

Effect of Shodhana and Shamana Chikitsain Ek-kushtha (psoriasis) – a case study

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ABSTRACT

In Ayurveda Psoriasis is described as Ek-kushtha. It is explained by Acharya Charaka in Kushtha Chikitsa Adhyaya. There are two types of Kushtha- Mahakushtha and Kshudrakushtha. Ek-kushtha is described under Kshudrakushtha with symptoms like Aswedanam (no sweating), Mahavastu (extensive) and Matasyashaklopamam (looks like fish scale). All Kushtha are Tridoshaj (involvement of three Doshas). Ek-kushtha is Vata-Kapha predominant Kshudrakushtha. Vitiating of VataKapha Dosha by dietary and lifestyle changes and formation of Ama play a significant role in pathogenesis of Ek-kushtha. The signs and symptoms of Ek-kushtha are similar to that of Psoriasis described in modern science. Psoriasis is an Autoimmune disorder characterized by a rash with itchy, scaly patches, most commonly on elbows, trunk and scalp. Exact cause of Psoriasis is not cleared but it is said to be multifactorial disease. There is no certain cure for this disease. Modern medicine provides Symptomatic relief but its prolonged course leads to side effects. Here an effort was made to treat a 18 years old female known case of well demarcated Plaques- raised silvery scales over the back, trunk, face, hands, under the breast and hip region with severe itching by combined Ayurvedic regimen as the principle of treatment of all types of Kushtha is Shodhana (purifactory) along with Shamana Chikitsa (palliative). In this study Vaman and Udwartan were performed along with Shamana Chikitsa (medications). Patient got significant improvement after 2 months of treatment. This study demonstrated that Ayurveda (Shodhana and shamana chikitsa) is very effective in the management of Psoriasis.

Key words: Psoriasis, Ek-kushtha, Vaman, Virechan, Udwartan, Takradhara

I. INTRODUCTION

Psoriasis is an autoimmune disorder, affecting 1-2% of world population. It is a non-infectious chronic inflammatory skin disease characterized by well-defined dry erythematous patches and covered with adherent silvery white scales. It mostly affects extensor surfaces of elbows, knees, scalp, nails and sacral region. The etiology of psoriasis is still poorly understood, but there is clearly a genetic component to the disease. Approximately 40-50% of affected individuals have a family history of psoriasis.

It is a common skin condition that speeds up the life cycle of skin cells. It causes cells to build up rapidly on the surface of the skin. The extra skin cells form scales and red patches that are itchy and sometimes painful. Psoriasis is a chronic skin disease that often comes and goes. It has an equal incidence in males and females.

In Ayurveda, almost all the skin diseases are described under Kushtha-Rogadhikara. There are seven Maha-Kushtha (major variety of skin disorders) and eleven KshudhraKushtha (minor variety of skin disorders). Ek-kushtha is one among all varieties of Kushtha, and it is main among the eleven KshudhraKushtha. It is painless, which does not sweat, also extensively spreads over wide area and resembles fish scale.

According to Ayurveda, a compromised digestive system leads to an increased VataKapha and also increase Pitta Dosha in Ras and RaktaDhatu, which leads to pathogenesis of Ek-kushtha. As per Ayurveda text, the Samprapti (pathogenesis) of Ek-kushtha can be described as vitiated Vata and Kapha Doshas which adversely affect the JalaMahabhoot of the affected skin region, resulting in its appearance as whitish color and scaly skin tissues. These vitiated Doshas dry the water content of skin and promote abnormal rapid proliferation of skin tissues. Vitiated Kapha Dosha and accumulated Malas cause itching

in the skin. Ek-kushtha is one of the Shudra KushthaRoga which is caused by both dietary imbalance and AmaDushti which leads to Raktadushti.

Here was an effort to treat the 18 year old female patient of psoriasis with Shodhana and ShamanaChikitsa both as it is principle line of treatment for all types of Kushthas.

II. CASE REPORT

A 18 years old female patient came to OPD of Panchakarma, Quadra College Of Ayurveda, Roorkee, Hardwar with chief complaint of well demarcated plaques, raised silvery scales over the back, trunk, face, hands, under the breast and hip region with severe itching.

HISTORY OF PRESENT ILLNESS

According to the patient, she was asymptomatic. 3 years before she noticed some papules over back region with itching. She ignored this for 6 months and took over the counter medicine. Her condition worsens day by day and lesions spread to entire back, trunk, hand, hip region, under the breasts and face with severe itching followed by thick erythematous papules then plaques of varying sizes covered with white scales. Middle of this entire she took proper allopathic treatment for psoriasis but got no such

relief. Then on someone's advice she came here for Ayurvedic treatment.

PAST HISTORY

No previous H/O any other severe illness or any operative procedure.

Personal History

- Diet – Mixed, usually skip breakfast, prefer Amla- lavana – MadhuraAhara, prefer curd, pickles, fried dishes, bakery items.
- Bowel – Frequency - 1/day ; Evacuation – Incomplete ; well-formed stool
- Appetite – Moderate
- Micturition – regular
- Sleep – adequate 6-7hrs
- Allergy – not yet detected
- Addiction – Nil
- Exercise – Poor

Treatment History

Ayurveda emphasizes on three fold therapeutic management of the disease – Shodhana(Purifactory), Shamana (Palliative) and NidanaParivarjana (avoiding causative factors). Shodhana followed by ShamanaAushadha (to subside remaining Doshas after Shodhana) is the backbone of present study in the management of Ek-kushtha(Psoriasis).

Treatment Plan

THERAPY	DRUG	DOSE (Matra)	DURATION	ANUPANA
DeepanaPachana Udvardana	1.Hingwashtaka Choorna 2gm + TrikatuChoorna1gm 2.Chitrakadi Vati 2 tabs	Twice a day	For 3 days (i.e. 1 st ,2 nd and 3 rd day)	KoshanaJala
	VidangaChoorna 50gm + HaritakiChoorna 50gm + BakuchiChoorna 50gm +SarshapaChoorna 50gm + KaranjaChoorna 50gm + HaridraChoorna50gm + TriphalaChoorna 50gm + EladiChoorna 50gm + AmahaldiChoorna 50gm	Sarvanga	For 8 days	
Snehapana	GuggulutiktakamGhritam	30ml	On 4 th day	DhanyakaShunthisidhajala
		60ml	On 5 th day	
		90ml	On 6 th day	
		120ml	On 7 th day	
		150ml	On 8 th day	
Abhyanga	Neembadi Taila	Sarvanga	For 2 days (i.e. 9 th)	KoshanaJala

Swedana	DashmoolaKwath		and 10 th day)	
Vamana	MadanaphalaChoorna2.5 gm + VachaChoorna5gm + SaindhavaLavana7.5gm +MulethiChoorna7.5gm + Madhu30ml	After AkanthaDughd ha Pana	On 10 th day after Sarvanga Abhyanga Swedana	Mulethi Fanta and SaindhavaJala
Sansarjana Karma	Manda (rice water)	According to appetite	On 10 th day evening	KoshanaJala
	B - Vegetable soup L - Moonga Dal D - vegetable khichadi		For 7 days	
ShamanaAus hadha	1.Nimbadi Choorna3gm + GuggulupanchapalaChoor na2gm + RasManikya75mg + GandhakBhasma250mg 2.Panchatikta ghritaguggulu2 tabs 3.Gandhak Rasayana1 tab 4. MahatiktaKahaya15ml+ 45ml luke warm water (empty stomach) 5. BruhathDanthapala Taila	Twice a day L/A	For 1 month	KoshanaJala

III. OBSERVATION AND RESULT

The improvement in the lesions of Ek-kushtha before and after treatment is as shown in figures (Before and after)



IV. DISCUSSION

Vamana Karma – It is the best remedy for KaphaDosha and also the first remedy for Kaya Shodhana. According to mode of action explained by Acharya Charaka that is clear Kaphavataj with anubhandhan of Pitta Vikara can be treated well. As Psoriasis is Kaphavatapredominant Disease. Removal of Amadosha, increase in agni, pacification of VataDosha, reduction in scaling and dryness and itching, pacification of KaphaDosha can be easily achieved by Vaman Karma.

Udvartana – As Kushtha is a disease of BahyaRogmarga, manifesting at twak (skin) as VyaktaAwastha, there is also need for Bahir ParimarjanaChikitsa such as Udvartana. By this, the Veerya of drugs enter the Romakupa, further on, the Siramukha through the Swedavahis and exhibits its action. This indicates the entry of essence of the drugs applied over the skin into the capillaries and there by entering to the systemic

circulation. Udvartanaremoves the Mala, Kapha and Vatapresent in the Twakand does TwakPrasadan.

ShamanaAushadha – Nimbachoorna possesses Pitta Shamaka, Kaphagna, VranaRopana, Krimighna, Kandughna, DahaPrashaman and Rasayan properties. Because of its Anti-inflammatory, Anti-bacterial and Anti-fungal properties, it is useful in treatment of skin diseases. Guggulu is Strotoshodhaka which reaches in the minute channels of the body and help in break down the Dosha-DushyaSamoorchana. Rasmanikya and GandhakRasayana mitigate VataKaphaDosha and having Kushthaghna and Kandughnaproperties. Mahatikta Kashaya has TridoshaShamak properties. It is Shothahara, Vranaropana, Kandughna and Dahaprashamana. Therefore the combination that used has various properties and thus showed their efficacy in the management of Ek-kushtha (Psoriasis)

CHIKITSA	MODE OF ACTION
Deepanapachana	Enhances appetite and pacifies vitiated Vata. Also helps in AmaPachana
Snehapana Abhyanga and Swedana	Expels vitiated Dosha from Shakha to Koshta and also pacifies the Vata
	To expel increases Kapha and PittaDosha out of the bodyVamana
SansarjanaKarma	Improve digestion and increase appetite
Udvartana	Induce TwakPrasadana
ShamanaAushadha	To subside remaining Dosha after Shodhana

V. CONCLUSION

This case study highlighted the effectiveness of Ayurvedic Regimen in the treatment of Ek-kushtha. Patient got significant improvement after 2 months of treatment. So, it may be concluded that Shodhana with ShamanaChikitsa is very effective in the management of Ek-kushtha (Psoriasis).

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