

ROLE OF PANCHAKARMA IN MANAGEMENT OF EK-KUSHTHA W.S.R. TO PSORIASIS (AUTOIMMUNE DISEASE)

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Article Received on
20 Sept. 2019,

Revised on 10 Oct. 2019,
Accepted on 30 Oct. 2019,

DOI: 10.20959/wjpr201912-16177

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ABSTRACT

Any change in skin color affects the patient both physically and psychologically. Psoriasis is a chronic, non communicable, painful and disabling disease for which there is no permanent cure, moreover it has has a great negative impact on patients quality of life because of its relapsing nature, the disease has always remained a great problem. In psychological aspect it includes depression, anxiety, bipolar disease, schizophrenia and dementia. Since immune disorders have been linked with the mental problems, and psoriasis is an immune-disorder disease, it might explain the connection. Though Modern medicine provides symptomatic relief but also has side effects in long run. In *Ayurveda* the disease is considered as *Eka-Kushtha*, it is believed to occur due to

vitiation of all three *Doshas*. The imbalance between these three energies causes toxins to release in a person's system. Psoriasis is considered as *Rakta* disorder. *Panchakarma* (*Shodhana*) therapy is a type of treatment for various chronic, auto-immune, hormonal, degenerative disorders etc. In this paper an attempt has been made to highlight the clinical picture of *Ek Kushtha* w.s.r. to psoriasis along with its management as per *Ayurvedic* classics.

KEYWORDS: *Ayurveda*, *ek-kushtha*, *Panchakarma*, Psoriasis.

INTRODUCTION

Psoriasis is a long-lasting autoimmune disease .It is characterize by erythema of skin covered with thick, small scaling spots, dry, cracked skin that may bleed, itching, burning or soreness, thickened, pitted or ridged nails. Psoriasis varies in degree of severity from small, localized patches to complete body coverage. Any injury to the skin can trigger psoriatic skin changes at that point of spot, which is known as the Koebner phenomenon.^[1] In *Ayurveda*, all skin

diseases are categorise under a broad heading of *Kushtha Roga*. The classical symptoms of *Eka- Kushtha* described in *Ayurveda* can be co-related with Psoriasis. *Virechan* karma is one of treatment for this ailment. In psoriasis *Doshas* are situated in *Twak* and *Agni* is also deranged that is why *Deepanpachan* medicine prior to *Snehpana* is important, which helps in *Aampachan* as per *Ayurveda* autoimmune diseases are formed due to excess production of *ama* in the body. The *Ama* penetrate certain body tissues that are responsible for autoimmune disorders so normalizing the *Agni* is equally beneficial.^[2]

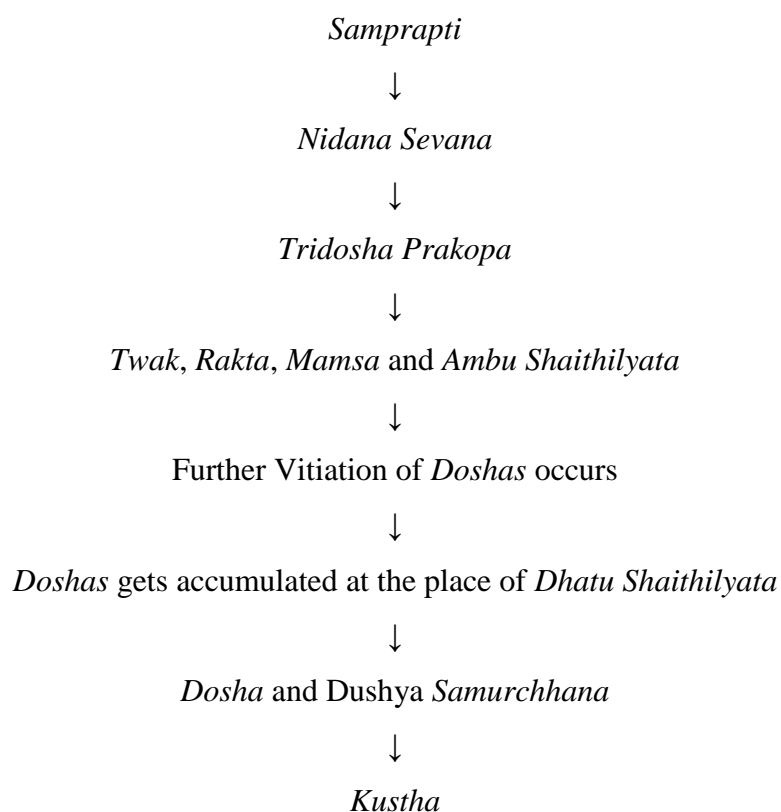
Aims & objectives

- To study the efficacy of *Panchakarma* in management of *Ek-Kushtha* w.s.r. to psoriasis (autoimmune disease).
- To study the co- relation between *Aam* and autoimmune disease.

MATERIALS

All the references regarding *Eka-Kushtha* are collected from *Bruhatrayi* and *Laghutrayi* and compilation is done.

ETIOLOGY^[3]



Prodromal features of *Eka Kushtha*^[4]

- Increased perspiration (*Atiswedan*).
- Reduced perspiration (*Aswedan*).
- Discolouration of the skin (*Twak vaivarnya*).
- Fatigue (*Klama*).
- Horripilation (*Lomaharsha*).
- Numbness (*Suptata*).
- Pricking sensation (*Nistioda*).
- Itching (*Kandu*).

Clinical features of *Eka kushtha*^[5]

अस्वेदनम्महावास्तुयन्मत्स्यशकलोपम (c.chi. ७/२१)

- No sweating (*Asweda*).
- Extended skin lesions (*Mahavastu*).
- Scaling of skin similar to fish scales (*Matsya Shakalopama*).

Autoimmune Disease in Ayurveda

- Autoimmune disorders occur when your body's cells fail to recognize each other and mistakenly start attacking healthy cells.
- If left untreated, this eventually creates inflammation and can cascade into a variety of diseases such as Rheumatoid arthritis, Psoriasis etc.
- Ayurveda* treats the root cause of disease rather than the symptoms.
- To discover the root cause of auto-immune disorders, *Ayurveda* looks at, what caused the inflammation and works backward. Inflammation is caused by lack of cellular recognition/communication.
- The decline in communication/recognition is due to cells get covered with "*Ama*" (toxic waste product); the *Ama* is caused by *Agnimandhya*" (a Sanskrit word meaning (~)low digestive strength or fire) and low "*Ojas*" (a Sanskrit word that can be translated as immunity).

So the root causes of auto-immune disorders are low *Agni* and weak *Ojas*. Therefore, the *Ayurveda* treatment focuses on restoring *Agni* and *Ojas*.^[6]

Line of Ayurvedic treatment for Psoriasis

- The main *Ayurveda* treatment used to treat psoriasis is *Panchakarma* therapy.
- As *Eka kushtha* is chronic and relapsing in nature and also there is an involvement of *Tridosha* and *Twaka*, *Rakta*, *Mansa*, *Lasika* and *Kleda*. Hence, repeated *Shodhana* is required for treatment.
- Shodhana* is one of the important treatments of *Ayurveda* which deals mainly with elimination of aggravated *Doshas* from body. These *Doshas* (toxins and waste materials) should be eliminated naturally as well as by *Panchakarma* from nearest route of the body.

Steps in Process of <i>Vamana</i> and <i>Virechana</i>	Mechanism
<i>Dipana Pachana</i>	Removal of <i>Amadosha</i> , Increase in <i>Agni</i> , <i>Ama-Doshanashaka</i>
<i>Snehapana</i>	Pacification of <i>Vata dosha</i> Decrease in Burning Sensation Reduction in Scaling and Dryness <i>Vata-doshashamaka</i>
<i>Abhyanga</i>	Removal of Dryness, Decrease in Scaling
<i>Sarvanga Swedana</i>	Removal of Obstruction Increase in <i>Swedana</i>
<i>Vamana</i>	Reduction in Itching Pacification of <i>Kaphadosha</i>
<i>Dhumapana</i>	<i>Kaphadosha</i>
<i>Virechana</i>	Reduction in itching, discolouration and scales Pacification of <i>Kaphadosha</i> and <i>Pittadosha</i> . ^[7]

DISCUSSION

Chronic skin conditions like psoriasis can have a negative impact on one's quality of life, it affect their physical, functional, and emotional well-being. Patients with psoriasis report physical discomfort, stigmatization, loss of productivity, and low self-esteem, as well as limitations in daily activities, social contacts, and work. Many patients also experience psychosocial distress and social stigmatization even though it is often considered a "cosmetic skin disorder". *Panchakarma* i.e; five types of purification according to the *Charkacharya* which means to purify the body from inside. *Shodhana* therapy not only cleanses the body from inside but also does the *Prasadan* (appeasement) of the *Mana* (Mind), *Indriya* (Sensory perception), *Satva* (Will power), *Atma* (Soul) which are called the tripod of the body.

CONCLUSION

Kushtha is known as one of the oldest disease to mankind. It is mentioned as one of the most chronic disease in *Ayurvedic* system of medicine. *Eka- kushtha* (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time and proper treatment is given it can be cured to an extent. *Panchakarma* treatment provides management in natural way with almost no adverse effect and moreover it is cost effective.

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