

Ayurvedic Management of Plaque Psoriasis (~ Eka Kushtha) : A Case Report

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ABSTRACT

Skin is vital organ of human body. It is largest organ of the integumentary system. Skin diseases are mainly affecting the external beauty of the patient. Among this Psoriasis is one of the most common skin disorder. It is chronic disease that has psychological and social impact on patient life. The most common variety of psoriasis called plaquepsoriasis. According to Ayurveda, most of skin disorder comes under a single term Kushta. In the Ayurvedic approach term plaque psoriasis correlated with Eka Kushtha. It comes under Kshudra kushta according to all acharyas. Primarily caused by Vata and Kapa Doshas. The plaques have an extensive amount of scaling due to the hyper proliferation of the epidermal cells. Most patients have acute flares and relapses of plaque psoriasis, which may sometimes become severe and progress into the pustular subtype. At least 15% of patients with plaque psoriasis will develop psoriatic arthritis. The exact cause of Plaque Psoriasis is unknown. However, it is caused by a combination of genetic and environmental factors. About 30- 50-% of patients with psoriasis report a positive family history.

In the present case study, female of age 21yrs visit in Ayurveda OPD had complaint of redness, burning sensation along with severe itching, pain in skin lesions, White patches or plaques with silvery scales present over whole body. since 1yrs. She had associated complaint of loss of appetite, dizziness, disturbed sleep and irregular bowel evacuation since 1yrs. She took allopathic treatment but doesn't get any improvement so she decided to switch on Ayurveda management for better cure and preventive care. On the basis of clinical presentation patient was diagnosed with Eka Kushtha, type of Kushtha Roga so the line of management is based on Kushtha Chikitsa.

I. INTRODUCTION.

Skin is vital organ of human body as well as most important sense organ among the five.

Apapulosquamous skin condition called Psoriasis which is an unmediated disease and clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery scales. It can occasionally appear as localized or wide spread pustular eruption. The aetiology of psoriasis is still poorly understood, but there is clearly a genetic component to the disease. 30-50-% of patients with psoriasis report a positive family history. It is estimated to affect approximately 1%-3% of the U.S. population. It currently affects roughly 7.5 million to 8.5 million people in the U.S. It is seen worldwide in about 125 million people. Interestingly, African. Psoriasis is a common autoimmune dermatological disorder in India with prevalence varies from 0.44 to 2.8 %. In India an estimated 1 to 2 % of the population is suffering from psoriasis. Childhood psoriasis is relatively common with prevalence of 1-3% of general population.

According to the Psoriasis Association of Australia(1999), psoriasis is a chronic disease with a genetic tendency that manifests in response to stress and becomes severe in presence of trigger factors like stress. Both male and female suffering from psoriasis. Although psoriasis can afflict people of any race. There is no satisfactory treatment in any other system of medicine except in Ayurveda, where a lot of description about its etiopathogenesis and treatment is available right from the Vedic and Samhita period. Kushtha explained in Ayurveda having similar features of psoriasis. All the skin diseases in Ayurveda have been discussed under the broad heading of "Kushtha", which are further divided in Mahakushtha & Kshudra Kushtha. In present study plaque Psoriasis has been taken as Eka Kushtha. Clinical features of Eka Kushtha described by Acharya Charaka are very much similar to that of plaque Psoriasis and the features explained by Acharya Kashyapa represent remission, relapse and seasonal variation which are present in Psoriasis.

In the present case study, female of age 21yrs visit in Ayurveda OPD had complaint of severe itching, redness and pain in skin lesions, white patches with silvary scales or red papule,widespread over whole body since 1yrs. She had associated complaint of loss of appetite, dizziness, disturbed sleep and irregular bowel evacuation since 1yrs. She took allopathic treatment but does'nt get any improvement so she decided to switch on Ayurveda management for better cure and preventive care. On the basis of clinical presentation patient was diagnosed with Eka Kushtha , type of Kushtha Roga so the line of management is based on Kushtha Chikitsa.

II. CASE REPORT

Patient information:

A female of age 21yrs, Student , who has no history of co morbidities came to outpatient department of Rachna Sharir on 09-09-2024.

Primary Concerns and symptoms :

severe itching, redness and pain in skin lesions, present on whole body since 1yrs. white patches with silvary scales, or red papular lesions of size >5cm. Bleeding occurs after scratching lesion. She had associated complaint of loss of appetite, dizziness, disturbed sleep and irregular bowel evacuation since 1 yrs.

History of Present Illness:

Patient was asymptomatic 1years ago, then suddenly she noticed small pimples on face and trunk. She ignored the condition but after some time gradually increases number of pimples. She consulted allopathic physician and took medicine for 2 months, symptomatic relief achived pimples reduced. After 3 months instead of pimples patient experienced reddish skin patches with silvary scaly lesions spread over whole body and severe Itching, pain, bleeding when scales was removed.

History of Past Illness :

Patient had no history of hypertension, diabetes mellitus, thyroid disorders .

Clinical Findings:

General Examination :

Patient was average built but with weight 50kg, height 5'2" and BMI 21.64kg/m². Blood pressure(B.P120/70mmHg, Pulse Rate 78/min, silver scaly skin patches, present on whole body of size >5cm. On general examination, no clubbing, cyanosis, icterus, pallor, pigmentation seen.

TREATMENT PLAN :

Diagnostic Protocol :On the basis of symptoms like Atibadha, Alpa, Bahal mutra associated with Aruchi, Mukhvairasya, Gauravta, Vibandha, Rukshamlana sphutitha twak indicates Rasa, Rakt, Mamsa Dhatu Dusti reflects through Twaka dusti which is clinically assessed by Ashtavidha Pariksha(Eight Fold Examination).

NADI PARIKSHA	Vataj-Kaphaj
MALA	Vikrit (hard,non sticky,yellowish in color).
MUTRA	Prakrit
JIVHA	Malavrit (white coated)
SHABDA	prakrit
SPARSHA	Ruksha
DRISHTI	prakrit
AKRITI	Sama

Therapeutic Interventions:

After complete screening of patient and consent taken, on the basis of above findings patient was provisionally diagnose with Eka Kushtha. The patient was treated on the line of

management of Kushtha Chikitsa. The drugs selected for treatment was Panchtikrt Ghrita indicated as drug of choice in Kushtha Chikitsa. In next visit(after 15 days from drug intervention) diet

and life style advised to patient to improve quality of life.

Drug Intervention

Time Frame	Drug Intervention	Dose	Frequency	Anupana
9,9,2024	Panchtikt Ghrita Tab Soraneem Winsoria oil	5ml, BD 2tab BD BD	Before meal, in morning and evening After meal Local application	Leukwarm water
4,10,2024	Panchtikt Ghrita Tab Soraneem Cap.Stresscom Winsoria oil Coconut oil+Liquid paraffin+ shudha-Gandhak+ Tankan bhasma	10ml, BD 2tab BD 2tab OD BD 5- 6 times a day	Before meal, in morning and evening After meal After meal Local application Local application	Leukwarm water
20,11,2024	Panchtikt Ghrita Tab Soraneem Cap. Streescom Winsoria oil Coconut oil+Liquid paraffin+ shudha-Gandhak+ Tankan bhasma	10ml, BD 2 tab BD 2tab OD BD 5-6 times a day	Before meal, in morning and evening After meal After meal Local application Local application	Leukwarm water
6,1,2025	1 st follow up	No intervention given	-	-

Pathya Apathya

Pathya	Apathya
• Sadruttapalana	• Junkfood
• Vyayama, Yoga	• Consumingsour, salty, meat&alcohol
• Satvikaahara	• Atimaituna
• Meditation	• Excessivesleep
• Healthyfood habits	• Avoidstress

OBSERVATION

S. No	Symptoms	Before treatment	After treatment	1 st followup	2 nd followup
1.	Dryness, Peeling	Present	Mild reduced	Moderate reduce	Improvement (+)
2.	Itching (Kandu)	Present	Mild reduced	Reduced	Improvement (+)
3.	Rashes and Redness (Raga),	Present	Mild reduced	Reduced	Improvement (+)

III. DISCUSSION

Here a case of Eka kushta has been discussed, which can be correlated to Plaque psoriasis. Psoriasis is a chronic inflammatory disorder, characterised by erythematous plaques, with silvery white scales, that preferentially localize on the extensor surfaces. Ekakushta is a type of Kshudra kushta and have vata-kapha dominance and even involvement of pitta. The Eka Kushta can be associated with Plaque psoriasis, and according to Samhitas, no specific therapy is recommended; instead, we should employ Yukti and treat according to Dosha. According to Charaka Samhita, a particular identification is indicated, which is Matsyashakalopama, Aswedanama, Mahavastuma, which may be seen and connected.

If the ailment has a long history, with Shamanousadhi is recommended based on the Dosha. Pathy is the most crucial aspect of therapy, and Nidana Parivarjana is the first line of defence. The following categories apply to the etiological elements that explain all forms of Kushta: Dosha Hetu

Aharaja Nidana: excessive consumption of amla (sour), Lavana (salt), Kashaya (astringent) Rasa, Guru (heavy to digest), Snigdha (food made of ghee & fried substances), and Drava Ahara (food articles containing excess of oil and liquid contents); Adhyashana (eating food before the previous meal has finished digesting); Vishmasana (eating food irregularly and at the wrong time); Atyashana (eating excessive food); Asatmya Ahara (eating food which is not suitable for an individual).⁷

Viharaja Nidana- Atishrama, which is excessive physical Labor; Atapasevan, which is excessive exposure to the sun's rays; Anila Sevana, which is excessive exposure to the chilly wind; and Divaswapna, which is excessive daytime slumber.

Hetu Vyadhita Incompatible food, fake poisoning (Dushi Visha), contaminated water, and abrupt immersion in cold water (Shitoshna Vyatyasa Sevana) are examples of Mithya Ahara or Viruddha Ahara. Exercise and sunbathing after consuming large meals.⁷

Mitya Vihara- Chardi suppression, mutra Vegas (repression of desires to vomit and urinate), and sexual indulgence subsequent to Snehana karma (oleation treatment).

Ubhaya Hetu

Aharaja Nidana- Overindulgence in various foods such as Kulatha (horse gram), Matsya (fish), Varaha (excess meat), Mulaka (radish), Guda (jaggery), Madhu (honey), Navanna (meal cooked with fresh grains), and Pishtanna (food with excess of oil).

Mitya Ahara- meal consumed during the Ajirna Avastha (indigestion phase) is known as Vidahi Vidagdha Ahara (meal which promotes pitta / burning feeling).

Incompatible food (Viruddha); Ahara-Gunataha Viruddha. For instance, eating Lashuna (garlic) and Mulaka (radish) with milk; Gramya Anupa Audaka mamsa (eating the meat of marshy animals with milk); and eating fish with milk.

In this case study patient come with complaint of itching, redness, patches all over the body. The line of treatment of Kushtha applied on it. For this, we use Daruharidra kwath with Gomutra ark for 2.5 months. After treatment patient get significant relief in symptoms of itching, redness and scaly patches all over the body.

Daruharidra kwath is indicated for Kushtha, Varnya, Deepana, Pachana, Rechana, Amahara, Pramehahara etc. Daruharidra as well known go to cure for various skin ailments. Owing to its blood purifying qualities and kapha-pitta characteristics which help in removing toxins from the blood, it

control sebum production and assists in treating a host of skin infections as well. That's why it is advantageous for treating allergic conditions (like psoriasis).

Gomutra contains teekshan rechaka property helps to expel out pitta (toxins) through virechana which damages the skin.

IV. CONCLUSION

Eka kushtha is hard to treat, it can significantly improve with the right diagnosis made at the right time. Additionally, the combination of Ayurvedic medicines yields quite outcomes in Eka-Kushta. We can treat ailments without using Shaman Aushadhi, but if the condition has been present for more than a year, Sadvritta Palan is required. The major cause of the sickness is knowingly making errors. Diseases are also caused by unhealthy eating. The Mula for the Roga is Satata Nidana Sevan; if not treated, it becomes Asadhya Vyadhi. But this study reveals the efficacy of Ayurvedic formulation in Eka Kushtha without developing any complication and prevent further progression of disease.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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