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A clinical experience in the management of *Eka Kushta* - A Case Study

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ABSTRACT

Kushta is the broad spectrum word used in *Ayurveda* to describe all the skin diseases under one heading, which is mainly classified into *Mahakushta* and *Kshudra Kushta*. *Ekakushta* is one among the *Kshudra Kushta*. It is of prime importance due to its chronicity and severity which involves larger extent of the body. In contemporary science, *Ekakushta* can be compared to Plaque Psoriasis, In the present case study, we have reported 39 years old male patient came with the complaints of severe dryness of the skin along with white scaly powdery discharged skin lesions all over the body associated with severe itching. The treatment protocol adopted here are *Antah Parimarjana Chikitsa (Shodhana)* and *Bahir Parimarjana Chikitsa (Sarvanga Pariseka and Jaloukavacharana)* and *Shamanoushadhis*. After treatment, patient got satisfactory results and complaints are reduced by 60-70%.

Key words: *Ekakushta, Antah Parimarjana Chikitsa, Bahir Parimarjana Chikitsa, Jaloukavacharana.*

INTRODUCTION

In *Ayurveda*, almost all the skin diseases are described under *Kushta Rogadhikara*. *Kushta* is considered to be *Ashtamahagada Roga*^[1] and *Aupasargika Roga*.^[2] As per *Acharya Charaka*, the vitiation of *Tridosha* along with *Twak, Rakta, Mamsa and Lasika* have major role in the pathogenesis of *Kushta*.^[3] But still the signs and symptoms produced in *Kushta* depend on the type of predominance *Dosha* in it. *Ekakushta* is one among the 11 types of *Kshudra Kushta* which is characterized by, *Aswedana* (absence of sweating), *Mahavastu*

(covers entire body) and *Matsyashakalopama*^[4] (resembles the scales of fish). *Acharya Bhavaprakasha*^[5] describes that, the lesions of *Ekakushta* are in *Chakrakara* (Circular in shape), *Abhrakapatrasama* (silver colored mica sheets). It primarily manifests due to imbalance in the *Vata - Kapha Dosha* and *Rakta as Pradhana Dushya*.

The clinical features of *Ekakushta* are similar to that of Plaque Psoriasis explained in Contemporary science. About 3% world population suffers from Psoriasis. In India, prevalence of Psoriasis varies from 0.44 - 2.88%.^[6] It is immune mediated disease characterized by Erythematous and Rounded Plaques covered by Silvery Micaceous Scale which are variably Pruritic. Common sites are Scalp, Elbow, Knee, Chest, Trunk, Lower and Upper back region. Plaque Psoriasis remains as challenge to be treated.

In *Ayurveda*, *Ekakushta* is treated with both *Antah Parimarjana Chikitsa* and *Bahir Parimarjana Chikitsa* therapies. Since the nature of the disease is such that there is higher chance of remissions and exacerbations, hence the disease needs to be managed by *Shodhana* followed by *Shamanoushadhis*.

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CASE STUDY

The present case study deals with 39 years old male patient presented with the complaints of skin lesions with white powdery discharge all over the body associated with severe dryness and itching since 2 years.

History of present illness

Patient was apparently healthy 2 years ago. Gradually, he developed Erythematous Skin lesion over the Extensor part of Upper and Lower limb. Later, Skin lesion with White Powdery Plaque discharge was distributed all over the body including Scalp, Chest, Trunk, Upper and Lower Back, and Gluteal region associated with severe itching. Patient was treated conservatively at Allopathic Hospital. But he did not get any satisfactory results. Later he got admitted in Ayurveda Mahavidyalaya and Hospital, Hubballi for further management.

History of past illness

- Patient was not a known case of Type 2-Diabetes, Hypertension.
- There was no Surgical history.

Personal history

- Food habit: Mixed diet (Non-veg –Weekly twice)
- Sleep: Disturbed due to itching.
- Bowel: Constipated
- Micturition: 5-6 times/day, 1 time/night.

Family history: All Family members are said to be healthy.

Vital examination

Pulse Rate	78 bpm
Respiratory Rate	18cpm
Heart Rate	72bpm
Blood pressure	130/90mmhg

Nidana Panchaka

Nidana - Virudhha Aahara and Vihara Sevana, Dadhi Sevana, Ati Katu and Amla Rasa Sevana.

Purvarupa - Kandu

Rupa - Aswedana, Mahavastu and Matsyashakalopama .

Upashaya - External application of Narikela Taila.

Anupashaya - Exposure to too cold and hot weather.

Samprapti

Nidana Sevana



Tridosha Prakopa



Dosha-Dushya Samurchana (Sapthako Dravya Sangraha - Tridosha, Twacha, Rakta, Mamsa and Lasika)



Khavaigunyata in Twacha



Lakshanas like Aswedana, Mahavastu and Matsyashakalopama appeared in Twacha of Sarvashareera.

**Ekakushta****Samprapti Ghatakas**

- **Dosha** - Pitta Pradhana Tridosha.
- **Dushya** - Rasa, Rakta, Mamsa, Ambu.
- **Srotas** - Rasavaha, Raktavaha, Mamsavaha, Ambuvaha.
- **Srotodushti** - Sangha
- **Agni** - Jataragni, Dhatwagni and Bhutagni.
- **Ama** - Jataragnijanya Ama, Dhatwagnijanya Ama and Bhutagnijanya Ama.
- **Udbhavasthana** - Amashaya
- **Sancharasthana** - Rasayani
- **Vyakta Sthana** - Sarvashareera
- **Rogamarga** - Bahya Rogamarga
- **Sadhyaasadyata** - Kashta Sadya

Ashta Sthana Pariksha

1. Nadi	Pittaja (78bpm)
2. Mala	Vibandha
3. Mutra	Prakrita
4. Jihwa	Ishat Liptata
5. Shabda	Prakrita
6. Sparsha	Anushna Sheetha
7. Druk	Prakrita
8. Akriti	Madhyama

Dashavidha Pariksha

1. Prakruti	Vata-Pitta
2. Vikriti	Tridosha+Rakta
3. Sara	Madhyama
4. Samhanana	Pravara
5. Pramana	Madhyama
6. Satwa	Madhyama
7. Satmya	Shadrasa
8. Aharashakti	Madhyama
9. Vyayamashakti	Pravara
10. Vaya	Madhyama

Systemic Examination

- **Respiratory System:** Normal Vesicular Breath Sound heard.
- **Cardiovascular System:** S1 S2 heard. No added sound heard.
- **Central Nervous System:** Patient is conscious and oriented to time, place and person.
- **Gastro-Intestinal Tract:** Soft and Non-Tender
- **Integumentary System Examination:**

1. Onset	Gradual
2. Duration	2 years
3. Course	Progressive
4. Aggravating factor	Cold and Hot weather

5. Relieving factor	External application like <i>Narikela Taila</i>
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- Site - Scalp, Chest, Extensor part of upper and lower limbs, Trunk, upper and lower back and Gluteal region.
- Shape - Irregular scaly reddish patch.
- Size - Multiple, No specific size. (Ranging from 8mm to 9cms too).
- Color - Pinkish white.
- Uniformity - Generalized Plaques.
- Boundary - Not well-demarcated.
- Lesions - Plaques.

Special tests in Plaque Psoriasis

- Candle grease sign** - Positive (Presence of dry white scaly discharge)
- Auspitz sign** - Positive (Presence of Pinpoint - like bleeding foci that appear when plaques are scraped deeper)
- Koebner phenomenon** - Positive (New skin lesions forming on an area of injured skin)

MATERIALS AND METHODS

Date	Procedure	Aoushadha	Days	Observations
9/1/24 to 13/1/24	Arohana <i>Snehapana</i> Matra: Day 1-30ml Day 2-60ml Day 3 -80ml Day 4 -100ml Day 5- 120ml	<i>Aragwadha Mahatiktak a Ghrita</i>	5 days	Itching has been increased. <i>Snigdha Varcha.</i>
14/1/24 to 16/1/24	<i>Sarvanga Abhyanga</i>	<i>Eladi Taila</i>	3 days	<i>Vishrama Kaala</i>
17/1/24	<i>Virechana</i>	<i>Trivrut Lehya</i> (25gms with <i>Ushna Jala</i> at 7.30 am)	1 day	10 Vegas <i>Glani, Klama</i> observed

18/1/24 to 20/1/24	Samsarjana Karma	Peyadi	3 days	Reduction in itching by 10% and White powdery discharge reduced by 20%.
21/1/24 and 23/1/24	Jalaukavacharana (Alternate days)	-	2 days (Alternate days)	21/1/24 - 50ml blood collected 23/1/24 - 35 ml blood collected.
24/1/24 to 29/1/24	Sarvanga Pariseka	Aragwadha di Kashaya Pariseka	6 days	50% Itching has been reduced. Dryness still persists.
30/1/24 to 01/2/24	Jalaukavacharana (Alternate days)	-	2 days (Alternate days)	30/1/24 - 80ml blood collected. 01/2/24 - 80ml blood collected. 60% of Itching has been reduced.
04/2/24 to 07/2/24	Yoga Basti	Aragwadha di Kwatha and Guduchyadi Kwatha	Niruha Basti - 4 days	Dryness reduced, White powdery discharge reduced.
03/2/24 to 08/2/24	Yoga Basti	Guggulu Tiktaka Gritha	Anuvasan a Basti - 6 days	Dryness reduced, White powdery discharge reduced.

Aragwadhadi Kwatha Niruha Basti

- Saindhava Lavana - 6 gms
- Madhu - 30ml

- Kalka - Guggulu Panchapala Churna - 15gm
- Gritha - Guggulu Tiktaka Gritha - 30ml
- Kwatha - Aragwadhadi Kwath - 80ml and Guduchyadi Kwath - 80ml
- Jala - 250ml
- Total - 500 ml

Shamanoshadhis

- Cap. Guggulu Tiktaka Gritham – 1-1-1 after food.
- Tab. Manjishtadi Kashayam – 1-1-1 before food.
- Tab. Gandhaka Rasayana – 1-0-1 after food.
- Eladi Taila + Brihatdanthapala Taila + Karanja Taila for External Application .

Assessment Criteria

A. Subjective Criteria

Gradation Scales^[7]

Table 1: Aswedanam

Grade	Score
Normal	0
Improvement	1
Present in few lesions	2
Present in all lesions	3
Aswedanam in lesions and uninvolved skin	4

Table 2: Kandu

Grade	Score
No itching	0
Occasional itching	1
Frequent but tolerate itching	2
Very severe itching disturbing sleep and activity	3

Table 3: Rukshata

Grade	Score
Normal skin	0
Slightly dry skin	1

Excessively dry skin	2
Lichenified	3
Bleeding through the skin	4

B. Objective Criteria

Table 4: Mahavastu

Grade	Score
No lesions on Mahasthanam	0
Lesion on partial parts of Hand, Leg, Neck, Back, Scalp	1
Lesion on most parts of Hand, Leg, Neck, Scalp and Back	2
Lesion on Mahasthanam (vast area)	3
Lesion on whole body	4

Table 5: Scaling

Grade	Score
No scaling	0
Mild Scaling by rubbing/by itching	1
Moderate Scaling by rubbing/by itching	2
Severe Scaling by rubbing/by itching	3
Scaling without rubbing/by itching	4

Table 6: Candle grease sign, Auspitz sign and Koebner phenomenon

Grade	Score
Absent	0
Present	1

OBSERVATIONS

Following observations were found before and after the intervention.

Clinical features	Before treatment	After treatment
Aswedanam	3	1
Kandu	3	2
Rukshata	2	1
Mahavastu	4	4

Scaling	3	0
Candle grease sign	1	0
Auspitz sign	1	0
Koebner phenomenon	1	0

During Treatment



After Treatment



RESULT

Significant improvement was observed in the subjective as well as objective parameters of the patient.

DISCUSSION

Ayurvedic management of *Ekakushta* includes both *Antar Parimarjana Chikitsa*, *Bahir Parimarjana Chikitsa*

followed by *Shamanoushadhis*. In this case, *Virechana*, *Basti*, *Jaloukavacharana* along with *Sarvanga Pariseka* were adopted.

Virechana

Purva Karma: *Aragwadha Mahatiktaka Gritha* was selected for *Snehapana*. *Aragwadha* is the *Ghataka Dravya*, does *Sramsana*. This *Gritha* possess *Tikta Pradhana Rasa* and acts as *Pitta Shamaka*. Mainly indicated in *Kushta*. It also helps to bring *Dosha* from *Shakha* to *Koshta* where these vitiated *Doshas* can be removed through *Virechana Karma*.

During *Vishrama Kala*, *Eladi Taila* was selected for *Sarvanga Abhyanga* as it is mainly indicated in *Kandu* and it does *Varna Prasadana* in *Shareera*.

Pradhana Karma: *Trivrut Lehya* is selected as *Virechana Dravya*. As this *Lehya* contains *Trivrut Kalka* and *Trivrut Kashaya* which acts as *Sukha Virechaka*.

Virechana is mainly indicated in *Rakta* and *Pitta Dushti*. As the *Virechana Dravya* contains *Vyavayi*, *Vikasi*, *Sukshma Gunas* responsible for quick absorption of medicines. Mainly due to *Prabhava*, *Prithvi* and *Jala* constitution and presence of *Sara Guna*, *Virechana* occurs, thus helps in the evacuation of vitiated *Doshas* from the body.^[8] Thus, helps in pacifying *Kushta*.

Pashchat Karma: *Peyadi Samsarjana Karma* was advised, as it helps to kindle the *Agni*.

Basti

Aragwadhadi Kwatha Niruha Basti: In *Niruha Basti*, *Madhu* possesses *Yogavahi* and *Sukshma Marga Anusarita Guna*, functions as *Catalyst*, penetrating the *Sukshma Srotas*. The *Laghu* and *Tridosha Shamaka Gunas* were introduced through *Saindhava Lavana*. The *Snigdha Guna* of *Sneha Dravya (Guggulu Tiktaka Gritha)* combats *Ruksha* and *Laghu Gunas* of *Vata*. *Guggulu Tiktaka Gritha* does *Pitta Shamana*. *Kalka (Guggulu Panchapala Churna)* which is mainly indicated in *Twak Vikara*. *Kashaya (Aragwadhadi Kashaya and Guduchyadi Kashaya)* having *Tikta Rasa Pradhana* acts as *Pitta Shamana*, *Rakta Prasadana*, *Kleda* and *Lasika Shoshana*.^[9] Thus helps in pacifying the *Kushta*.

Jaloukavacharana: As we know, *Kushta* is *Pitta Pradhana Vyadhi*, *Raktamokshana* through *Jaloukavacharana* plays a significant role, where it contains *Hirudine* which helps in local circulation and drains the blood toxins.^[10]

Sarvanga Pariseka: Here *Aragwadhadi Kashaya Pariseka* was done, where it helps to mitigates itching in the body.

Shamanoushadhis

a. **Cap. Guggulu Tiktaka Gritham:** This is very potent drug of choice in *Eka Kushta (Vata-Kapha Pradhana)*. As this drug contains *Pancha Tikta (Nimba, Patola, Guduchi, Kantakari and Vasa)* which is *Tikta Rasa* in nature that acts on both *Vata* and *Kapha* and *Guggulu* which is *Yogavahi and Kledahara*.

b. **Gandhaka Rasayana:** It is having properties like *Kushtaghna, Rakta Doshahara, Vishaghna, Vranasodhana, Ropana, Rakta-Tvakgata Vishahara, Durmedhohara, Rasayana, Dhatubalya*. All these properties are essential to treat *Eka Kushta*.

c. **Tab. Manjistadi Kashayam:** This medicine is mainly used in treatment of various skin diseases. It also helps in natural purification of blood so it can be used in skin related problems. *Manjishtadi Kashayam* helps in blood detoxification and also dissolves the obstructions in blood flow.

For External Application

Combination of *Eladi Taila, Brihatdantapala Taila* and *Karanja Taila* was given. *Eladi Taila*, having *Kandughna* and *Varna Prasadana* property. *Brihatdanthapala Taila*, having *Sarva Kushtaghna* property and *Karanja Taila* which balances *Vata and Kapha* and also it is *Kushtaghna* in nature.

CONCLUSION

From this case study, we can conclude that combined Ayurvedic treatments along with proper diet regimen will be effective in *Ekakushta*. No adverse effects were found in this patient during and after the treatment. Since, *Ekakushta* is a chronic and relapsing condition,

Acharya Charaka mentioned *Punah-Punah Shodhana*.^[14] Hence, hereafter the above-mentioned treatment protocol can be adopted in further similar cases.

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