

Management of *Kapala Ekakushtha* (Scalp Psoriasis) by *Vamana Karma* and *Shamana Chikitsa*- A case report

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Abstract:

In Ayurvedic classics, most skin disorders have been classified under one word i.e. *Kushtha*. Psoriasis is chronic inflammatory autoimmune disorder having deep psychological and social impact. In Mumbai, overall incidence of Psoriasis among total patients attending skin OPD is 0.44% to 2.8%. Psoriasis is an extensive disease and its symptoms have a resemblance to not just one but different skin diseases described in Ayurveda. As per Modern science, cardinal symptom of Psoriasis is plaque of red skin; often covered with loose, silver colored fishlike scales. These lesions may be itchy. If these symptoms confined to the scalp region it termed as Scalp Psoriasis, Thus if we consider above symptoms, they closely resemble *Lakshanas* of *Ekakushtha* as described by *Charaka* .Out of all Psoriasis, scalp psoriasis is difficult to treat as relapse is very common as medicine stopped. Ayurveda has mentioned effective treatment for Psoriasis by doing *Panchakarma* like *Vamana* and *Shamana Chikitsa* by using Ayurvedic medicine. Present case report of 38 year old female patient having severe scalp psoriasis showed encouraging result after *Shodhana* and *Shamana Chikitsa*.

Keywords: *Ekakushtha*, scalp psoriasis, *Vamana*, *Shamana chikitsa*.

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Introduction:

Psoriasis is one of major skin diseases, occurring in healthy person. Psoriasis is non-infectious, chronic inflammatory autoimmune disorder having deep psychological and social impact. In India, overall incidence of Psoriasis among total patients attending skin OPD is 0.44% to 0.28%.^[1] This disease characterised by silver coloured scaling, thickened skin lesion, in severe cases covers entire body. Scalp psoriasis is confined to the mainly scalp area, behind the ears, over neck region. Scalp psoriasis is mostly type of Plaque Psoriasis having raised, inflamed, red skin covered with silvery white scales. These patches may itch and after rubbing over the skin white dandruff like white powder comes out in large quantity. As per Ayurveda, this symptoms are closely similar to symptoms of *Ekakushtha*, as its symptoms are *Matsyashakalopamam* (Fish like silver white coloured scaling), *Aswedanam* (low or no sweating), *Mahawastu*^[2] (covers large surface area of skin) closely resembles with symptoms of Psoriasis.

The treatment of scalp psoriasis in modern allopathic medicine are mainly steroid based medication, both oral and topical medicine, that result in quick symptomatic relief but when patient tends to stop taking medication, the symptoms reappear in more volcanic form resulting in severe damage to the skin and resistant to further treatment. As scalp psoriasis is chronic condition, Ayurveda has effective long lasting treatment mentioned in

classical texts. According to *Charaka* the treatment of *Kushtha* which affect *Urdhwabhaga*, *Shodhana karma like Vamana Karma* is recommended.^[3] This present study deals with a case of scalp psoriasis which comes under *Urdhwajatrugata Pradesha* and so Vaman karma was planned *Vamana Karma* followed by *Shamana Chikitsa* showed good result in this case.

Case History:

A 38 year old female patient came in skin OPD with chief complaints of –

- 1) Mild itching over scalp area- from 6 month
- 2) Whitish scaly patches over scalp mainly over frontal region of scalp- since 5 month
- 3) Red whitish inflamed skin over the back of right ear- 3 months
- 4) Whitish red scales over nape of neck- 3 months

Medical history: No /K/C/O– Hypertension and Diabetes Mellitus or any metabolic disorder.

Present Illness history: The patient was normal 6 months before, with gradual onset of above complaints, she felt itching with 'dandruff like' white powder exfoliating from scalp, then slowly it turned into whitish scaly patches all over the scalp for which she started taking allopathic medicine from different doctors but she got symptomatic relief for some days. Her symptoms worsened as she stopped taking medication. So she came to skin OPD no. 9 Rognidan

department of Podar hospital for taking Ayurveda treatment.

General History:

Occupation: Shopkeeper

Ahara: Breakfast- tea and chapati (daily)
Poha and Bakery products like Bread and pav.

Vihra: Divaswapa for 1 hr after taking food,
Ratrijagrana (sleep after 12 am)

On Examination:

Nadi = 88/ min.

Mala = 1 times a day incomplete evacuation

Malabadhata

Mootra =Prakruta

Jivha = Saam

Agni = Manda

Shabda =Spashhta

Sparsha = Khara

Dhruka = Spashta

Aakruti = Madhyama.

Treatment Given:

Pachana- *Arogyavardhini Vati* 250mg 2 BID with warm water a day after meal for 7 days
Musta and Sunthi Kwatha 40 ml BID before meal for 7 days

Triphala Churna 5 gm HS with lukewarm water for 7 days

Shodhana – Patient was given *Snehapana*^[4] with *Panchatikta Ghrita* in morning at 6 am for 5 days with increasing quantity along with *Koshna Jal as anupana.*

Table-1.Schedule of snehapan:

Days	Dose of <i>Panchatikta Ghrita</i>
Day First	30 ml
Day second	60 ml
Day Third	90 ml
Day Fourth	120 ml
Day Five	150 ml

Poorvakarma– After *Samyaka Snehapana lakshnas* like *Mala Snighata, Twaka Snigdhata, Sneha Dwesha* were seen on 5th day, *Sarvanga snehanan* with *Tilataila* and *Peti Sweda* was given for 2 days .A night before patient was asked to *take Abhishyandi Ahara* like *Dadhi and Krushra.*^[5]Written

consent was taken from patient for the procedure.

Pradhana Karma- Vamana Karma-

All instructions regarding *Vamana Karma* were explained to the patient. After examining the blood pressure, pulse, respiratory rate, abdominal examination

.patient was found fit for procedure. At 6.am patient was given *Sarvanga Snehana and Peti Swedana*.

After *Snehana* and *Swedana*, patient was asked to take *Yashtimadu Fanta* as much as she could. Patient consumed about 1600 ml of *Fanta*. After that *Vamana Kashaya* 50 ml was given, which contains *Madanphala kwath 40ml* which was mixed with *Madanphala Pippali churna 5 mg*, *Vachachurna 3 gm*, *Saindhav Churna 3 gm*, 10 ml honey and 20 ml *Yashtimadhu Fant*.^[6] After taking *Madanphala Kashaya*, patient waited for 20 min for self-induction of *Vamana Vega*. Slowly patient shows symptoms like *Swedaprawrutti*, *Romaharsha*, *Aadhamana*. This duration is facilitating *Shakhagata Dosha* to gather in *Koshtha*. After sometime patient felt nauseated and salivation it indicates *Dosha got Urdhwa Gati*.

Patient was asked to take *Yashtimadhu Fant*, up till which spontaneous *Vamana Vega* comes. Procedure was continued upto which expelled *Vamana Dravya*, vomitus showed yellow colour *Pitta*^[7]. After 5 *Prawar Vega* and 2 *Anuvega*, patient felt *Tiktasyata* and little burning sensation in epigastric region then we restricted to give *Yashtimadhu Fant*, lastly 100 ml of *Saindhawajala* was advised to take so that residue of *Vamana* drug comes out in *Vega*.

Pashchyata Karma:

After Procedure patient was asked to take rest for 10 min. Patient was asked to take *Dhumapana* by taking *Nirdosha Dhumawarti*. Patient was asked to take rest in IPD, given instruction for not to sleep in daytime. Later gave explanation of protocol for *Sansarjana Karma*^[8] which includes *Peya, Vilepi, Yusha, Khichadi* taken for 5 days as patient got *Madhyama Shuddhi* (6 *Vega*)^[9]. Patient was asked for follow up after 5 days of *Sansarjana karma* is done. Patient showed good relief after *Vamana*. Patient was having feeling of lightness^[10], white plaque scaling and itching got reduced.

Oral medicines:

1. *Arogyawardhini vati* 250mg BID with warm water after food
2. *Rasaraktapachaka Kwatha* containing *Patola, patha, sariva, kutaki, indrayavachurna* 40 ml BID after food
3. *Panchatikta Ghrita* 15 ml daily in morning before breakfast

Topical Application: *Vajraka Tail* for *Abyanga*^[11]. This treatment was continued for 45 days.

(*Arogyawardhini vati* helped *Dosha Pachana* and *Anulomana*, *Rasaraktapachaka* for *Dhatugata Dosha Pachana*, *Panchatikta Ghrita* for reduction of dryness (which comes after *Vamana Karma*.)



Before treatment

After Treatment

Result and Discussion:

Scalp psoriasis is chronic inflammatory, non-infectious disease. The symptoms of scalp psoriasis like white silver scaling, cover wide part of body, the lesion are dry and rough are closely similar to the symptoms of *Ekakushtha* as *Aswedanam* (less or no sweating all over the body), *Mahavastu* (lesion are found all over the body), *Matsya Shakalopamam* –Fish scale like white silver scale. *Ekakushtha* is included under

Kshudrakushtha, so the treatment is adapted from *Kushtha Chikitsa*.

Ekakushtha is *Vatakaphaja* predominant *Dosha*, it has affected over scalp region which comes under *Urdhwagata*. Acharya Charaka has mentioned in *Kushtha Chikitsa*, if *Kushtha* (skin disease) affect *Urdhwa Bhaga* (above umbilical region). *Vamanais* the best choice for Shodhana having Kapha predominant disease like psoriasis. *Vamana*

acts on microcellular level, eliminates increased *Dosha*.

After *Shodhana Chikitsa*, for *Dhatubalavrudhi*, *Shamana Sneha* like *Panchatikta Ghritawas* advised as *Vamana* leads to *Vata Prakopa*. (*Arogyawardhini Vati* for *Dosha Pachana* and *Anulomana*, *Rasaraktapachaka* for *Dhatugata Dosha Pachana*, *Panchatikta Ghruta* for reduction of dryness (which comes after *Vamana Karma*.)

Conclusion:

Scalp Psoriasis can be correlated with *Kapala Gata Ekakushtha* as symptoms are closely resembles. Ayurveda management like *Vamana karma* has showed moderately reduced symptoms in patient of Scalp Psoriasis with *Shamana Chikitsa* we can control relapse of the disease for long duration. In this case study, we got good result from *Vamana* and *Shamana Chikitsa* which is safe and effective.

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