AYURVEDIC APPROACH TO PSORIASIS (EKAKUSHTHA): A CASE STUDY.

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ABSTRACT
Psoriasis(Ekakushtha) is one of most common skin disorders encountered in clinical practice. It is a chronic disease that has psychological and social impact on patient’s life. Even though, modern medical science have lots of facilities and upgraded technology for treatment of patient, this disease is still progressing rapidly. The disorder may affect people of any age, but it most commonly begins at the age of 15 to 40 years. The condition is not contagious. The most common form, plaque psoriasis, is commonly seen as red and white hues of scaly patches appearing on the top of skin. Due to invariable similarities in signs and symptoms, it is equated to Ekakushtha in Ayurveda. Modern treatment which include topical therapy, corticosteroids etc. have limitations as they give only temporary relief. Hence, there is need for drugs having good efficacy in this debilitating disorder which is possible by ayurvedic treatment. Present case was carried out in IPD of Rognidan department, Government Ayurved College, Nanded, Maharashtra. The treatment has shown marked improvement in relieving all the symptoms and PASI score of patient.

INTRODUCTION
Psoriasis is chronic non-infectious inflammatory skin disorder seen in daily practice. Lesion varies from few milli meters to several centimeter, stress and life-style are main predisposing factors. Psoriasis is the most common dermatologic disease affecting up to 2.5% of world population. In India 0.8% population is suffering from Psoriasis. Psychological stress is one of the major triggering factor in the exacerbation of the disease.

In ayurveda most of the skin disorders can be taken under general term “Kushtha”. Psoriasis is considered as type of Kushtha and it is correlated to various varieties of “Kshudra kushtha”. Among them “Ekushtha”, “Kitibhakushtha” are the commonest due to resemblances in signs and symptoms. In Psoriasis individual lesions are demarcated red with dry silvery White scaling. Lesion most commonly seen on the elbow, knee, lower back etc. viz. the extensor aspects of the body.

HETUS OF PSORIASIS[2]
1) Ahara –
- Improper and irregular diet causes the disturbance of vata dosha
- Dairy product like dadhi in daily diet
- Nava dhanya
- Anup mamsma-matsya sevan
2) Vihara-
- Chhardi veg dharana (suppression of natural urge)
- Ratri jagaran (night duty)
3) Mansika nidana –Chinta , bhaya, and vegavarodha causes vata vruddhi.

In all types Kushtha, the basic body components to be vitiated are called as Saptakodravyasangraha and it comprises Tridosha (vata,pitta,kapha), Twaka , Rakta. Manas lakshan have important role in manifestation.(cha.chi 7/9) In Ekakushtha dominant dosha are vatakapha ( cha chi 7/29 )and twacha is the main doshadhishthan.

SIGN AND SYMPTOM OF EKKUSHTA:-
Psoriasis is correlated with Kitibha, Ekkuushtha etc by different research worker but the clinical feature of kushtha mention in (charak chi 7/21) are very much similar to psoriasis (Ekkuushtha).
- Aswedana:- The lesion of this disease is dry and rough.
- Mahavastu:- Lesion found all over body.
- Masyashakalopama:- Well defined raised macule, papule, plaque of erythema which are covered with silvery scales.
- Krishna aruna varna:- Lesion are raised and black colour, and thick lesion become black in colour.

It is chirkari and sukhasadhya disease as per charak but clinically it is krichhrasadhya disease. Topical
medication, phototherapy etc are general treatment used in modern medical system, but do not give complete cure but provide only temporary relief usually remission and exacerbation occur, when their use is discontinued.

Treating various types of Kushtha is challenging but Ayurveda has given remedy for such a burning disease. Now a days people are gradually turning towards Ayurveda for safe and complete cure of disease. Specially in skin problem. Shodhan, Shaman, Nidanparivarjan are main principles of treatment.

All acharya emphasized on Shodhan therapy because medicine give after shodhana therapy are more effective. Shamana chikitsa is indicated to subside the remaining doshas. Shamana chikitsa is very much useful in those patient who are unable to undergo. Charak has advised shamana therapy with Tikta and kushaya drayya after administration of proper shodhana (cha chi 7/50) various forms of local application are prescribed like udvartna, pralepa, parishke, abhyanga etc.

CASE REPORT:-

A 35 year old male patient with complaints of:
1) Reddish patches on abdomen and both limb and head
2) Scaling of the skin
3) Itching all over the body.

Patient has above complaints since 1yr

H/o –Amlapitta
No/H/O-DM/HTN/Asthma/Arthritis
Patient was normal 1yr back, since then patient has been suffering from above complaints. He took treatment from different allopathy doctors but got no relief. Then he come to our hospital Government Ayurved Hospital Nanded in Rognidan department.

Personal History:-
Occupation- Auto driver
Bad habit – Chronic alcoholic since 7-8 years
O/E-
Nadi (Pulse) - 78/min
Mala (Stool) - samyaka
Mutra(Urine) - Samyaka
Jivha (Tongue) - Nirma
Agni- Vishamagni
Shabda(speech) - Normal
Sparsha(Skin)- Khara
Druka(eye)- Normal
Akruti(Built)- Madhyama
Bala- Madhyama
B.P.- 110/70 mm Hg

MATERIAL AND METHOD
Method:-
• Centre of study: Government Ayurveda Hospital, Nanded
• Simple random single case study.

Material- 1) Drugs:-

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arogyavardhini Vati</td>
<td>250mg</td>
<td>2BD for 21 days</td>
<td>Luke Warm Water</td>
</tr>
<tr>
<td>2</td>
<td>Kaishor Guggula</td>
<td>250mg</td>
<td>2BD for 1 month</td>
<td>Luke Warm Water</td>
</tr>
<tr>
<td>3</td>
<td>Rasmanikya</td>
<td>150mg</td>
<td>BD for 21 days</td>
<td>Luke Warm Water</td>
</tr>
<tr>
<td>4</td>
<td>Khadir-Guduchi Kwath</td>
<td>40ml</td>
<td>BD for 1 month</td>
<td>-</td>
</tr>
<tr>
<td>5</td>
<td>Panchikta Ghrita</td>
<td>2TFS</td>
<td>Early Morning for 1 month</td>
<td>Luke Warm Water</td>
</tr>
<tr>
<td>6</td>
<td>Takradhara</td>
<td>500ml</td>
<td>Early Morning for 15 days</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>Karanj + Nimb Tail</td>
<td>Local Application</td>
<td>TDS 1 month</td>
<td>-</td>
</tr>
</tbody>
</table>

The whole regimen was given along with pathya. After 3-4 days patient started improving and after 15 days of therapy patient improved more than 50%, patient was discharged after 15 days and called for follow up after 1 month. Patient was relieved completely after 1 month of treatment.

RESULT

In this study patient got relief in symptoms mainly scaling, itching, induration, redness after few days of treatment. PASI(Psoriasis Area Severity Index is most widely used tool for measurement of severity of psoriasis) score was initially 60, after 15 days of treatment it reduced to 24 and after 1 month of treatment it decreased to 8. Patient was asymptomatic but occasionally start itching.

DISCUSSION

Psoriasis is a major skin problem in today’s lifestyle, in modern medicine there are various kinds of drugs specially steroid, but recurrence of disease is mostly occur. Ekakushtha is very near to psoriasis and it is considered as Kshudra kushtha hence kushtagna, vatakaphashamak, and immunity enhancing drug can be beneficial for the disease.

- Arogyavardhini vati (R.R.S 20/87-93) is a useful formulation in treating skin diseases like eczema, excessive dryness of skin, rashes etc. It is indicated in various skin diseases due to vitiated Vata and Kapha. Ekakushtha is disease of vata-kapha dushti, so it is useful in ekkushta (psoriasis), also use as grahanishodhak, dipan, pachan, pakwashaydushi nashak.

- Kaishor guggul is vatakapha nashak, hence used in treatment of vata-kapdha Pradhan ekakushtha. 7
Kaishor guggul is a good blood purifier, anti bacterial and anti inflammatory. Along with other ayurvedic medicine kaishor guggul gives promising result in Ekakushtha.

- Panchatikta Ghrita was selected for shaman therapy because of specially indicated in classics for kushta. It is widely used in treatment of psoriasis, eczema, ulcers. It is useful in cooling the inflamed part of the body. Condition like psoriasis traditionally been treated with Panchatikta Ghrita because of its blood purifying action, which purify blood from toxins. Researches shows that it is beneficial in skin disorders of vata and kapha predominance.

- Takradhara is useful for reducing cortisol which is a stress hormone. It is also useful in relieving itching and scaling symptoms in patient. Triggering factors like bhaya, krodha and shoka also showed high significant response. Psoriasis is more stress sensitive than other skin disorders. Takradhara showed a role in reducing vitiated manasika dosha as well as sharirika dosha.

- Karanja and Nimba acts as vran shodhak, kushthhara and krimihar. The active ingredients in these drugs shows antibiotic, antiseptic, anti pruritic property.

- Khadiraguduchi kwath which is use in treating the patient showed significant results. Khadira (catechin) is itself mention as “kushtghna” in charak samhita. Guduchi is acts as Rasayana which improves immune response of body. Guduchi acts as vata-kaphahara as well as raktadoshghna.

- Rasmanikya ras which used for 21 days shows significant improvement in lakshanas. Ras manikya useful in ailments related to impurities in blood. Rasmanikya is itself mentioned as “Sarvakushtha nashanam” in Bhaishhya Ratnavali Kushtharogadhikar. It contains sulphur compound which are known for their blood purifying action.

CONCLUSION-
Hence, in this present study, we concluded that without shodhana therapies like vamana and virechana, shaman chikitsa is beneficial. The above mentioned regimen shows excellent result in terms of symptoms.
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