



Case Study

MANAGEMENT OF SCALP PSORIASIS (*EKAKUSHTHA*) THROUGH AYURVEDIC INTERVENTION

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ABSTRACT

Ekakustha (psoriasis) is a chronic, non-contagious inflammatory skin disorder characterized by well-demarcated erythematous plaques covered with silvery-white scales, commonly affecting the scalp and extensor surfaces. It follows a relapsing-remitting course and significantly impairs the physical, psychological, and social well-being of patients. In Ayurveda, psoriasis can be correlated with *Ekakustha*, a subtype of *Kshudra Kushtha*, predominantly involving the vitiation of *Vata* and *Kapha Doshas* along with the involvement of *Ama*, *Twak*, and *Rakta Dhatus*. **Aim:** To evaluate the effectiveness of Ayurvedic management in a clinically diagnosed case of scalp psoriasis (*Ekakustha*). **Methods:** A 14-year-old male patient presented with *Shiro Kandu* (scalp itching), *Kesha Patana* (hair fall), erythema (redness), and *Darunaka* (dandruff). Based on clinical findings and Ayurvedic assessment, he was diagnosed with *Ekakustha* (scalp psoriasis). The patient received a comprehensive Ayurvedic treatment along with appropriate dietary and lifestyle modifications. Clinical progress was monitored through regular follow-up over four months. **Results:** Gradual and significant improvement was observed in all presenting symptoms during the treatment period. At the end of four months, complete resolution of scalp itching, scaling, erythema, dandruff, and hair fall was achieved without any reported adverse effects. **Conclusion:** This case demonstrates that Ayurvedic management can be an effective and safe therapeutic approach for scalp psoriasis (*Ekakustha*). The combined use of Ayurvedic medications with appropriate dietary and lifestyle modifications may help achieve symptomatic relief and improve the patient's quality of life. Further large-scale clinical studies are recommended to validate these findings.

INTRODUCTION

Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by hyperproliferation of keratinocytes, resulting in well-defined erythematous plaques covered with silvery-white scales. Psoriasis affects people of all ages and in all countries ranging between 0.09% and 11.43%, thus making it a serious global problem, with a prevalence

of 0.44 - 2.8% in India^[1]. It affects approximately 2–3% of the global population and commonly involves the scalp, elbows, knees, nails, and extensor surfaces. The disease follows a chronic relapsing-remitting course and often imposes a substantial physical, psychological, and social burden on affected individuals. Conventional management includes topical corticosteroids, vitamin D analogues, systemic immunosuppressive agents such as methotrexate and cyclosporine, phototherapy, and biologics targeting inflammatory cytokines. Although these modalities effectively suppress disease activity, their long-term use may be associated with adverse effects, high treatment costs, and frequent recurrence after discontinuation.

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Ayurveda, the traditional system of medicine, describes all skin disorders under the broad heading of *Kushtha*, which develops due to the vitiation of the *Tridoshas* along with the involvement of *Twak*, *Rakta*, *Mamsa*, and *Lasika*. Owing to its chronicity and therapeutic complexity, *Kushtha* has been included among the *Ashta Mahagada* (eight major diseases). Based on severity, it is classified into *Mahakushtha* and *Kshudra Kushtha*. Among the *Kshudra Kushthas*, *Ekakushtha* exhibits clinical features that closely resemble chronic plaque psoriasis. Classical Ayurvedic texts describe *Ekakushtha*^[2] with features such as *Matsyashakalopama*^[3] (fish-scale-like appearance), *Aswedana*^[4] (absence of sweating), and *Mahavastu*^[5] (extensive lesions), which correlate well with the characteristic scaling, dryness, and widespread plaques observed in psoriasis. Some authors also correlate the condition with *Kitibha Kushtha*^[6] due to the presence of rough, hard, and dry lesions.

In Ayurveda, improper dietary habits (*Viruddha Ahara*), incompatible lifestyle practices, suppression of natural urges, psychological stress, and impaired digestive and metabolic functions (*Agnimandya*) lead to the formation of *Ama*, resulting in vitiation of *Vata* and *Kapha Doshas* with the involvement of *Rakta Dhātu*. The treatment approach aims not only to alleviate symptoms but also to eliminate the root cause through *Nidana Parivarjana*, correction of *Agni*, *Shodhana* therapies such as *Virechana* and *Raktamokshana*, *Shamana* medications, and appropriate dietary and lifestyle modifications. These interventions are intended to restore *Doshik* equilibrium, purify the affected tissues, and reduce disease recurrence.

Considering the chronic, recurrent nature of Psoriasis and the limitations of conventional therapy, *Ayurvedic* management may offer a holistic and sustainable therapeutic approach. The present case report describes the successful management of chronic plaque psoriasis (*Ekakushtha*) with Ayurvedic interventions and highlights their potential role in improving clinical outcomes and quality of life.

AIM

To evaluate the effectiveness of Ayurvedic intervention in the management of scalp psoriasis (*Ekakushtha*).

OBJECTIVES

1. To assess the effect of Ayurvedic treatment on *Shiro Kandu* (itching).
2. To evaluate the improvement in *Darunaka* (scaling/silvery flakes).
3. To assess the reduction in *Kesha Patana* (hair fall).

4. To evaluate the improvement in erythema and psoriatic plaques of the scalp.

Patient Information

Personal History

Name – ABC	Pulse – 82 / min
Age – 14	BP – 110/70 mm of hg
Gender – Male	PR – 14/min
Occupation - Student	Weight – 40 kg
Marital Status - Unmarried	Temp.-37.1°C

Known case of: Down syndrome

Duration of Illness – 4 months

History of Present Illness

According to the guardian, the patient was apparently healthy before the onset of the illness. The symptoms developed gradually, beginning with itching over the scalp associated with the shedding of dandruff-like white powdery scales. Over time, these lesions progressed into well-defined whitish scaly patches involving the entire scalp, accompanied by persistent hair fall. Although allopathic treatment provided temporary symptomatic relief, the symptoms recurred after discontinuation of medication. Based on the clinical presentation and Ayurvedic assessment, the condition was diagnosed as *Ekakushtha* (Scalp Psoriasis).

Past History: No significant medical or surgical history.

Drug History: The patient had received treatment from different Allopathy doctor for approximately 2 years, but did not achieve significant or sustained relief.

Addiction History: No history of tea, tobacco, alcohol, or any other addiction.

Family History: Not significant

On Examination

Ashtavidha Pariksha

Pariksha	Pramana
Pulse (<i>Nadi</i>)	82/min
Stool (<i>Mala</i>)	Constipated
Urine (<i>Mutra</i>)	Normal
Tongue (<i>Jihva</i>)	Coated (<i>Saam</i>)
Speech (<i>Shabda</i>)	Clear
Skin (<i>Sparsha</i>)	Rough
Eyes (<i>Drika</i>)	Normal
Built (<i>Akriti</i>)	Medium

Local Examination

Parameter	Findings
Site	Back of scalp region
Nature	Red and white scaly lesion
Erythema (redness)	Present
<i>Shirokandu</i> (itching)	Present (severe)
<i>Kesh Patana</i> (hair fall)	Present
<i>Darunaka</i> (dandruff)	Present
<i>Vivandha</i> (constipation)	Present

Samprapti Ghatak*Dosha - Vata-Kapha Pradhana, Tridoshaja**Dushya - Rasa, Rakta, Mamsa**Agni-Agnimandhya**Srotas - Rasavaha, Raktavaha Srotas**Srotodushti Prakara - Sanga**Rogamarga - Bahya**Udbhava Sthana - Amashaya**Vyaktasthana - Twak**Swabhava-Chirakari**Sadhya-Asadhyata – Kricchrasadhya***Samprapti**

- Aswedanam
- Mahavastu
- Matsya Shakalopama
- Kandu
- Rukshata

Twak Parushata- Ekakushtha (scalp psoriasis)

Diagnosis**Ayurvedic Diagnosis - Ekkushtha****Modern Diagnosis – Scalp psoriasis****Differential Diagnosis***Kitibha Kushtha**Charmadala*

Seborrheic Dermatitis

Tinea Capitis

Atopic Dermatitis

MATERIALS AND METHODS**Place of Study-** Pandit Khushilal Sharma Govt. Ayurvedic Hospital and Institute Bhopal MP.

A 14-year-old male patient presented to the OPD No. 9 of *Kaumarbharitya* Department with complaints of *Shiro Kandu* (itching over the scalp), *Kesha Patana* (hair fall), erythema (redness) and

Darunaka (dandruff) for the past 2 year, with history of loss of appetite and constipation.

Treatment Plan

- *Dipana Pachana*
- *Mridu Virechana*
- Avoid day sleep
- Sleep 7-8 hours
- Increase outdoor activities

The patient was advised to avoid sour avoiding excessive sour substances such as lemon, tamarind, and golgappa, salty items such as savoury and chips, spicy, junk, and packaged food such as burgers, pizza, and carbonated beverages, allergic foods, brinjal, maida, fried items, curd, jaggery, meat, fish, sesame seeds. He was advised to avoid day sleep and suggested to maintain personal hygiene. Regular practice of *Pranayama* was also recommended for stress management.

Treatment advised

Drug	Dose	Duration	Anupana
<i>Chitrakadi Vati</i>	2 BD	21 days	Lukewarm water
<i>Giloy Ghana Vati</i>	2 BD	2 months	Lukewarm water
Tab. <i>Kaishore Guggulu</i>	2BD	2 months	Lukewarm water
<i>Abhyarishta</i>	10 ml	3 months	Equal quantity of water after meal
<i>Mahamanjishtadi Kwath</i>	10 ml	3 months	Equal quantity of water after meal
<i>Eladi churna</i> for Bath	-	-	-
<i>Winsoria</i> oil		3 months	Local application

Follow Up and Outcome

Progressive improvement was observed in erythema, *Darunaka*, *Shirokandu*, *Keshpatana* and *Vivandh* throughout the treatment period.

No adverse effects were reported.

RESULTS**Assessed using Psoriasis Scalp severity Index (PSSI)^[9]**

Parameter	Score	Description
Erythema	4	Very marked
Induration	3	Marked
Desquamation	3	Marked
Area involvement	2	10-29%

Changes in signs and symptoms before and after treatment

Signs and Symptoms	Before Treatment	After Treatment
<i>Keshpatana</i>	Present	Absent
<i>Darunaka</i>	Present	Absent
<i>Shiro kandu</i>	Present	Absent
<i>Aswednama</i>	Present	Absent
<i>Vibandha</i>	Present	Absent



Before Treatment



After Treatment

DISCUSSION

Scalp psoriasis is a chronic, non-infectious inflammatory skin disorder characterized by erythematous plaques covered with silvery-white scales. The clinical features of scalp psoriasis show a close resemblance to *Ekakushtha* described in Ayurveda, particularly *Aswedana* (reduced or absent sweating), *Mahavastu* (extensive lesions involving a large area), and *Matsya Shakalopama* (fish scale-like silvery-white scaling). Since *Ekakushtha* is classified under *Kshudra Kushtha*, its management is based on the principles of *Kushtha Chikitsa* described in the Ayurvedic classics.

Drug	Major Guna / Karma	Therapeutic relevance in Scalp Psoriasis (<i>Ekakushtha</i>)
<i>Chitrakadi Vati</i>	<i>Deepana, Amapachana, Agnivardhana, Kapha-Vata Shamaka</i>	Corrects <i>Mandagni</i> and digests <i>Ama</i> , which are considered important factors in the pathogenesis of <i>Ekakushtha</i> . It helps reduce disease chronicity by restoring proper metabolism.
<i>Giloy Ghana Vati</i>	<i>Rasayana, Kushthaghna, Raktaprasadana, Kandughna, Tridosahara</i> (mainly <i>Pitta-Kapha Shamaka</i>).	Reduces inflammation, itching (<i>Shiro Kandu</i>), and erythema. Purifies <i>Rakta</i> , enhances immunity, and prevents recurrence of scalp lesions.
<i>Kaishore Guggulu</i>	<i>Raktashodhaka, Kushthaghna, Shothahara, Kandughna, Lekhana</i>	Eliminates vitiated <i>Rakta</i> and <i>Pitta</i> , reduces inflammatory plaques, scaling, and itching, and promotes healing of chronic lesions.
<i>Abhayarishta</i>	<i>Anulomana, Mridu Virechana, Deepana, Pachana</i>	Relieves constipation (<i>Vibandha</i>), facilitates elimination of vitiated <i>Doshas</i> , improves <i>Agni</i> , and supports the management of chronic skin disorders.
<i>Mahamanjishtadi Kwath</i>	<i>Raktashodhaka, Kushthaghna, Shothahara, Kandughna, Pittahara</i>	Purifies vitiated blood, alleviates inflammation and itching, reduces erythema and scaling, and promotes healthy skin.
<i>Eladi Churna</i>	<i>Deepana, Pachana, Kapha-Vata Shamaka, Amapachana</i>	Improves digestion and metabolism, reduces <i>Ama</i> formation, and supports systemic correction of the disease process.
Winsoria Oil	<i>Kandughna, Kushthaghna, Shothahara, Twachya, Kledahara</i>	Softens scales, relieves itching, decreases erythema and inflammation, moisturizes the scalp, and promotes healing of psoriatic plaques.

CONCLUSION

Scalp psoriasis is a chronic, relapsing inflammatory disorder that significantly affects the quality of life. Based on the clinical features described in Ayurveda, scalp psoriasis can be correlated with *Ekakushtha*, a subtype of *Kshudra Kushtha*, characterized by *Aswedana*, *Matsya Shakalopama*, and *Mahavastu*. The present case demonstrated significant improvement in itching, scaling, dandruff, erythema,

and hair fall following Ayurvedic management. The therapeutic regimen, comprising *Shamana Aushadhi*, *Raktaprasadana*, *Kushthaghna*, *Deepana-Pachana* medications, along with appropriate *Pathya-Apathya* and lifestyle modifications, proved effective in alleviating the symptoms without any adverse effects. This case suggests that Ayurvedic intervention may offer a safe and effective approach in the management

of scalp psoriasis (*Ekakushtha*). However, larger well-designed clinical studies are required to establish its efficacy and validate these findings.

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