is composed of *pachanga* of *Nimba*, which is *Tikta Rasa*, *Sheeta Veerya*, *Rukshya Guna* (roughness), *Katu Vipaka* and *Kaphahara*. So overall it is *Vata* and *Kaphahara* and it is *Rakta Shodhak* (purifies the blood). Hence it is used in wide range of skin diseases such as *Ekakustha* (psoriasis), dermatitis, eczema, pruritus etc.

PANCHA TIKTA GRITHA⁷

Panchatikta Ghrita Guggulu is classical Ayurvedic formulation which is the *tridoshas Shamaka*. It contains - *Patola* (*Trichosanthes dioica*), *Kantakari* (*Solanum xanthocarpum*), *Guduchi* (*Tinospora cordifolia*), *Vasaka* (*Adhatoda vasica*), cow ghee and decoction of *triphala* etc. It has so many medicinal properties – it helps to eliminate toxins from the body and cure skin diseases like in psoriasis, eczema etc. Besides it can cure 80, 40 and 20 types of *nana-atmaja Vata*, *Pitta* and *Kaphaja Vyadhis* respectively. According to *Charak Ekakustha* is *Vata* and *Kapha* predominant disease, so it is very useful to cure it.

TRIPHALA CHURNA⁸: This is prepared by mixing equal parts of *Amalaki (Embllica officinalis)*, *Haritaki (Terminalia chebula)*, *Bibhitaki (Terminalia bellerica)*. This *rasayan* is effective in all disorders. It has a wonderful anti-inflammatory action, thus effective in all the inflammatory conditions. It alleviates all the harmful toxins from the body. It's *Tridoshagna* means it balances the *Tridoshas* and increases digestion and helps in purgation thus relieve constipation. All the *kusthas* are manifested by vitiation of *tridoshas*. So it is the drug of choice in this case.

MARICHYADYA TAILA (BRIHAT)⁹ *Marichyadya Taila (Brihat)* is an ayurvedic formulation. It is formulated from the mixture of many herb mainly like *Maricha, Trivrit, Danti, Arka, Devadaru, Haridra, Jatamansi, kutha, chakramarda, Sirish, Kutaja, NinbaMutha, Khadirjataman shi, Visha, sarsapa taila* etc. used as external application. This formulation is has properties like antifungal, antiseptic and antioxidant etc. This is usually used to treat problems related to skin.

CONCLUSION: *EkaKushta* which is a type of *Kshudra Kushta* can be correlated to Psoriasis. From the above case study, it can be concluded that Ayurvedic treatment modalities like *Shamana* medicines and external application of medicated oil with *swedana* therapy are useful in the management of *Ekakushta* specially in early stage and it can prevents the adverse condition of disease. In this patient tremendous result were observed. The patient was in complete supervision of junior doctors. Excellent relieve was found in this case. So to proof its efficacy more number of patients should be treated by this medicament.

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Corresponding Author: Dr.S.K.Das Adhikari, Prof.& H.O.D. Kayachikitsa Govt. A.A.C. Indore, M.P.

Email: dasadhikarisk@gmail.com

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