

A CASE STUDY: MANEGMENT OF EKAKUSHTHA W.S.R. TO GUTTATE PSORISIS BY PANCHTIKTA GHRITA AND RAKTAMOKSHAN

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INTRODUCTION

Psoriasis is a disease which has not been defined properly till today. Regarding its causative factors also, there is no clear clinical evidence found. Certain researches have given evidences that Psoriasis may be due to inheritance, whereas some others considered it as an idiopathic disease (unknown cause); While some researches mention it is a psychosomatic disease.

In Twachavikar, Psoriasis is a long lasting Auto-immune disease which is characterized by hyperkeratinized patches. There are five types of Psoriasis viz. Plaque, Guttate, Inverse, Pustular and Erythrodermic which are characterized by itchy covered white scaly lesions. The cause of Psoriasis is not known but it is believed to have a genetic

component also. Several other factors are thought to aggravate Psoriasis like stress, physical injury, digestive upset, excessive alcohol consumption and smoking etc Modern medical science treat patient with Immunosuppressants, corticosteroids and Retinoids etc. but this therapy have serious side effects like Hepatotoxicity and Nephrotoxicity, Osteoporosis, Odema, weight gain etc.

In Ayurveda Psoriasis can be considered under Kustha Vyadhi. Which has two major categories i.e. Mahakushtha and Kshudrakushtha, Psoriasis has more similarity with Ekakushtha which comes under Kshudrakushtha.

AIM

Manegment of *Ekakushtha* with Ayurvedic treatment – Panchatikta ghritha and Raktamokshan vidhi.

MATERIAL AND METHOD

Various literatures have been collected from classical Ayurvedic texts for the treatment and study of *Ekakushtha*.

Modern medicine books for the study of Psoriasis.

Case presentation

A 70 yrs male patient, Hindu by religion,

Occupation- retired from private non-strenuous job,

c/o- signs and symptoms-

Itching +++

Scaling+++

Red and blackish discoloration+++



over the back region and
upper part of chest

Patient had complaints of itching and scaling –white scales (slivary scales) like substance fall down and leaves behind shiny skin.

Patient had above complaints since 6-7 months

H/o- Hypertension, taking Anti HTN, Tab Atenolol 50 mg.

No Family H/o – Psoriasis, or any other skin disease.

Examination of patient

His general examination reveals that his health was good both according to physical examination and blood investigation point of view. Vitals were normal. The skin lesion was sent for culture and sensitivity test shows no abnormal changes.

Diagnosis

Vatapitta kustha (ekakustha)

Treatment

We used *Panchatikata ghrita* and *Raktamokshan therapy*.

Panchatikata ghrita - For local

Application on lesion of Psoriasis for 3 to 4 times in a day.

Orally Panchatikta ghrita was given 10ml daily at morning empty stomach for 1 month.

Panchatikata ghrita is a classical ayurvedic preparation which is combination of five herbs viz.

Nimba, Patol, vyaghri, gudduchi and Vasa.

Benefits

It is widely used as a medicine for preparatory procedure of Panchakarma as a snehapana ghrita or used independent medicine in the management of non-healing ulcers, skin diseases, eczemas, worm infestation internally as well as externally.

Side effects

There are no known adverse effects with this medicine. However it is best to be use under medical supervision. However, in higher quantity it may cause Diarrhoea, Indigestion etc.

Panchatikta Ghrita Ingredients

Nimba – Neem – 480 g

Patola – Luffa acutangula – 480 g

Vyaghri – Solanum xanthocarpum – 480 g

Guduchi – Tinospora cordifolia – 480 g

Vasa – Adhatoda vasica – 480 g

water for decoction – 12.288 liters boiled and reduced to 3.072 liters

Triphala – Haritaki (*Terminalia chebula*), Vibhitaki (*Terminalia bellirica*) Amla (*Emblica officinalis*) – 128 g each.

Ghrita – ghee – 768 ml

The above combination is heated till herbal ghee is prepared.

Effect on tridodha – It has Tridosha shamak property.

Raktamokshan therapy

The surgical procedure of allowing the blood to bleed for therapeutic purpose is known as by the name Raktamokshan.

This unique procedure is also known by the names Asravistruti, Raktanirharan, Raktaharan.

Indications of Raktamokshana

In general raktamokshana is indicated both in healthy person and diseased.

In healthy person this is done with the purpose of preventing the disease and in diseased for the cure of the illness.

Fallowing condition in which raktamokshan is effective

- 1) Kustha, visarpa, Ratapitta, pilha, etc.

Contraindication of Raktamokshan-

In 1) sarvagashopha, kshina, Arsha, udara, Garbhini.

Type of Raktamoshan

Depending upon the method of the achieving the bloodletting it is mainly categorized two type

- 1) Shashtravisravana (siravyadha).
- 2) Jalaukavacharana.

Siravydha vidhi

The surgical procedure of puncturing or sectioning the vein for therapeutic purpose.

Raktamokshan- by the Method of siravyadha is preffered in physically strong as well as courageous people morbidity of rakta dhatu when generaliesd is best treated by the siravyadha method. If the response to the usual treatment is poor one should consider that there is definite involvement of rakta dhatu in the pathogenesis and it is treated by the raktamokshan.

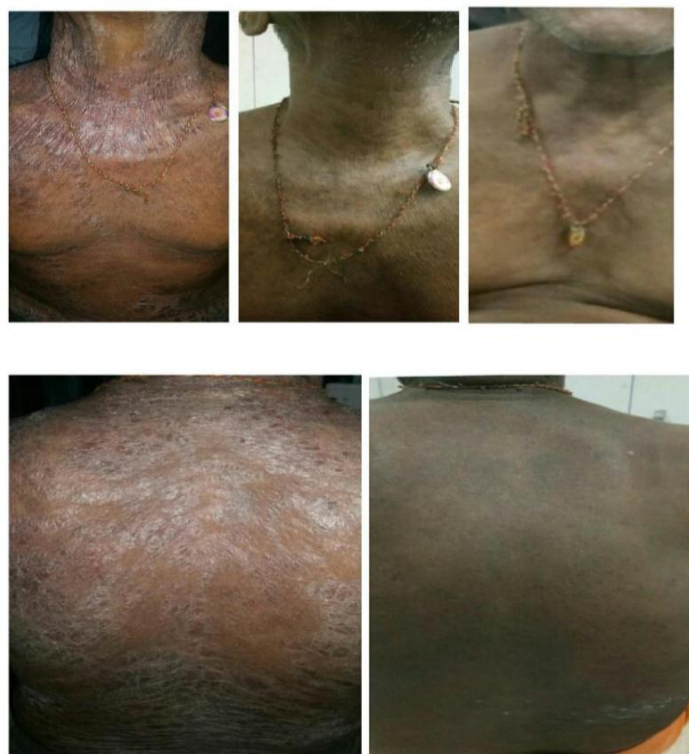
Requirments

Intravenous canula, 20cc syringe, tourniquet, kidney tray, Dis-infectaants, cotton, bandage material.

Following steps for siravyadha vidhi

- 1) Preparation of the patient.
- 2) Position of the patient.
- 3) Blocking the vein by use of tourniquet aply at right arm.
- 4) Aseptic measures.
- 5) Storking the vein.
- 6) Puncturing the vein.
- 7) Observation of the patient.

Leech therapy is a blood purification therapy which is helpful in various skin disease. leech sucks impure blood and oral cavity of leech contents saliva a liquid which is called as hirudine that is help for healing ulcer or various skin disease.

RESULT

Before treatment and After treatment.