



Case Study

HOLISTIC HEALING OF EKA KUSHTA (PSORIASIS)

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ABSTRACT

Chronic inflammatory and hyperproliferative skin disease caused by the immune system called psoriasis. It typically follows a relapsing and remitting course and is distinguished by well-defined, erythematous, scaly plaques that typically affect the extensor surfaces of the face, head, and extremities. Nearly 0.44% to 2.8% of people worldwide suffer with psoriasis. A form of *Kshudra Kushta*, *Eka Kushta* has *Vata-Kapha* predominance and a clinical appearance similar to psoriasis. Numerous therapies have been documented in Ayurveda, including *Shodhana* and *Shamana*. A male patient, aged 57 years, developed erythematous plaques on the extensor surfaces of both upper limbs. In accordance with Ayurvedic *Samprapti* (pathophysiology), *Virechana* followed by *Shamanoushadi*, which includes *Dushivishari Gulika* 1 Vati twice a day, *Manjishtadi Kwath* 40ml twice a day on an empty stomach, *Kaishore Guggulu* 2 Vati twice a day after meals, 500mg of *Arogyavardhini Rasa* and 2gm of *Triphala Churna* with *Anupana* of *Koshna Jala* was administered. The patient experienced total symptom alleviation after four months of treatment. Photographic documentation was taken during treatment with the patient's consent. There is significant improvement from persistent cases of psoriasis when a healthy diet and Ayurvedic treatment are followed.

INTRODUCTION

Psoriasis is an inflammatory, hyper-proliferative skin condition that is persistent and immune-mediated.^[1] In India, its prevalence ranges from 0.44% to 2.8%.^[2] Psoriasis affects a number of body parts, including the scalp, face, trunk, limbs, palms and soles. Psoriasis has a significant negative influence on a patient's psychological and social well-being due to its chronic nature, recurrent pattern and visibility. *Eka Kushta* is categorised under *Kushta* and shares the same causes as *Kushta*.^[3] Among these are foods that are incompatible (*Viruddha Ahara*), foods that are consumed in excess (*Drava*, *Snigdha*, *Guru*, *Navanna*, fish, curd, salt, sour, etc.) and suppression of natural urges, particularly *Vamana*, along with sinful behaviours.

Clinically, *Eka Kushta* is distinguished by *Aswedana* (absence of perspiration), *Mahavastu* (extensive lesions), and *Matsya Shakalopam* (fish-like scales) [4]. Since these characteristics closely mimic those of psoriasis, *Eka Kushta* therapy guidelines can be applied. Management involves repeated *Shodhana* (purification) and *Shamana* (palliative therapy), which is the standard approach for all *Kushtas*.

Patient Information

A male labourer in a brass industry, aged 57 years, had been experiencing psoriasis for over 4 years. He had treatment from an allopathic physician for a year, with inconsistent follow-ups. Short-term alleviation of symptoms was achieved with topical and systemic immunosuppressive treatment. Based on personal history, the patient was in good general health. The results of every routine blood test were within the normal range. No concurrent sickness has been identified. The patient stopped allopathic treatment and sought Ayurvedic treatment because of a recurrent pattern brought on by unidentified aggravating factors.

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Clinical findings

The patient's bilateral upper limb extensor surface had erythematous plaques when he first visited. Different hues of red were observed on the affected skin, and the surface was covered with big silvery scales. The patient's general state was anxious, modest appetite, and a coated tongue. The pulse was 78 beats per minute with full volume and regular, the blood pressure was 130/80mmHg. The patient had no noteworthy medical history, nor any history of accident or surgeries. The respiratory and cardiovascular systems were confirmed to be normal during systemic evaluation.

Asthavidha Pariksha

Nadi (pulse)– *Vatapittaja*, 78 bpm regular; *Mala* (stool) – *Samahata*, bowel habit was regular; *Mutra* (urine) – *Prakrita*; *Jivha* (tongue)– *Shveta-picchila*, *Sama* (coated); *Shabda* – *Prakrita*; *Sparsha* (touch)– *Ushna*; *Drika* (vision)– *Prakrita*; *Aakriti* – *Madhyam* (medium built).

Nidana Panchaka

Nidana – *Viruddhahara sevana* (consumption of milk and salty snacks at the same time) and *Raktadushtikar Ahara-vihara* (overindulging in sour foods like pickles and curd, prolonged exposure to direct sunlight).

Samprapti: *Dosha* – *Kapha*, *Vata*, *Pitta* and *Rakta*

Dushya – *Rasadhatu*, *Raktadhatu*

Agni – *Mandagni*; *Aam* – *Jatharagni* and *Dhatvagni janya*.

Strotasa – *Rasavaha*, *Raktavaha*

Adhithana – *Twaka*

Rogamarga – *Bahya*; *Vyadhi*

Swabhava – *Chirakari* (chronic)

Sadhyasadyata – *Kricchrasadhyata* (difficult to treat).

Poorva roopa– *Kandu* (itching), *Daha* (burning sensation), *Mukhapaka* (mouth ulcers) and *Mandagni* (anorexia).

Roopa: *Kandu* followed by *Daha*, *Tvakavaivarnyata* (in this case, skin with a variable shade of red colour and the surface covered with large silvery scales), *Balahani* (generalised weakness), *Aswedana*, *Mahavastu*, and *Matsya Shakalopama*.

Upashaya – *Bahya Shita Sparsha* and *Abhyanga* (improvement on wet cold sponging and oil application).

Anupashaya – *Ushna sparsha* (increased symptoms in work in hot and humid climates).

For patient assessment, *Dashavidha Pariksha* (tenfold examination) was performed. The patient possesses the following: *Vatapradhana Pitta Prakriti*, *Vikruti* in

Kapha, *Vata*, *Pitta* and *Rakta*, *Sama Samhanana* and *Pramana*, *Sarva Rasa Satmya* with *Madhyama Vyayama Shakti* and *Bala*, and *Vridhdhavastha*.

Diagnostic Assessment

By examining the clinical appearance, nature of skin lesions and positive Auspitz sign, the diagnosis of plaque psoriasis was validated.

Kandu (itching), scaling *Raktavarnata* (redness), *Daha* (burning sensation), and the involvement of *Kapha*, *Vata*, *Pitta* and *Rakta* determined in this case and the Ayurvedic *Vata-Kapha* predominance indicated *Eka Kushta*.

Therapeutic Interventions

During the IPD stay, the patient administered *Deepana* and *Pachana* with *Amapachana Vati* 2 *Vati* of 500mg twice a day before meals with *Koshna Jala Langhana* for 3 days, and *Panchatikta Grita Snehapana* was initiated.

Table 1: *Snehapana Dose*

Day	<i>Sneha</i>	Dose
1 st day	<i>Panchatikta grita</i>	30 ml
2 nd day	<i>Panchatikta grita</i>	60 ml
3 rd day	<i>Panchatikta grita</i>	90 ml
4 th day	<i>Panchatikta grita</i>	120 ml
5 th day	<i>Panchatikta grita</i>	150 ml

Following *Samyaka Snigdha Lakshana* (proper oleation), such as *Vatanulomya* (flatus evacuation), *Deeptagni* (increased digestion), *Varcha Snigdha Asamhata Mala* (unctuous and soft stool), *Mardavata* and *Snigdhanga* (smooth and oily body), *Snehapana* was discontinued. *Sarvang Abhyanga* with *Bala taila* and *Nadi Swedana* was given for 3 days. On the fourth day, *Virechana* was administered with *Trivruth Avaleha* 120gm with *Koshna Jala* in consideration of the *Bala* of the patient. *Pravara Shuddhi* with 23 *Vega* was found, and *Samsarjana Krama* was advised for 5 days (9 *Annakala*).

After the *Samsarjana Krama*, the patient was discharged with internal medicines such as *Manjishtadi Kwath* 40ml twice a day on an empty stomach, *Kaishora Guggulu* 2 *Vati* twice a day after food, a combination of *Arogyavardhini Rasa* 500mg and *Triphala Churna* twice a day with *Koshna jala*, and *Dushivishari Gulika* 1 *Vati* twice a day after meals was given along with *Gandhaka Malhara* for local application. *Pathya* (wholesome) and *Apathya* (unwholesome) guidelines mentioned in the table below (no. 2) were followed during the treatment and the follow-up.

Table 2: Pathya and Apathya

	Pathya	Apathya
Ahara	<i>Laghu Anna</i> (light food articles to digest), <i>Tikta Shaaka</i> (bitter vegetables), <i>Purana Dhaanya</i> (old cereals and grains), <i>Mudga</i> (green-gram), <i>Patola</i> (snake guard), <i>Purana Shaali</i> (old stored rice), <i>Yava</i> (barley grain), <i>Shashtika Shaali</i> (variety of rice explained in Ayurveda), <i>Godhuma</i> (wheat grain), food and ghee prepared by <i>Triphala</i> and <i>Nimba</i> (neem). <i>Khadira Jala Pana</i> (drink prepared from the extraction of (<i>Acacia catechu</i> plant), and <i>Aushadha Samskruta Takra</i> (medicated buttermilk) [5].	foods like <i>Navanna</i> (new formed rice), <i>Guru Anna</i> (heavily digestible foods), <i>Amla Rasa</i> (citrus fruits), <i>Dugdha</i> (She buffalo milk), <i>Dadhi</i> (curd), <i>Matsya</i> (fish), <i>Guda</i> (jaggery), <i>Tila Taila</i> (unrefined sesame oil), <i>Kulattha</i> (Horse gram), <i>Masha</i> (black gram), <i>Nishpava</i> (field beans), <i>Ikshu pishta</i> (food articles (sweets) prepared by sugars), <i>Pishta Vikar</i> (carbohydrate rich foods) <i>Mithya Ahara</i> , <i>Virudha ahara sevana Gramya</i> , <i>Anupa</i> or <i>Audaka Mamsa</i> with milk, <i>Vishamashana</i> . [6]
Vihara	<i>Karanja taila Abhyanga</i> (massage with <i>Pongamia pinnata</i> oil), <i>Parisheka</i> (medicated bath in which water is sprinkled on the body), <i>Avagaha</i> (bath) with <i>Khadira Kashaya</i> (<i>Acacia catechu</i> plant), and <i>Brahmacharya</i> (abstinence from sexual activities).	<i>Divaswap</i> (sleep during the day) <i>Vegaavarodha</i> (holding natural urges) <i>Shoka, Krodha</i> (anger or anxiety) <i>Hima Aatap</i> (exposure to excessive heat or cold) <i>Raatni Jagarana</i> (night awakening)

Time line of the case

Table no. 3 contains information on follow-ups, including timeline, treatment plan, and periodic clinical results. All the symptoms of psoriatic lesions have been resolved. During the treatment, no adverse events were observed. Figure 1 displays pictures of the affected area before and after treatment. No recurrence was observed in 6 months with dietary regimens. Photographs were captured with the permission of the patient.

Table 3: Time line of the case

Date	Clinical events	Intervention/procedure	Outcome
04/11/2024	First time patient visited OPD, diagnosed as <i>Eka Kushta</i>	<i>Virechana</i> procedure was explained and advised for admission	-
05/11/2024 to 09/11/2024	<i>Deepana</i> and <i>Pachana</i>	<i>Aampachak Vati</i> 2 Vati each of 500 mg after meal with <i>Anupana</i> of <i>Koshna Jal</i> and <i>Langhana</i> was advised	No relief in symptoms
10/11/2024 to 15/11/2025	<i>Snehapana</i> started	<i>Senhapana</i> was started with <i>Panchatikta grita</i> at early morning until <i>Samyak Snehalakshan</i> was observed. 1 st day-30 ml 2 nd day-60 ml 3 rd day-90 ml 4 th day-120 ml 5 th day-150 ml	Mild relief in itching and scaling, reddish discoloration present.
15/11/2024 to 17/11/2024	<i>Virechana purva sarvang abhyanga</i>	After getting <i>Samyak Snigdha Lakshna Snehapana</i> was stopped and <i>Sarvanga Abhyanga</i> with <i>Bala Tailam</i> and <i>Sarvanga Bashpa Swedan</i> with <i>Manjishtadi Kwath</i> was started.	Discoloration persisted with mild relief in scaling and itching.

18/11/2024	Virechana given	Virechana was given with <i>Trivruth avaleha</i> 120gm with <i>Anupana</i> of <i>Koshna Jal</i> <i>Pravara Shuddhi</i> was found with 23 <i>Vega</i> .	Discoloration persisted with mild relief in scaling and itching.
18/11/2024 to 22/11/2024	<i>Samsarjana krama</i>	<i>Samsarajan krama</i> 5 days as per <i>Shuddhi</i> .	Moderate relief in itching, mild relief in discoloration and scaling.
23/11/2024	Patient was discharged	<i>Manjishtadi Kwath</i> 40ml twice a day empty stomach, <i>Kaishora Guggulu</i> 2 vati twice a day after food, combination of <i>Arogyavardhini Rasa</i> 500mg and <i>Triphala Churna</i> twice a day with <i>Koshna jala</i> , and <i>Dushivishari Gulika</i> 1 Vati twice a day after meal was given along with <i>Gandhaka Malhara</i> for local application.	Moderate relief in itching, mild relief in discoloration and scaling.
30/11/24	Follow-up 1 No fresh complaints	<i>Manjishtadi Kwath</i> 40ml twice a day empty stomach, <i>Kaishora Guggulu</i> 2 Vati twice a day after food, combination of <i>Arogyavardhini Rasa</i> 500mg and <i>Triphala Churna</i> twice a day with <i>Koshna jala</i> , and <i>Dushivishari Gulika</i> 1 Vati twice a day after meal was given along with <i>Gandhaka Malhara</i> for local application.	Moderate relief in itching and scaling, mild relief in discoloration.
15/12/2024	Follow-up 2 Complains of itching with redness on flexor aspect of upper limb	<i>Manjishtadi Kwath</i> 40ml twice a day empty stomach, <i>Kaishora Guggulu</i> 2 Vati twice a day after food, combination of <i>Arogyavardhini Rasa</i> 500mg and <i>Triphala Churna</i> twice a day with <i>Koshna jala</i> , and <i>Dushivishari Gulika</i> 1 Vati twice a day after meal was given along with <i>Psora</i> oil for local application.	Moderate relief in itching and scaling, mild relief in discoloration.
30/12/2024	Follow-up 3 No fresh complaints	<i>Manjishtadi Kwath</i> 40ml twice a day empty stomach, <i>Kaishora Guggulu</i> 2 Vati twice a day after food, combination of <i>Arogyavardhini Rasa</i> 500mg and <i>Triphala Churna</i> twice a day with <i>Koshna jala</i> , and <i>Dushivishari Gulika</i> 1 Vati twice a day after meal was given along with <i>Psora</i> oil for local application.	Moderate relief in itching and scaling, moderate relief in discoloration.
14/01/2025	Follow-up 4 No fresh complaints	Same treatment continued	Moderate relief in itching and scaling, moderate relief in discoloration.
30/01/2025	Follow-up 5 No fresh complaints	Same treatment continued	Complete relief in itching and scaling, moderate relief in discoloration.

15/02/2025	Follow-up 6 No fresh complaints	Same treatment continued	Complete relief in itching and scaling, moderate relief in discoloration.
28/02/2025	Follow-up 7 No fresh complaints	Same treatment continued	Complete relief in itching and scaling, moderate relief in discoloration.

Figure 1

Before Treatment After *Snehapana* After 2 months After 4 months

04/11/2024 15/11/2024 30/12/2024 28/02/2025

DISCUSSION

Psoriasis is an inflammatory, hyper-proliferative skin condition that is persistent and immune-mediated. *Eka Kushta* is categorised under *Kushta* and shares the same causes as *Kushta*. Clinically, *Eka Kushta* is distinguished by *Aswedana* (absence of perspiration), *Mahavastu* (extensive lesions), and *Matsya Shakalopam* (fish-like scales). A 57-year-old male working in a brass factory had *Kushta Nidanas* like *Virudha Ahara* (consumption of milk and salty snacks at the same time), *Raktadushtikara Ahara*, and *Vihar*, like excess consumption of pickles, spicy food, *Dadhisevana*, prolonged exposure to heat and sunlight, and *Ratrijagarana*, all leading to *Vata-Kapha Pradhana*, *Madhyama Pitta Dushti*, and *Jatharagnimandhya*. Further continuation of *Nidana* resulted in *Rasa*, *Rakta Dhathwagni Mandhya* ultimately leading to *Eka Kushta* manifestation. Management involves repeated *Shodhana* (purification) and *Shamana* (palliative therapy). Due to the chronic nature of *Eka Kushta* and *Bahudoshajanya*, both *Shodhana* and *Shamana* therapies must be used for greater, long-lasting outcomes. The aforementioned information led to the adaptation of *Shodhana*, i.e., *Virechana*, which helps in the elimination of *Dosha* from the body and stops recurrence.

Probable mode of action of intervention

Deepana-Pachana

Because this patient had ongoing *Nidana Sevana*, *Agnimandhya* was there. *Amapachana Vati* before meals improves digestive power by regulating

Agni and aiding in *Ama* digestion by its *Tikta Rasa*, *Ushna Veerya* and *Deepana Anulomana* properties^[7].

Snehapana

In order to remove *Doshas* from *Shaka*, *Arohana Snehapana Krama* is used to transfer them to *Koshta*. Additionally, *Snehapana* aids in reducing *Dosha-Dushya* bonding, which break the pathophysiology of *Eka Kushta*. For this *Panchatikta Grita* containing of *Nimba*, *Vasa*, *Guduchi*, *Patola*, *Kantakari* acts on *Tridosha* of *Eka Kushta*. It also acts as *Raktashodhaka*, *Kandugna*, *Varnya* by clearing *Kledamsha* present in the *Srotas* because of its *Tikta Rasa* and *Ushana Veerya*^[8]. Following the *Snehapana* there is mild relief in *Daha* (burning feeling), *Matsyashakalopama* (scaling).

Virechana

After *Abhyanga* and *Swedana*, *Virechana* was administered using *Trivrit Avaleha*, known for inducing *Sukha Virechana* (painless and effective purgation), which was required in this case. *Virechana Karma* eliminates accumulated *Doshas* from the *Koshta*, addressing the root cause of the disease and minimising the chances of relapse. The use of *Trivrit Avaleh* in *Eka Kushta* offers a classical yet practical detox approach, supporting *Dosha Shodhan* and reducing dermatological symptoms by its *Tikta Madhura Rasa*, *Ushna Veerya* and *Shodhana* attributes^[9]. As per *Pravara Shudhi*, the 5-day *Samsarjana Krama* followed, helping in the ignition of digestive fire.

Shamanoushadhi

Manjishtadi Kashaya, composed of herbs like *Manjistha*, *Triphala*, *Katuki*, *Vacha*, *Devadaru*, *Nimba*, etc., possesses *Kashaya*, *Tikta*, and *Katu Rasa* along with *Lagu*, *Ruksha Guna*, and *Ushna Veerya*. These attributes make it effective in *Pitta-Kapha Shamana*, *Agnideepana*, *Raktashodhana*, *Srotoshodhana*, and as a *Kushtagna*. It contains maximum phenols and antioxidants. Through these actions, it helps break the pathological process of *Eka Kushta*, supporting both systemic detoxification and symptom relief.^[10]

Kaishore Guggulu exerts its effect in *Eka Kushta* through *Raktashodhan*, *Amapachana*, and *Tridosha Shaman*. Herbs like *Guduchi*, *Triphala*, and *Guggulu* purify the blood, boost metabolism and reduce inflammation. Its *Katu-Tikta Rasa* and *Ushna Veerya* relieve itching, scaling, and discoloration. Additionally, its antiallergic, antibacterial, and detoxifying properties support long-term disease control and prevent recurrence.^[11]

Dushivishari Gulika was used to eliminate toxins in a patient with chronic exposure to heat and chemicals from prolonged work in a brass factory. The formulations contain ingredients with *Vishagna*, *Kushtagna*, *Deepana Rasayana*, and *Shothahara* properties. Herbs like *Pippali*, *Ela*, and *Kushta* support *Agni* at a cellular level through *Deepana Pachana* actions. Components such as *Jatamansi*, *Chandana*, *Gairika* and *Tagara* act as blood purifiers and counter *Dooshivisha*.^[12]

Arogyavardhini Rasa^[13], when combined with *Triphala*, offers a synergistic effect in managing *Eka Kushta*. It acts through *Deepana*, *Pachana*, *Raktashodhana*, and *Lekhana* properties, correcting *Agni*, removing *Ama*, and purifying the blood. Key ingredients like *Tamra Bhasma*, *Katuki*, and *Shuddha Parada* enhance liver function and metabolism along with *Dosha Sanghata Bhedana*, aiding in skin detoxification. *Triphala*^[14] supports bowel regulation and further assist in *Rasa-Rakta Shuddhi* with anti-oxidant and anti-inflammatory properties.

CONCLUSION

The classical approach of *Virechana* followed by targeted *Shamanoushadhi* offers a holistic and sustainable treatment for *Eka Kushta*. This protocol not only eliminates deep-seated *Doshas* and *Dooshivisha* but also restores *Agni*, purifies *Raktadhatu*, and alleviates symptoms like itching, scaling, and discolouration. By addressing the root cause and preventing recurrence, this integrated Ayurvedic line of management proves both effective and clinically relevant for chronic skin disorders like *Eka Kushta*.

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