

ROLE OF SAMSHODHANA IN THE MANAGEMENT OF EKA KUSHTA- A CASE STUDY

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ABSTRACT

In *Ayurveda*, all the skin disorders are grouped under broad term “*Kushta*”. Due to *Amshamshakalpana* of *Doshas*, further *Kushta* is classified into *Maha Kushta* and *Kshudra Kushta*. *EkaKushta* is a type of *Kshudra Kushta* predominant of *Vata* and *Kapha Dosha*. Psoriasis can be correlated to *Eka Kushta* based on the similarity in symptoms. Psoriasis is a immune mediated disease clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale. In alternative medicine, Psoralen Ultraviolet therapy (PUVA) and corticosteroids are usually adopted in the management of Psoriasis. But prolonged use of these medications will lead to crucial complications and recurrence rate is also very high. *Ayurveda* provides efficacious management by removing the *Doshas* from its root. As *Shodana* is a prerequisite in the management of all skin diseases, *Vamana* and *Virechana* were selected as a treatment

modality in this case study. A 40 year male patient complaining of slightly elevated erythematous whitish scaly lesions associated with powdery discharge, severe itching and dryness over both upper and lower limbs, trunk and scalp region since 17 years. There was significant improvement in the redness, scaling, induration, itching and dryness which shows *Shodana Karma* aids in the management of *Eka Kushta*.

KEYWORDS: *Kushta*, *Eka Kushta*, *Shodana*, Psoriasis.

INTRODUCTION

All the skin diseases are grouped under the term “*Kushta*” which are further classified into *MahaKushta* and *Kshudra Kushta* based on the basis of signs and symptoms. The causative factors are *Viruddha Ahara Sevana*, excessive consumption of *Drava*, *Snigdha*, *Guru Ahara*, *Navanna*, *Matsya*, *Dadhi*, *Lavana*, *Vamana Vegadharana* and performing sinful acts.^[1] These causes vitiation of 3 *Doshas*(*Vata*, *Pitta*, *Kapha*) and 4 *Dushyas* (*Twak*, *Rakta*, *Mamsa*, *Ambu*) which are collectively called as *Saptako Dravya Sangraha*.^[2] *Eka Kushta* is a type of *Kshudra Kushta*^[3] of *Vata- Kapha Dosha* predominance.^[4] The *Lakshanas* of *Eka Kushta* are explained in the classics as *Aswedanam* (Absence of sweating), *Mahavastu* (Covers large area), *Matsya Shakalopamam* (Fish scales resemblance),^[3] *Chakrakara* (Circular) and *Abraka Patra Sama* (Silvery scales like mica)^[5] based on its appearance. As *Kushta* is a *Bahudosha Avastha* *Vyadhi*, *Shodhana Karma* is a prerequisite in its management along with other *Shamana* line of treatment.

Psoriasis is a long lasting, relapsing autoimmune disease having unknown aetiology which consists of well defined, slightly elevated erythematous papules or plaques with dry silvery scales over the skin. It affects almost 2% of world population. Overactive immune system accelerate the cell growth. Commonly skin cells completely grow and fall off within a month but in Psoriasis this happens in 3-4 days. Contrary to shedding, the skin cells build up on the surface of the skin. The usual sites are elbows, knees, scalp, lower back. PUVA and corticosteroids are the only treatment options but it gives only temporary relief and also have serious complications like hepatotoxicity, skin cancer, nephrotoxicity, bone depletion etc.^[7]

CASE REPORT

A 40 year male patient complaining of slightly elevated erythematous whitish scaly lesions associated with powdery discharge, severe itching and dryness over both upper limbs, lower limbs, trunk and scalp region since 17 years.

Associated complaints

Patient also complaints of constipation since 10 years.

Presenting complaints

Patient was asymptomatic 17 years back. Then he developed whitish powdery flakes from the scalp associated with itching. Gradually he developed erythematous, slightly elevated whitish scaly lesions over both upper limbs which later occurred over both lower limbs and trunk

region in later stages. The lesions were associated with itching and produced whitish powdery discharge on scratching. The condition would aggravate in cold seasons, evening time and on exposure to dust and comparatively decrease in summer. Patient also complains of constipation since 10 years. For this complaint, he had approached many allopathic physicians but did not get satisfactory relief and condition was reoccurring on discontinuation of medications. Hence for the management of the same, he visited KVG Ayurveda hospital on 10/1/24.

Past history

No significant history.

Family history

Nothing significant.

Personnel history

- Diet-Mixed
- Appetite- Irregular
- Bowel- Constipated (Once in 3-4 days)

Hard in consistency

- Micturation - Normal
- Sleep - Reduced due to itching
- Habit - Alcohol, Smoking: Daily

Tea: 5-6 times in a day

Food habits- Excessive consumption of salty, sour, spicy food, Non veg especially fish, chips and other fried food items.

Ashta vidha pareeksha

1. *Nadi- Vataja*
2. *Mala- Baddha*
3. *Mutra- Prakrutha*
4. *Jihwa- Lipta*
5. *Shabda-Prakruta*
6. *Sparsha-Khara*
7. *Drik-Prakrutha*

8. *Akriti-Madyama***General examinations**

Pulse-78 bpm

Respiratory Rate- 16 cycles per min

BP- 110/80 mmHg

Systemic examination

Central nervous system- Intact

Respiratory system- Intact

Cardiovascular system- Intact

Gastrointestinal system- Intact

Integumentary system examination

Site- Over both upper and lower limbs, Scalp and Trunk

Distribution- Symmetrical

Colour- Erythematous with whitish scales

Shape- Irregular. Few are circular

Discharge- Absent

Texture- Dry, rough, elevated

Candle grease sign- Positive

Nidana panchaka

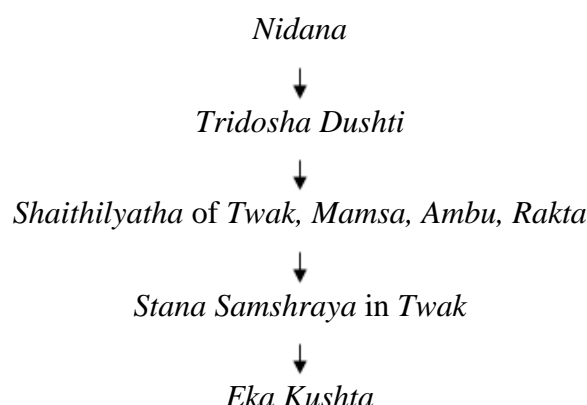
Ayurvedic texts have described various *Nidana*, *Purvaroop* in the context of *Kushta*, but in the present case scenario, the following were observed.

Nidana

Aharaja nidana: *Ati Katu, Amla, Lavana Ahara Sevana* like Excessive consumption of Non veg, fish, Curd, bakery items and irregular food habits.

Viharaja nidana: *Ratri Jagarana, Ati Yana*

Rupa: *Matsyashakalopama* on both upper limbs, lower limbs, trunk, scalp, *Kandu, Rookshatha*.

Samprapthi**Diagnosis**

Based on the signs and symptoms, the condition was diagnosed as *Eka Kushta* which can be correlated to Psoriasis.

Treatment

The line of treatment mentioned in Ayurvedic classics for *Kushta Roga* are *Nidana Parivarjana*, *Prakriti Vigatana*, repeated *Shodana*, *Snehana*, *Swedana*, *Raktamokshana*, *Shamana*, *Lepana*. Hence *Shodana* was selected as a treatment modality for the present study.

Treatment Protocol- Vamana and Virechana**Treatment given****Table 1: Showing course of vamana.**

<i>Deepana pachana</i> 10/1/24	Medicine	Dose
	<i>Chitrakadi vati</i>	2 Tablets TID
<i>Snehapana</i> From 11/01/24 to 16/1/24	<i>Guggulu tiktaka grita</i>	
	1 st day	30 ml
	2 nd day	60 ml
	3 rd day	100 ml
	4 th day	120 ml
	5 th day	150 ml
	6 th day	150 ml
Panchakarma procedures		
Procedures	Medicine	Days
<i>Sarvanga Abyanga</i> <i>Bashpa Sweda</i> (On 17/1/24 and 18/1/24)	<i>Mahamarichyadhi Taila</i>	7 th day, on 8 th day morning (Prior to <i>Vamana Aushada Sevana</i>).
<i>Vamana Karma</i> (On 18/1/24)	<i>Snigdha yavagu</i> - 30 gms <i>Akanta ksheera pana</i> - 1200 ml <i>Madana pippali Churna</i> (5gms)+ <i>Vacha Churna</i> (2 gms)	On 8 th day

	+ <i>Yashti Churna</i> (4 gms) + <i>Saindava</i> (2 gms) + Honey <i>Yashtimadhu Phanta</i> -2000 ml <i>Lavanodaka</i> - 2200 ml No of vegas- 6 (<i>Madyama</i>)	
<i>Samsarjana krama</i>	<i>Peyadi Samsarjana Krama</i> for 5 days	

Table 2: Showing course of *virechana*.

<i>Snehapana</i> (From 27/1/ 24- 29/1/24)	<i>Guggulu tiktaka grita</i>	
	1 st day	90 ml
	2 nd day	100 ml
	3 rd day	150 ml
<i>Panchakarma procedures</i>		
Procedures	Medicine	Days
<i>Sarvanga Abyanga</i> <i>Bashpa Sweda</i> (From 30/1/24-2/2/24)	<i>Mahamarichyadhi Taila</i>	4 th , 5 th , 6 th , on 7 th day morning (Prior to <i>Virechana</i> <i>Aushada Sevana</i>).
<i>Virechana Karma</i> On 2/2/24	<i>Trivruth Lehya</i> - 40 gms <i>Draksha Kashaya</i> - 100 ml No of Vegas- 8	On 7 th day
<i>Samsarjana karma</i>	<i>Peyadi Samsarjana Krama</i> for 3 days	

Images of Patient Before and After treatment

Before treatment



Fig. 1 A

After treatment



Fig. 1 B



Fig. 2A



Fig. 2B



Fig. 3A



Fig. 3B



Fig. 4A



Fig. 4B



Fig. 5A



Fig. 5B

Assessment by PASI Score^[8]

The current gold standard for assessment of extensive Psoriasis has been the Psoriasis Area Severity Index (PASI). PASI combines the assessment of the severity of lesions (average redness, thickness, scaling of the lesions each grade on a 0-4 scale) and percentage of affected area. Minimum score is 0 and maximum is 72.

Table 3: Showing the PASI score calculation and gradings.

Plaque characteristics	Lesion Severity Score	Area involved for each body region affected i.e. Area Score	Amount of body surface area represented by the region
1. Erythema	0- None	0- 0%	0.1- Head and neck
2. Induration/Thickness	1- Mild	1- 1-9%	0.2- Upper limbs
3. Scaling	2- Moderate	2- 10-29%	0.3- Trunk
	3- Severe	3- 30-49%	0.4- lower limbs
	4- Very severe	4- 50-69%	
		5- 70-89%	
		6- 90-100%	

PASI Score calculation

1. Head and neck (H) - $0.1(E_H + I_H + S_H)A_H$
2. Upper limbs (U) - $0.2(E_U + I_U + S_U)A_U$
3. Trunk (T) - $0.3(E_T + I_T + S_T)A_T$
4. Lower limbs (L) - $0.4(E_L + I_L + S_L)A_L$

PASI Score = Sum of H+U+T+L

E= Erythema

I= Induration/ Thickness

S=Scaling

A= Area Score

RESULTS

Table 4: PASI Score before trail.

	Head and Neck	Upper limbs	Trunk	Lower limbs	Total
Erythema	0	2	2	2	
Induration/ Thickening	0	1	2	2	
Scaling	1	3	3	2	
Area Score	4	5	5	5	
Total	0.4	6	10.5	12	28.9

Table 5: PASI Score after trail.

	Head and Neck	Upper limbs	Trunk	Lower limbs	Total
Erythema	0	0	1	1	
Induration/ Thickening	0	0	1	0	
Scaling	0	1	1	1	
Area Score	3	4	5	5	
Total	0.1	0.8	4.5	4	9.4

RESULTS AND DISCUSSION

After a course of *Vamana* and *Virechana*, the symptoms like, redness, scaling, induration, of the lesions were significantly reduced. The PASI Score which was 28.9 before treatment was reduced to 9.4 after the treatment showing satisfactory results.

Deepana and Pachana

Chitrakadi vati

This medicine contains *Chitraka* (*Plumbago zeylanica*- roots), *Pippalimoola* (*Piper longum*), *Yava kshara* (*Hordeum vulgare*), *Swarjika kshara*, *Sauvarchala lavana* (Sochal salt), *Saindhava lavana* (Rock salt) *Vida lavana* (Vida salt), *Samudra lavana* (Common salt), *Audbhida lavana*, *Shunti* (*Rhizome- zingiber officinalis*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), *Hingu* (*Asa foetida*), *Ajamoda* (*Fruit- trachyspermum roxburghianum*), *Chavya* (*piper chaba*), *Matulunga swarasa* (Lemon juice). This *Yoga* corrects *Agni Dushti*, it is an appetizer, carminative and digestive. It is given for *Ama pachana* as well as *Agni Deepana* before *Shodhana*.

Snehapana***Abhyantara snehapana******Guggulu tiktaka ghrita***

This Ghrita contains,

Kwatha – *Nimba* (*Azadiracta indica*), *Patola* (*Trichosanthes dioica*), *Vyaghri* (*Solanum xanthocarpum*), *Guduchi* (*Tinospora cardifolia*), *Vasa* (*Adathoda vasica*).

Kalka – *Patha* (*Cyclea peltata/ cissampelos pariera*), *Vidanga* (*Embelia ribes*), *Suradaru* (*Cedrus deodaru*), *Chavya* (*Piper chaba*), *Yavakshara* (*Hordeum vulgare*), *Sarjikshara*, *Nagara* (*Zingiber officinalis*), *Nisha* (*Curcuma longa*), *Mishreya* (*Anethum sowa*), *Kushta* (*Saussurea lappa*), *Tejovati* (*Zanthoxylum alatum*), *Maricha* (*Piper nigrum*), *Vatsaka* (*Holarrhena antidysenterica*), *Deepyaka* (*Trachyspermum ammi*), *Chitraka* (*Plumbago zeylanica*), *Rohini* (*Picrorrhiza kurroa*), *Arushkara* (*Semicarpus anacardium*), *Vacha* (*Acorus calamus*), *Kanamoola* (*Piper longum*), *Yukta* (*Pluchea lanceolata*), *Manjishta* (*Rubia cardifolia*), *Ativisha* (*Aconitum heterophyllum*), *Vishani* (*Aconitum species*), *Yavani* (*Trachyspermum ammi*), *Shuddha Guggulu* (Purified *cammiphora mukul*). This *Ghrita* is having *Tridosahara* property. In the present study it is used for *Snehapana* before the *Vamana* and *Virechana* in *Arohana Krama*. It does *Dosha Utkleshana*^[8] which is further eliminated out through *Shodana Karma*.

Bahya Snehana and Swedana***Sarvanga Abhyanga and Bashpa sweda***

Sarvanga Abyanga was done using *Mahamarichyadi Taila* and *Bhashpa Sweda* was done before *Vamana* and *Virechana*. *Abhyanga* and *Bashpa sweda* helps to bring the *Doshas* from *Shaka* to *Koshta* which is later eliminated through *Shodhana*.^[9]

Vamaka yoga

Madana Phala Churna along with *Vacha Churna*, *Yashti madhu Churna*, *Saindava* and honey was used for *Vamana*.

Virechana dravya

Trivruth Lehya was used for *Virechana*. It contains *Trivrit* (*Operculina turpethum*), *Sharkara*, *Trijathaka* (*Twak, Ela, Patra*). This *yoga* works as a *Suka Virechaka* and eliminates the *Dushitha Pitta*.

Role of *vamana karma* in *eka kushta*

Vamana Karma is the best line of treatment in vitiated *Kapha Dosha*. *Eka kushta* is a *Vata Kapha Pradana Vyadhi*. So *Vamana* is the best treatment for eliminating vitiated *Kapha* from the body. According to *Dosha Pradhana Lakshana* of *Kushta*, *Matsyashakalopamam* and *Kandu* is due to *Kapha Dosha* Vitiation. This was reduced after the course of *Vamana Karma*. Acharya Sushrutha, has mentioned “*Pakshat Pakshat Vamanan*”^[10] i.e *Vamana Karma* is suggested to be performed once in every fortnight as the accumulation of *Kleda* formed due to *Kapha* is faster because of *Snigdha*, *Pichila*, *Sandra Guna*. Hence it has to be removed frequently. In *Eka Kushta* as there is predominance of *Vata* and *Kapha*, hence *Vamana* provides encouraging results.

Role of *virechana* in *eka kushta*

Virechana Karma cleanses the *Kushta* by removing the adhered vitiated *Doshas* in body, also helps to maintain the *Dosha* and *Dhatu Samyatha*. This refurbishes and rejuvenates the body. *Virechana Karma* also helps in improving the immunity. *Virechana Karma* helps in elimination of vitiated *Pitta Dosha* and *Pitta* associated with *Kapha* and *Vata Dosha*. *Eka Kushta* is *Vata Kapha predominant Tridoshaja Vyadhi*. So *Virechana* is considered as the best treatment protocol to remove the vitiated *Pitta* along with other vitiated *Doshas* from the body.

CONCLUSION

In *Ayurveda*, elimination of *Doshas* is the main focus in the management of the disease. In this concern out of five fold of *Panchakarma* therapy, *Vamana* and *Virechana Karma* are helpful in removing *Doshas* from the *Moola* by doing *Sroto Shodana*, *Amapachana* and *Agni Deepana*. This clinical observation was carried out to evaluate the effect of *Vamana* and *Virechana* in a case of *Eka Kushta* and satisfactory results were obtained.

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