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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 multi-factorial 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 *Vata* and *Kapha Dosh*a by dietary and lifestyle changes play a primitive role in the generation of chronic psoriasis. In addition to this, *Ama*, a variety of exogenous environmental stressors and genetic / epigenetic factors play a significant role in the pathogenesis of psoriasis. These vitiated *Dosh*as with and without *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*.^[1] According to Charaka, *Ekakushtha* characterized by *Aswedana* (anhydrotic / hypohydratic lesions), *Mahavastu* (covering of large surface area), *Matsyashakalavat* (scaly lesions) *Twacha*.^[2] *Ekakustha* 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 *Kushtha*, the basic body components vitiated are called as *Saptakodravysangraha* i.e. *Tridosha* (*Vata*, *Pitta*, *Kapha*), *Twaka*, *Rakta*, *Maans*, *Lasika*.^[5-6] In *Ekakushtha* dominant *Dosha* are *Vatakapha* and *Twacha* is the main *Doshadhishtan*.^[8] Clinical features of *Ekakushtha* mentioned by Acharya Charaka are very

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much similar to psoriasis, *Aswedanam* (Absence of sweating), *Keshapatan* (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

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

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 month. After the treatment of two months, he has got significant improvement. [Fig:1] and [Table: 1,2]

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

Sign & Symptoms	Before treatment	After Takradhara	After treatment
Aswedanam	2	1	0
Keshapatan	3	1	0
Matsyashakalopamam	3	2	0
Shirokandu	3	1	0
Darunaka	2	1	0

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 immune 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-inflammatory and antioxidant properties that can help to purify the blood and manage skin rashes also promote skin elasticity and firmness.

Figure 1



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*).

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