

“EFFECTIVE AYURVEDIC STRATEGIES FOR MANAGING EKAKUSTHA (PSORIASIS): A SINGLE CASE STUDY”**Dr. Leena Kapgate¹, Dr. Yogesh Kumre², Dr Archana Dachewar³**

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ABSTRACT:

Ekakustha, known as psoriasis in modern medicine, is a non infectious, chronic inflammatory skin disorder. It is marked by distinct, red plaques covered with silvery scales. These plaques typically appear on the extensor surfaces of the body such as the elbows and knees as well as the scalp. The condition is characterized by its long-term, fluctuating nature, with symptoms that can vary in intensity over time. The disease not only impacts the patient's physical well-being but also affects their mental and social health, as the appearance can cause embarrassment. Ekakustha, a type of Kshudrakustha in traditional medicine, presents with symptoms such as aswedanam (lack of perspiration), mahavastu (extensive involvement), yanamastyoshakalalopamam (resembling fish scales), and aruna varna (discoloration). In contemporary terms, it can be likened to psoriasis. This condition is characterized by well-defined, erythematous, scaly plaques, primarily on extensor surfaces. It is classified as an autoimmune disorder. A 64 year-old male presented with itchy, scaly lesions on his legs and was diagnosed with ekakustha, which is comparable to psoriasis. The patient received a combination of sodhana (detoxification) and samana chikitsa (palliative treatment). Remarkably, all symptoms resolved within three months without any adverse drug reaction. This case demonstrates that psoriasis patients can benefit from Ayurvedic treatments.

KEY WORDS:- Ayurveda, Ekakustha, Psoriasis, Shodhan, Shaman

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INTRODUCTION

Skin issues, ranging from minor to severe, are common experiences for many individuals throughout their lives. Ayurveda, an ancient system of medicine that originated in northern India, offers a holistic approach to health. This traditional practice is founded on the belief that optimal well-being arises from maintaining balance among the body, mind, and spirit. In Ayurveda, skin disorders are categorised under the term *kustha*, which results from an imbalance in the body's doshas. *Kustha* is considered a tridoshic disease, involving disturbances in Vata, Pitta, and Kapha doshas. These conditions are particularly common among individuals who follow an unhealthy lifestyle. According to Sushruta Acharya, *Kustha* can be classified based on the predominant dosha, such as Vata-type, Pitta-type, Kapha-type, and Krimi-type³. It is also classified as one of the *Ashtamahagada*⁴ (eight major ailments), indicating its complexity and difficulty in treatment. Ayurvedic texts further divide *Kustha* into two main categories: *Mahakustha* and *Kshudrakustha*, with *Ekakustha* being a subtype of *Kshudrakustha*. Psoriasis presents with symptoms such as:

- **Aswedanam** (absence of perspiration)
- **Mahavastu** (widespread nature)
- **Yana-mastyoshakalalopamam** (fish scale-like appearance)
- **Aruna varna** (reddish discoloration)⁵

This condition commonly affects areas like the elbows, knees, and scalp. Psoriasis can be triggered by various factors, with heredity playing a significant role. If one parent has psoriasis, there is a 15% chance that their child will also develop the condition. This risk increases to 60% if both parents are affected. Modern science supports this hereditary connection, recognising psoriasis as a chronic, inflammatory, and hyperproliferative skin disease. Psoriasis is marked by well-defined, red, scaly plaques, particularly affecting extensor surfaces, the scalp, and nails. The condition typically follows a chronic pattern. Psoriasis impacts males and females equally and can occur across all racial groups. The condition is commonly diagnosed in younger individuals, typically between the ages of 16 and 20, and is often linked to a family history of the disease. For those with late-onset psoriasis, the condition generally peaks between the ages of 55 and 60.⁷ Previous research has also highlighted the effective management of psoriasis through Ayurvedic treatments.⁽⁸⁻¹⁰⁾

A CASE STUDY

A 64-year-old male patient visited our hospital with the primary complaint of reddish, itchy lesions on his lower limb, which he has experienced for the past 1 year [Fig. 1]. The patient reported that these itchy lesions gradually developed over this period. The patient initially observed itchy, dry, and scaly lesions that progressively thickened and became reddish. Additionally, the symptoms were not accompanied by fever or arthritis. The patient's medical

history was notable for the presence of HTN, DM since 4 years on regular medication, and absence of pulmonary tuberculosis (PTB) and thyroid disorders.

Treatment History: The patient had previously used steroids and allopathic medications without achieving relief.

Personal History:

- **Bowel Habits:** The patient reports an irregular bowel pattern, alternating between loose stools and constipation, occurring 1-2 times a day.
- **Micturition:** Normal, with a frequency of 4-5 times per day.
- **Sleep:** The patient experiences disturbed sleep.
- **Diet:** The patient follows a mixed diet. Intake of curd milk every alternate day nonveg spicy food 2 times in week
- **Occupation:** Retired contracture
- **Family History:** There was no family history of diabetes mellitus (DM), hypertension (HTN), pulmonary tuberculosis (PTB), carcinoma, or thyroid disorders. However, the patient's grandmother had a history of recurrent skin issues.
- **Allergy History:** The patient reported no known allergies.

Physical Examination:

- **Astasthana Pariksha:**
 - **Nadi (Pulse):** 89 beats per minute, deep, with a Kapha-Vata constitution.
 - **Mutra (Urination):** 4-5 times per day and once at night, within normal limits.
 - **Mala (Stool):** Irregular, with alternating loose and constipated bowel movements 1-2 times daily.
 - **Jihwa (Tongue):** Dry, indicative of a Vata condition
 - **Shabd :** Spathstha
 - **Sparsha (Skin Temperature):** Samshitoshna
 - **Drik (Vision):** Normal.
 - **Akruti (Body Build):** Medium build, with a combination of Vata and Kapha features..

Systemic Examination:

- **Central Nervous System (CNS):** Patient is conscious and well-oriented to time, place, and person.
- **Cardiovascular System (CVS):** Heart sounds S1 and S2 are audible without abnormal sounds. Blood pressure is 120/80 mmHg, pulse rate is 89 beats per minute.
- **Respiratory System (RS):** Chest is bilaterally symmetrical, normal breath sounds are heard, with no additional sounds. Respiratory rate is 18 breaths per minute.
- **Gastrointestinal Tract (GIT):** Abdomen is soft with no tenderness or organomegaly.
- **Locomotor System:** The patient reports all over joint pain and has difficulty making a fist.
- **Auspitz Sign:** Present.
- **Candle Grease Sign:** Present.
- **Local Examination:** The examination revealed erythematous, dry, thickened, and scaly reddish lesions on the both legs. Auspitz sign candle grease sign were positive,.

Based on these clinical findings, the patient was diagnosed with Ekakusthpsoriasis.

Methods:

Treatment Plan:

- **Shodhana chikitsa**
- **Samana Chikitsa:** Therapeutic treatments aimed at balancing bodily functions.
- **Strict Diet Regimen:** Avoidance of sour, bitter, and spicy foods, as well as junk food, fried items, and curd, Milk
- **Lifestyle Modifications:** Implementation of healthy lifestyle changes.
- **Stress Management:** Regular practice of stress-reducing techniques such as pranayama (breathing exercises).
- The patient was recommended to avoid consuming sour, bitter, and spicy foods, as well as junk food, fried items, and curd. Additionally, regular practice of pranayama was suggested to support overall health.

Treatment Advised:

Drug	Dose	Duration	Anupan
Triphalachurna for sodhana Chikitsa	10gm HS	15 days	LWW
Tab Grab	2 tab BD	3 Months	LWW
Tab Sorawin	1 Tab TDS	3 Month	LWW
Panchtikta Ghrut	10 ml BD Before Meal	3 Month	LWW
Sankh Vati	1 tab BD	3 Month	LWW
Rakshodhak Kwath	40 ml BD	3 Month	LWW
Psoria oil	For LA	3 month	
Raktmokshan Jalokavacharan	5 settings	15 days	

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



Fig 1 - Before Treatment

Fig 1 - After Treatment



Fig 2 - Before Treatment

Fig 2 - After Treatment

DISCUSSION

Triphala Churna is a traditional Ayurvedic formulation made from a blend of three fruits: Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and Bibhitaki (*Terminalia bellirica*). It is widely used in Ayurveda for various health conditions, including skin diseases. It helps to remove toxins from the body, reducing their impact on the skin. It reduces inflammation, neutralises free radicals, protects skin cells from damage, and supports a youthful appearance. Enhances digestion and nutrient absorption, leading to better skin nourishment balances doshas, particularly Pitta, which is linked to inflammatory skin issues. Cap Grab Each capsule contains Vranapahari Rasa (Classical Prepn) 100 mg, Triphala Guggulu (Classical Prepn) 300 mg, Gandhaka Rasayana (Classical Prepn) 75 mg, Arogyavardhini Vati (Classical Prepn) 25 mg, Guduchi Guduchi (*Tinospora cordifolia*) Q.S., and Manjistha (*Rubia cordifolia*). Triphala Guggulu gives Shodhana (detoxifying, cleansing), Rasayana (rejuvenating), and anti-inflammatory action. Vranapahari Ras content Sudha Paradha Sudha Gandhaka Sudha Haritala Sudha manasila Sudha Guggulu Sudha Triphala. Vranapahari ras can be considered as one and only formulation required for internal administration in management of vrana due to the special combination developed by ancient sages of Ayurveda. It exerts its effects by accelerating wound healing and also treats infections primarily caused by pyogenic microorganisms in the bloodstream. Arogyavardhini Vati helps in balancing these doshas, particularly Pitta, which is associated with inflammation and heat in the body. Improving digestive health is crucial for managing psoriasis. Gandhak Rasayan is a polyherbal drug, which is RaktaShodhak (blood purifier), Kandughana, and Rasayan, mainly indicated in Kushtha Rog. It has antifungal and antibacterial properties. Thus, it reduces features of Raag, Pidika with Rakta Shodhak, and Kushthaghana propertie¹¹. Broad spectrum Grab Has Putigna (prevents foul smell), Kandugna (prevents itching), and Lekhana (cleansing) properties, thus being very effective in wound healing. Grab possesses antimicrobial and anti-inflammatory properties that are beneficial in treating infectious disorders.¹²

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Tab Sorawin contents Kutaja, Manjishta, Katuki, Khadira, Bakuchi, Nimba, and Rasamanikya Ras offer a comprehensive approach to treating both the underlying causes and symptoms of psoriasis and other skin conditions. Its active ingredients work synergistically to alleviate symptoms such as plaques by inhibiting excessive cell proliferation in the epidermis. Rasamanikya helps balance both Vata and Kapha doshas while pacifying Pitta dosha. It effectively eliminates excess toxins from the body and provides relief from pain, inflammation, and swelling. Reduce redness and itching in affected areas. Additionally, the healing properties of its herbal components support the repair of rashes and cracked, ulcerated lesions, promoting normalisation and improved skin health in the affected regions.¹³ Panchatikta Ghrit, having ingredients Nimba (*Azadirachta Indica*), Guduchi (*Tinospora cordifolia*), Patola (*Trichosanthes dioica*), Kantakari (*Solanum Xanthocarpum*), and Vasa (*Adhatoda Vasica*), is a traditional Ayurvedic formulation used primarily for its therapeutic benefits in various conditions. These bitter herbs, like Neem (*Azadirachta indica*), Kutki (*Picrorhizakurroa*), and others, are known for their strong anti-inflammatory properties,

reducing inflammation and swelling. This is particularly beneficial for conditions characterised by inflammation, such as psoriasis and eczema. Support liver function and detoxification processes. By enhancing liver function, Panchatikta Ghrith helps in the elimination of metabolic wastes and toxins (ama), which can otherwise contribute to skin issues and systemic imbalances. Panchatikta Ghrith's bitter taste and the specific herbs used in balancing Pitta dosha is associated with heat and inflammation-reducing symptoms like redness, heat, and irritation, which are often seen in conditions like psoriasis. Ghee acts as a carrier for the herbs and provides nourishment and hydration to the skin. The fatty acids in ghee help maintain skin moisture, improve barrier function, and promote healing of the skin. This is beneficial for managing skin conditions like dryness and scaling in psoriasis. By supporting and modulating the immune system, Panchatikta Ghrith may help in managing autoimmune responses, which are involved in conditions like psoriasis. The bitter herbs in Panchatikta Ghrith also have blood-purifying effects that help in reducing the manifestation of skin conditions that are linked to toxic blood or metabolic waste. Shankh Vati helps balance Pitta and Vata doshas, addressing imbalances that can lead to digestive issues and discomfort.¹⁴

In psoriasis, Raktshodhak Kwath is used to remove toxins from the bloodstream, which may contribute to skin flare-ups. Supports skin regeneration and can alleviate symptoms like redness and scaling. Aids in reducing systemic inflammation, which is a key factor in psoriasis.

Jalokavacharan, or leech therapy, is used in Ayurveda to manage various skin conditions. Leeches help in detoxifying the blood by removing stagnant, impure blood and enhancing the circulation of fresh, oxygenated blood. This detoxification can be beneficial for skin diseases that are believed to be caused or exacerbated by the accumulation of toxins. Leeches release enzymes like hirudin and other bioactive compounds that have anti-inflammatory properties. This can help reduce redness, swelling, and irritation associated with many skin conditions. By improving circulation and reducing inflammation, leech therapy can accelerate the healing of skin lesions and wounds. This is particularly useful for chronic skin conditions that involve ulceration or slow-healing lesions. The therapy can provide pain relief by reducing local inflammation and improving blood flow, which can be helpful for conditions like psoriasis or eczema that involve discomfort and itching.¹⁵

CONCLUSION

Psoriasis is a chronic skin condition that is challenging to manage, even with contemporary medical treatments. Recent research indicates that Ayurvedic medicine may offer promising results for individuals struggling with this condition. Although this study is based on a single case, it lays the groundwork for further research. Expanding these findings to include a larger patient population could provide valuable insights and advance our understanding of alternative treatments for psoriasis.

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