

## SHASHANKLEKHADI CHURNA: A COMPREHENSIVE REVIEW ON ITS THERAPEUTIC POTENTIAL IN TREATING EKAKUSTHA W.S.R TO PSORIASIS

Sangita Devi<sup>1\*</sup>, Saurabh Yadav<sup>2</sup> and Ajay Pratap Chauhan<sup>3</sup>

<sup>1</sup>Assistant Professor, P.G. Dept. of Kayachikitsa, Gurukul Campus, U. A.U. Haridwar.

<sup>2</sup>Assistant Professor, Dept. of Swasthvritta, Gurukul Campus, U. A. U. Haridwar.

<sup>3</sup>Ayurvedic Medical Officer, Govt. of Uttarakhand.

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\*Corresponding Author

Dr. Sangita Devi

Assistant Professor, P.G.  
Dept. of Kayachikitsa,  
Gurukul Campus, U. A.U.  
Haridwar.

### ABSTRACT

In *Ayurveda* almost all skin disorder are explained under *Kustha roga dhikara*. *Ekakustha* is a type of *Kshudra Kustha*. It is *Vata Kaphaj* disorder. The etiological factors explained for *Ekakushtha* can be classified as *Aharaja nidana*, *Viharaj nidan*. Each *Nidan* plays an important role in occurrence of disease. It can be correlated with psoriasis both of these have similar symptoms. Psoriasis is long lasting autoimmune inflammatory papulosquamous disorder characterized by patches of abnormal skin. These skin patches are typically red, itchy and scaly its often worsen during winter. Modern medical science treats psoriasis with corticosteroids, PUVA etc. But these therapies give serious side effect. Hence is the need of time to out safe and effective medication for psoriasis. In *Ayurveda* many *shodhana* and *shaman chikitsa* are mention for *kustha* which are cost effective having

no side effect. Shamana therapy is also an important part of the treatment of *Kushtha*. After completing the *Shodhana karma*, *Shamana Chikitsa* is indicated to subside the remaining *Doshas*. *Acharya Charaka* has advised Shamana therapy with *Tikta* and *Kashaya Dravyas*. One such prepration might be *Shashanklekhadi churna* which are having *Kushthaghna*, *Kandughna*, *krimighna*, *twakdoshar*, *vednahar* and *Rasayana* properties.

**KEYWORDS:** *Ekakushtha*, Psoriasis, *Shashanklekhadi churna*.

## INTRODUCTION

In *Ayurveda*, almost all skin diseases can be taken under generalized term *Kushtha*. According to *Acharya Charaka*, vitiation of *Vata* & *Kapha* is responsible for the development of *Ekakushtha*. *Ekakushtha* can be correlated with psoriasis in modern medical science, because both of these have similar signs and symptoms, as *Aswedanam* (Psoriatic lesions are dry and rough, *Mahavastam* (Lesions are spreaded over large area of body), *Matsyashakalopamam* (Lesions are covered with silvery scales which resembles skin of fish), *Krishnaaruna varnata* (Lesions are erythematous and blackish in colour).

Skin is the largest organ in human body. It covers entire body and acts as a protective organ. So there are much more chances of its infection or deformity. The burden due to skin disorders is enormous in both high and low income countries. Psoriasis is oldest recorded diseases. It is one of the most intriguing and perplexing disorder of skin. Psoriasis is chronic relapsing disease of unknown etiology characterized by sharply defined dry scaling erythematous patches, covered by with adherent silvery white scales. The eruption usually symmetrical and most commonly affectes elbow, knees, scalp, nails and the sacral regions. Male and females are equally affected. And is precipiting by climate, streptococcal infection, drugs like antimalarials, beta-aderenoreceptor antagonist etc.

### *Samprapti*

According to *Acharya Charaka* '*Sptakodravyasangraha*' (group of 7 factors) is responsible for formation of all kind of *Kushthas*. This group of 7 factors includes three *doshas* namely – *Vata*, *pitta*, *kapha* and four *dushyas* namely – *Twak*, *Rakta*, *Mamsa* & *Lasika*. So it is obvious that vitiation of all three *dosha* is responsible for the development of *Kushtha* (skin disorders) depends on the predominance of particular *doshas*. *Aacharya charaka* has described the involvement of *vata- kapha* in *ekakustha*.

### Treatment with shashanklekhadi churna

In *Ayurveda* many *shodhana* and *shaman chikitsa* are mention for *kustha*. Since, pathogenesis of *ekakustha* vitiation of *vata* and *kapha dosha* and four *dushyas* *twak*, *rakta*, *mamsa* and *lasika*, the treatment also should be accordingly. It should be *vatakaphashamak*, *kusthaghan*, *kandughna*, *jantughna* etc. The treatment is opposite in nature and is very difficult to treat so, today find the drug which is cost effective, easily available. It has been mentioned in 50<sup>th</sup> chapter of *chakradutta*. It has properties like *Kushthaghna*, *Kandughna*, *dahanasak*, *sothhar*, *krimighna*, *twakdosshar*, *vednaha Rasayana* and *tridosha*, *vatakapha*, *kaphapitashamak* etc.

## It contains

Contents	Latin name	Ratio	Part used
<i>Bakuchi</i>	<i>Psoralea corylifolia</i>	1 part	Seed
<i>Vaividang</i>	<i>Embelica ribs</i>	1 parts	Fruit
<i>Pippali</i>	<i>Piper longum</i>	1 parts	Fruit
<i>Chitrak</i>	<i>Plumbago zylanica</i>	1 parts	Root bark
<i>Mandur Bhasma</i>		1 parts	
<i>Aamalaki</i>	<i>Embelica officinalis</i>	1 parts	Fruit

## Properties of shashanklekhadi churna

Drug	Ras	Guna	Virya	Vipaka	Dosha karma	Aushadh karma	Pharmacological action
<i>Bakuchi</i>	<i>Tikta-Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaph-vata Shamak</i>	<i>Kushthaghna, Jantughana Varnashodhan-ropaka</i>	Antibacterial, anti-fungal
<i>Vaividang</i>	<i>Katu, kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaph-vata Shamak</i>	<i>Kushthaghna, Jantughana</i>	
<i>Pippali</i>	<i>Katu</i>	<i>Laghu, snigdha, ruksha</i>	<i>Anoush nasheet</i>	<i>Madhur</i>	<i>Kaph-vata Shamak</i>	<i>Jantughana</i>	
<i>Chitrak</i>	<i>Katu</i>	<i>Laghu, Tikshna, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata Kapha shamak, pittavar dhak</i>	<i>Lekhan</i>	
<i>Mandur Bhasma</i>	<i>Kashaya</i>	<i>Sheet</i>	<i>Sheet</i>		<i>Pitta Shamak</i>	<i>Ruchikark, agnideepak, raktavardhak, vrishya</i>	

## DISCUSSION

Loking at the impact of psoriasis in society, it necessary to find out effective, safe and cheap medication in *Ayurveda*. According to *Ayurveda*, all skin diseases come under the heading *Kustha*. *Ekakustha* is considered as one of the type of *Kshudra Kustha*. It can be correlated with psoriasis. Both Psoriasis and *Ekakustha* keep similarity in symptoms. *Acharya Charaka* has advised *Shamana* therapy for this. All the medications indicated in various texts have content mostly *Tikta* and *Kashaya Dravyas* in *Kustha*. *Shashanklekhadi churna* is one such ideal prepration having properties like *Tridoshghna*, *kusthaghna*, *Jantughana kandughna*, *Ruchikark*, *agnideepak*, *raktavardhak*, *vrishya twakprasadhan*, *Varnashodhan-ropaka*, *dahaprashman* etc. These properties seems to quite antagonise the pathogenesis of *Ekakustha*

## CONCLUSTION

*Ayurveda* described, the events for pathological changes that occurs to the onset of disease, is known as *samprapti*; and events which break the pathogenesis including *samprapti vighatana* are preciously termed as *chikitsa* (Treatment). ‘*Shashanklekhadi churna*’ is the best formulation to play efficient role for *samprapti vighatana*. It may give better result after *virechana karma*.

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