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A study on the role of *Patolkaturohni Kashyam*, *Ayyappalakera Tailam* and diet in the management of *Eka Kustha* (Plaque Psoriasis)

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ABSTRACT

Skin disease is one among *Deerghkalinyadhi* (Chronic disease) and also one of the *Astha Mahagada* (Eight dreadful diseases). The disease psoriasis comes under the *Kustha Roga*. Psoriasis is one of the most common dermatologic disorders and a chronic skin disorder of present day. Almost all the skin disease is explained under *Kushta Rogadhikara* (skin disease) and classified as *Maha Kushta* and *Kshudra Kushta* (Major and Minor skin disease). *Acharya* have described that all *Kushta's* have *Tri Dosh* (three energies) involvement but the type of *Kushta* depends on the predominance of particular *Doshas*. The signs and symptoms of *Eka-Kushta* (psoriasis) in Ayurveda are similar to that of psoriasis explained in modern medicines. Psoriasis is marked by periodic flare-ups of sharply defined red patches, covered by a silvery, flaky surface. *Aswedana* (Absence of perspiration), *Mahavastu* (Present all over body), *Masty* *Shakalopama* (Look like a fish scale) is the feature mentioned by *Acharyas* for *Eka-Kushta*. In Psoriasis relapsing nature is most common, which suggests that it needs long term treatment. In modern there is no such treatment for psoriasis. As *Patolkaturohinyadi Kashaya* is having *Kusthghna*, *Raktashodhak* and *Kapha-Pitta Shamak* property, and *Ayyappalakera Tailam* is having *Kapha-Pitta Shamak* property so, *Eka Kustha* should be managed by using *Patolkaturohinyadi Kashaya* and *Ayyappalakera Tailam* with diet successfully. This study will evaluate the role of *Patolkaturohinyadi Kashaya*, *Ayyappalakera Tailam* and diet in pacifying the symptom of *Eka Kustha* and its management

Key words: *Eka Kustha*, *Psoriasis*, *Patolkaturohinyadi Kashaya*, *Ayyappalakera Tailam*, *diet*

INTRODUCTION

In Ayurveda, almost all the skin diseases are described under *Kustha Rogadhikara*.^[1] There are seven *Maha Kustha* (major variety of skin disorders) and eleven

Kshudra Kustha (minor variety of skin disorders).^[2] *Eka Kustha* is one among all varieties of *Kustha*, and it is main among the eleven *Kshudra Kustha*, which is characterized by *Aswedanam* (dryness), *Mahavastu* (which covers entire body), and *Matsyashakalawat Twacha* (skin resembles scales of fish), which means *Kustha*. It is painless, which does not sweat, also extensively spreads over wide area, and resembles fish scale, also in this, the skin becomes black and pink colour. *Acharya Bhavaprakasha* describes that the lesions of *Eka-Kustha* are *Chakrakara* (circular) and *Abhrakapatrasama*, that is, silvery scales such as mica.^[3]

These features of *Eka-Kustha* are similar to that of psoriasis explained in modern medicines, *Aswedana*, which means dry and rough lesions, *Mahavastu*,

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which covers the entire body, *Matsyashakalawat* is well demarcated raised patches with large silvery loose scaling (skin resembles scales of fish), and *Krishna-Aruna Varnata* (blackish in colour). As per *Acharya Charak*, the vitiation of *Tri Dosha* along with *Twak* (skin), *Mamsa* (muscular tissue), *Rakta* (blood), and *Lasika* (fluid and lymph) have major role in the pathogenesis of *Kustha*.^[4] Psoriasis (suh-rye-ah-sis) is a condition that causes the body to make new skin cells in days rather than weeks. As these cells pile up on the surface of the skin, you may see thick, scaly patches.

Plaques can appear anywhere on the skin, but you're most likely to find them on the:

- Knees
- Elbows
- Lower back
- Scalp

Plaques tend to vary in size. They may appear on the skin as a single patch or join together to cover a large area of skin. No matter the size, plaques tend to be itchy. Without treatment, the itch can become intense. Some people notice that their skin stings, burns, or feels painful and tight.^[5]

Present History

All the 10 Patients were having complaint of small red blisters like lesion over the scalp and it, gradually increased and spread all over the abdomen, chest, back region and both upper limbs along with itching. Almost all the patients took allopathic medications for above complaints, but they did not get satisfactory relief, so, they came to our hospital for further treatment.

MATERIALS AND METHODS

The present study was done at Shiv Shakti Ayurvedic Medical College, Punjab. The study was done on 10 patients residing locally. The duration of study was 3 months. During the study *Patolakaturohinyadi Kashaya* was given orally with the local application of,

Ayyappalakera oil. A proper diet regimen was also followed during the study.

Follow up: Every 15 days

Clinical findings

The patient presented with erythematous plaques on the anterior surface of the shin bone, forehead, and neck region. The affected skin was found with a variable shade of red colour and the surface covered with large silvery scales. The patients were suffering from itching and burning all over the body. At the time of the case presentation, the Auspitz sign and Koebner phenomenon found positive. No signs of psoriatic arthritis and nail bed psoriasis were found

Diagnostic Assessment

All routine blood tests were within a normal range. The patients were not ready for tissue biopsy due to unaffordable cost. Therefore, based on clinical presentation, distribution of the skin damage, and positive Auspitz sign, the case diagnosis was confirmed as plaque psoriasis.

Therapeutic interventions

All oral and topical modern medications were stopped. In these cases, the involvement of *Pitta* and *Kapha Dosha* was ascertained by observing the clinical presentation such as *Daha* (burning sensation), *Kandu* (itching), *Raktavarnata* (redness), and the nature of skin lesions. Vitiating *Pitta* and *Kapha Dosha* was found involved in the pathological progress.

List of internal and external medications with dose, adjuvant, and duration.

SN	Formulation	Dose, frequency and time	Adjuvant	Duration
1.	<i>Patolakaturohinyadi Kashaya</i>	20 ml of <i>Kashaya</i> , twice daily on an empty stomach	50 ml of lukewarm water	3 months
2.	<i>Ayyappalakera</i> oil	Twice a day, Topical application	-	3 months

3.	Strict dietary plan	Restricted use of salt, sour food items, curd, old butter, milk and sweet products, meat and fish, overeating etc.	-	During the treatment and their after
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Drug Review

Key Ingredients of *Patolakaturohinyadi Kashayam*

- *Patola (Trichosanthes dioica)* - 1 Part
- *Katurohini (Katuka) (Picrorrhiza kurroa)* - 1 Part
- *Chandana (Santalum album)* - 1 Part
- *Madhusrava (Marsdenia tenacissima)* 1 Part
- *Guduchi (Tinospora cordifolia)* - 1 Part
- *Patha (Cyclea peltate)* - 1 Part

MODE OF ACTION

Mode of action of *Patolkaturohinyadi Kashaya on Eka Kushta*

Drug is determined for the use in the diagnosis, treatment and prevention of disease. Drug plays an important role in management of any disease. Drug is defined as any agent that provide nutritional support and their pharmacological action are evidence by the change in the function of the different organ of the body. *Eka Kushta* is *Kapha Pradhan* disease. *Patol, Katak, Chandana, and Patha* have *Kapha-Pitta Shamak* property. *Murva* and *Guduchi* have *Tridoshshamak* property. So, *Eka Kushta* should be managed by using *Patolkaturohinyadi Kashaya* successfully.

Management of *Eka Kushta*

In Ayurveda, *Chikitsa* of *Eka Kushta* has been defined as '*Samprapti Vighatan Chikitsa*'. First step of management of *Ekha Kushta* is "*Nidana Parivarjan*". *Patolkaturohinyadi Kashaya (Ashtanga Hrdayam Su. 15/15)* used in *Eka Kushta* with different *Rasa, Guna, Virya, Vipaka* etc. According to Ayurveda, the liver is

an important organ for the normal functioning of *Pitta Dosh* and *Raktadhatu*. It improves appetite and aids in digestion due to *Amapachna* and *Agnivardhana* properties.^[6]

Pharmacodynamic property of *Patolkaturohinyadi Kashaya*

Na me	Latin Name	Ras a	Gun a	Vir ya	Vip aka	Dosha Karma	Us ed Part	Qua ntity
<i>Patola</i>	<i>Trichosanthes dioica</i>	Tikt a	Laghu	Us hna	Katu	Kapha pittahara	Whole plant	1 Part
<i>Katurohini</i>	<i>Picrorrhiza kurroa</i>	Tikt a	Laghu	Sh eeta	Katu	Kapha pittahara	Root	1 Part
<i>Chandana</i>	<i>Santalum album</i>	Madhu r, Tikt a	Laghu Katu	Sh eeta	Katu	Kapha pittahara	Kandasa r	1 Part
<i>Murva</i>	<i>Chonemorpha macrophylla</i>	Madhu r, Tikt a	Guru	Sh eeta	Madhu ra	Tridosh ahar	Root	1 Part
<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Tikt a, Katu, Kas hay	Laghu	Us hna	Madhu ra	Tridosh ahar	Stem/ Root/ Leave	1 Part
<i>Patha</i>	<i>Cissampelos pariera</i>	Tikt a	Laghu, Teek shana	Us hna	Katu	Kapha pittahara	Root	1 Part

Ayyappalakera Keratailam

Ayyappalakera Keratailam is an herbal Ayurvedic oil which is useful for the skin and scalp disorders. This oil is applied topically on the affected skin areas,

Ayyappalakera Tailam is prepared from coconut oil, *Indrajau* and *Neem*. The main ingredients of this oil is *Sweet Indrajao (Wrightia tinctoria)*. *Wrightia tinctoria* has an astringent, antibacterial and antidandruff activities and is useful in treating skin and scalp disorders.^[7]

Ingredients of *Ayyappalakera Keratailam*

- *Keratailam (Cocos nucifera)*
- *Indarjou (Wrightia tinctoria)*
- *Neem (Azadirachta Indica)*

When healing skin disorders *Pitta* is almost always the first *Dosha* to balance, especially when it comes to conditions with inflammation and infection. Coconut oil, the base for this *Tailam*, is cooling for the inside and outside of the body. It is used widely in other natural medicine traditions as well, and has even come into mainstream attention. Coconut oil has saturated fats that keep the skin moist when used externally as well as internally in cooking. Lauric acid, capric acid and caprylic acid are present in coconut oil that have strong disinfectant and microbial properties, hence its ability to heal and prevent fungal skin problems and infections.

- The next ingredient in this *Thailam* is *Svetakutaja*, also known as *Wrightia tinctoria*. It is a deciduous tree native to India and Burma. The leaves, seeds and bark are often used in preparations. This use of *Svetakutaja* is *Tri Doshic* and specifically is used to relieve fever, stomach ache, psoriasis, dermatitis and dandruff.
- *Neem* is the third and last ingredient in this *Tailam*. It is also known as *Nimba* or *Azadirachta indica*. It is the first plant mentioned in the Siddha system of medicine, which is believed to be around 10,000 years old. Back then and in more recent times it has been used in various remedies to heal skin diseases, ulcers, bleeding gums and hair loss, just to name a few. This is because of its antibacterial, antioxidant, antiviral, anti-inflammatory and anti-carcinogenic properties. It also strengthens the immune system.

- Overall *Ayyappala Coconut Skin Oil* has these three powerhouse ingredients that are *Tri Doshic* along and together are especially *Pitta* and *Kapha* pacifying. The more severe the condition, the more often this oil should be used for *Abhyanga*. For *Pitta* and *Vata* type people, leave the oil on for one hour. For *Kapha* people, leave it on for half an hour.

The promising outcomes in the present case are a combined effect of all the Ayurveda medicines, *Pathya Sevana* (a strict diet plan), and regular follow-ups by the patient.

Outcome of the study

The outcome of study was very much satisfactory. Patients got a noticeable relief from symptoms like as *Daha* (burning sensation), *Kandu* (itching), and *Raktavarnata* (redness). All most 100% patients were satisfied from the present study and ready to continue the same. 50% of the patients got relief from itching with in the first follow-up and rest 50% almost got relief within 1 month. 20% of the patients *Raktavarnata* decrease within 1 month of the study and rest 80% at the end of the study (3 months). 70% of the patients felt a notable relief from burning sensation within 10 days of treatment. Symptoms like scaling also decreased to 50% within the end of study.

Do's and don'ts^[8-10]

Classes of diets	Do's	Don'ts
Cereals	Old barley, wheat, rice of <i>Shali, Uddalaka, Shyamaka</i> , light cereal	Newly originatd cereals
Pulses	Kidney beans, pigeon pea, lentil	<i>Kulthi</i> , sesame, black gram
Vegetables	Twins of cane, <i>Patol</i> , makoi, leaves of <i>Nimbi</i> , leaves of <i>chakramard</i> , bittergourd	Beans (sem)
Fleashes	Fat free meat of animals & birds	Meat of aquatic animals & birds

Greens	Aniseed	Reddish, <i>Jambiri</i> lemon
Fruits	Kateri, cucumber, Ripened palm	Kaitha, Kamrakha
Water	Pure/Boiled water	Water of <i>Vindhyachal</i> river.
Milk & its Products	<i>Ghrita</i> medicated with bitter herbs	Curd, milk
Sugarcane & its product	Honey	Jaggery, Molasses, Khand
Regimens	Anointment Bath with <i>Khadir</i> water	Sudation, engaged in sin
Adjuvants of food	Sesame oil, mustard oil, hingu oil, urine of cow, camel.	Incompatible diets (Fish & milk), Meal on Irregular time. Hardly digestible meal, salts.

CONCLUSION

In the present case, the treatment protocol was adopted as per *Ayurvedic Samprapti* and the treatment response was observed much earlier as compared to previous allopathic treatment. No recurrence was reported after the end of active treatment. The importance of a wholesome diet as a health promoter is also revalidated. The external and internal medications of Ayurveda help to correct the complex patho-physiology of psoriasis like chronic diseases. Altogether, multimodal Ayurveda treatment led to speedy and substantial recovery from chronic cases of psoriasis.

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