

MANAGEMENT OF *EKAKUSHTA* WITH *RASASINDOORA* AFTER
KSHETREEKARANA: A CASE REPORT

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ABSTRACT

'*Ekakushta*' is one among the eighteen *Kushtas* (-a broad term to denote skin diseases) mentioned in the Ayurvedic classics. The characteristic feature of the disease *Ekakushta* is widespread silvery lesions resembling fish scales all over the body. The patient presented with silvery scales and exfoliation of skin on the scalp, forehead, hands, abdomen and back for the past six years. Severe itching was associated. In this condition, *Rasasindoora* (-an ayurvedic mercurial preparation) was administered as *rasa rasayana* (-rejuvenating drug). Prior to the administration of the *Rasasindoora*; *Kshetreekarana* (-preparatory procedures before the administration of *Rasa* drugs) was performed to assimilate the benefits of *Rasoushadhi*. This case report portrays significant success in the treatment of *Ekakushta* where *Kshetreekarana* was done before the administration of *Rasasindoora* in the appropriate dose. This treatment modality was selected to provide relief to the patient and to reduce the rate of recurrence of the ailment. It is ideal to perform *Kshetreekarana* procedure before consuming *Rasoushadhis* to attain desirable outcome in treatment.

Key-words: *Ekakushta*, *Kshetreekarana*, *Rasasindoora*.

INTRODUCTION: *Kushta* is considered as one among the *Ashtamahagadas* (-eight diseases of prime importance) in *Ayurveda*^[1]. *Ekakushta*, is one among the eighteen *kushtas* with *Vatha kapha* predominance. Ayurvedic medications with *Kushtaghna* (-drugs that cure skin diseases), *vishaghna* (-drugs that destroy toxins in the body) and *rakthaprasadana* (-drugs that improve the quality of blood) properties act as *shamana oushadhas* (-drugs that pacify the *doshas*) for the disease. Treatment procedures like *Snehapana* (-internal administration of medicated ghee), *Vamana* (-therapeutic emesis) and *Virechana* (-therapeutic purgation) are the *shodhana* (-purification) therapies indicated in *Ekakushta*^[2]. Although these treatment methodologies are successful in combating the disease, there is always a threat of remission and exacerbation.

Rasasindoora is a potent mercurial preparation widely used by ayurvedic physicians

to treat a variety of ailments. *Rasasindoora* is particularly indicated in the treatment of all types of *Kushta*^[3]. This preparation acts as an aphrodisiac and possesses *rasayana* property also. Drugs with *rasayana* property helps to prevent remission and exacerbation of the disease.

Before administering these *rasa* preparations, proper *shodhana* therapy should be performed. The process of *Kshetreekarana* explained in various texts of *Rasashastra* is intended to make the body fit for attaining optimum benefit of *Rasoushadhis*. This purification process ensures that the *Rasoushadhi* is assimilated by the body in the ideal manner. Hence *Kshetreekarana* was performed before administering the drug *Rasasindoora*. In this article, we present the case of a young female aged 26years, who experienced significant relief

from *Ekakushta* by the administration of *Rasasindoora* after *Kshetreekarana* procedure.

Case Report:

A 26 years old female, who was apparently normal 6 years ago, developed a maculopapular lesion on right forearm which was treated with allopathic medication and got resolved. Later during her pregnancy, a few small lesions appeared on the abdomen and hands. Since pregnant, treatments were not taken during the period. After weaning her child from breast feeding, the patient was administered allopathic medication and got remarkable relief. But 6 months later, the lesions reappeared. Now the patient presented to the outpatient department with the following symptoms: pruritic maculopapular lesions with silvery scales and exfoliation over the hands, abdomen, back, scalp and forehead. She had good appetite but the bowel was usually constipated. She had disturbed sleep due to

itching. The patient seemed deeply concerned and anxious about the prognosis of the disease. No history of *Kushta* could be traced in the family.

Examination

Vital signs: Pulse- 72/minute, rhythmic, full volume. BP- 110/70 mm Hg. Temperature- 98.8⁰F (oral). Respiratory rate- 18/minute.

Cardiovascular system, Respiratory system, Nervous system, Locomotor system, Urinary system were examined and were within normal limits.

Integumentary system examination- On inspection showed lesions with silvery scales and exfoliation on extensor surface of hands, abdomen, back, scalp and forehead. Palpation revealed thick lesions which were rough and dry.

Investigations

Image 1. Investigations showed the following results.

Timeline Table 1

Event	Duration	From	To
Admission		16.01.2019	
Investigations done		17.01.2019	
<i>Deepana-pachana</i> medication	7 days	18.01.2019	24.01.2019
1st <i>Snehapana</i>	7 days	25.01.2019	31.01.2019

Abhyanga and swedana	1 day	01.02.2019	
Vamana	1 day	02.02.2019	
Peyadikrama	3 days	03.02.2019	05.02.2019
Samana medication	14 days	06.02.2019	19.02.2019
2nd Snehapana	3 days	20.02.2019	22.02.2019
Abhyanga and swedana	3 days	23.02.2019	25.02.2019
Virechana	1 day	26.02.2019	
Takradhara	7 days	27.02.2019	05.03.2019
Rasasindoora	12 days	06.03.2019	17.03.2019
Discharge		18.03.2019	

Treatment protocol

- Day 1-7: *Patolamooladi kashaya*^[4] 60ml twice daily along with one *vilwadi gulika*^[5], one hour before food. *Khadirarishta*^[6] 30 ml twice daily after food as *deepana-pachana* medication (-drugs that improve digestion). As a result, the patient started having bowel movement regularly and her appetite as well as sleep improved.

- Day 8-14: *Snehapana* (-internal administration of medicated ghee) with *Mahatikthaka ghrita*^[7] for 7 days. The *Snehapana* was started with 100ml of *Mahatikthaka ghrita* on the first day and the dose was increased till 275ml on the seventh day.

- Day 15: *Abyanga* (-application of medicated oil all over the body) with *Vitpalathaila*^[8], followed by *swedana* (-sudation therapy).

- Day 16: *Vamana* (-therapeutic emesis) with *Kutajaphalachoorna*(10gm) soaked in *Yashtimadhu kashaya* in the previous day, mixed with *Saindhava* and Honey^[9]. A total of 6 *vamana vegas* were observed.

- Day 17-19: *Peyadikrama* (-graduated dietetic protocol after purification therapies) was administered for three days. Following emesis, there was relief in itching. The thickness of the lesions reduced and there was less exfoliation.

- Day 20-33: For the next two weeks, *Mahamanjishtadi kashaya*^[10] 60ml twice daily with *Kaisora guggulugulika*^[11] before food. *Khadirarishta*^[6] 30 ml twice daily after food. During the period, the pa-

tient was advised to take easily digestible vegetarian diet.

- Day 34-36: *Snehapana* (-internal administration of medicated ghee) with *Tikthakaghrita*^[12] for the next 3 days. 150 ml of *Tikthakaghrita* was administered for three days.

- Day 37-39: After three days of *Snehapana*, *Abyanga* with *Vitpalathaila*^[8] followed by *swedana* for the next 3 days.

- Day 40: *Virechana* (-therapeutic purgation) with *Avipathy choorna*^[13], 25 gm mixed with hot water in the morning. Following the second round of *Snehapana* and *Virechana*, the patient experienced remarkable relief. The quality of sleep was improved, itching was almost completely absent, and the stress levels came down.

- Day 41-47: *Takradhara* (-external application of medicines processed in buttermilk) on the whole body for 7 days.

- Day 48-59: After *Takradhara*, *Rasasindoora*^[14] was given for 12 days. For the first three days, 125mg of *Rasasindoora* was given with honey after food in the morning. From fourth day to the twelfth day, 125mg of *Rasasindoora* was administered with honey twice daily after food. Dietary restrictions were advised during *Rasasindoora* administration. Food included *Palkanji* (-rice gruel cooked in milk), green gram, milk, *wheat kanji* (-gruel made from wheat), a few drops of pure ghee added to gruel. Vegetables of Cucurbitacea family, sour fruits, tea, coffee, day sleep, night awakening were strictly avoided.

***Table II- Treatment Summary**

Name of formulation	Dose	Duration	Rationale
<i>Patolamooladi ka-shaya</i> ^[4]	60ml twice daily	First 7 days	<i>Kushta chikitsa</i>
<i>Vilwadi gulika</i> ^[5]	One tab twice daily	First 7 days	<i>Visha chikitsa</i>
<i>Khadirarishta</i> ^[6]	30 ml twice daily	First 7 days	<i>Kushta chikitsa</i>
<i>Mahatikthaka ghrita</i> ^[7]	100 ml initially, then increasing the dose till 275ml	8 th day to 14 th day	<i>Snehapana</i>
<i>Kutajaphalachoorna in yashtimadhu kashaya</i> mixed with <i>Saindhava</i> and honey ^[9]	10gms	16 th day	<i>Vamana</i>
<i>Mahamanjishadi ka-shaya</i> ^[10]	60ml twice daily	20 th -33 rd day	<i>Kushta chikitsa</i>
<i>Kaisora guggulu</i> ^[11]	One tab twice daily	20 th -33 rd day	<i>Vatharaktha chikitsa</i>
<i>Khadirarishta</i> ^[6]	30 ml twice daily	20 th -33 rd day	<i>Kushta chikitsa</i>
<i>Tikthakaghrita</i> ^[12]	150 ml daily	34 th -36 th day	<i>Snehapana</i>
<i>Avipathy choorna</i> ^[13]	25 gms	40 th day	<i>Virechana</i>
<i>Rasasindoora</i> ^[14]	125mg	48 th - 59 th day	<i>Rasayana</i>

Follow up and Outcome of treatment

Initially, the patient experienced increased itching and discomfort. She was unable to sleep due to itching. The lesions were thick, rough and dry. After *Snehapana* and *Vamana*, itching reduced considerably and the patient was able to sleep without much discomfort. The lesions subsided and the thickness reduced remarkably. After the next stage of *Snehapana* and *Virechana* followed by *Rasasindoora* administration, the lesions reduced in size and thickness. Itching disappeared completely. The pa-

*Figure 1- Before treatment



DISCUSSION:

Need for *Kshetreekarana*- *Rasasindoora* was selected as the potent *oushadha* for treating the ailment. Just as the *kshetra* or *bhumi* is ploughed and irrigated before sowing seeds to attain a good yield, the

tient became emotionally stable and had normal 7-8 hours of sleep. After two weeks follow up, no fresh lesions were detected. The patient experienced good appetite, sound sleep, regular bowel movements and considerable improvement in mental status. After follow up of one month, itching disappeared completely and the number of lesions were reduced to three on the hands and two on the back. The size of the lesions was also reduced. The patient was advised to continue medication for one more month.

Figure 2- After treatment



body has to be made suitable before administration of *rasoushadhi*. This is attained by the process of *Kshetreekarana* which includes procedures like *pachana*, *snehana*, *swedana*, *vamana*, *virechana* and *krimipatana*^[15]. All these procedures make

the body (*kshetra*) fit for administration of *roga samana oushadha* and *rasayana oushadha* through specified procedures of *Panchakarma* so that better results are attained in terms of disease cure and rejuvenation. Without performing *Kshetreekarana*, the anticipated result of *rasoushadhi* cannot be achieved.

In Ayurveda, major skin diseases are denoted by the broad term *Kushta*. There are 7 *Mahakushtas* and 11 *Kshudrakushtas*. *Ekakushta* is described in ayurvedic texts as a skin disease in which the lesions are distributed all over the body, the lesions resembling the silvery scales of fish.^[16] The dosha predominance of *Ekakushta* is *Vathakapha*. The other skin disease which bears similarity with *Ekakushta* is *Sidhma*, in which silvery scales and itching are the characteristic features. However, in *Sidhma*, the lesions are predominantly seen in the scalp. The widespread distribution of lesions over the body and scalp, exfoliation and dryness of skin confirm the diagnosis *Ekakushta*^[17]

The initial step to commence Ayurvedic treatment is to understand the underlying pathology of the disease in terms of ayurvedic principles. The knowledge of the *Doshas* (-the three bodily humors), *Dooshyas* (-the seven elements), affected *Srothas* (-body channels for circulation), *Srothodushti* (-vitiation of body channels), and the state of *Agni* (-digestive fire) are the prerequisites in formulating the *Samprapthi* (-pathogenesis) of the illness. The main *dooshyas* involved are *rasa*, *raktha*, *mamsa* and *lasika*. However other deeper *dhathus* may be involved in due course of time. Hence the *oushadhas* and *kriyakraamas* were selected keeping the *samprapthi ghatakas* (-factors determining the pathogenesis) in mind. Therefore, the treatment principle was primarily to attain

Vathakapha samana and *Rakta prasadana*. Hence the drugs that possessed *Kushtaghna*, *Kandughna* and *Vishaghna* properties were selected, which could reverse the pathogenesis of *Ekakushta*. Initial medicines were administered for *deepana-pachana*. Following this, *snehapana* and *sodhana* therapies were done to expel the toxins from the body. *Takradhara* for the whole body was done to improve the skin texture and to relieve the mental stress. *Rasasindoora* is a mercurial preparation that has potent action against all types of *Kushta*^[18]. The curative property of *Rasasindoora* along with its *rasayana* property makes it an ideal drug of choice for treating *Ekakushta*. Hence, *Rasasindoora* was administered as a *Rasarasayana* after *kshetreekarana* procedure to prevent recurrence of the disease.

CONCLUSION: *Ekakushta* is a disease that has emotional and social impact on the life of the patient. Lack of medicines with sustained effect is a challenge for allopathic system in treating diseases with psychosomatic origin. In ayurvedic terminology, the disease may be considered as *Yapya* (-disease with poor prognosis), which means there are chances of remissions and exacerbations. However, the disease *Ekakushta* can be effectively treated with the help of ayurvedic medications and therapies at regular intervals along with proper diet. Further clinical studies with large sample size may be conducted to substantiate the treatment principles applied in this case.

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