

**Ayurveda treatment protocol in the management of *Ek-Kushtha* (Psoriasis) -
A Single Case Report****Masooda^{1*}Mahapatra Arun Kumar²Rajagopala S.³**MD (Ayu) Scholar^{1*}, Assistant Professor², Associate Professor and Head³,

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Abstract:

Psoriasis is a non infectious, chronic inflammatory disease of skin characterized by well defined erythematous plaques with silvery scale. They may vary in severity from small and localized patches to complete body coverage. In India prevalence of the psoriasis varies from 0.44-2.88%. In Ayurveda all the skin diseases are described under the term of *Kushtha*. *Ek-Kushtha*, which comes under *Kshudra kushtha* described in *Ayurveda*, can be correlated with the psoriasis due to resemblance of signs and symptoms. There is no satisfactory treatment in modern science for this disease. *Ayurveda* gives good result in treatment of psoriasis (*Ek-Kushtha*) through its basic principles i.e. *Shodhan*, *Shaman*, and *Nidanparivarjana*. In this case report 12 years old girl having reddish, dry, itchy patches over skin with silvery scales spread all over the body consulted to OPD. Patient was admitted in *Kaumarabhritya* IPD and managed with *Pachana*, *Shodhan* (*Virechana*), *Shaman* (internal medications), *Aragvadhadi gana Lepa* was used for external application and *Nidanparivarjana*. PASI scale is used for scoring before and after treatment. After one course of treatment procedure, significant improvement was seen in patient's condition and PASI score.

Keywords: *Ek-Kushtha*, *Lepa*, Psoriasis, *Shaman*, *Shodhan*, *Virechan*.

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Introduction:

Psoriasis is a common chronic, inflammatory, immune-mediated, proliferative, non-contagious skin disease affecting individuals who are genetically predisposed, with environment playing a critical role in the pathogenesis.^[1] In India prevalence of the psoriasis varies from 0.44-2.88%.^[2] Psoriasis is considered a multifactorial or polygenetic disease that is influenced by both genetic and environmental factors such as stress, infection, cigarette smoking, excessive alcohol intake, excess body weight, medications, and even weather and climate can induce or exacerbate psoriasis in many patients.^[3] There is no satisfactory treatment of psoriasis in modern science. In Ayurveda most of the skin disorders can be taken under general term “*Kushtha*”. Psoriasis is correlated with *Ek- Kushtha* which is a type of *Kshudrakushtha* due to resemblances in signs and symptoms.^[4]

In all types *Kushtha*, the basic body components vitiated are called as *Saptakodravayasangraha* i.e. *Tridosha* (*Vata*, *Pitta*, *Kapha*), *Twaka*, *Rakta*, *Maans*, *lasika*^[5-6] In *Ek-kushtha* dominant *Dosha* are *Vata-kapha* and *twacha* is the main *doshadhishtan*.^[7] Clinical features of *Ek-kushtha* mention by *Acharya Charaka* are very much similar to psoriasis *Aswedanam* (Absence of sweating), *Mahavastu* (Extensive localization) and *Matsyashakalopamam* (scaling).^[8]

In modern medical system Topical medication, phototherapy etc. are general treatment used to treat psoriasis, but provide only temporary relief.^[9] When their use is discontinued, remission and exacerbation occur.

Case Report:

A 12 years old female child was admitted in IPD under *Kaumarbhritya* department at All India Institute of Ayurveda for 19 days presenting with reddish, itchy, scaly lesions all over the body for about 2½ years, which started from right side of neck, then lower limbs and back and gradually spread to all over the body. Simultaneously she was suffering from loss of appetite, hypersensitivity to cold and mental stress. Patient had taken allopathic treatment for 2 years from the locality doctor, but didn't get any significant relief. Routine blood investigation was done to rule out any possible associated disorder. There was no past history of any type of addiction.

Ayurved treatment Protocol:

Deepana-Pachana: It was done for digestion of *Ama-Doshas* in the body to facilitate the proper *Shodhana Karma*. *Chitrakadi vati* 125 mg two times with warm water and *Triphala churna* 3 gm two times a day with warm water was prescribed for three days.

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Shodhana: Poorva Karma: Patient was administered *Goghrita* in increasing dose (20ml, 50ml, 70ml, 80ml, 110ml) with luke warm water. *Samyaka snigdha lakshana* were achieved after/on 5th day of *Snehanapana*. During *snehanapana* period patient was advised to take semi liquid diet. After *Snehanapana* for 5 days patient was subjected to *Sarvanga Abhyanga* (whole body massage with sesame oil for 10 minutes) and *petiswedana* for 10mins, for 3 days.

Pradhana Karma: On the 3rd day of *Sarvanga Abhyanga* and *Swedana*, patient was kept nil by mouth. After *Abhyanga-Swedana* patient was given *Trivrita Avleha* 80 gm along with *Munakka* 50 gm for *Virechana Karma*. After that patient had 13 *Virechana Vegas*.

Paschat Karma:

Samsarjana Karma: As patient was undergone 13 *Virechanavegas* (*Madhyama shudhhi*), dietetic and behavioral restriction regimen of 5 days was advised to the patient (Light diet to normal diet).^[10]

Table-1: Shamana Chikitsa- External and Internal medications.

Drug	Dose & duration	Vehicle
<i>Arogyavardhini vati</i>	125mg two times a day	Plain water
<i>Sarivadyasava</i>	10ml two times a day	with equal water
<i>Kaishora gugglu</i>	125mg two times a day	Warm water
<i>Mahamanjishthadi kwatha</i>	10ml two times a day (Empty stomach)	with equal water
<i>Dineshavalyadi kuzhampu</i>	External application	External application
<i>Manibhadra gulam</i>	1 tsf once in a week at night	with equal water
<i>Aragvadhadi gana</i>	Lepa (External application)	External application with <i>takra</i>

Table-2: Relief in subjective Parameter:

Symptoms	BT	AT
Loss of appetite	Poor	Improved
Mental Stress	Positive	Decreased
Hypersensitivity to cold	++	Normal
Itching	++	No itching

Table-3: Relief in Objective parameter PASI (Psoriasis area severity index) SCORE^[11]

Plaque characteristic	Head		Upper Limbs		Trunk		Lower Limbs	
	BT	AT	BT	AT	BT	AT	BT	AT
Erythema	2	0	2	0	2	0	2	0
Indurations/ Thickness	1	0	1	0	1	0	1	0
Scaling	2	0	2	1	2	1	2	1
Lesion Score (A)	5	0	5	1	5	1	5	1
Area Score (B)	5	0	6	2	5	2	6	2
Subtotal (C)= (A X B)	25	0	30	2	25	2	30	2
Body surface area (BSA)	x0.1	x0.1	x0.2	x0.2	x0.3	x0.3	x0.4	x0.4
Totals (C X BSA)	2.5	0	6	0.4	7.5	0.6	12	0.8

Clinical images:




Result and Discussion:

During 19 days of treatment patient had 70-80% symptomatic relief was observed as shown in the images. It combines the assessment of the severity of lesions and the area affected into a single score in the range 0 (no disease) to 72 (maximal disease). The PASI is a measure of the average redness, thickness and scaling of the lesions (each graded on a 0-4 scale), weighted by the area of involvement. It was found that the PASI score was 28 before treatment that became 1.8 after treatment.

In *Ayurveda* all skin diseases are mentioned under the term of *Kushtha*. *Ek-Kushtha* is a type of *Kshudrakushtha*. In all type of *Kushtha* 7 components i.e. *Tridosha* (*Vata*, *Pitta*, *Kapha*), *Twaka*, *Rakt*, *Maams*, *Lasika* collectively called *Saptakodravysangraha* are vitiated. *Vata-Kapha Doshas* are predominant in *Ek-Kushtha*. *Shodhana* is an effective treatment in *Ayurveda* for this

condition as it helps in detoxification of the body by eliminating aggravated *Doshas*. The treatment regime was planned in 3 phases. In initial phase of the management *Deepana-Pachana* was given with *Chitrakadi vati*^[12] to increase the appetite and improve the digestive power of the patient and *Triphala Churna* was given as it acts as mild laxative and *Kapha-Pitta. shamaka*, *Kushthahara* and *deepani* (improves digestion).^[13] *Deepana-Pachana* induced *Ama-Pachana* so that patient can be prepared for second phase (*Shodhana*).

In the second phase (*Shodhana*) the principal of therapy is to expel out the morbid *Doshas* from the body. It acts mainly on the vitiated *Doshas* of Psoriasis (*Ek-Kushtha*) which are predominantly *Vata* and *Kapha*. In *Purvakarma* patient was administered *Goghrita* for 5 days in increasing Doses. *Ghrita* is *Snigdha*, *Guru*,

Sukshma, Agnidipak. It Pacify *Vata Dosha*, reduces Scaling and Dryness. It increases secretion through channels, penetrate the minute channels and spread gradually to whole body. *Swedana* helps in *Srotasa Shodhana* (purification of system). *Virechana Karma* helps to expel out vitiated doshas (especially *Pitta* and *Kapha*) from lower route (i.e. Anus). *Trivrita Avleha* is *Hridhya*^[14], good in taste and *Trivrita* is said to be *Sukhvirechaka* and *Munakka* used as *Virechanopaga dravya*, it is *Madhur* in taste, *Sheeta Veerya*.^[15-17] So they are palatable and good for *Virechana Karma* in children. *Virechana Karma* reduced the itching, dryness, scaling and discoloration, pacification of *Kapha* and *PittaDoshas*.

In the third phase (*Shamana Chikitsa*) Oral medications and External application were used.

1. *Arogyavardhini vati* is *Hridya*, *Deepani*, *Pachani*, balances *Tridoshas*, indicated in *Kushtha*.^[18]
2. *Sarivadayasav* is effective in skindiseases.^[19]
3. *Kaishore guggulu* indicated for chronic diseases and skin diseases like *Kushtha*,

Vrana, Prameha Pidika etc.

4. *Manibhadra Guda* used in the treatment of diseases like *Kushtha*, *Shwitra*, *Kandu*, *Krimi* etc.
5. *MahaManjishtadi Kashayam* is mentioned for 18 types of *Kushtha*.^[20]
6. *Dineshavalyadi kuzhampu* for external application mentioned as *Twaka Doshas haraand Varnaya*.^[23]
7. *Aragvadhadi gana* is *Kapha shamaka*, *Kushtha*, *Kandu hara*, *Vrana shodhana* etc.^[21]

Conclusion:

In this case 70-80% relief in signs and symptoms after *Shodhana* therapy and 80% to 90% relief after oral medications, external applications and *Nidan parivarjana*. So it can be concluded that Ayurveda treatment protocol like *Deepan*, *pachan*, *virechan*, internal medication and local application along with diet modification is found very effective in curing the *Psoriasis (Ek-Kushtha)*.

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