

A ROLE OF EKAL DRAVYA CHIKITSA IN THE MANAGEMENT OF KUSHTA WITH SPECIAL REFERENCE TO SKIN DISEASE – A REVIEW

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ABSTRACT

Skin diseases are a significant health concern worldwide, affecting millions of people and impacting on their quality of life. Some conventional treatments often provide them temporary relief, but may not remove the underlying causes of the disease. And as we observed in recent years, that there has been a growing interest in alternative and complementary therapies, including Ayurveda, which provides a holistic approach to health and wellness. Diseases like psoriasis, eczema, shingles, vitiligo, contact dermatitis, lichen planus etc are increasing day by day. To overcome this global burden and to maintain the health of healthy person a single herbal medicine instead of poly-herbal preparation is preferred by many physicians as the drug-to-drug interaction of poly-herbal products is not exactly known which is easily understandable in single drug use, easily available, cost effective and reduces load on biodiversity. **Aim:** A Role of Ekal Dravya Chikitsa in

the management of Kushta with special reference to Skin diseases. **Objective:** Treatment of skin disease through the study of single drug having their specific effect on Dosha along with their Rasa, Guna, Virya and Vipaka. **Material & Methods:** Ekal dravya mentioned in Bruhatrayi, Laghutrayi, and some other classical ayurvedic text. **Discussion** - Skin disease are caused due to the pathogenesis of Tridosha but mostly associated with Pitta imbalance. Common skin conditions like psoriasis, dermatitis, urticaria, eczema, and other common

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inflammatory skin condition are somewhere due to Doshas imbalance, so Ekal Dravya has been discussed according to their Dosha actions. **Conclusion-** In Skin disease management herbal drugs works on the basis of Rasa, Guna, Virya, Vipaka, by balancing the Dosha and have various action in different diseases.

KEYWORDS: Skin, Kushta, Mahakshaya, Ekal Dravya.

INTRODUCTION

Skin diseases, also known as Kushta Vyadhi in Ayurveda, are a diverse group of disorders that affects the largest organ of the body i.e skin. These Kushta Vyadhi not only cause physical discomfort but also lead to psychological stress and social discomfort. The pathogenesis of this disease involves an imbalance of Tridoshas (Vata, Pitta, Kapha) along with Twacha, Rakta, Lasika and Mamsa.^[1] The main causative factor is Viruddha Ahara which leads to accumulation of toxins (Ama), wrong lifestyle. Among the various therapeutic strategies, Ekal Dravya Chikitsa, holds a unique place in Ayurvedic dermatology. This method uses a single medicinal substance - that may be a herb or mineral selected on the basis of its specific properties like Rasa, Guna, Virya, Vipaka and Prabhava. The selection of this single drug is based on the patient's Prakriti, Doshic involvement, and the stage of the disease. This approach is especially beneficial in rural areas or where the resources are limited and it indirectly aligns with the principle of "Laghu Upayoga" (minimal intervention with maximum outcome), making it a more valuable component of Ayurvedic dermatology.

AIM: A Role of Ekal Dravya Chikitsa in the management of Kushta with special reference to Skin diseases.

OBJECTIVE: Treatment of skin disease through the study of single drug having their specific effect on Dosha along with their Rasa, Guna, Virya and Vipaka.

MATERIAL: Ekal dravya mentioned in Bruhatrayi, Laghutrayi, and some other classical Ayurvedic text.

METHODS

Compilation of information with respect to word Ekal Dravya from various resources.
Conceptual review of Ekal Dravya Chikitsa.

Compilation of various form of Ekal Dravya used in skin disease management.

Literature review

Ayurvedic concept of skin disease

In Ayurveda, all skin diseases are described under the broad term Kushta Vyadhi, which involves a wide range of skin disorders. The word Kushta refers to any deformity of the skin and is not limited to a single disease but includes various chronic and acute skin conditions. The causative factors are vitiate 3 Dosha (Vata, Pitta and Kapha) & 4 Dushya i.e. Rasa, Rakta, Mansa & lasika. But the dominance of a particular Dosha determines the specific type and symptoms of the skin disease.^[2] Such as Skin conditions with a **Vata predominance** cause the affected area to become dry, cracking, blackish discoloration, and roughness. Patients with skin issues with a **Pitta predominance** endure regional blistering, red pigmentation, foul smell, and suppurative eruption. Patient with **Kapha dominance** cause the affected skin to become white discoloration, itching, coldness, or infected wounds. In Ayurveda Kushta is classified into two types i.e. **Mahakushta(7)** and **Kshudrakushta(11)**.^[3]

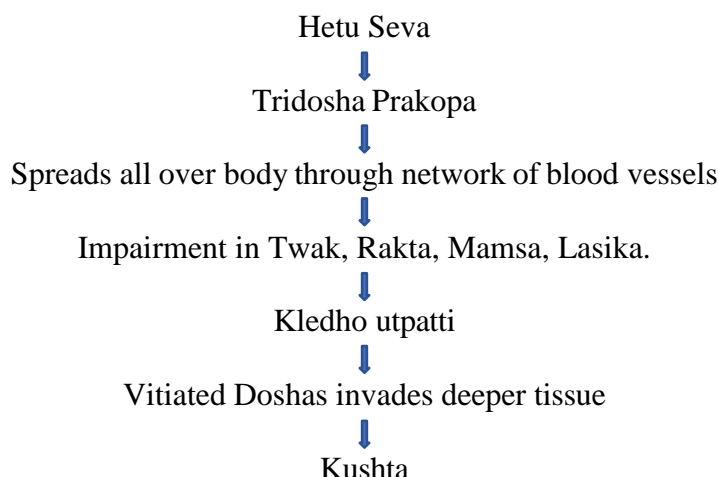
Nidan of Kushta (skin disease)^[4]

Category	Specific causes	Effect on body
Aharaja Hetu	*Viruddha Ahara *Adhyashana *Sheeta Ushna Ahar Karm muktwa *Atibhuktwa Vyayamam	Imbalance the Dosha producing Aam (toxins), disturbs the digestion.
Viharaja Hetu	*Divaswapna *Panchakarma Apchar *Gharma artanam sheeta Ambu Sevan * Atisantap Sevinam	Imbalance the Dosha mainly Pitta and Kapha. Accumulation of Toxins.
Vega avrodha Hetu	*Agat Chhardi Pratighnatan *Anya Vega Pratighnatan	Vata- Pitta imbalance, Aam accumulation Impact digestion and metabolism.
Anya Hetu	*Papm karma *Vipran Gurun *Vyawayam Ajirne	May influence susceptibility and chronicity, Physical and Mental impact, Weekened immune system.

Types of Kushta with Dosha predominance (according to Acharya Charak)^[5]

Types	Charaka	Doshapradhanta	Charaka	Doshapradhanta
Mahakushta	Kapala	Vata	Pundarika	Kapha-pitta
	Udumbara	Pitta	Sidhma	Vata- Kapha
	Mandala	Kapha	Kakanaka	TriDosha
	Rishyajihwa	Vata-pitta		
Kshudrakushta	Eka Kushta	Vata- Kapha	Charamdala	Pitta- Kapha
	Charma Kushta	Vata- Kapha	Pama	Pitta- Kapha
	Kitibha	Vata- Kapha	Visphotaka	Pitta- Kapha
	Vipadika	Vata- Kapha	Shataru	Pitta- Kapha
	Alasaka	Vata- Kapha	Vicharchika	Kapha
	Dadru	Pitta- Kapha		

Samprapti of Kushta



Samprapti Ghataka

Dosha	Tridosha
Dushya	Rasa, Raka, Mamsa, Lasika
Srotas	Rasavaha Srotas, Raktavaha, Mamsavaha, Udakvaha Srotas.
Srotasduшти Prakara	Sanga and Vimargagamana
Agni	Jatharagnimandhya, Dhatvagnimandhya.
Udbhava Sthan	Amashaya
Vyakta Sthana	Twacha
Rogamarga	Bahya
Sadhya-asadhya	Kashta-sadhya
Swabhav	Chirakari

Ekal Dravya Chikitsa Concept

Ayurveda is a science of life which depends on natural substances for management of any clinical conditions. This management is done by various substances, being used in different therapeutics form irrespective of its origin i.e. animal origin, plant origin, metallic origin. Balance in Dosha, Dhatu, Mala is an ultimate aim to Chikitsa which is achieved by optimum quality of **Bhishak** (physician), **Dravya** (substance), **Upasthata** (attendant), **Rogi** (patient).^[6] Out of this Dravya is a basic tool for physicians to treat the disease.

In Ayurveda to achieve the desired result the dravya should be comprises of following: **Bahuta** (it should be available in required amount), **Yogyata** (property to alleviate a disease), **Anekvidhkalpana** (can be made in different form) and **Sampann** (should be full of rasa, guna, veerya).^[7] As Ayurveda is a holistically depends on natural products it is of prime importance to use minimal medicinal substances for a desired therapeutic effect so that the Dravya can be easily available for future managements. Thus the concept of Ekal Dravya Chikitsa in Ayurved is a unique therapeutic approach that emphasizes the potency and

specificity of individual herbs.

Description of Ekal Dravya in skin disease Management^[8,9]

Sr. No	Name	Rasa	Guna	Veerya	Vipak	Karma	Pharmacological Actions
<i>Kushtaghna Mahakashya</i>							
1	Khadir (Acacia catechu)	Kashaya, Tikta	Ruksha, Laghu	Sheeta	Katu	Kapha-Pittahara	Anti pruritic, Anti-Parasitic, Anti bacterial
2	Abhaya (Terminalia chebula)	Panchrasat mak(Lavan varjit)	Ruksha, Laghu	Ushna	Madhura	Tridosh shamak	Anti-inflammatory, Anti-Oxidant, Anti-Fungal.
3	Haridra (Carcuma longa)	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kapha-Vatahara	Detoxification, Anti-Fungal, Anti- bacterial.
4	Aragwadha (Casia fistula)	Madhur, Tikta.	Guru, Snigdha.	Sheeta	Madhura	Pitta-Kaphaghna	Skin Rejuvenation, Anti- bacterial.
5	Vidanga (Embelia ribes)	Kashaya, Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Vataghna	Anti- microbial, Anti-inflammatory.
6	Jatipravala (Jasminum officinale)	Kashaya, Tikta	Ruksha, Laghu	Sheeta	Katu	Tridosh shamak	Improve skin texture, Anti- bacterial.
7	Saptaparna (Alstonia scholaris)	Kashaya, Tikta	Ruksha, Laghu	Ushna	Katu	Kapha-Pittahara	Anti- microbial, Anti-Fungal, Anti- bacterial.
8	Amalaki (Embellica officinalis)	Amla(pradhan) Kashaya	Ruksha, Laghu.	Sheeta	Madhura	Tridosh shamak	Hyperpigmentation, Astringent, Antibacterial.
9	Arushkara (Semecarpus anacardium)	Katu, Kashaya, Madhura	Laghu, Tikshna, Snigdha	Ushna	Madhura	Kapha-Vatahara	Anti-Oxidant, Anti-bacterial, Anti-inflammatory.
10	Karvira (Nerium indicum)	Tikta, Kashaya.	Laghu, Tikshna.	Ushna	Katu	Kapha-Vatahara	Immunomodulator, Anti- Pruritic.
<i>Krimighna Mahakashya</i>							
1	Aksheev {Shigru} (Moringa oleifera)	Katu.	Laghu, Ruksha, Tikshna.	Ushna	Katu	Kapha-Vatahara	Anti- inflammatory, Anti- microbial, Anti-Oxidant, wound healing.
2	Gandira (Coleus forskohlii)	Tikta, Katu	Laghu, Snigdha.	Ushna	Katu	Kapha shamak	Anti- inflammatory, Anti- microbial.
3	Kinihi (Achyranthes aspera)	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kapha-Vata shamak	Immunomodulation, Anti- inflammatory, wound healing.
4	Gokshura (Tribulus terrestris)	Madhura	Guru, Snigdha	Sheeta	Madhura	Kapha-Pittahara	Anti-agening, Anti-inflammatory.
5	Maricha (Piper nigrum)	Katu	Laghu, Tikshna	Ushna	Katu	Kapha-Vatahara	Anti- bacterial, Anti-Fungal.
6	Vidang (Embelia ribes)	Katu, Kashya	Laghu, Ruksha,	Ushna	Katu	Kapha-Vatahara	Anti- allergic, Anti-bacterial,
7	Nirgundi (Vitex negundo)	Tikta, Katu, Kashya	Laghu, Ruksha	Ushna	Katu	Kapha-Vatahara	Analgesic, Anti-inflammation.
8	Kebuka (Costus speciosus)	Tikta, Katu	Laghu, Ruksha	Sheeta	Katu	Kapha-Pittahara	Blood Purifier, Wound healing.
9	Akhuparni	Katu, Tikta	Laghu,	Ushna	Katu	Kapha-	Blood Purifier, Anti-

	(Merremia emarginata)		Ruksha, Tikshna			Vatahara	inflammatory.
10	Vrushaparnika (Ipomea reniformis)	Kashya, Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphahar	Blood Purifier, Anti-inflammatory
<i>Vishghna Mahakashya</i>							
1	Haridra (Curcuma longa L.)	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	Tridosha shamak	Anti- inflammatory, Anti- microbial, wound healing.
2	Manjistha (Rubia cordifolia)	Tikta, Kashaya.	Guru, Ruksha	Ushna	Katu	Kapha-Pittahara	Blood Purifier, Supports lymphatic system.
3	Palindee Operculina turpethum	Madhura, Tikta, Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha-Pittaghna	Anti- inflammatory, Anti- microbial.
4	Katak (Strychnos potatorum)	Madhura, Tikta, Kashaya,	Laghu, Vishada	Sheeta	Madhura	Kapha-Vata shamak	Anti- inflammatory, Anti- microbial, Anti-bacterial.
5	Sukshma ela (Elettaria cardamomum)	Katu, Madhura.	Laghu, Ruksha.	Sheeta	Katu	Kapha-Vata shamak	Anti –Toxic, Anti-allergic, Rasayana properties.
6	Suvahaa Pluchea lanceolata)	Tikta.	Guru.	Ushna	Katu	Kapha-Vatahara	Anti- inflammatory, Analgesic
7	Chandan (Santalum album)	Tikta, Madhura.	Laghu, Ruksha.	Sheeta	Katu	Kapha-Pitta Shamak	Anti- inflammatory, Anti- microbial, Cooling properties.
8	Shleshmataka (Cordia dichotoma)	Madhura	Snigdha, Guru.	Sheeta	Madhura	Kapha-Pittahara	Anti- inflammatory, Relieves irritation.
9	Shireesh (Albizia lebbek)	Madhura, Tikta, Katu.	Laghu, Ruksha.	Ishad Ushna	Katu	Tridosha shamak	Anti- Fungal, Anti-Protozoal.
10	Sinduvaara {Nirgundi} (Vitex negundo)	Katu, Kashya Tikta.	Laghu, Ruksha.	Ushna	Katu	Kapha-Vata shamak	Analgesic, Anti-inflammatory, Anti-microbial.
<i>Kandughana Mahakashya</i>							
1	Chandan (Santalum album)	Tikta, Madhura.	Laghu, Ruksha.	Sheeta	Katu	Pitta-Kaphahara	Anti- inflammatory, Cooling properties.
2	Nalad (Nardostachys jatamansi)	Tikta, Kashay.	Laghu, Snigdha	Sheeta	Katu	Tridosha shamak	Stress reliever, Anti-bacterial, Anti-Oxidant.
3	Kritamala (Cassia fistula)	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Pitta-Kaphahara	Anti- Fungal, Anti-bacterial, Detoxification.
4	Naktamala (Pongamia pinnata)	Tikta, Katu, Kashay	Laghu, Ruksha.	Ushna	Katu	Vata - Kaphahara	Enhance pigmentation, Anti- Ulcer.
5	Nimba (Azadirachta indica)	Tikta, Kashay.	Laghu, Ruksha	Sheeta	Katu	Pitta-Kaphahara	Acne, Anti- microbial Anti- microbial.
6	Kutaja (Holarrhena pubescens)	Tikta, Kashay.	Laghu, Ruksha	Sheeta	Katu	Pitta-Kaphahara	Anti- inflammatory,
7	Sarshap (Brassica campestris)	Tikta, Katu.	Snigdha, Laghu.	Ushna	Katu	Vata - Kaphahara	Soothing and Softening lesions, Rasayana.
8	Madhuka (Glycyrrhiza glabra)	Madhura	Guru, Snigdha.	Sheeta	Madhura	Vata- Pitta shamak	Anti- inflammatory, Anti-Oxidant, Skin lightening properties.

9	Daru (Berberis aristata)	Tikta, Katu.	Ruksha, Laghu.	Ushna	Katu	Kapha- Pittahara	Anti- inflammatory, blood purifier.
10	Musta (Cyperus rotundus)	Tikta, Katu	Laghu,	Sheeta	Katu	Pitta-	Anti- inflammatory,
		Kashay.	Ruksha			Kaphahara	Anti- microbial.
Varnya Mahakashya							
1	Shwet chandan (Santalum album)	Tikta, Madhura.	Laghu, Ruksha	Sheeta	Katu	Kapha- Pittahara	Anti- inflammatory, Cooling properties.
2	Padmakashta (Prunus cerasoides)	Tikta, Kashay.	Laghu, Snigdha	Sheeta	Katu	Vata vardhak	Astringent properties, wound healing.
3	Nagkesar (Mesua ferrea)	Tikta, Katu Kashay.	Laghu, Ruksha	Alpa ushna	Katu.	Kaphahara	Anti- inflammatory, wound healing.
4	Ushir (Vetiveria zizanioidis)	Tikta, Madhura.	Laghu, Snigdha.	Sheeta	Madhura	Kapha- Pittahara.	Cooling and Astringent properties, Diaphoresis.
5	Yashtimadhu Glycyrrhiza glabra	Madhura	Guru, Snigdha.	Sheeta	Madhura	Vata-Pitta shamak	Anti inflammatory, Skin lightening properties.
6	Manjistha (Rubia cordifolia)	Tikta, kashya, Madhura.	Guru, Ruksha	ushna	Katu	Kapha- Pittahara	Detoxification, Anti- Oxidant.
7	Sariva (Hemidesmu s indicus)	Madhura, Tikta	Guru, Snigdha.	Sheeta	Madhura	Tridosha shamak	Anti -microbial, Detoxification.
8	Payasa (Ipomoia digitata)	Madhura,	Guru, Snigdha.	Sheeta	Madhura	Vata- Pitta shamak	Skin enhancing, Anti- bacterial, Anti-Oxidant
9	Sita Cynodon dactylon	Tikta, Kashay.	Laghu	Sheeta	Madhura	Kapha- Pittahara	Anti- inflammatory, Anti- viral, Antiseptic.
10	Lata Cynodon dactylon	Tikta, Kashay.	Laghu, Snigdha	Ushna	Katu	Kapha- Pittahara	Antiseptic, Cooling properties.
Udardprashman Mahakashya							
1	Tinduka (Diospyros peregrine)	Kashay, Madhura.	Laghu, Ruksha	Sheeta	Katu	Kapha- Pitta shamak	Wound healing properties.
2	Priyal (Buchanania lanzan.)	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata- Pitta shamak	Anti- inflammatory, Wound healing.
3	Badar (Ziziphus mauritanica)	Madhura, Kashay.	Guru, Snigdha	Ushna	Madhura	Vata- Pitta shamak	Wound healing, anti- septic.
4	Khadir (Acacia catechu)	Tikta, Kashaya.	Laghu, Ruksha	Sheeta	Katu	Kapha- Pittahara	Astringency, Anti- microbial, Anti-Oxidant.
5	Kadar (Acacia suma)	Tikta, Kashaya.	Laghu, Ruksha	Sheeta	Katu	Kapha Raktahara	Astringency, Wound healing.
6	Saptaparna (Alstonia scholaris)	Tikta, Kashaya.	Laghu, Snigdha.	Ushna	Katu	Kapha- Pittahara	Blood purifier, Anti- bacterial.
7	Ashwakarna (Dipterocarpus turbanatus)	Tikta, Katu.	Laghu, Snigdha	Ushna	Katu	Kapha- Vata shamak	Anti- microbial, Anti- fungal, Skin enhancing.
8	Arjuna (Terminalia arjuna)	Kashay.	Laghu, Ruksha	Sheeta	Katu	Kapha- Pittahara	Anti-Oxidant, Anti- inflammatory,
9	Asana (Pterocarpus marsupium)	Kashaya, Tikta.	Laghu, Ruksha	Ushna	Katu	Kapha- Pittahara	Anti- inflammatory, Blood purifier.
10	Arimeda (Acacia leucophloea)	Kashaya, Tikta.	Laghu, Ruksha	Ushna	Katu	Kapha- Raktahara	Anti- septic.

Effective Single herbs in some common skin disease

Sr. No	Diseases	Drugs
1	<i>Eka Kushta</i> (Psoriasis)	<i>Bhallatak, Guduchi.</i>
2	<i>Vicharchika</i> (Eczema)	<i>Chakramarda, Daruharidra.</i>
3	<i>Shwitra</i> (Leucoderma)	<i>Bakuchi, Kakodumbara, Chitrak.</i>
4	<i>Sheetapitta</i> (Urticaria)	<i>Kokam, Guduchi.</i>
5	<i>Kitibha</i> (Lichen Planus)	<i>Khadir, Guduchi, Daruharidra.</i>
6	<i>Vyanga</i> (Melasma)	<i>Sariva, Manjishtha, Raktachandan, Daruharidra.</i>
7	Pama, Kachu, Alsaka (Some infectious pathology like fungal, microbial, etc)	<i>Karanj, Neem, Vidang, Haridra.</i>

From the above mentioned table one can get the idea of the use of single herbs medicine instead of going for a polyherbal medicine which will not only be cost effective but as a specific drug of choice in day to day practice. As if the patient complains of severe itching, rashes, burning sensation then we can go for the drugs like Kokam, Guduchi which will give excellent result. Some may suffer from skin complexion issues in that case Varnya gana medicines can be used. Guduchi can also be used as immunomodulator as the immunity is hampered in most of the skin disease. Acharya Charaka has also said in its Charak Chikitsasthan 7 that drug with Tikta, Kashaya Rasa pradhan works best for skin related disease.

DISCUSSION

In recent era Skin diseases has become a major concern in the society. Although there are several treatment modalities available in modern medical science but they have their certain limitations and adverse effects on health causing drug intolerance. Also the allopathy drug does not remove the disease from its root cause. On the other hand, in Ayurveda there are various herbal drugs which are capable to treat Skin disease as a Ekal Dravya Chikitsa by using their attributes like Rasa, Guna, Veerya and Vipak. Drugs possessing Sheeta veerya helps to pacify the Pitta Dosha and drugs possessing Ushna veerya helps to pacify the Kapha and Vata Dosha. Drugs with Madhura Rasa pradhan are helpful in Varnya, Daha-prasamaka, Shadindriya prasadan. Similarly the Drugs with Katu, Tikta, Kashaya rasa pradhan helps in Daha, Kandu, Kotha, Kled upsoshana, and Lekhana.

According to modern science this drugs also possesses the pharmacological activities like Anti- inflammatory, Anti- microbial, Anti- Bacterial, Anti- fungal properties etc, which is again helpful to treat Skin diseases.

CONCLUSION

As we know, Kushta is Tridoshaj Vyadhi but predominance of one or two Dosha always there and directly related to different skin manifestations. The purpose of this article is to collectively present the single drugs for skin disease treatment. Some of drugs like Khadir, Haridra, Aragwadha, Chandan, Vidanga are mentioned in one or two Mahakshaya tells that drugs have various functions according to their Rasa, Guna, Veerya, Vipaka in skin diseases.

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