



Case Study

EXPLORING THE THERAPEUTIC POTENTIAL OF *BHRINGARAJA (ECLIPTA ALBA HASSK) CHURNA* IN *EKA KUSTA (PSORIASIS)*

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ABSTRACT

"Rooted in ancient Indian wisdom, Ayurveda, a holistic science of life, offers a unique approach to health and wellness through natural therapies and herbal remedies. Emphasizing individualized treatment, Ayurveda aims to balance the body's three fundamental energies (*Vata, Pitta, Kapha*) for optimal health and disease prevention." Psoriasis, known as *Eka Kustha* in Ayurveda, is a chronic autoimmune disorder characterized by hyperproliferation of the skin cells, leading to erythematous, scaly plaques that cause discomfort and affect patient's quality of life. From an Ayurvedic perspective, *Eka Kustha* is associated with imbalances in the *Vata* and *Kapha doshas*, as well as impurity in blood (*Rakta dhatu*) and aggravated toxins (*Ama*). *Bhringaraja* is praised for its multiple therapeutic properties, including balancing *Kapha* and *Vata*, promoting hair health, treating skin diseases like psoriasis, and offering general rejuvenation and strengthening benefits. It is recognized as a powerful herb in traditional Ayurvedic medicine. Present case report, A 52yrs old male patient presented with scaling, itching all over body predominantly upper and lower back for 8 months. The patient was treated with *Bhringaraja (Eclipta alba Hassk.) churna* for period of 45 days, Patient got significant improvement after 45 days. The patient showed significant improvement in PASI score and quality of life with no adverse effects. The treatment protocol adopted based on the Ayurvedic principles, targeting the *Vatakapha dosha* predominance in *Ekakusta*. This case report highlights the effectiveness of *Shamana oushadi* in managing psoriasis and support further research to explore its potential as a complementary therapy.

INTRODUCTION

Ayurveda, the ancient science of life and healing, is rooted in a holistic philosophy that seeks to harmonize the body, mind, and spirit with the natural world. Originating in India over 5,000 years ago, Ayurveda is based on the balance of three fundamental bio-energies or *Doshas: Vata, Pitta, and Kapha*. These *Doshas* govern physiological functions, and their balance is believed to promote health, while imbalance leads to disease. Ayurvedic treatments focus on restoring this balance through personalized dietary practices, lifestyle modifications, and herbal therapies.

The *Charaka Samhita* classifies skin diseases into two main groups: *Maha Kustha* (major skin diseases) and *Kshudra Kustha* (minor skin diseases)^[1]. The text emphasizes that skin diseases are caused by the imbalance of the three *Doshas- Vata, Pitta, and Kapha-* and their effect on the four factors: *Rasa* (plasma), *Rakta* (blood), *Mamsa* (muscle), and *Lasika* (lymph). *Ekakusta*, specifically, is categorized under *Kshudra Kustha*. It is described as a condition where the skin becomes dry, thickened, and covered with silvery scales. The imbalance of *Vata* and *Kapha doshas* is primarily responsible for this condition. The *Charaka Samhita* outlines the etiology, symptomatology, and treatment of *Ekakusta*, focusing on restoring the balance of the *Doshas* through dietary modifications, herbal treatments, and cleansing procedures.

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Eka Kushta

Charka Quotes in Chikitsa sthana 7th chapter *Asvedana maha vastu Yat matsya kalopamam*.^[2]

Asvedana - Absence of sweating

Mahavasthu-Extensive localisation and

Yat matsya kalopamam - Resembles the scales of fish.

It occurs due to increase of *Vata* and *Kapha Dosha*

Psoriasis is a chronic, non-communicable, auto immune skin condition characterized by the rapid production of new skin cells. This accelerated cell turnover leads to the accumulation of thick, scaly patches on the skin, known as plaques^[3]. These plaques are typically red, inflamed, and covered with silvery-white scales. Psoriasis can affect any part of the body, but it is most commonly found on the scalp, elbows, knees, and lower back. The prevalence of psoriasis in India is between 0.44% and 2.8% ^[4]. The exact cause of psoriasis is not fully understood, but it is believed to involve a combination of genetic and environmental factors. Immune system dysfunction plays a central role, with T cells mistakenly attacking healthy skin cells. Common triggers include skin injuries, infections, certain medications, stress, and lifestyle factors such as smoking and alcohol consumption.

Bhringaraja (*Eclipta alba* Hassk.) is a commonly used drug for the purpose of cosmetics as well as therapeutics and is easily available. *Bhringaraja* is considered as best *Keshya dravya* Whole plant has been used in many formulations from the time of *Puranas* to till date. In *Samhitas* and *Nighantus*, *Twachya* and *Rasayana karmas* have been attributed to *Bhringaraja*. It finds its reference in the treatment of *Charmavikara*, *Pandu*, *Palitya*, *Kushta*, *Vrana* etc. Sharangadhara^[5] while explaining *Rasayana* according to age, mentions *Bhringaraja* as *Rasayana* to prevent skin aging. It has been screened for many pharmacological activities. *Bhringaraja* contains bioactive compounds with anti-inflammatory, antioxidant, and immunomodulatory properties.

MATERAILS AND METHODS

Case Report

Chief Complaint: Patient complaining of multiple silvery scaly lesions, all over body predominantly upper and lower back.

Associated complaints: Itching and scaling

History of present illness

A 52 yrs old male patient, presented to OPD of Dravyaguna Govt. Ayurvedic Hospital, Erragadda, Hyderabad, on 27 Feb 2024. He is complaining of Multiple silvery scaly lesions, all over body predominantly upper and lower back associated with itching, scaling for 8 months. Patient had no history of

any previous medications. However his symptoms worsened in winter season.

History of past Illness

Not a known case of HTN, T2DM, CAD, CKD

Family history: Nothing significant

Table1: Subject's Personal History

Name: abc	Bowel: Normal
Age: 52 years	Appetite: Normal
Marital status: Married	<i>Bala: Madhyama</i>
Occupation: Daily wage labour	Height: 155cm
Diet: Mixed	Weight: 62kg

Table 2: Asta Sthana Pareeksha

<i>Nadi</i>	<i>Pitta Kaphaja</i>
<i>Mala</i>	<i>Prakruta</i>
<i>Mutra</i>	<i>Prakruta</i>
<i>Jihwa</i>	<i>Ama</i>
<i>Shabda</i>	<i>Prakruta</i>
<i>Sparsha</i>	<i>Prakruta</i>
<i>Drik</i>	<i>Prakruta</i>
<i>Akriti</i>	<i>Madhyama</i>

Table 3: Dashavidha Pareeksha

<i>Prakriti</i>	<i>Pitta kapha</i>
<i>Vikriti</i>	<i>Vata pradhana Kapha</i>
<i>Sara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Susamhata</i>
<i>Satmya</i>	<i>Madhura pradhana sarvarasa</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Vyayama shakti</i>	<i>Madhyama</i>
<i>Ahara Shakti</i>	<i>Abhyavaharana shakthi – Madhyama Jarana shakthi – Avara</i>
<i>Pramana</i>	Height – 155cm Weight – 62kg
<i>Vaya</i>	<i>Vruddha</i>

Table 4: Nidana Panchaka

<i>Nidana</i>	<i>Katu, Amla pradhana ahara sevena frequently, Adhyashana</i>
<i>Poorva rupa</i>	Itching and scaling
<i>Rupa</i>	Multiple silvery scaly lesions
<i>Upashaya & Anupashya</i>	Nothing specific

Table 5: General Examination

Pallor - Absent	Blood pressure - 110/80 mm of Hg
Icterus - Absent	Temperature - 37°Celsius
Oedema - Absent	Pulse rate - 72/min
Clubbing - Absent	Respiratory rate: 18/min
Lymphadenopathy - Absent	

Table 6: Integumentary System Examination

Size of the lesion	5-6 cm
Shape of the lesion	Irregular
Color of the lesion	Silver red
Edges of the lesion	Not raised
Surface of the lesion	Indurate

Assessment Criteria

PASI Score^[6]

Intensity	Absent (Score 0)	Mild (Score 1)	Moderate (Score 2)	Severe (Score 3)	Very Severe (Score 4)
Erythema (Redness)	Clear skin	Mild redness	Moderate redness	Severe redness	Very severe redness
Induration (Thickness)	Clear skin	Mild thickness	Moderate thickness	Severe thickness	Very severe thickness
Desquamation (Scaling)	Clear skin	Mild scaling	Moderate scaling	Severe scaling	Very severe scaling

Dose

Internal (*Antah parimarjana*): 3 gm of whole plant powder given, half an hour before food, twice a day with water orally.

External (*Bahir parimarjana*): whole plant powder with water as required as *Pradeha* for 4 hours.

OBSERVATIONS AND RESULTS

S.No	Clinical features	Before treatment	After treatment
1	Anhydrous	2	0
2	Scaling	2	0
4	PASI Score	11.6	5.7

The table shows a comparison of clinical features before and after treatment

Anhydrous

- Before treatment: The score was 2.
- After treatment: The score dropped to 0.
- Interpretation: The treatment appears highly effective in addressing anhydrous (dryness), as it completely eliminated the condition.

Scaling

- Before treatment: The score was 2.
- After treatment: The score dropped to 0.
- Interpretation: The treatment successfully resolved the issue of scaling, as indicated by the reduction to a score of 0.

PASI Score

- Before treatment: The PASI score was 11.6.
- After treatment: The PASI score reduced to 5.7.
- Interpretation: There was a significant reduction in the PASI (Psoriasis Area and Severity Index) score, indicating a marked improvement in the severity and extent of the condition being treated.

Overall, the data suggests that the treatment was effective in reducing the clinical features listed, demonstrating a notable improvement in the patient's condition.

PASI Score before Treatment

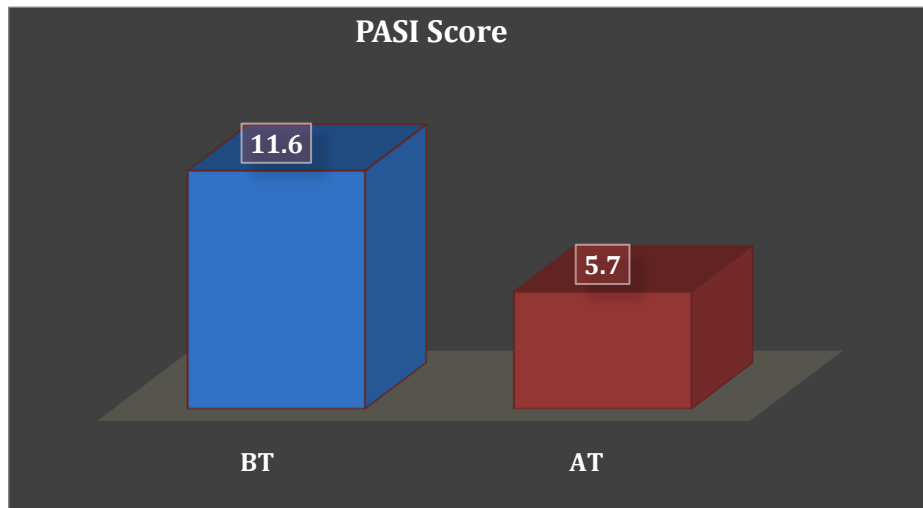
PASI: 11.6

	Head		Arms	
Area	<10%		<10%	
Erythema (redness)	1		1	
Induration (thickness)	1		1	
Desquamation (scaling)	2		2	
	Trunk		Legs	
Area	50-69%		<10%	
Erythema (redness)	2		1	
Induration (thickness)	2		1	
Desquamation (scaling)	3		3	

PASI Score after Treatment

PASI: 5.7

	Head		Arms	
Area	<10%		<10%	
Erythema (redness)	0		1	
Induration (thickness)	1		1	
Desquamation (scaling)	1		1	
	Trunk		Legs	
Area	30-49%		<10%	
Erythema (redness)	1		0	
Induration (thickness)	2		1	
Desquamation (scaling)	2		0	



Showing before and after treatment of upper back

DISCUSSION

This case study presents an insightful exploration into the therapeutic potential of *Bhringaraja* (*Eclipta alba* Hassk) *Churna* in the treatment of *Eka Kusta* (psoriasis). Psoriasis, a chronic inflammatory skin condition characterized by reddish silvery, scaly plaques, presents a significant

therapeutic challenge due to its complex pathogenesis and multifactorial etiology. *Bhringaraj* botanically known as *Eclipta alba* Hassk, is a prominent herb in Ayurvedic medicine, traditionally utilized for its hepato-protective, anti-inflammatory, and rejuvenating properties. The use of *Bhringaraja*

Churna in this case study is grounded in its holistic approach, aiming to address not only the symptomatic manifestations of psoriasis but also underlying systemic imbalances.

The clinical outcomes observed in this study are notable. The significant reduction in anhydrous and Scaling scores to zero post-treatment highlights the herb's efficacy in alleviating dryness and desquamation. This can be attributed to the herb's moisturizing and anti-inflammatory properties, which help restore skin barrier function and reduce inflammatory responses. The reduction in PASI Score from 11.6 to 5.7 further substantiates the therapeutic potential of *Bhringaraja Churna*. The PASI Score is a widely accepted measure of psoriasis severity, encompassing lesion characteristics and extent. The observed improvement indicates a substantial reduction in both the severity and extent of psoriatic lesions, underscoring the herb's effectiveness in managing the condition. *Bhringaraja Churna* efficacy may be synergistically enhanced by dietary and lifestyle modifications recommended alongside Ayurvedic treatments, which aim to balance the body's *Doshas*. This integrative approach may contribute to more sustainable therapeutic outcomes. However, while the results are promising, they are derived from a single case study, necessitating caution in generalizing the findings. Further research involving larger, controlled studies is essential to validate these preliminary observations and elucidate the precise mechanisms through which *Bhringaraja* exerts its therapeutic effects. In conclusion, this case study suggests that *Bhringaraja (Eclipta alba Hassk) Churna* has potential as a complementary therapeutic agent in the management of *Eka Kusta* (psoriasis). The significant clinical improvements observed warrant further investigation, offering a potential avenue for integrative treatment approaches in psoriasis management.

The case study demonstrates that *Bhringaraja (Eclipta alba Hassk) Churna* shows promise as an effective complementary treatment for *Eka Kusta* (psoriasis). The notable reductions in clinical features such as Anhydrous and Scaling (both improving to a score of 0) and the significant decrease in the PASI score from 11.6 to 5.7 suggest that this Ayurvedic herb can substantially improve the symptoms of psoriasis. The holistic nature of Ayurvedic treatments, which often include lifestyle and dietary recommendations, likely enhances the efficacy of *Bhringaraja Churna*. However, the findings are based on a single case study, highlighting the need for further research involving larger sample sizes and controlled studies to validate these preliminary results and better understand the mechanisms of action.

Probable Mode of Action

The action on the body is explained and understood on the level of *Rasa Panchaka* of the drug^[7].

<i>Rasa</i>	<i>Katu Tikta</i>
<i>Guna</i>	<i>Laghu, Ruksha</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Veepaka</i>	<i>Katu</i>
<i>Dosha Karma</i>	<i>Kaph vata Hara</i>

Bhringaraja (Eclipta alba) works on the *Doshas* involved in *Ekakusta* (psoriasis) by balancing *Vata* and *Kapha doshas*.

Rasa (Taste): *Bhringaraja* has a *Katu* (pungent) and *Tikta* (bitter) taste, which helps in reducing *Kapha*. *Tikta rasa* which decrease *Pitta dosha* results in decrease of erythema (redness).

Guna (Property): It is *Laghu* (light) and *Ruksha* (dry), which helps in reducing the heaviness and moisture associated with *Kapha*.

Veerya (Potency): The herb is *Ushna* (hot), which helps in reducing the *Sheetha* associated with *Vata*. *Ushna veerya* drugs can dilate sweat glands and increase sweat production which results decrease of *Aswedhnam*.

Vipaka (post-digestive effect): The post digestive effect is *Katu* (pungent), which further helps in reducing *Kapha*.

Prabhava (Special potency): *Bhringaraja* is known for its unique ability to nourish and rejuvenate the skin, making it particularly effective for skin conditions like psoriasis.

By balancing these *Doshas*, *Bhringaraja* helps in reducing the symptoms of *Ekakusta*, such as scaling, redness, and inflammation. *Eclipta alba (Bhringaraja)* contains several bioactive phytoconstituents that contribute to its therapeutic effects in psoriasis.

Probable Mode of Action Modern Aspect^[8]

- Coumestans: The primary active compound in *Eclipta alba* is wedelolactone, a coumestan derivative. Coumestans exhibit anti-inflammatory and antioxidant properties, which help reduce inflammation and oxidative stress in psoriatic lesions.
- Flavonoids: *Eclipta alba* contains flavonoids like luteolin and apigenin. These flavonoids have antioxidant and anti-inflammatory effects, which help in reducing the redness, scaling, and inflammation associated with psoriasis.
- Triterpenes: Compounds like ursolic acid and oleanolic acid are present in *Eclipta alba*. Triterpenes have anti-inflammatory and immunomodulatory properties, which help in

managing the immune response and reducing inflammation in psoriatic skin.

- Phenolic Compounds: These compounds exhibit antioxidant properties, which help in neutralizing free radicals and reducing oxidative stress in the skin.
- Saponins: Saponins have anti-inflammatory and antimicrobial properties, which help in reducing inflammation and preventing infections in psoriatic lesions.
- Steroids: *Eclipta alba* contains stigmaterol, a phytosterol with anti-inflammatory and immunomodulatory properties, which help in managing psoriasis symptoms.

CONCLUSION

The case study demonstrates that *Bhringaraja* (*Eclipta alba* Hassk) Churna shows promise as an effective complementary treatment for *Eka Kusta* (psoriasis). The notable reductions in clinical features such as anhydrous and scaling (both improving to a score of 0) and the significant decrease in the PASI score from 11.6 to 5.7 suggest that this Ayurvedic herb can substantially improve the symptoms of psoriasis. The results indicate that *Bhringaraja Churna* may help restore skin hydration and reduce inflammation, leading to a marked improvement in the overall severity and extent of psoriatic lesions. The holistic nature of Ayurvedic treatments, which often include lifestyle and dietary recommendations, likely enhances the efficacy of *Bhringaraja Churna*. However, the findings are based on a single case study, highlighting the need for further research involving larger sample sizes and controlled studies to validate these preliminary results and better understand the mechanisms of action. In conclusion, *Bhringaraja*

Churna holds potential as a therapeutic agent in the integrative management of psoriasis, warranting further scientific exploration to establish its efficacy and safety.

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