



Case Study

EFFECT OF SHODHAN KARMA IN PSORIASIS (EKAKUSHTHA)

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ABSTRACT

In *Ayurveda* all skin diseases have been described under *Kustha*. As per Charak samhita Chikitsasthana 7 Psoriasis observed to have same signs and symptoms, so correlated with *Ekakushtha*. Psoriasis seemingly emerged from Greek word 'Psora' means 'itch'. Psoriasis is a non infectious chronic relapsing inflammatory skin disease having unknown etiology, characterized by well defined dry scaly erythematous patches with itching and covered with adherent silvery white scales.

Panchkarma (Shodhana) is an Ayurvedic detox for Psoriasis which is complete cleansing and rejuvenating therapy for body mind and consciousness. *Panchkarma (Shodhan)* i.e. body detoxification is first step towards Psoriasis healing, unless the toxins are eliminated and body is cleansed healing process doesn't begin.

The present study was conducted on a 23 year old male having signs & symptoms of Psoriasis was selected & *Pachan* was done by *Triphala*, *Musta*, *Sunthi* followed by *Snehapan* with *Panchtiktaguggulu Ghrita* & then *Virechan* given with *Haritaki churna*, *Katuki churna*. It is found that *Sodhan Karma* in Psoriasis in terms of upper & lower limb scaling especially. External application also play a great role in treating psoriasis but its effective rate is higher if done after the *Sodhan* of the body. The present article reviews the concept of Psoriasis in *Ayurveda* and role of *Shodhan* in management of Psoriasis.

KEYWORDS: *Psoriasis, Ekakushtha, Shodhan Karma.*

INTRODUCTION

Word *Kushtha* means a pathological condition which despises the skin. Skin is an important organ of communication with the external world. It is one of the five *Gyanendriyas* which responsible for *Sparsha Gyan* or touch sensation. Majority of the dermatological disorders have been described under the umbrella of *Kushtha*.^[1]

Psoriasis (*Ekakushtha*) is one of the most common dermatologic disease, affecting up to 1 to 2 percent of the world's population equally men and women. It is chronic relapsing disease of unknown etiology characterized by sharply defined dry scaling erythematous patches, covered with adherent silvery white scales. Psoriasis can be considered as one type of *Kushtha*. In *Ayurveda*, almost all skin disease can be taken under generalized term "*Kushtha*". Apart from 18 types of *Kushtha* (Ch.Ch.7/13), Psoriasis can be considered as *Ekakushtha*. *Kushtha* is produced invariably by the vitiation of the seven factors i.e. 3 *Doshas* and 4 *Dushyas* (Ch.Ch.7/9), specific manifestation of symptoms are produced in the way of different types of pain, colour, shape etc. Psoriasis is correlated with *Kitibha*, *Sidhma*, *Ekakushtha* etc. by

different research workers but the clinical feature of *Ekakushtha* mentioned by *Charaka Chikitsa* (7/21) are very much similar with the Psoriasis. (*Ekakushtha*) which are as follows:

1) *Aswedanam*

The lesions of this disease are dry and rough.

2) *Mahavastum*

Lesions are found all over the body.

3) *Matsyashakalopama*

Well defined raised macules, papules and plaques of erythema found which are covered with silvery scales.

4) *Krishna -Aruna Varna*

The lesions are raised and erythematous, thick lesion becomes black in colour. So here we are going to see the effect of *Sodhan* in psoriasis.

Literature Study

The word '*Kushtha*' is a broad term which includes almost all skin disorders. Commentator Arundatta mentioned that *Kushtha* is the one which causes vitiation as well as discoloration of the skin. *Ekakushtha* among one of the *Kshudra Kushtha* has a

close resemblance with psoriasis due to its maximum similarity in symptoms. Bhavaprakasha also mentions that because it is the prime among the *Kshudra Kushtha*, thus it is called *Ekakushtha*. "*Kshudrakushtha Mukhyatvata Ekakushtamiti*".

To confirm scientific validity of the Ayurvedic management especially *Panchakarma*, number of clinical studies have been carried out by P.G Scholars, scientists of different faculty of sciences.

Chetan M Gulhana (2011)^[2]: The clinical trial has been carried out in 16 patients in Group A *Takradhara*, 17 patients in Group B *Virechana*. In group A, *Bahalatava* (epidermal thickening), *Srava* (discharge) showed significant result $P < 0.01$, while other showed highly significant $P < 0.001$ result. In Group B *Bahalatava* (epidermal thickening), *Kandu* (itching) showed significant result $P < 0.01$, while other symptoms showed highly significant $P < 0.001$

Jaimin R Patel (2010)^[3]: The clinical trial has been carried out in 15 patients in both Group A and Group B. In group A *Vaman* has been given with *Madanphala*, relief was 34.61% in *Kandu*, 27.77% in *Matsyashakalopam*, 26.83% in *Krisnavarna*, 7.69% in *Rukshata* and $P < 0.001$. In Group B, *Vaman* has been carried out with *Krutavedhana*, relief was 50 % in *Kandu*, 40.74% in *Matsyashakalopam*, 30% *Rukshata*, 20.69% in *Krisna Aruna Varna*, 3.57% in *Aswedanam* and $P < 0.001$.

MATERIAL AND METHOD

Psoriasis is one of the most common dermatologic diseases and still stands as a challenge to different medical systems. Many research works have been done on psoriasis in *Ayurveda* and modern medical science but no drug has yet been claimed to cure psoriasis completely. Psoriasis can be better managed by the Ayurvedic principles of management namely:

1. *Nidana Parivarjana*
2. *Shodhana* (*Panchakarma* therapy)
3. *Shamana Chikitsa*

1. *Nidana Parivarjana*

This means avoidance of etiological factors like *Mithya Ahara-Vihara* & *Viruddha Ahara*.

Nidana Parivarjana stops the further progression of the disease, by restricting vitiation of *Doshas*.

Hence main objective of treatment is to improve metabolic activities in *Dhatu* level, to rectify *Srotoavrodha* and to provide nourishment to depleted *Dhatu*s.

2. *Panchakarma Chikitsa*

As *Ekakushtha* is chronic & relapsing in nature and also there is an involvement of *Tridosha* & *Twaka, Rakta, Mamsa, Lasika* & *Kleda*, hence repeated *Shodhana* is required for treatment.

Samshodhan is one of the important treatment of *Ayurveda* which deals mainly with elimination of aggravated *Doshas* from the body. These *Doshas* (toxins and waste material) should be eliminated naturally as well as nearest root of the body. Role of *Virechan Karma* in *Psoriasis*.^[2] *Acharya Charaka* has indicated *Samshodhana Karma* in treatment of *Bahudosh*. Among them signs and symptoms like *Pidka, Kotha, Kandu, Shleshmapitta Samutklesha, Balvarna Pranaasha* are clearly indicative of skin manifestations.^[3] *Acharya Susruta* has suggested *Samshodhan* in *Purvarupavastha of Kushtha*. He also described *Samshodhana* as a line of treatment of *Twagagata, Raktagata, Mamasagata Kushtha*.

Case report

A 23 yr old male patient came to the *Kayachikitsa* OPD of a clinic presented with C/O Reddish silvery plaque over upper and lower limb, abdomen, chest and back (since 2 months).

- Thick scaly, itchy lesions on both extremities, chest, abdomen, and back (since 2 month).
- Burning all over body (since 1month)
- Loss of appetite (since 5 days) Patient had taken allopathic treatment before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient was farmer by occupation, Patient did not have history of any other major illness.

On examination

General condition -moderate, afebrile, Pulse Rate-80/min, regular, patient had H/O Psoriasis since 1 years no pallor, icterus was present. Routine investigation such as Complete Blood Count, Random Blood sugar and Urine Routine and Microscopic were in normal range. As per *Ayurvedic* text the symptoms of *Ekakushtha* are: *Aswedanam Mahavastu Matsyashakalopamam*.

Diagnosis : *Ekakushtha* (Psoriasis)

Treatment given

So *Shodhan Chikitsa* with *Lepan yoga* showed good result in this case study.

1. *Rukshan/ Pachan*: with *Triphala* (combination of *Terminalia chebula, Emblica officinalis* and *Terminalia bellirica*), *Musta* (*Cyperus rotundus*) and *Shunthi* (*Zingiber officinale*) *Kwatha* (Decoction) given 40 ml BID before meal for 3days. *Kwatha* was prepared as per procedure mentioned in *Sharangdhar Samhita*.
2. *Snehapan* with *Panchatikta Ghrita* given in morning at 7:00 am for 5days with increasing quantity of *Panchatikta Ghrita* every day, *Anupan - KoshnaJal* (Luke warm water).

Day first 30 ml *Ghrita*

Day second 60 ml *Ghrita*

Day third 90 ml *Ghrita*

Day fourth 120ml *Ghrita*

Day fifth 150 ml *Ghrita*

After 5days *Samyak Snehan* lakshanas were seen. Then 2 days *Sarvang Snehan*, *Swedana* was given on day 3rd *Virechana* was given.

3.Virechan:

Haritaki Churna (*Terminalia chebula*) (10 gm) + *Kutaki Churna* (*Picrorhiza kurrora*) (5gm)+ *Aragwadha kapila vati* (combination of *Cassia fistula*, *Mucuna Pruriens*) [Nashik Seva Sangha pharma] (2gm) + castor (*Ricinus communis*) oil (20ml).

First 60 ml *Kwatha* (decoction) of *Haritaki Churna* and *Kutaki Churna* was prepared as per procedure of *Kwatha* mentioned in *Sharandhar Samhita*. Then fine powder of *Aragwadha Kapila Vati* (Nashik Seva Sangh pharma) was made and it was added to *Kwatha*, 20 ml of Castor Oil was added to it. This preparation was given orally to patient at 9:30 am in the morning after *Snehana* and *Swedana*. After one and half hour *Virechana Vega* (Loose Motion) was started. Eight *Virechana Vega* (Loose Motion passed) in 12 hours. Pulse Rate and Blood Pressure after *Virechana* were within normal limit.

Sansarjan Kram (rules about diet after *Shodhan Chikitsa*) advised for 3 days.

External application

Kushtha, being exhibited through the skin, external applications are also advocated. For the external application, drug should be applied after elimination of the *Doshas* from the body by *Shodhana Karma* and *Raktamokshana*. Various forms of local application are prescribed like *Udvardana*, *Pralepa*, *Parisheka*, *Abhyanga*, etc. *Kshara Karma* and *Agada Karma* are also prescribed in special condition of *Kushtha*. External application should ideally be applied to the patient of *Kushthah* as satisfactorily undergone the purificatory procedure and whose vitiated blood is removed from the lesions. *Susruta* has suggested external application of *Kushthagha* drugs as *Shodhan lepa* for the management of

Twaggata Samprapti. The mechanism of action of each drug is probably different but they all help to normalize skin cell proliferation and reduce inflammation. *Katu*, *Tikta*, *Kashaya Rasa* -*Kapha Shamak* reduces *Kandu*. *Laghu Snigdha Guna* reduces scaling. *Ushna Virya* which increase *Svedana* by *Vata Kapha Nashak Dravya*, *Rakta Shodhak*, immunomodulator, *Kushtha Kandu Nashak* property.



Before & After Treatment Of Psoriasis Image

CONCLUSION

So here after giving the treatment a significant effect is seen in the symptoms (itching, burning, scaly lesions etc) of Psoriasis.

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