

Ayurvedic Management of Ekkushtha by Shaman Chikitsa - A Case Study.

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ABSTRACT-

Psoriasis is a Chronic, Inflammatory, and Immune mediated Proliferative disease. Any Change in Skin Colour disturbs the patient mentally and physically in which Scaling and Itching in the Papulosquamous lesion of Skin disturbs the daily routine of the patients. *Ayurveda* all types of skin disease under the *kushtha*. In *charak samhita ek-kushta* is described as *Vat-Kapahj doshas*. In present study Psoriasis has been taken as Eka Kushtha. Clinical features of Eka Kushtha described by *Acharya Charaka* are very much similar tot hat of *Psoriasis*. A 45 years old Male Patient came with complaints of Severe Itching, Scaling Formation and Redness on Face. He was treated with *gandhak Rasayan*,, *Arogyvardhini Vati*, *Mahatikta Ghritpaan* and *Karanj tail* for local application after significant result observed in parameters of *Kandu*, *Raag*

Keywords: *Ek kushta*, *Psoriasis*, *Papakarmaj Vyadhi*

INTRODUCTION

In Twentieth Century, Change in living style of persons improper dietary habits, irregular lifestyles, disturbed sleep pattern, stress can leads to imbalance of *doshas* which can cause diseases like psoriasis.

Skin is the largest organ as well as one of the five sense organ in humans. It covers whole body. Imbalance in the body may be reflected on skin.

Ayurveda all types of skin disease under the *kushtha*. In *charak samhita ek-kushta*¹ is described as *Vat-Kapahj doshas*. In present study Psoriasis has been taken as *Eka Kushtha*.

*Clinical features of Eka Kushtha described by Acharya Charaka are very much similar tothat of Psoriasis*¹.

The number of people suffering from

Psoriasis all over the world is increasing progressively. Successful management of psoriasis patients depends on clinician's understanding of the various treatment options as well as their recognition of associated adverse reactions.

In *Ayurveda kushtha roga* is also considered as *Paapkarmaj vyadhi*¹

CASE STUDY

A 45year Male Patient comes in our hospital APM'S Ayurveda Mahavidya Sion Mumbai for Ayurvedic treatment.

SYMPTOMS	Duration
1. Blackish Discoloration on hand, abdomen	2 month
2. Severe Itching	2 month
2. Dryness	2 month
3. Swelling on face	2 month
5. Scaling on skin	2 month

History of present illness-

Patient has no skin problem before 2 months Then he started to have reddish patches on hand and abdomen , scaling on skin and itching. Patient had taken allopathic treatment he got relief but after few days patient had recurrence in symptoms

ASTHAVIDH PARIKSHA

- *Nadi- pittavataj*
- *Mala-samyak 1 time/day*
- *Mutra-samyak 4-5 time/day*
- *Jeeva-saam*

- *Shabd-Prakrut*
- *Sparsh-sheeta*
- *Drik-Raktvarniya*
- *Akriti-Krush*

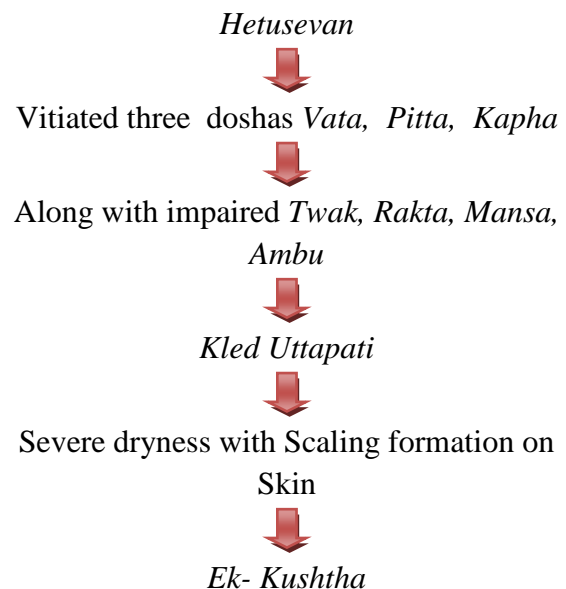
LOCAL EXAMINATION-

- Severe dryness on both hand
- Scaling present on both hand
- Redness present on face

NIDAN PANCHAK

- **HETU** – *Diwaswap* {3-4times in week}, stress, *sheetajal snan* daily, alcohol consumption {3-4times in week} *Sheetambusevan*, Extra salt, Fish {3times in week}
- **PURVAROOP** – Itching and dryness on skin
- **ROOP** - Blackish discolorations on skin and scaling formation
- **ANU –UPASHAY** - Increase in cold season

SAMPRAPTI ¹



MATERIAL AND METHODS

Type of study – Single Case Study
Authorized *Ayurvedic* classic texts were used as a source of material like *Charak Samhita*, *Sushruta Samhita*.

TREATMENT³

- *Aampachan*

Treatment-

- *Abhyantara snehapan*
- *Mrudu virechan*
- *Krumighna Chikitsa*
- *Mrudu abhyanga*
- Lifestyle Modification
- Change dietary habits

Sr. No.	Medicines	Dosage	Duration
1.	<i>Gandhak Rasayan</i>	250 mg	Thrice a day
2.	<i>Arogyavardhini</i>	250mg	Twice a day
3.	<i>AvipattikarChurn</i>	5mg	At bed time
4.	<i>Mahatikta Ghrutpaan</i>	10ml	Empty stomach early morning
5.	<i>Krumikuthar Rasa</i>	250mg	At bed time
6.	<i>Karanaj Tail</i>		Local Application

PATHYA (AAHAR AND VIHAR)³-

- **AAHAR:** Avoid Alcohol consumption, *Sheeta Ambu Sevan*,

Fish, Excessive salt

- **VIHAR:** *Sheetajalsnan*, *Diwaswaap*

RESULT-

Grading scale	Before Treatment	After Treatment
1. Itching	Severe	Absent
2. Colour change	Blackish Discoloration	Normal skin colour
3. Scaling Formation	Severe	Mild
4. Dryness	Severe	Mild
5. Inflammation	Severe	Absent



Day 0



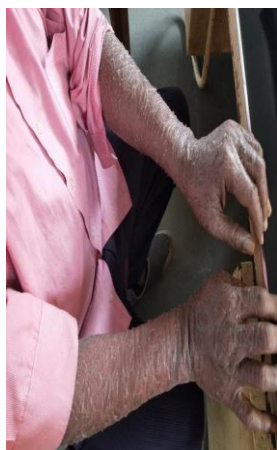
Day 7



Day 14



Day 21



CONCLUSION:

- *Ayurvedic* treatment shows very excellent result in *Psoriasis* Patient's decrease signs and symptoms of disease.
- *Arogyavardhini vati* act as *Sarvkushtvinashini* and according to *Charak Samhita वातोत्तरेषु सर्पिणाम* *Mahatikta is Siddha Ghrita* it has *kushtaghna* properties. In this case study we found significant result in signs and symptoms with *Mruduvirechan* followed by *Shamanaushadh*.
- Internal medications can be better option for management of *Psoriasis*

DISCUSSION:

Gandhak rasayan acts as *Kushtaghna, Kandughna, Raktashodhak, Vranaropak, Twachya, Krumighna*. It is mainly indicated in *Kushta roga*. It reduces the itching and infection. Beneficial for the skin complexion.

Arogyavardhini Vati- *Arogyavardhini* is *Kaphaghna, Kledshoshoshak*. It enhances *tvak* properties. *Guggul* and *Shilajatu* forming *kajjali kalpa*. It is *kapaha, kledanashak*. *Triphala* in it is *klednashak, kapaha nashak*.

Kadunimb-Kapha, Kushthaghna Very much useful in all types of *kushth*

Avipattikar Churn: Doing Laxatives properties by purifying bile act as *pittavirechak* and *Pitta* and *rakta* are *ashariasharya bhav* that's why used in *kushth*

⁵**Mahatikghritapaan-** “*Mahatiktakagritha*” which is prepared with drugs having the properties like *Deepana, Paachana, Raktaprasadana, Raktashodhaka. Kandugna, kushtagna, varnya*. As per the classical reference it has special indication *Kushtavikaras*.

⁴**Krumikuthr Rasa-** It is an effective Ayurvedic Medicine useful in treating intestinal worms. As per *Sushrut* all *Kushtas* are *Tridoshaj* and *Krumija* hence useful in *Kustha*.

Karanj Tail- *Karanj Oil* is useful in skin problem like Itching²

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