A single case study on *Ekakustha* (Scalp Psoriasis) with Ayurvedic Management

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**ABSTRACT**

*Ekakustha* (Psoriasis) is non-infectious 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 disease not only disturbs the patient physically but also interrupts the mental and social health of the patient. Psoriasis occurs when the immune system mistakes the skin cells as pathogens and sends out faulty signals that speed up the growth cycle of skin tissues of the body. Psoriasis is a multifactorial disease that arises due to many factors such as genetic predisposition, local trauma, general illness, smoking, excessive alcohol, indigestion, and stress. According to Ayurveda vitiation of *Ama*, in turn, adversely affect the skin and blood tissues as well. So, in psoriasis *Vata*, *Kapha*, and *Pitta / Rakta* vitiation are major contributing pathological factors in its manifestation. Here a 32 years old male patient came with complain of *Shiro Kandu* (itching on scalp), *Kesha Patana* (Hair falling), *Darunaka* (Dandruff), *Vibandh* (Constipation). He was diagnosed with *Ekakustha* (psoriasis). All the symptoms were resolved in 2 months. Psoriasis patient can get benefits from Ayurveda treatment like *Takra Dhara* and *Shaman Chikitsa*.

**Key words:** Scalp psoriasis, Ekakustha, Ayurvedic management

**INTRODUCTION**

In Ayurveda classics, all skin diseases described under heading of *Kushtha*. Among them *Ekakushtha* is type of *Kshudrakushtha*.¹⁴ According to Charaka, *Ekakushtha* characterized by *Aswedana* (anhydrotic / hypohydratic lesions), *Mahavastu* (covering of large surface area), *Matsyashakalavat* (scaly lesions) *Twacha*.¹⁵ *Ekakushtha* can be correlated with psoriasis due to resemblance of signs and symptoms. The most characteristic lesions consist of red, scaly, sharply demarcated, and present particularly over extensor surfaces and scalp. Psoriasis is a chronic and inflammatory skin disease with reactive abnormal epidermal differentiation and hyper proliferation that affects 4-5% of the global population.³ It is often appears between the ages of 15 and 25, but can develop at any age.⁴ Chronic plaque type psoriasis was the most common (90%) clinical phenotype.⁵ Western literature reports psoriasis prevalence to be around 0.71% in children.⁶ Acharyas have described that all *Kushthas* have *Tridosha* involvement. *Ekakustha* is disease of predominantly occurs with *Kapha Vata Dusti*. Ayurveda treatment like *Takra Dhara* is followed by internal medications (*Shamana therapy*) are considered as the best line of management for skin disorders.⁷ In all types *Kushta*, the basic body components vitiated are called as *Saptakodravyasangraha* i.e. *Tridosha* (*Vata, Pitta, Kapha*), *Twaka*, *Rakta*, *Maans*, *Lasika*.⁶⁻⁷ In *Ekakushtha* dominant *Dosha* are *Vatakapha* and *Twacha* is the main *Doshadhishthan*.⁸ Clinical features of *Ekakushta* mentioned by Acharya Charaka are very
much similar to psoriasis, Aswedanam (Absence of sweating), Kesha Patan (Hair falling), Matsyashakalopamam (scaling), Shiro Kandu (itching on scalp), Darunaka (Dandruff).[^9] In modern medical system topical medication, phototherapy etc. are general treatment used to treat psoriasis, but provide only temporary relief.[^10] When their use is discontinued, remission and exacerbation occur.

**Case History**

Here a 32 years old male patient came with complain of Shiro Kandu (itching on scalp), Kesha Patan (Hair falling), Darunaka (Dandruff) for about 2 years. Simultaneously he was suffering from constipation, 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. He was diagnosed with Ekakustha (psoriasis).

**Medical history**

No /K/C/O - Hypertension and Diabetes Mellitus or any metabolic disorder.

**History of present illness**

The patient was normal 6 months before, with gradual onset of above complaints, he felt itching with ‘dandruff like’ white powder exfoliating from scalp, then slowly it turned into whitish scaly patches all over the scalp for which he started taking allopathic medicine from different doctors but he got symptomatic relief for some days. His symptoms worsened as he stopped taking medication.

**On Examination:**

Nadi : 88/ min.
Mala : 1 time a day incomplete evacuation Malabadhata
Mootra : Prakruta
Jivha : Saam
Agni : Manda

**Treatment Plan**

- **Shamana Chikitsa**
- **Very strict Diet regime**
- **Lifestyle changes**
- **Stress management**

Patient was advised not to take sour, bitter, spicy food as well as junk food, fried items and curd. He was also advised to have Pranayama regularly.

**Treatment advised**

Takradhara (Takra + Triphala Churna) was done daily early morning for 45 minutes. Oil 777 was applied on scalp after this procedure.

**Table 1: Internal medicine**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psora tablet</td>
<td>2 tablet BD</td>
<td>2 months</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>Psorakot tablet</td>
<td>2 tablet BD</td>
<td>2 months</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>Mentoclam tablet</td>
<td>1 tablet BD</td>
<td>2 months</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>S.I.V.A drops</td>
<td>10 drops BD</td>
<td>2 months</td>
<td>Honey</td>
</tr>
<tr>
<td>Arogyavardhini Vati</td>
<td>2 tablet BD</td>
<td>2 months</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>Gandhak Rasayan</td>
<td>1 tablet BD</td>
<td>2 months</td>
<td>Luke warm water</td>
</tr>
</tbody>
</table>

**Result and Discussion**

Scalp psoriasis is chronic inflammatory, non-infectious disease. The symptoms of scalp psoriasis like white silver scaling, cover wide part of body, the lesion are dry and rough are closely similar to the symptoms of Ekakushtha as Aswedanam (less or no sweating all over the body), Mahavastu (lesion are found all over the body), Matsya Shakalopamam (Fish scale like white silver scale). Ekakushtha is included under Kshudrakushtha, so the treatment is adapted from Kushtha Chikitsa.
Oil 777 was topically applied. Patient was given these medicines for 2 months. After the treatment of two months, he has got significant improvement. [Fig:1] and [Table: 1,2]

<table>
<thead>
<tr>
<th>Sign &amp; Symptoms</th>
<th>Before treatment</th>
<th>After Takradhara</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aswedanam</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Keshapatan</td>
<td>3</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Matsyashakalopam</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Shirokandu</td>
<td>3</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Darunaka</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

**Table 2: Therapeutic effect on clinical signs and symptoms for treatment protocol**

**Takradhara** is a very reactive treatment. **Takradhara** has an effect on the *mana* and *Prana Vayu* and it promotes healthy sleep by lowering stress, anxiety and autoimmune illness. This is extremely important in the treatment of skin disease. **Arogyavardhini Vati** improves health. It has natural antibiotic and anti-viral properties, supports skin, imbalance of *Tridosh*. It helps strengthening the immune system. **Gandhak Rasayan** tab. has fungicidal, bactericidal, anti-parasitic effect and mainly used in various skin disease. **SIVA herbal drops** are a polyhedral proprietary siddha drug which has been proven abundantly through several scientific studies for its immunity modulation property and improving the phagocytic ability of macrophages, the primary immune surveillance cells in human circulation and fluid tissue.[10] **Psora tab.** contains **Panchatikta Ghrut Guggul, Mahanimba (Melia azadirachta), Chalmogra Taila (Oil of Hydrocarpus laurifolia), Narayan Taila, Oil of Bakuchi (Psoralea corylifolia)**. These all are beneficial for skin. They all have anti-inflamatory and antioxidant properties that can help to purify the blood and manage skin rashes also promote skin elasticity and firmness.

**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, Takradhara**, internal medication and local application along with diet modification is found very effective in curing the Psoriasis (**Ek Kushtha**).

**REFERENCES**


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