

AYURVEDIC MANAGEMENT OF EKA KUSHTHA W.S.R. PSORIASIS-A CASE STUDY**Dr. Dinesh Sahu¹, Dr. Byomesh, Dr. Upadhyay², Dr. Aruna Ojha³,****Dr. Rashmi Diwan⁴, Dr. Jeewan Lal Sahu⁵**

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Shri N.P.A. Government Ayurveda College, Raipur, C.G.**ABSTRACT:**

In its clinical manifestations, Eka Kushta, a variation of Kshudra Kushta, is similar to psoriasis. The primary cause of it is an imbalance between the doshas of Vata and Kapha. Psoriasis, an immune-mediated skin disorder characterized by erythematous, well-defined papules and spherical plaques covered in silvery scales, is one of the most common skin conditions. The most common areas afflicted are the scalp, knees, elbows, and gluteal cleft. There have been reports of using Shamana and Shodana, two Ayurvedic therapeutic approaches, to manage Eka kushta. A chronic autoimmune inflammatory disease of the skin and joints, psoriasis is not communicable. Any change in skin tone causes the sufferer to feel distressed both physically and psychologically. The patient's scaling and itching papulo-squamous skin lesion caused by the autoimmune illness psoriasis, interferes with daily tasks. The disease has persisted as a significant issue because of how frequently it presents. There exists no recognized treatment for this condition. Modern medicine frequently has negative long-term repercussions even while it provides acute relief.

KEY WORDS:- Psoriasis, Ayurveda, Kushtha, Eka Kushtha.**Corresponding Details:****Dr. Dinesh Sahu**

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INTRODUCTION

Health and sickness may be reflected in the skin, which is the largest organ in the body. Every skin problem belongs to the Kushtha roga category, as per the old Ayurvedic Samhitas. Skincare is becoming increasingly closely linked to cosmetics and its ability to boost self-esteem and confidence in people. Psoriasis is a long-term, non-infectious inflammatory skin disease characterised by erythematous plaques with characteristic silvery scales. The main causes of illness and aggravation are mental stress, physical injuries, and intestinal dysbiosis.

The patient feels anxious both physically and mentally as a result of the skin tone changes. The patient has psoriasis, an inflammatory condition that causes skin lesions, papules, scaly crusts, and itching that makes daily tasks difficult. Because the disease was so common, it continued to be a major concern. This illness has no known treatment. Despite providing acute relief, modern medicine frequently has negative long-term repercussions. The primary variables contributing to the worsening of the illness include intestinal dysbiosis, physical harm, and psychological strain.

MATERIAL AND METHODS

In the departmental OPD of the Shree Khudad Dungaji Govt. Ayurvedic Hospital in Kayachikitsa, there is a clinical case study. Shamana aushadhi and Sthanika Chikitsa were administered to the patient exhibiting signs and symptoms of Eka Kushtha..

TREATMENT PROTOCOL

Internal Application

Deepan Pachan Chikitsa

Sanjivani Vati 500 mg 2 times with lukewarm water 5 days

Sneha Pana

Panchatikta Grita 20 ml 2 times with lukewarm water 5 days

Kostha Sudhhi

Aaragvadha Phala Majja Kwath 40 ml at night for 7 days then after the patient takes 7 days
Peya and Laghu Anna

Sansaman Chikitsa

Kaisore Guggulu 500 mg 2 baar with Koshna jala at 90 days

Gandhak Rasayan 500 mg 2 baar with Koshna jala at 90 days

External Application

Khadirastaka Kwath siddha tail /2 time /90 days

ROLE OF PATHYA DRAVYA

Anything that does not damage the body's pathways and is thus loved is called pathya; on the other hand, anything that does damage the pathways and is despised is not desired. The entities' functions are influenced by several factors such as body composition, illnesses, location, time, preparation, and dose. Thus, the attributes that the entities themselves carry, together with variables like dosage, etc., have been discussed. In order to get success, the doctor should carry out the therapies while taking both into consideration.. Ayurveda is a comprehensive method of managing health. It views food as the appropriate component of therapy (Pathya) and as a factor (Apathya) in the treatment of illness. In Ayurveda, nidana has been invoked as a cause. In the course of a disease's genesis, it is the primary cause of several illnesses. Poor food and lifestyle choices are the cause of Dosa and Dushya abnormalities. Within Chikitsa, Ayurveda emphasises diet and physical activity. Pathya and Apathya play an important supporting role in the treatment of diseases. Following Pathya and avoiding Apathya is enough to treat the disease in some stages of Vyadhi. Kushtha is the term applied to all skin conditions.

CRITERIA OF ASSESSMENT

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

1. TWAKAVAIARNYA

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

2. MAHAVASTU

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

4.	Lesions over the whole body	3
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3. MATSYASHAKLOPAMAM

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

DISCUSSION

As a vata kapha Pradhan, psoriasis is. All kushthas, however, are Tridoshaja in nature, and the course of therapy should be determined by the Dosha strength.

The medicine mridhu virechna is called Aaragvadha Phala Majja. Certain types of skin problems can benefit from the qualities of kushthagna. One often utilised medication in Ayurvedic procedures is called argwadha. For the purpose of eliminating toxins, it is mostly utilised as a laxative or virechana medication.

Action of Panchatikta ghrī –

Ruksha, laghu guna, and tikta rasa are the constituents of Panchatikta. In order to balance the vitiated dosha and dhatu, it primarily operates on the kled, meda, lasika, rakta, pitta, and kapha doshas. Its attributes include Deepan, Pachan, Kushtaghna, Kandughna, Strotoshodhak, Raktashodhak, Raktaprasadak, and Varnya. The Ghrī's lipophilic effect facilitates the delivery of medications to the intended organs, where they are delivered to the nuclear membrane and mitochondria at the cellular level. The skin's natural texture is preserved.

Action of Gandhak Rasayan –

In the roles of Krumighna, Raktashodhak, Vranaropak, Twachya, Kandughna, Dahapra shaman, and Kushtaghna, Gandhak rasayan acts. The main symptom of it is kushta roga. It possesses antibacterial, antiviral, and antimicrobial properties. Refined sulphur is a useful tool for treating a wide range of skin disorders. It reduces inflammation and infection. beneficial for enhancing skin tone and digestion. It can be used topically or taken internally to treat skin issues.

Action of Sanjeevni vati-

Ten components are combined in equal amounts with Gomutra, and they are Vidanga, Sunthi, Pippali, Haritaki, Vibitaki, Amalaki, Vacha, Guduchi, Shudha Bhallataka, and Shudha

Vatsnabha.Srotomukha Vishodhana is caused by this Ama Pachanaa. Certain drugs, such Vidanga, Guduchi, Pippali, Shunthi, and Vacha, are the greatest Ama Pachaka. Thus, this combination will function as both Agni Deepana and Ama Pachana.

Action of Kaishore guggulu- -

Its anti-inflammatory and analgesic qualities are widely acknowledged. It is included in several Ayurvedic formulas. Skin problems have traditionally been treated with it.

RESULT

SYMPTOM	BEFORE TEATMENT	AFTER TREATMENT
Twak Vaivarnya	3	1
Extents of Psoriatic lesion	3	0
Matsyashaklopamam	2	0
Aswednam	1	0
Kandu	2	0
Candle grease sign	2	0
Auspitz sign	2	0

CONCLUSION

- While it is not possible to completely Eradication of psoriasis, Ayurvedic treatments and medications can provide excellent relief from the unpleasant psoriasis symptoms.
- Recurrent treatment is necessary to prevent the recurrence of psoriasis and to improve your quality of life.
- We can treat the diseases without Shodana procedures. But Mridu Sanshodhan are required because Aam dosha should not accumulate in the body.
- Knowing that making mistakes is the main cause of the disease. Unhealthy food is also the reason for diseases.
- Continous nidana sevan is the Mula for the Roga, if not treated than it becomes Asadhya Vyadhi.



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