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Ayurvedic Management Of Ek Kushtha With Reference To Psoriasis

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Introduction:

Psoriasis is one of the diseases in which quality of life of patient is often decreased of scaling of skin. It occurs in all age groups and equally in both genders. It is a recurrent, long lasting and most common disease of the skin.

The etiological factors are genetic, lifestyle oriented, environmental, immunological, climatic and psychological & have been found to be influential in the formation of the disease. Psoriasis has been widely known as psychosomatic disorder, in which the effect of behaviourism has been observed and described in both Ayurveda and Contemporary Science.

In Ayurveda, skin diseases comes under Kushtha Roga. Psoriasis is considered as a type of Kushtha mentioned in Samhita. The symptoms of Ek Kushtha are like Aswedanam, Mahavastum, Matsyashakalopamam and Abhraka- patrasam & it can be correlated with psoriasis. Aswedanam indicates absence of perspiration. Mahavastum means aggressively spreading lesions invading whole body. Matsya-

shakalopam explains the scaly nature and hyperkeratinisation, which is occurring in the epidermis and scaling resembling scales of fish, we can treat Psoriasis using Ayurveda medicine. As mentioned in our Samhita, the line of treatment of most of the skin diseases are Shodhana and Shamana. Urdhva and Adho Shodhana helps to remove vitiated doshas from body and stabilize the actual mechanism of the Doshas. It helps in rapid recovery of disease. Shamana treatment helps to prevent recurrence of disease, which includes internal medications. For almost all skin diseases (Kushtha Roga), Vamana Karma and Virechana Karma followed by internal medications are considered as the best line of treatment.

It is called as Ek Kushta in Ayurveda science According to Ayurvedic science:

CAUSES:

Linked to imbalances in the three Doshas (Vata, Pitta, and Kapha), particularly Pitta and Kapha. Also there is poor digestion, toxins, and stress.

1. Virodhi Anna Pana and Snigdha guru pana: Intake of wrong food combinations such as milk with fish. Read more such bad food combinations.

Drinks which are unctuous and heavy to digest.

2. Suppression of the urge for vomiting and other natural urges

3. Doing physical exercise in excessive heat and after a heavy meal.

4. Haphazard intake of foods with hot and cold properties and fasting.

5. Use of cold water immediately after exposure to scorching sun heat, exertion or exposure to frightening situation;

6. Intake of excess food, uncooked food and intake of food before the previous meal is digested.

7. Improper administration of Panchakarma Therapies.

8. Excessive intake of foods of freshly harvested grains, curd, fish, salt and sour substances

9. Excessive intake of Masha (black gram), Mulaka (radish), Pastry, Tila (Sesame seeds) and Jaggery.

10. Performance of sexual act while suffering with indigestion

11. Sleep during day time

PURVAROOPA:

1. Sparsajnatva - lack of touch sensation in the skin lesion area

2. Ati Sweda or Nava - Excessive sweating or absence of sensation

3. Loma Harsha - Horripulation

4. Kandu, Toda, Shrama and Klama - itching, pricking pain, physical exhaustion and mental fatigue.

5. Discoloration and elevation of the patches (Kotha) in the skin.

Ek-Kushta is similar to psoriasis. The digestive fire i.e Agni also get Manda consuming red meat, non-veg food and drinks are more prone to get skin diseases like psoriasis.

Virechana is effective in the treatment of Ek-Kushta (Psoriasis).

SAMPRAPTI:

Hetu Sevena---Vata Kapha Dosha Prokopa----Sharirat Sarvatra Sanchara----Twak, Rakta, Mansa, Jaliya Dhatu (Lasika) Yachi Drushti----Kledopatti -----Aswedanam, Mahavastu----Ek Kushta.

Mode of Action of Virechana in Ekakushta:

Aswedanam (absence of sweating) is due to the obstruction in Swedavaha Srotas (channels carrying sweat), Virechana by Sroto Shodhaka (channel purificatory) property opens the micro channels and improves circulation, resulting in perspiration.

Mahavastu (big lesions) are mainly associated with Dushita Kapha Dosha and Rakta Dushya, Virechana with Pitta Kaphahara property corrects Rakta Dhatu, thus reducing big lesions. scaling, also called hyper keratinization, is due to vitiation of Tridosha, Virechana acts on all Doshas and controls scaling. Rukshata (dryness) occurs mainly due to Vata Dosha, Virechana corrects it by Vatanulomana and ultimately reducing Rukshata. Kandu (itching) indicates the involvement of Kapha, Rasa, and Rakta Dushya, Virechana has Pitta Shodhaka and Rasa Rakta Prasadana property, which may reduce Kandu. Daha (burning) is mainly due to Pitta Dosha and Rakta Dusti, Virechana removes vitiated Pitta Dosha and Rakta, thus reducing Daha.

According to Acharya Bhavaprakasha:

- 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, occurrence Psoriasis varies from 0.44 - 2.88%.

It is immune mediated disease characterized by Erythematous and Rounded Plaques covered by Silvery Micaceous Scale .

Common sites are Scalp, Elbow, Knee, Chest, Trunk, Lower and Upper back region.

TREATMENT:

Acharya Charaka had mentioned the general line of treatment

Vata predominant condition: Ghritapana,

Kapha predominant condition: Vamana.

Pitta predominant condition: Virechan Karma, followed by Raktamokshana

Name of the patient: X

Address: Margao, Goa.

Sex: Male

Occupation: Businessman.

Age: 34 year.

OPD. No. 01-3047.

IPD. No:- 323.

Kalah: Adana.

Ward/Bed No.: Male General ward.

Deshah: Anupa.

1.Vedanavisheshah:

Hasta Padha Shira Pradesha Twak Vaivarniya] : 1yrs

Tat Pradeshi Kandu] : 1yrs

2. Clinical findings:

The patient presented with erythematous plaques on hands, legs and head . The affected skin was found with a variable shade of red color and the surface covered with large silvery scales.

The patient was suffering from itching all over the body.

2.1. General examination:

- Body temperature- 98 °F.
- Pulse -71/min.
- Blood Pressure -128/78mm of Hg.

2.2. Systemic examination.

In systemic examination, respiratory and cardiovascular system found normal. The patient was restless due to itching over psoriatic lesions.

2.3. Asthavidha pariksha

- Nadi - Pittakaphaja;
- Mala - 2t/day.
- Mutra – Prakruta.
- Jivha – Nirama.
- Shabda – clear.
- Sparsha - Ushna.

•Drika - NON pallor.

•Aakriti – Madhyama.

2.4. Nidana Panchaka

- Nidana - Guru, Snigdha, Abhishyandi, Ruksha Ahar, Katu,Amla Ahar.
- Sevana - simultaneous use of milk and salty snacks.
- Raktadushtikar Ahara-vihara - excessive use of salty food, sour food like pickles, curd
- Dushya - Rasadhatu, Raktadhatu
- Agni - Manda.
- Aam - Jatharagni and Dhatvagni janya;
- Strotasa - Rasavaha, Raktavaha.
- Adhithana - Twaka.
- Rogamarga - Bahya.
- Vyadhi Swabhava - Chirakari (chronic).
- Sadhya sadhyata - Kricchrasadhya (difficult to treat).

VIRECHANA KARMA IS PERFORMED:

- For Abhyantara Snehapanan: Panchatikta ghrita (450ml) is given for 5 Days continues by adding 30ml everyday.
- After snehapanana ,bahya snehana is done with nimba taila(Q.S). Evening and Morning.
- afterwards Peti sweda is given for 2times /day (Morning and evening)
- Diet on previous night of Virechana should be laghu ahara I.e plain dal rice

VIRECHANA DRAVYAM:

- Icchabhedi tab 1½
- trivrita churna - 3gm
- Triphala kwath 100ml
- No. Of Vegas should be note down and also the samyak yoga .
- After Virechana, pt is advised to take rest and follow samsarjana krama for 5 days.

MEDICINES:

1. Mahamanjistadi Kwatha 20 mL of kashaya twice a day with equal quantity of water.
2. Aarogyavardini Vati 1-1-1 with lukewarm water
3. Kaishor Guggulu (Tablet) 1 gm (2 tablets) twice daily, after meal Lukewarm water
4. Mahatiktaka Ghrita (Capsule of medicated ghee) 2 gm , once daily on an empty stomach early morning with Warm water.
5. Gandhaka Rasayana (Tablet) 250 mg (2 tablets) twice daily, after breakfast with lukewarm water.

DISCUSSION:

Contemporary medicine treats psoriasis with various medications like topical treatment such as application of corticosteroids, Keratolytics, Anthralin and Tars, Tazoterene analogues of Vit-D3. Systemic treatment consists of Cyclosporine, Retinoids, Methotrexate. Photo Therapy consists of UVB, PUVA, Bath PUVA and PDT. Despite their efficacy, these treatments have serious adverse effects like hepato-toxicity, pulmonary toxicity, pancytopenia, teratogenicity, metabolic disturbances and increased risk of malignancies.

Shodhana and Shamana Chikitsa is mentioned in Ayurveda for the management of Kushta. Shodhana Chikitsa is based on Panchkarma therapy where shaman is included with oral medication and local application.

Manjishtadi Kwatha:

Kushta is a Santarpanottha Vyadhi as per Charak Samhita. Manjishtadi Kwath has contents like Manjishtha, Guduchi, Bakuchi, Nimb, Haridra, Patola etc., which helps in detoxification and purification of the blood. Thus, through its Rakta Prasadana property it helps in relieving plaque psoriasis.

Kaishore Guggulu:

Kaishore Guggulu is an herbal remedy containing purified Guggulu and is used as anti-allergic, antibacterial and for blood purifier. It acts as health promoter for aging skin, acts as natural blood cleanser, is useful as supportive herbal supplement in many health conditions, such as diabetes and skin diseases.

Aarogyavardini Vati:

Aarogyavardhini vati is Rasakalpa . It cures skin diseases due to its purifying property. It removes dangerous toxins from body which is very effective for glorious skin. Shuddha Parad increases the immunity of person. Shuddha Gandhaka is very useful in various skin diseases. Shuddha Shilajatu has antioxidant property; Amalaki has antioxidant and astringent property which is very useful for healthy skin. Nimba Patra is also one of the best drugs which cure all types of skin diseases. Abhraka Bhasma is useful in treating various skin diseases and liver diseases.

Gandhaka:

Gandhak in Ayurveda has Kushthaghna property. Its Garavishahar (anti-poisonous) and Rasayana (rejuvenation) properties help to cure and manage the causes of skin diseases .. According to modern science, sulfur possesses an anti-inflammatory and anti-oxidant property which plays an important role in the treatment of autoimmune diseases such as psoriasis and psoriatic arthritis . It is known for its Kushthaghna ,

Ampachana, Raktaprasadana, and Rasayana properties. In Gandhak rasayana, purified sulfur has been treated with different medicinal herbs to improve its pharmacological actions

Conclusion:

In the present case, the treatment protocol was adopted as per Ayurvedic samprapti and the treatment response was observed much earlier as compared to previous allopathic treatment. No recurrence reported after the end of active treatment. The importance of a wholesome diet as a health promoter is also necessary external and internal medications of Ayurveda help to manage the complex pathophysiology of psoriasis like chronic diseases. Altogether, multimodal Ayurveda treatment led to speedy and substantial recovery from a chronic case of psoriasis.

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