



Case Study

A CASE STUDY ON EKA KUSHTA (PSORIASIS)

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ABSTRACT

In present generation beauty a combination quality of such as shape ,colour, an attractive and engaging personality, typically one who uses this impress others but that should be maintain by healthy habits. But due to *Pradnyparadha* and some of psychological cause or week daring, less immunity power one should suffer from many different skin diseases. Unhealthy food, sedentary lifestyle and negative thinking cause *Vikruta Twak vikarasa* among them *Ek kustha* is one of the most guilty looking and irritating disease. The digestive fire *Agni* also get *Manda* consuming red met non-veg food and drinks are more prone to get skin diseases like psoriasis or many auto immune disorders. Our classics mentioned the skin disease in *Kustha* chapter in *Charaka Samhita* and as well as other *Samhitas*. For this many different *Chikitsas* like *Shodana shaman, Rakta mokshana* etc are explained in our classics.

INTRODUCTION

The main cause for *Kustha* is vitiated *Tridoshas, Dushya, Sharira datus* like *Twak, Rakta, Mamsa, Lasika* vitiates and may lead to 7 types of *Kustha* after this. *Kustha* may spread all over the body. *Nidana sevana, Pradnyparadha ahitakara dinacharya, Purva janmakruta papa* and *Vegavarodha* may cause *Kustha*. As *Poorva rupa* is *Asweda*, discoloration of the skin, itching, horripilation (*Romancha*), roughness of skin feels like *Ati ushnata* in *Sharira* are the *Purva roopa* explained in *Charaka samhita*.^[1]

As it is covering more area in *Charaka Samhita* they mentioned *Maha vastu* which looks like *Matsya shakala, Kinakhara sparsha* of *Twacha*. The *Lakshana* of the *Eka kustha* are *Rukshata, Shosha, Toda, Sankocha, aayama parushya kharata romaharsha shyava* or *Aruna varnata*.^[2]

In India, the prevalence of 0.44-2% are commonly effected individuals in their 3rd or 4th decade with males being affected twice than females.

Psoriasis significantly irritates the quality of life of patients and their families resulting in physical, emotional and social burden, many psychological reasons are also seen. In this case, skin cells multiply up to 10 times faster than normal.

Psoriasis is a polygenic, chronic relapsing inflammatory autoimmune disease based on interplay between antigen presenting dendritics cells, T cells and keratinocytes creating the typical signature skin lesion this makes the skin build up into bumpy red patches covered with scales. They can grow anywhere, but most appear on the scalp, elbow, knee and lower back. Psoriasis do not spread from person to person but it does sometimes happen in members of the same family.

The different *Chikitsa* in our classics like *Shamanoushadi, Shodana, Raktamokshana* many *Lepas* are explained. The present case is treated with *Shamanoushadi chikitsa*.^[3]

Case Report

A 41 year female patient visited Kayachikitsa OPD of RPK Ayurvedic Hospital, Ilkal on Date 11/01/2021 with following details:

Patient Name: ABC

Age/Sex: 41yr/female

OPD NO: 2202241

DOA: 11/01/2021

Address: Ilkal

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Chief Complaints

- Wide spread dry patches on hands and back side on lumbar region and in head with itching since 2 years.
- Peeling of skin and dandruff since 6 months.
- Redness and blackish discoloration of skin.

Associated Complaints

- On and off constipation since 15 days.
- Disturbed sleep since 2 months.
- Loss of appetite since 2 months.

H/O Present Illness

She is apparently normal before 2 years than she gradually developed symptoms like patches and itching on hands and back side over lumbar region. She has taken treatment from local doctor but didn't get complete cure, then the symptoms got aggravating gradually, along with that she also suffered from disturbed sleep since 2 months and on and off constipation since 15 days, loss of appetite since 2 months. Sever itching since 6 months, so condition got worsen so she visited to our hospital for further management.

Treatment Advised and Procedure

1ST Day of the Treatment

S.No	Shamanoushadi	Dose
1.	Tab. <i>Panchtikta Gruta Guggulu</i>	1BD with lukewarm water (15days) AF
2.	Tab. <i>Arogyvardhini Vati</i>	1BD with lukewarm water (15days) BF
3.	Syp. <i>Khadirarista</i>	15ml BD(15days)AF
4.	Oint <i>Psoroline</i>	Twice daily
5.	777 oil	Once in morning and advised to expose early morning sun rays
6.	Syp. <i>Drakshasava</i>	3tsf BD with water AF
7.	<i>Triphala Churna</i>	2tsf once at night time with warm water daily

Advised Diet: Should eat ghee, vegetables, should avoid oily food and alcohol, red meat junk food and beverages.

Before and After Follow Up



Before Treatment

Past History

- No history DM /HTN.
- No allergic history

Personal History

- Diet – Non-vegetarian
- Appetite - Poor
- Bowel - Disturbed (on and off constipation)
- Sleep – Disturbed because of itching

On Examination

- Very hard dry patches [4]
- Discoloration of the skin
- Redness
- Inflammation is also present.

Investigations

- ESR - 77mm/hour
- Hb% - 11.8gr%
- Eosinophils count- 9%

Diagnosis

- Psoriasis.
- We conclude the disease by its *Lakshana* as explained in the classics.



After Treatment



Before Treatment



After Treatment

Follow Up After 15 Days

S.No	Shamanoushadhi	Dose
1.	Tab. <i>Kaishor Guggulu</i>	2BD with warm water (15days) AF
2.	Tab. <i>Pancha Tikta Gruta Guggulu</i>	1BD with warm water (15days) AF
3.	Cap. <i>Prunilol</i>	1BD with warm water (15days) BF
4.	Syp. <i>Khadirarista</i>	15ml BD (15days)
5.	777 oil	External application
6.	Psorialine oint	Twice daily (15days)

Advice Diet: Should eat green vegetables, *Satweeka ahara* and Should avoid oily food and alcohol, junk food and beverages.

Pathya Apathya^[5]

Pathy	Apathy
• <i>Sadrutta palana</i>	• Junk food
• <i>Vyayama, Yoga</i>	• Consuming sour, salty, meat & alcohol
• <i>Satvika ahara</i>	• <i>Ati maituna</i>
• Meditation	• Excessive sleep
• Healthy food habits	• Avoid stress

OBSERVATION

S.No	Symptoms	Before treatment	After treatment	1 st follow up	2 nd follow up
1.	Dryness, Peeling	Present	Mild reduced	Moderate reduce	Complete reduced
2.	Itching (<i>Kandu</i>)	Present	Mild reduced	Reduced	Complete reduced
3.	Redness (<i>Raga</i>), blackishness	Present	Mild reduced	Reduced	Complete reduced
4.	Disturbed sleep (<i>Anidra</i>)	Present	Mild improvement	Sufficient sleep	Sound sleep
5.	Constipation (<i>Vibhanda</i>)	Present	Relieve	Relieve	Relieve

DISCUSSION

The *Eka kushtha* can be correlated with psoriasis and according to *Samhitas* there is no particular treatment advised and we must use *Yukti* and according to *Dosha* we should treat.

According to *Charaka Samhita* the special identification is advised that is *Matsyashakalolpamam*, and *Kinakara sparsha*, we can observe the similar condition and can be correlated.

If the disease is having chronic history, then *Shodana* with *Shamanaoushadis* is advised.

According to the *Dosha* we can advice different *Shodana* procedures. *Pathy* is the most important part of the treatment and *Nidana parivarjan* is the 1st line of the treatment.

Pancha Tikta Gruta Guggulu

It is indicated in *Sandhi asthi majjagata kushtha* explained in *Baishajya Ratnavali* as it contains *Patha, Vayavidanga, Devadaru, Gajapippali, Sarja Kshra, Yavaksahra, Sonta, Haridra, Sounfha, Chavya, Kuta, Tejovathi, Maricha, Jeeraka, Chitraka Mula, Katuki, Shudha Bhallataka, Vachaa Pippalimula, Manjistha, Athasi, Triphala, Javayana, Shudha Guggulu*. All these drugs help in *Vruna roopana* also.

Ointment Psoroline

This ointment contains of *Kutaja* as works as anti-fungal, *Durva* works as anti-microbial and has wound healing property and coconut oil as moisturizing and anti-bacterial, anti-fungal property works very effective in this case.

Khadirarista

It contain *Madhura tikshna oushadis* it is directly mentioned in *Kushta rogadikara* in *Bhaishajya ratnavali*. It acts as antibacterial, and eliminates blood toxins and microorganisms from the body. It also reduces *Ama* and detoxifies the body to excrete toxins from the body.

Kaishor Guggulu

It is having *Guduchi* which is a *Rasayana* and it contains many other drugs in these all are the *Tridoshagna oushadhi* which does *Rukshana*. It also contains *Triphala* in it, it does *Mala nirharana* help to digest to stop secretions.

777 oil^[6]

It is a Sidha medicine oil prepared with *Sheeta kutaja* (*Wrightia tictoria*) and coconut oil having impairs keratinocyte multiplication. It interferes in co-stimulatory molecules communications. It balances the micro and macro level of activities. Ideal hydrolipo quotient, reduces xerosis of skin and associated itching. It gives quick relief from clinical symptoms and early onset of remission.

Triphala Churna

It contains *Haritaki bibitaki* and *Amalaki*. It's *Tridoshagna* helps for digestion, purgation and it balances the *Tridoshas* and *Shadrasas* It increases digestion and helps relieve constipation.

Cap. Prunilol

It contains *Nimbi Haridra, Guduchi, Patola*. These are having *Tikta sheeta* and *Tikta ushna* property. Medicines that have anti-fungal and anti-microbial properties are *Tridoshanga dravyas*. Each

Dravya has good drug effect and helps to heal the condition early.

CONCLUSION

- We can treat the diseases without Shodana procedures, if it's not chronic more than 1 year
- *Sadrutta palana* is mandatory.
- Knowingly doing mistakes is the main cause for the disease. Unhealthy food is also the reason for diseases.
- *Satata nidana sevan* is the *Mula* for the *Roga*, if not treated than it becomes *Asadhya vyadhi*.

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