



Case Study

A CASE STUDY ON *EK-KUSTHA* (PSORIASIS) AYURVEDIC MANAGEMENT

Ketan Mahajan¹, Ansuya Sharma^{2*}, Sneha joshi²

¹Professor & HOD, ²PG Scholar, Dept of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, India.

Article info

Article History:

Received: 01-03-2024

Accepted: 17-04-2024

Published: 07-05-2024

KEYWORDS:

Psoriasis,
Shodhana,
Shamana, Eka-
Kushtha.

ABSTRACT

In present era, skin diseases have become a major hazard for mental health more than physical, as it disturbs the cosmetic harmony. Psoriasis is marked by periodic flare-ups of sharply defined red patches, covered by a silvery, flaky surface. The Ayurvedic finding is considered as *Ek Kustha* which is a *Vata- Kapha* transcendent *Kshudra Kushtha*. Here, an effort was made to treat a female patient suffering from pustular psoriasis through Ayurved as the eminent choice. Since the treatment of wide range of *Kustha* is *Sanshodhana* alongside *Sanshamana* drugs but in this case, at first, *Lepa karma* and *Shamana Aushadhi* was performed. After *Lepa Karma*, *Sanshamana* drugs were given for 30 days. This case report showed that consolidated Ayurvedic modalities brought about extraordinary improvement in the condition of patient.

INTRODUCTION

Psoriasis is an auto-insusceptible disorder characterized by unusual patches which can be visualised as dry, irritated, and flaky. The representation of patches can be a little sketchy with confined to widely spread all around the body including scalp, palms and sole.

Irregularity of patches can be seen over epidermal layer due to over-the-top augmentation of cells in the basal layers. The formation of keratinocyte is decreased to 5-6 days from 28-30 days.

The typical lesion seen is a red spot or a patch of varying size covered with a thick layer of silvery scales, which can be scraped off. Candle grease sign (coin shaped lesions with wax like scales) and exfoliation are typical features. The psoriatic lesions may develop in the lines of scratches during their active phase, and this is called Koebner's phenomenon. Although lesions may appear in any part of the body, they are mostly seen on the knees, elbows, and scalp. Gradually these lesions grow in size and develop into large patches.

There are five main types of psoriasis: Plaque, Guttate, Inverse, Pustular, and Erythrodermic.

Ayurveda categorises all skin disorders under the shade of *Kustha*, in other word it tends to be recorded as 'Ayurvedic dermatology'. The word "*Kustha*" implies one which stains or depigments the skin. However, one can conceal all dermatological indications under 18 subtypes of *Kustha*.

Causes

Viruddha Annapana, excessive intake of *Drava*, *Snigdha* and *Guru Dravyas*; restraining natural urges like vomiting etc; exercise and heat after eating excessive quantity of food^[1]. (ch.chi.7/4)

Symptoms


Decreased touch sensation, excessive or absence of sweating, change in colour, papules on skin, horripilation, pruritus, pricking pain, physical exhaustion, mental fatigue, severe pain in ulcerated area, sudden appearance of ulcers, burning sensation, numbness are the premonitory symptoms of skin^[2]. (ch.chi.7/11-12)

Ek- Kustha is a type among the 11 *Kshudra Kustha*^[3].

अस्वेदनं महावास्तु यन्मत्स्यशकलोपमम् तदेककुष्ठः॥

Case Report

A female patient aged 30 from Haryana came to Patanjali Ayurveda Hospital. On the first visit, her body was fully covered with pustular psoriasis. According to the history provided, since 2003, she had complaint of

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Quick Response Code	
	https://doi.org/10.47070/ayushdharma.v11i2.1459
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itching and patches on some parts of her body, and then she got cured after taking allopathic medicine. In 2012 it recurred again but remained only on the scalp. Further in 2020, recurrence of pustular psoriasis took place and after taking modern medicine again for 2 months she got symptomatic relief only. In 2023, patient was suggested to go for steroid injections, but before taking injections, she came to Patanjali Ayurveda Hospital in March 2023 to get cure through Ayurved.

H/O-

No H/O of DM, HTN, asthma or any major illness.

Family H/O – No H/O of DM, HTN, asthma or any major illness.

Medicinal History: Use of steroids locally as well as orally.

Surgical History: No any operative history till date.

Allergic: No known history of allergy to any medicine.

On Examination

- General condition was fair
- Vitals were normal, afebrile
- Central nervous system, cardiovascular system, respiratory system and gastrointestinal system examinations show no abnormality.

Integumentary System

- Site of onset- Scalp
- Mode of spread- Centripetal
- Colour- Erythematous papule and plaques covered with white scales- body erythematous patches with white scales-scalp.
- Size- Papule and plaques of varying size-body patches-scalp
- Consistency- Thick, dry
- Distribution- Asymmetrical, bilateral scattered all over body.
- Primary lesion- erythematous papule and plaques of varying size converted in pustule.

Sanshaman Aushad Given

Triphala Guggulu^[4]: Important therapeutic uses: *Shotha* (inflammation), *Bhagandara* (fistula-in-ano), *Arsha* (haemorrhoids), *Gulma* (abdominal lump).

Mahamajisthadi Kwath^[5]: 18 types of *Kushta*, *Vatarakta*, *Ardita*, *Upadamsa*, *Slipada*, *Suptavata*, *Pakshaghata*, *Medoroga* and *Netraroga*.

Neem Ghan Vati^[6,7]: *Neem* leaves are beneficial for eyes, carminative, aphrodisiac, and destroys all types of loss of appetite, leprosy, worms, bile and poison. Fruits of neem are bitter, astringent, laxative, mild, hot and destroy leprosy, tumours, piles, worms and gonorrhoea.

Immunogrit Gold: Enhances energy and vitality, regulates the *Pitta* and *Vata Doshas*, enhances the immune system, improves digestive system. Maintains optimal blood sugar levels, enhances both physical and mental endurance.

Kayakalpa Tail^[8]: Cure skin ailments. Heals dryness and removes marks and pigmentation.

Divya Tail: Psoriasis, skin inflammation, *Sthanik Shotha* (local inflammation) and act as skin nourisher.

Godhan Arka: Useful in general debility, obesity, *Vata Roga*, abdominal disease, skin diseases, asthma and cough.

Psorogrit Tablet: Useful for *Paurush Granthi Vridhi* and associated lower urinary tract symptoms, difficulty in urination.

Manjistha Churna: It is useful in wound healing, skin diseases, acne pimples. It has blood purifying property. Useful for gouty arthritis, syphilis.

Haridra Churna: Relieves urticarial, allergic itching, rashes and other skin disorders.

Shastik Shali Rice: It is used to treat fever, neurological disorders, circulatory disorders, digestive problems, respiratory problems etc. *Shastika Shali* rice paste is applied externally. Enhances skin colour and complexion by improving blood circulation in the skin.

Aloe Vera

Healing properties: Aloe vera leaves improves the amount of collagen in the wound while also altering its composition to include more type III collagen and strengthening its cross- linking. As a result, it quickens the healing process and raise the scar tissue's breaking strength.

Impact of UV and gamma radiation on skin- It has been suggested that *aloe vera* leaves protects the skin against radiation-induced skin damage. The exact function of metallothionein, an antioxidant protein produced in the skin after aloe vera leaves administration, is unknown. It scavenges hydroxyl radicals and keeps the skin's glutathione peroxidase and superoxide dismutase from being suppressed.

Treatment plan: Shaman Aushadhi (Palliative Medication)

1.	Godhan Ark Neem Ghan Vati	450gm 60gm	Take 2 tab. of <i>Neem Ghan Vati</i> with 15ml <i>Godhan Arka</i> morning empty stomach
2.	Psorogrit	60gm	Take 2 tab/2 cap. 30 min before breakfast/ lunch/dinner with lukewarm water/milk for 30 days.
	Immunogrit gold	60gm	Take 1 tab/ 1 cap. 30 min before breakfast/ lunch/dinner

3.	<i>Triphala Guggul</i>	60gm	with lukewarm water/milk for 30 days.
4.	<i>Mahamanjsthadi Kwath (Pravahi)</i>	450gm	Take 3 tsp. of medicine with equal amount of water. Twice a day after meals for 30 days
5.	<i>Kayakalpa advance Taila</i> <i>Divya Taila</i>	100ml 50ml	For local application (mix and apply)

Lepa preparation: Mix *Neem* leaves, aloe vera leaves, *Manjistha* powder, *Godhan Arka*, soaked *Shastik Shali* rice all together and make paste form then applied on lesions. *Lepa* is applied 7 times in 5 days.



Before



After

RESULT

Pustular psoriasis is a unique subset of psoriasis that differs not only in appearance but also in etiopathogenesis and treatment approach.

Ek kushtha is a *Kshudra Kustha* and have *Vata-Kapha* dominance and even involvement of *Tridosha* can be evident from its signs and symptoms.

On the very second day of *Lepa* application, pus started reducing and at last day of t/t the skin was recovered from pus by 90%. Total relief was obtained after intake of *Shamana Aushadhi*.

Ayurvedic medicine uses a holistic approach to alleviate pain and improve immunity. Furthermore, if *Lepa* application and medications are to be supported with *Sodhana Chikitsa*, it will provide all round relief in the outcome and consequently may assist with keeping away from repeat of this illness.

It has anti-psoriatic properties that completely alleviate the psoriatic lesion's inflammation, itchiness and irritation. Its action softens and restores normal skin texture.

DISCUSSION

In Ayurveda various types of outer application are depicted for the comfort of treatment of various diseases. *Lepa- Kalpana* is one of them. *Lepa* has three types *Dosaghan*, *Visaghan* and *Varnya* and *Acharya Vagbhatt* and *Sharandhara* also named the *Mukha Lepa Kalpana*. *Lepa* is absorbed through *Swedawahi Srotas* and *Siramukh* after bring applied, resulting in a faster absorption of the medication and desired effects.

Acharya Sushruta has explained the efficiency of *Lepas* that as by pouring water over a burning house, the fire is extinguished immediately; in the same manner the *Lepa* pacifies the provoked local *Doshas* by local application.

1. Primary root cause for any disease is *Satata Nidan Sevan*. If left untreated then it can be converted into *Asadhya Vyadhi*.
2. Continuous intake of incompatible food (*Viruddha Aahara vihara*) is also the reason for the disease.
3. Psoriasis is an auto immune disorder, depending solely on medications cannot cure the disease hence medicines along with diet and lifestyle changes is equally important.

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Cite this article as:

Ketan Mahajan, Ansuya Sharma, Sneha Joshi. A Case Study on Ek-Kustha (Psoriasis) Ayurvedic Management. AYUSHDHARA, 2024;11(2):86-89.

<https://doi.org/10.47070/ayushdhara.v11i2.1459>

Source of support: Nil, Conflict of interest: None Declared

*Address for correspondence

Dr. Ansuya Sharma

PG Scholar,

Dept. of Panchakarma,

Patanjali Bhartiya Ayurvedigyan

Evum Anusandhan Sansthan,

Haridwar.

Email: ansuya210@gmail.com

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