

MANAGEMENT OF PSORIASIS (*EKKUSHTHA*) THROUGH AYURVEDIC MEDICINES – A CASE STUDY

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Article Received on
30 August 2023,

Revised on 20 Sept. 2023,
Accepted on 11 Oct. 2023

DOI: 10.20959/wjpr202318-29982

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ABSTRACT

Psoriasis is a chronic dermatosis, characterized by an unpredictable course of remission and relapses and presence at typical sites of well-defined, erythematous, indurated papules and plaques, which are surmounted by large, loose, silvery scales. There is frequent nail and joint involvement. The disease not only affect the patient physically but also disturbs the mental and social health. In *Ayurveda* skin diseases are described under *Kushtha*. *Ekkushtha* is one of the *Kshudrakushtha* mentioned in the *Charak Samhita*. *Dosha* involved in the *Ekkushtha* disease is *Vata-Kaphaja*. The signs and symptoms involved in the *Ekkushtha* are *Aswedanam* (Absence of sweating), *Mahavastu* (big sized lesion), and *Matsyashakopamam* (scaling) that are compared with psoriasis. **Main Clinical Findings:** A 44 year- old female patient reached the hospital with the complaint of intense scaly, itchy lesions

and burning sensation all over the body. **Interventions:** *Gandhak Rasayana + Talkeshwara Rasa + Kaishore Guggulu* twice daily with *Khadirarishta, Panchtiktaghrit Guggulu*, Aactaril soap (for bathing) *Mahamarichyadi Taila* – For external application was planned for 3 months. **Outcome:** After taking *Ayurvedic* treatment patient got complete relief from the symptoms. **Conclusion:** Since the therapy for psoriasis has limitation in Allopathy, *Ayurvedic* management of chronic psoriasis is an effective therapy.

KEYWORDS: Psoriasis, *Ekkushtha*, *Dosha*, *Ayurvedic* management.

INTRODUCTION

Psoriasis is one of the most common dermatologic disease with atleast 100 million individuals affected worldwide. Psoriasis is a chronic inflammatory skin disorder which is clinically characterized by sharply demarcated papules erythematous and rounded plaques, that are covered by silvery micaceous scale. In psoriasis the skin lesions are variably pruritic. The areas which are traumatized, they also often develop lesions of psoriasis.^[1]

Psoriasis is basically an immunological disease characterized by interplay of cellular components including T cells (probably most important), keratinocytes and Langerhans cells and signaling molecules Like **cytokines which are influenced by genetic (PSORS 1-9 genes)** and environmental factors (physical trauma, infections and drugs). Most genes implicated have immune- related functions, underscoring importance of innate and adaptive immune systems in its pathogenesis.^[2]

There are mainly three types of psoriasis – **Chronic plaque psoriasis, Guttate psoriasis, Pustular psoriasis.**

Chronic plaque psoriasis: It is well defined, erythematous, indurated papules/ plaques surmounted by characteristic large, loose, lamellar, silvery scales removable by grating lesions. Morphology modified by site (flexures, scalp, palms, soles & genitals). Distribution: Scalp, pressure points, extensor & palms & soles. Sometimes generalized.

Guttate psoriasis: In children & adolescents. Small lesions, appearing in trunk.

Pustular psoriasis: *Localized:* As acrodermatitis continua of Hallopeau, or pustules on pre-existing psoriasis plaques. *Generalized:* Pustules on sheets of erythema, with conspicuous constitutional symptoms.^[3]

In *Ayurveda* all skin diseases are considered under generalize term “*Kushtha*” Psoriasis is compared with *Ekkushtha* mentioned in *Charak Samhita Chikitsa Sthana*. The signs and symptoms mentioned in *Ekkushtha* are compared with the psoriasis. The complete treatment of the psoriasis is challenging. But in *Ayurveda* the treatment given for psoriasis has excellent results.^[4]

AIMS AND OBJECTIVES: To evaluate the role of *Ayurvedic* treatment in the management of psoriasis.

CASE HISTORY

Chief Complaints

Intense scaly, itchy lesions and burning sensation all over the body (since 2 yrs). She was a diagnosed case of psoriasis for last 17- 18 years and had been taking allopathic treatment before coming to our hospital but got no such relief.

History of present illness

A 44 yr old female patient came to the *Agada Tantra* OPD of *Rajiv Gandhi* Govt. Post Graduate, *Ayurvedic* College & Hospital, Paprola (Himachal Pradesh), India on 10 March 2022. The patient was asymptomatic 2 years back. After that she developed complaint of intense scaly, itchy lesions and burning sensation all over the body. There is severe itching in the lesion along with burning sensation and scaling after scratching. She took allopathic medication for a long period but got no such relief. Then she came to us for the *Ayurvedic* treatment of psoriasis.

History of past illness: Patient has no significant past history of any chronic disease, trauma or surgical interventions.

Family History: No family history is seen in patient's relatives.

Personal History

Appetite : Normal

Thirst : Normal

Sleep: Disturbed due to itching

Urine : Normal

Stool : Non constipated

On Examination

- General condition : Moderate, afebrile, Pulse Rate – 84 / min , regular
- Vitals: Normal
- Respiratory system, cardiovascular system, GIT system had shown no deformity.
- Routine investigations such as Complete Blood Count, Random Blood Sugar and Urine Routine and Microscopic were in normal range.

Ashtvidha Pariksha

- **Nadi:** Pittadhikatriidoshaja
- **Mala:** Non constipated
- **Mootra:** Normal frequency, no burning micturition
- **Jihwa:** Moist & non coated
- **Shabda:** Clear and audible
- **Sparsha:** Snigdha
- **Drika:** Normal
- **Aakriti:** Moderate

Assessment Criteria

Subjective Criteria- Table no. (1, 2, 3) showing the subjective criteria Of the psoriasis:

Objective Criteria

Auspitz sign: On complete removal of the scale, a glistening, white adherent membrane is seen. On further scrapping punctate bleeding points become visible⁵. Objective criteria for psoriasis is given in table No. 4

Treatment- Considering the psoriasis as *Ekkushtha* following Ayurvedic treatment plan was administered. Ayurvedic treatment for the psoriasis is given in table No. 5

RESULT

With above mentioned line of treatment patient got complete relief from the symptoms of psoriasis. Table no. 6 is showing the improvement in the signs and symptoms of psoriasis. Photographs (1 and 2) showing improvement in the signs and symptoms of psoriasis.

Table no. (1, 2, 3) showing the subjective criteria of the psoriasis:

Table No. 1: Aswedana (Absence of sweating).

Normal sweating	0
Mild sweating	1
Mild sweating on exercise	2
No sweating after exercise	3

Table No. 2: Mahavastu (Big size lesion).

No lesion	0
Lesion on partial part of the body	1
Lesion on most part of the body	2
Lesion on whole part of the body	3

Table No. 3: Matsyashakalopama (Scaling).

No scaling	0
Mild scaling from all lesions	1
Moderate scaling from all lesions	2
Severe scaling from all lesions	3

Objective criteria for psoriasis is given in table No. 4

Absent	0
Improved	1
Present	2

Ayurvedic treatment for the psoriasis is given in table No. 5

Date	Patient Details	Treatment Given
10 March 2022	Intense scaly, itchy lesions and burning sensation all over the body	<ul style="list-style-type: none"> • <i>Gandhak rasayana</i> (125 mg) + <i>Talkeshwara rasa</i> (125 mg) + <i>Kaishore Guggulu</i> (500 mg) twice daily with <i>Khadirarishta</i> (20 ml) • <i>Panchtiktaghrita Guggulu</i> – B.D • Aactaril soap (for bathing) • <i>Mahamarichyadi Taila</i> – For external application – 1 month
7 April 2022	Improvement in the signs and symptoms. Mild itching with no burning sensation.	<ul style="list-style-type: none"> • Continuation of the same treatment – 1 month
12 May 2022	Significant improvement in the signs and symptoms. No itching and burning sensation	<ul style="list-style-type: none"> • Continuation of the same treatment- 1 month
9 June 2022	Patient got complete relief. No relapse in any signs and symptoms	<ul style="list-style-type: none"> • Discontinuation of the treatment

Table no. 6: Is showing the improvement in the signs and symptoms of psoriasis.

Signs and symptoms	Before Treatment	After Treatment
<i>Aswedana</i>	2	0
<i>Mahavastu</i>	3	0
<i>Matsyashakalopama</i>	2	0
Auspitz sign	2	0

Photographs (1 and 2) showing improvement in the signs and symptoms of psoriasis.



1. Photograph before treatment



2. Photograph after treatment

DISCUSSION

Psoriasis is a chronic inflammatory skin disorder which is clinically characterized by sharply demarcated papules erythematous and rounded plaques, that are covered by silvery micaceous scale. In psoriasis the skin lesions are variably pruritic. The areas which are traumatized, they also often develop lesions of psoriasis. Here a case of psoriasis has been discussed and is correlated with *Ekkushtha*. *Ekkushtha* is a *Vata-Kaphaja* dominance disease. In this case the role of *Ayurvedic* treatment completely expels the doshas out of the body and prevent the reoccurrence of the disease. In the form of oral medication, *Gandhak Rasayana* alleviate *Vata-Kaphaja Dosha* and having the properties of *Kushthaghana* and *Kandughana*⁶. *Talkeshwara Rasa* is an *Ayurvedic* medicine that is primarily used for the treatment of leprosy. Ingredients used in *Talkeshwara Rasa* has significant role in the management of psoriasis. *Suhaga* – used to inhibit microbial growth when applied topically. *Shankh* – Used to suppress inflammation. Mercury – used to prevent the growth of or killing microorganisms. *Shuddha Gandhak* – soothing the inflammation and/ or irritation of the mucous membrane. *Swarna Makshika Bhasma*, Aconite, *Manashila*- Helps in reduction of swelling. *Hartal Bhasma*- used to inhibit microbial growth or destroys microbes⁷. *Kaishore Guggulu* acts as an antibacterial, antiallergic, and blood purifying agent. Therefore it mitigate the redness, inflammation and acts as a natural blood cleanser by its pacifying effect on deep sited vitiated doshas of psoriasis⁸. *Panchtiktaghrit Guggulu* have ingredients like *Panchtikta Gana Dravya* (i.e *Gudduchi*, *Nimb*, *Vasa*, *Patol*, *Kantkari*), *Ghee* and *Guggulu*. The contents of *Panchtiktaghrit Guggulu* having *Tikta Rasa*, *Laghu & Ruksha Guna* so act as an *Kandughana*, *Kled*, *Vikrut Meda Upshoshak & Vranashodhaka*⁹. *Mahamarichyadi Taila* helps to relieve the skin disorders. It aids in the relief of eczema, and the reduction of psoriasis

symptoms. It also helps in the removal of inflammation, prevention of fungal infections and combating of free radicals, thereby preventing cell damage¹⁰. Aactaril soap having key ingredients like *Karanja*, *Nimba*, *Jambira*, *Ushira* etc. having effective role in the management of superficial bacterial and fungal infections of the skin. It provides relief from itching, scaling, burning, redness and irritation, and also helps to prevent repeated skin infections^[11]

CONCLUSION

In this case study we got excellent results of *Ayurvedic* treatment. The external and internal medications of *Ayurveda* help to correct the complex pathophysiology of psoriasis like chronic disease. So the above treatment given to the patient helps to get relief from all the signs and symptoms of the disease. The chances of reoccurrence of the disease has also minimized by this treatment.

Informed Consent

Consent of the patient was obtained for the photographs and before reporting the case report for publication.

Conflict of interest

None.

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