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Ayurvedic management of *Ekkushtha* w.s.r. to Psoriasis - A Case Study

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ABSTRACT

The body's health and disease are reflected in the largest organ, the skin. All skin conditions are grouped under the *Kushtha Roga* category in the old *Ayurvedic Samhitas*. The skin has more cosmetic significance in today's society, which helps people feel more confident and like themselves while also cultivating a positive outlook. A persistent, non-infectious inflammatory skin condition known as psoriasis is characterized by well-defined erythematous plaques with a silvery scale. The main causes of the disease's worsening include psychological stress, physical injury, and gut dysbiosis. The patient experiences distress due to any change in skin tone on a mental and physical level. Daily activities are hampered by the patient's papulo - squamous skin lesion's scaling and itching, which is brought on by the autoimmune disease psoriasis. Due to how frequently it manifests, the disease has remained a serious problem. For this illness, there is no known cure. Although it offers symptomatic relief, modern medicine frequently has adverse long-term effects.

Key words: Psoriasis, Ayurveda, Kushtha, Ek Kushtha, Pathya, Apathya.

INTRODUCTION

Psoriasis is a persistent, inflammatory, immune-mediated skin disorder. All *Kushtha* Disorder are thought to be *Tridosha*-afflicted, according to the *Samhita*, but the kind of *Kushtha* varies depending on how much of a particular *Dosha* is present. a prevalent dermatological illness that affects both men and women equally. Although the exact cause of psoriasis is unknown, environmental, and genetic factors, including dietary and lifestyle modifications, are thought to play a role. Numerous factors are thought

to aggravate psoriasis flare-ups. The key factors that contribute to the condition getting worse include intestinal dysbiosis, physical damage, and emotional stress. In *Ayurveda*, every skin disease is covered under the section "*Kushtha*." Psoriasis and "*Eka Kushtha Kushtha*" can be compared because their symptoms are so similar. Itching, scaling, and skin discoloration, are often known as erythema.

General Information of the Patient

Name - XYZ

Age - 30

Sex - Male

Religion - Hindu

Education - P.G.

Marital Status - Unmarried

Socio – economic status - M.I.G.

Address - Raipur

Occupation - Private Teacher

Type of living - Single

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Habitation - Rural

Treatment History

Specific therapy undertaken - Yes

Drug History - Patient taken allopathy T/t

Dashvidha Pariksha

Prakriti - Vata Kapha

Vikriti - Dushya - VPK Pitta Pradhan

Sara - Meda Sara

Samhanana - Madhyam

Pramana - Madhya

Satmya - Pravara

Satva - Madhyama

Ahara Shakti - Madhyam

Vyayam Shakti - Avara

Vaya - Madhyam

Ashtavidha Pariksha

Nadi (Pulse) - Vata Kapha

Mutra (Urine) - Pandur 2-3/Day, 0-1/Night

Mala (Stool) - Badda Samanya Mal Gandhi

Jivha (Tounge) - White Coated

Shabda (Voice) - Clear

Sparsh (Skin) - Sheet

Drika (Eye) - Normal

Akriti (General Appearance) - Normal

General Examination

Pulse rate - 72/min

BP - 120/80 mm/Hg

Temp - 98.6°F

R/R - 18/min.

Conjunctiva - Clear

Nails - NAD

Tongue - White coated

Oedema in leg - Nil

Systemic Examinations

- *Pranvaha Srotas* (Respiratory system) - Both Lungs Clear
- *Annavaha Srotas* (Gastro-intestinal System) - Not Any Deformity
- *Rasvah Srotas* (Lymphatic System) - Not Any Deformity
- *Raktavah Srotas* (Cardiovascular System) - S1 S2 Audiable
- *Mutravaha Srotas* (Renal System) - Not Any Deformity
- *Purishvah Srotas* (Anorectal System) - Not Any Deformity

MATERIALS AND METHODS

A clinical case study at Shree Khudad Dungaji Govt. Ayurvedic Hospital, Kayachikitsa Departmental OPD. *Shamana Aushadhi* and *Sthanika Chikitsa* was administered to the patient having signs and symptoms of *Eka Kushtha*.

Treatment Protocol

A. *Nidana Parivarjan*

Any dietary practices or elements that could vitiate *Doshas* and cause symptoms were strongly forbidden for the patient.

The patient was told to refrain from eating things like *Guru*, *Viruddha Ahara*, *Amla Ras Dal*, fish flesh, *Til* & *Gud* (jaggery), excessive milk products, etc.

B. *Use in Pathya Dravya*

From *Charaka's* use of *Pathya* as a synonym for "Therapy," we can deduce the significance of *Pathya* (Wholesome) and *Apathya* (Unwholesome) in *Ayurveda*. *Charaka* has thoroughly explained the concepts of *Pathya* (wholesome) and *Apathya* (unwholesome).

Deepan Pachana Chikitsa

SN	Yoga	Matra	Anupana	Sevankala
1.	Chitrakadi Vati	500mg	Koshna Jala	2 time
2.	Panchatikta Ghrita	20 ml	Ushna Jala	At morning
3.	Aaragvadha Phala Majja (For Kosta Sudhhi)	5 gram (3 days)	Koshna Jala	At night

Shaman Chikitsa

S N	Advice	Dose / Route / Form / Frequency / Anupana	Duration of Treatment	During treatment / Follow Up	Post Treatment Follow Up	Instruction
1.	Kaisore Guggulu	500mg / internal use / Vati / 2 time / Koshna Jala	90 days	15 days	1month	Use of Pathya Dravya
2.	Khadirista	15ml / internal use / Aasava / 2 time / equal water after meal	90 days	15 days	1month	
3.	Gandhak Rasayan	250mg / internal use / Vati / 2 time /	30 days	15 days	1month	

		Koshna Jala				
4.	Giloy Satva	500 mg internal use / Satva / 2 time / Koshna Jala	90 days	15 days	1month	
3.	Khadirastaka Kwath Siddha Tail	External use / oil / 2 time	90 days	15 days		

Criteria of Assessment

The following WHO recommendations were used to assess the patient's *Lakshanas*.

1. Twakavaivarnya (Discoloration)

1.	Normal color	0
2.	Reddish discoloration	1
3.	Slight black reddish discoloration	2
4.	Blackish red discoloration	3

2. Mahavastu (Extension of Lesion)

1.	No lesion	0
2.	Lesion on partial part of hand, leg, neck, scalp, hand and back	1
3.	Lesion on whole part of hand, leg, neck, scalp, hand and back	2
4.	Lesions over whole body	3

3. Matsyashaklopanam (Scaling)

1.	No Scaling	0
2.	Mild scaling by rubbing	1

3.	Moderate scaling by rubbing	2
4.	Severe scaling by rubbing	3

4. Aswedanam (Anhydrosis)

1.	Normal	0
2.	Present in few lesion	1
3.	Present in all lesion	2
4.	Aswednam in lesion	3

5. Kandu (Itching)

1.	Absent	0
2.	Slight (not affecting daily work)	1
3.	Moderate (tolerable/ affecting daily work)	2
4.	Be intense and frequent (not tolerable/ affecting daily work and sleep)	3

6. Candle Grease Sign

1.	Absent	0
2.	Used to be now not now	1
3.	Occurs in small amount	2
4.	Occurs in excess	3

7. Auspitz Sign

1.	Absent	0
2.	Used to be now not now	1
3.	Occurs in small amount	2
4.	Occurs in excess	3

RESULT

Symptom	Before Treatment	After Treatment
Deep Black Reddish discoloration	G ₃	G ₁

Extents of lesion	G ₂	G ₀
Scaling	G ₂	G ₀
Anhydrosis	G ₁	G ₀
Itching	G ₁	G ₀
Candle grease sign	G ₁	G ₀
Auspitz sign	G ₂	G ₀





The breakdown of *Dosha-Dusya Samoorchana* is aided by the *Srotoshodhaka Guggulu*, which also enters the body's minuscule channels.

The best treatment for *Kustha* is *Khadira*, which has the arista qualities of *Teekhana*, *Vyavayi*, and *Vikasi*, together with the other components of *Khadiararista*.

It consequently enters the *Srotas* and promptly expels the built-up *Doshas* from the body.

Furthermore, it strengthens *Agni* by influencing it at the intestinal level (*Mandagni* is the root of all diseases).

The impacts of *Vata Kapha Dosha* are lessened by *Gandhak Rasayana* because of its *Kusthaghana* and *Kandughana* properties.

CONCLUSION

Psoriasis cannot be completely cured, but patients can experience excellent relief from its bothersome symptoms thanks to *Ayurvedic* treatments and drugs. To improve quality of life and stop the condition from relapsing, repeated intervention is necessary. Psoriasis therapy, aggravation (triggering factors), and disease development all depend significantly on diet.

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DISCUSSION

There is a dominant *Vata* and *Kapha Dosha* in *Ekkustha*. *Triphala*, *Giloy*, and *Guggul* were all components of the oral *Kaishore Guggulu*. By acting as a *Vibandhanashak*, *Raktashodhak*, and expelling out *Mala* that builds up in the *Srothas* (channels), *Triphala* disrupts the pathophysiology of *Kustha Roga*.

Giloy decreases *Kapha* and *Pitta Dosha* due to its *Tikta* character, making it a *Kustha* and *Kandu Ghana*. Because of *Ushna Veerya*, it calms the *Vata Dosha*.

Chaukhambha Surbharati Prakashana; Chikitsasthana
7/21, page 451.

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