



Case Study

A CASE STUDY ON THE AYURVEDIC APPROACH TO MANAGING PSORIASIS (*EK KUSTHA*)

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ABSTRACT

*Ek-Kushta* is similar to psoriasis. In the present era, this disease remains a matter of serious concern. These symptoms can be compared to *Ek-Kushta*. The digestive fire *Agni* also get *Manda* consuming red meat, non-veg food and drinks are more prone to get skin diseases like psoriasis or many auto immune disorders. The skin disease was referenced in the *Kushta* chapter of *Charaka Samhita*, along with other *Samhitas*, in our classical texts. For this many different *Chikitsas* like *Shodana shaman*, *Virechana* etc are explained in our classics. Here, a traditional *Ayurvedic* regimen was attempted to treat a 20 year old male. **Methods:** *Samshodhana* with *Samshamana* medication are the treatment for all varieties of *Kushta*. In this study, *Virechana* was administered first, followed by *Samshamana* medicine. **Results:** The evaluation of signs and symptoms was conducted prior to the commencement of treatment and subsequently after the completion of treatment. Following 4 weeks of scaling treatment, there was a reduction in the thickness of the skin, which had a sharply defined margin, was indurated, and presented as an erythematous plaque on the scalp, face, chest, abdomen, whole back, upper and lower limbs. Significant improvement in psychological and social behavior, which improved the quality of life of patients. After 4 weeks of treatment, the results of the Positive Auspitz's and candle grease sign were found to be negative. **Conclusion:** *Virechana* and *Samshamana* is effective in the management of *Ek-Kushta* (Psoriasis). After 4 weeks of observation, it appears *Virechana* and *Samshamana* can be used to decrease disease progression.

INTRODUCTION

Everyone always wants to be beautiful. If health is maintained in life, then a person works with confidence in all his works. The skin is largest organ of body. Within Ayurvedic literature, there are five "*Gyanindriyas*" identified as being responsible for "*Sparsha Gyan*", or the perception of touch, which holds a crucial role in both physical and mental health. Psoriasis is a serious skin disease that affects 3.5% of the global population<sup>[1]</sup>. Due to this disease of his skin, the patient is not able to perform his tasks properly. The prevalence of psoriasis in India prevalence from 0.44% to 2.88%<sup>[2]</sup>. Psoriasis, a genetically determined inflammatory skin disorder, affects both males and females equally, regardless of age.

The exact cause of this common condition is still unknown. Typically, psoriasis presents as well-defined raised red swelling patches that tend to localize on extensor surfaces. *Ek-Kushta* (Psoriasis) is noninfectious chronic inflammatory disease of skin characterized by well-defined erythematous plaques with silvery scale which have a preference for extensor surface and scalp and by chronic fluctuating course. The main cause for *Kushta* is vitiated *Tridoshas*, *Dushya*, *Sharira datus* like *Twak*, *Rakta*, *Mamsa*, *Lasika* vitiates and may lead to 7 types of *Kushta* after this. *Kushta* may spread all over the body. *Nidana sevana*, *Pragyaaparadha*, *ahitakara dinacharya*, *Purva janmakruta papa* and *Vegavarodha* may cause *Kushta*. The illness not only affects the patient's physical well-being but also disrupts their mental and social health, as the patient's appearance can be a source of embarrassment. *Ek-Kushta* is the skin disease among the *Kshudra kustha* which has symptoms of *Matsyashakalopam* (scaling), *Aswedana* (absence of perspiration), *Mahavast* (extensive location), *Krishna aruna varna* (erythema), *Kandu* (itching), *Ruksha*

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(dryness), *Daha* (Burning sensation). When examining modern scientific knowledge, this condition is often equated with psoriasis. It is identified by well-defined, red scaly patches, with a predilection for the extensor surfaces of the body. It is an auto immune disorder. This study explores Ayurvedic management of *Ek-Kushta* (Psoriasis).

### Case Report

A male patient aged 20 years, visited OPD No 23 of Patanjali Ayurveda Hospital, Patanjali Yogpeeth Phase-1 Haridwar, Department of Panchakarma, Date 09/02/2024, with following details.

Ward: GW (MW1-Bed-3)

Patient Name: ABC

Age /Sex: 20yr/Male

Reg.No: 06450-2024

DOA 09/02/2024

DOD 19/02/2024

### Chief Complaints

Reddish white irregular dry wide spread patches on face, scaly lesions over both upper and lower limbs, whole back, face, chest and abdomen since 2012. Also, he complains having extreme itching. He had many treatment and has been using steroids.

### Associated Complaints

Loss of appetite since 2 months.

H/O Present Illness

He was apparently normal before 2012 than we gradually developed symptoms like sever itching on chest region. After few month symptoms grow up like patches and itching on face, both hands, chest, abdomen, back side, both legs. He took treatment from local doctor but did not get any relief, then the symptoms got aggravating gradually, along with loss of appetite, condition got worsen so he visited Patanjali Ayurveda Hospital for further management.

### Past History

No/ History DM/HTN

### Family History

NAD

### Personal History

Diet- Non-vegetarian	Appetite- Poor
Bowel- clear	Sleep- Disturbed due to occupational (Driver)

### General Examination

General condition – weak and thin	Icterus- no
Pallor- no	Cyanosis- no
Height- 164 cm	Weight- 58kg
Tem- 97.8 <sup>o</sup> f	Pulse- 78 /min
BP- 120/70 mmhg	R.R- 16/min

### Dashavidha Pariksha

Prakriti- Vata-kaphaj	Vikriti- Vikriti visham Samvaya
Sara- Twaka sara	Samhanana- Avar
Pramana- Madyam	Satmya- Madhyama
Satva- Pravara	Ahar Shakti- Madhyam
Vyayama Shakti- Madhyam	Vaya- Yuvaavstha

### Asthavidha Pariksha

Nadi- Vata kaphaj	Mutra- Samanya
Mala- Alpa, Niram	Jihva- Alipta
Shabda- Samanya	Sparsha- Mridu/Sita
Drik- Samanya	Aakriti- Madhyam

### Systemic Examination

GIT- Soft non-tender	CNS- S1 S2 heard normal	R.S- normal vesicular breathing sound heard
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### Skin Examination

Lesions- Erythematous papules and plaques with white silvery scales

Surface- Dry/Rough

Discharge- Present

Candle grease sign- Present

Auspitz sign- Present

Investigation

Hb: 14.8 g/dl

TLC: 8550/cumm

DLC- Neutrophil: 57%

Lymphocyte: 26%

Eosinophil: 08%

Monocyte 08%

Basophil 01%

ESR (Westergren) 21 mm/1<sup>st</sup> hr.

Plasma Glucose (Random) 91.8 mg/dl

Serum Uric Acid 7.5 mg/dl

Serum Triglyceride 177.0 mg/dl

SGOT 26.9 IU/L

SGPT 28.2 IU/L

### Nidana

Virudha Ahara, Ratri Jagarana, Katu Rasa.

### Samprapti

The *Samprapti* involves seven *Dravyas*, as stated by *Acharya Charaka*. These *Dravyas* encompass the three *Doshas* (*Vata*, *Pita*, *Kapha*) and four *Dushyas*, namely *Twak*, *Rakta*, *Mamsa*, and *Lasika*. *Acharya Charaka* has stressed upon the dual part played by *Nidana* i.e., simultaneous vitiation of *Tridosha* and disturbance of normal configuration i.e., *Shaithiya'* in *Dhatu*. This leads to the final manifestation of *Kushta*.

**Samprapti Ghataka**

<b>Dosha</b> -Vata-Kapha	<b>Dushya</b> - Twakaa, Rakata	<b>Srotas</b> - Rasavaha, Raktavaha, Mamsavaha, Swedavaha
<b>Agni</b> - Mandagnijanya	<b>Udbhavasthana</b> - Amapakvashaya	<b>Sancharsthana</b> - Sira
<b>Adhithana</b> - Twacha, <b>Dushya</b> - Twakaa, Rakta, Mamsa, Lasika	<b>Vyadhimarga</b> - Bahya	<b>Swabhava</b> - Krichsadhya

**Vyavachedakanidana (Differential Diagnosis)**

<i>Ek-Kushta</i>	<i>Kitibha</i>
<i>Aswedanam Mahavastu Matsyashakalopamam</i>	<i>Shyavam Kinakharasparsham Parusham</i>

**Vyadhi Vinischaya:** Ek-Kushta

**Treatment given**

**Classical Virechana**

- Deepana-pachana* with *Panchakola Churna* and *Chitrakadi Vati*
- Snehapana* with *Panchatikta Ghrita*
- Sarvanga abhyanga* with *Divya Kayakalp Taila* and *Sarvanga Vashpasweda*
- Virechana* with *Trivrutlehya 70g + Drakshadi Kashayam 150ml*
- No: of Vegas: 18
- Shuddhi: Madhyam*
- Samsarjana krama* - After *Virechana* for next 7 days.

**Treatment schedule**

Date	Treatment	Medication	Dose	Route	Frequency	Anupan
09/02/2024	<i>Deepana pachana</i>	<i>Chitrakadi Vati</i>	2 Tab	Oral	TDS	Warm water
		<i>Panchkol Churna</i>	2 gm	Oral	TDS	Warm water
10/02/2024	<i>Snehapana</i>	<i>Panchatikta Ghrita</i>	30 ml	Oral	Morning empty stomach	Warm water
11/02/2024		<i>Panchatikta Ghrita</i>	70 ml	Oral	Morning empty stomach	Warm water
12/02/2024		<i>Panchatikta Ghrita</i>	110 ml	Oral	Morning empty stomach	Warm water
13/02/2024		<i>Panchatikta Ghrita</i>	140 ml	Oral	Morning empty stomach	Warm water
14/02/2024		<i>Panchatikta Ghrita</i>	160 ml	Oral	Morning empty stomach	Warm water
15/02/2024		<i>Sarvanga abhyanga, Vashpasweda</i>	<i>Kayakalp Taila</i>		External	Morning
16/02/2024						
17/02/2024						
18/02/2024	<i>Virechana</i>	<i>Trivrutlehya</i>	70 gm	Oral	Morning empty stomach	Warm water

**a) Shamanaoushadhis**

- Divya Kayakalp Kwath 100ml BD*
- Divya Sarvakalp Kwath 100ml OD*
- Divya Mahamanjithadi Kwath 100 ml OD*
- Divya Psorogrit 2 tab TDS*
- Divya Immunogtrit 1 tab BD*
- Divya Neem Ghan Vati 1 tab BD*
- Divya Kayakalp Advance Taila 100ml for local application*

**RESULTS**

Signs and symptoms	Before treatment	After treatment
<i>Matsyashaklopamam</i> (Scaling)	Present	Absent
<i>Mandala</i> (Erythema)	Present	Absent
<i>Kandu</i> (Itching)	Present	Absent
<i>Bahalatva</i> (Epidermal Thickening)	Present	Absent
<i>Aswedana</i> (Anhydrosis)	Present	Reduce
<i>Ruksha</i> (Dryness)	Present	Absent





## DISCUSSION

Ayurvedic philosophy categorizes psoriasis as a *Raktaja* condition caused by the vitiation of *Doshas*. Proper attention to pre-procedure, procedure, and post-procedure care is vital for maximizing the effectiveness of *Virechana Karma* in managing psoriasis. One of the treatment approaches for this condition is *Virechana Karma*. The *Dosha* is found in *Twak*. To restore the disrupted *Agni* to its normal state, it is essential to administer *Deepana* and *Pachana* medicine before *Snehapana*. *Arohana Snehapana* is usually administered for a maximum of seven days or until *Samyak Snigdha Lakshana* is achieved. The gradual increase in dosage of *Sneha* aids in disrupting the pathogenesis of psoriasis by loosening the connection between *Dosha* and *Dushya*.

*Panchatikta Ghrita* was utilized for the purpose of *Snehapana*. The constituents of *Panchatikta Ghrita* comprise of *Triphala*, *Guduchi*, *Patola*, *Nimba*, and *Patola*. This medication encompasses the qualities of *Ushna*, *Tikshna*, *Vyavayi*, *Vikasi*, *Katu*, *Tiktarasatmaka*, and *Katu Vipaka*. The predominant effects of these medications were attributed to the *Deepana*, *Pachana*, *Amapachaka*, *Shrotoshodhaka*, *Raktaprasadhana*, *Raktashodhaka*, *Kandughna*, *Kushthaghna*, and *Varnya* modes of action. Furthermore, it provided relief for the symptoms associated with aggravated *Vata* and *Kapha Doshas*, such as pruritus, pigmentation abnormalities, and dryness.

*Trivrit Avleha* was utilized in the practice of *Virechana Yoga*. The main ingredient in this formulation is *Trivrit*, which falls under various categories such as "ten purgative herbs" (*Bhedaniya Mahakashaya*), "ten antidote herbs" (*Vishaghna Mahakashaya*), "ten herbs supportive for therapeutic enema" (*Ashthapanopaga Mahakashaya*), and "colon cleanser, antitumor & antidote herbs" (*Shyamadi Gana*). *Adhobhagahara Gana* is classified as a group of "herbs removing toxins (i.e., vitiated *Dosha*) from the lower half of the body.

The therapeutic purgation brought about by *Virechana* medications is due to their potent *Prabhava*. These medications can help induce purgation because they naturally move downward, influenced by the dominance of *Jala* and *Prithvi Mahabhuta*. Waste products can be directed to the intestines to maintain homogeneity and then eliminated from the body through intestinal action induced by the *Virechana* drug. This process can occur wherever waste products are present in the body, whether extracellular, intracellular, or in plasma. The active ingredients in the medication will activate the mucosal membrane, temporarily altering its normal permeability, allowing morbid pollutants transported from cellular to gut levels via *Snehana* and *Swedana Karma* to be excreted through the anal pathway.

### **Divya Kayakalp Kwath**<sup>[3]</sup>

Patanjali Ayurved Limited produces the exclusive Ayurvedic medicine known as Patanjali Divya Kayakalp Kwath Powder. This product is highly beneficial for treating various skin ailments.

#### **Benefits of Divya Kayakalp Kwath**

It improves skin radiance. It cleanses the stomach, enhances skin health, and provides relief for skin conditions such as eczema, cancer, and leprosy. It aids in healing wounds, alleviating skin irritation, and restoring the skin's natural pigmentation.

### **Divya Sarvakalp Kwath**<sup>[4]</sup>

Patanjali Ayurved Limited produces the exclusive Ayurvedic medicine known as Patanjali Divya Sarvakalp Kwath Powder. This medication is used for treating indigestion, appetite loss, jaundice, and similar ailments.

**Indications of Divya Sarvakalp Kwath:** Jaundice, edema, skin diseases, indigestion, chronic stages of hepatitis b and c, hepato-toxicity.

### **Divya Mahamanjisthadi Kwath**<sup>[5]</sup>

It is utilized for the management of skin conditions, gout, syphilis, and non-healing wounds. Additionally, it is employed in the treatment of eczema, obesity, hypercholesterolemia, and eye disorders.

### **Divya Psorogrit**<sup>[6]</sup>

Decreases skin rashes and dryness, regulates blood pressure, assists in managing psoriasis, enhances strength and energy levels.

### **Divya Immunogrit**<sup>[7]</sup>

Beneficial for the immune system, helps maintain sugar levels in the body, contains anti-inflammatory ingredients.

### **Divya Neem Ghan Vati**<sup>[8]</sup>

**Indications-** Fungal infections, acne, diabetes, skin disorders.

### **Divya Kayakalp Advance Taila**<sup>[9]</sup>

*Kayakalp Taila* soothes itchiness and discomfort and nourishes skin with care. The antiseptic properties of *Kayakalp Taila* make it a powerful solution for eliminating herpes-causing viruses, moisturizing the skin to heal dryness-induced cracks on hands and feet, and addressing skin conditions such as psoriasis, pigmentation, and scars left by skin diseases. This body oil is widely recognized as our most popular and effective product.

## CONCLUSION

Psoriasis is primarily characterized by an abnormality in keratinization. In psoriatic lesions, the main concern is the accelerated turnover of the epidermis, taking only 3-4 days instead of the typical 28 days in normal skin. Scientific findings indicate that biological mechanisms, such as hormones and the

immune system, cooperate in tandem. The heightened presence of arachidonic acid metabolites in the skin of individuals with psoriasis is connected to the noticeable clinical modifications. The treatment of psoriasis in Ayurveda involves *Shodhana* and *Shamana* therapies. *Virechana Karma* is often advised for psoriasis treatment as it targets the root causes of *Pitta*, *Rakta*, *Agni*, and *Twak*. For instance, symptoms improved by 80% with *Shodhana* therapy and by 90% after one month of oral medication.

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