

Ayurvedic Management of *Ekakustha* (Psoriasis) - A Case Report

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Abstract:

Ekakustha (Psoriasis) is noninfectious chronic inflammatory disease of skin characterized by well-defined erythematous plaques with silvery scale which have a preference for extensor surface and scalp and by chronic fluctuating course. The disease not only disturbs the patient physically but also interrupts the mental and social health of the patient, as the appearance of patient may be embarrassing. *Ekakustha* is the skin disease among the *Kshudra kustha* which has symptoms of *aswdanam* (not perspire), *mahavastu* (extensive), *yana masyoshakalalopamam* (looks like fish scale) and *aruna varna* (discoloration). And it can be compared with psoriasis in modern science. It can be define as well-defined, erythematous scaly plaques, particularly affecting extensor surface. It is an auto immune disorder. A 37 years old male patient came with complain of itchy scaly lesion on leg, head and hands. He was diagnosed with *ekkustha* (psoriasis). Sodhana, samana chikitsa was given for the patient. All the symptoms was resolved in 3month. Psoriasis patient can get benefits from Ayurveda treatment.

Keywords: Ayurveda, *Ekakustha*, Psoriasis

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Introduction:

Almost all people experienced minor to severe skin problem in a life. Ayurveda is an ancient, holistic form of treatment that originated in northern India. It's based on the premise that good health depends on a healthy body, mind, and spirit. All the skin disease in Ayurveda kept under the topic of *Kustha*. It is caused by the vitiation of *doshas*. *Kusthais tridoshaj vyadhi*.^[1] Specially seen in persons indulging in unwholesome regime. ^[2] According to Sushrut Acharya *kusthas* are *vatayukta*, *pittayukta*, *kaphayukta* and *krimiyyukta*. It can be named according to predominance of *dosha*. ^[3] *Kustha* itself fall under *Asthamahagadavyadhiv* (octa ominous disorder). ^[4] So it's a disease which is difficult to cure. Acharyas discussed *Kustha* in two Subtopic named *Mahakustha* and *Kshudrakustha*. *Ekakusta* is one among the *kshudra kustha*. It has symptoms of *aswdanam* (not perspire), *mahavastu* (extensive), *yana-masyoshakalalopamam* (looks like fish scale) and *aruna varna* (discoloration).^[5] Psoriasis commonly affects the skin of the elbows, knees, and scalp. Psoriasis can be caused by a variety of reasons. Heredity can be crucial. If one parent is affected, then there is 15% of chances for the child to suffer from psoriasis. If both the parents are affected then the possibility of child getting the psoriasis is 60%. It can be correlated with psoriasis in modern science. Psoriasis is a chronic inflammatory, hyper proliferative skin disease. It is characterized by well-defined, erythematous scaly plaques, particularly affecting extensor surfaces, scalp and nails, and usually follows a

relapsing and remitting course. ^[6] It affects males and females equally and can affect all races. Early onset age 16-20 is commoner and is often associated with a positive family history. Late onset disease peaks at age 55-60 years. ^[7] Previous studies also reported the effective management of *Ekakustha* (psoriasis) through Ayurveda. ^[8-10]

Case Report:

A Male patient of 37 years old came to our hospital. Chief complain of Reddish itchy lesion on right leg, head, and hands since 10 years [Fig-1]. History of present illness were according to the patient he has had itchy lesion on his leg, head, and hands since 10 years with was gradual in onset. He had noticed itchy, dry, scaly lesion first then it becomes more thick and reddish. There was no aggravating and relieving factor. Symptoms were not associated with fever, arthritis. Past history he had no history of Diabetic mellitus (DM) Hypertension (HTN) Pulmonary Tuberculosis (PTB) and Thyroid disorder. In Treatment history Patient had taken steroids and allopathic medicine but could not get relief. But in his Personal History he had irregular bowel habit. But bladder habit, sleep, appetite is normal. He was no non vegetarian, alcoholic but she was chronic smoker. He loved to have junk food a lot, curd, fried items etc. In his Family History There was no history of DM, HTN, PTB, Carcinoma, Thyroid disorder to her family member but his grandmother had history of recurrent skin problem. As well as in Allergy history he had no allergy history any.

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Local examination showed erythematous dry thickened scaly lesion on leg. Kobner Phenomenon - positive Auspitz sign - positive

He was diagnosed with Psoriasis which was made clinically.

Methods:

Treatment Plan:

- Shodhana chikitsa

- Samana chikitsa
- Very strict Diet regime
- Lifestyle changes
- Stress management

Patient was advised not to take sour, bitter, spicy food as well as junk food, fried items and curd. He was also advised to have pranayama regularly.

Treatment Advised:

Drug	Dose	Duration	Anupan
Haritaki churna for sodhana Chikitsa	10gm	15 days	Luck warm water(LWW)
Avipattikar churna 100gm Gandhak rasayan 10gm Giloya satva 20gm Rasamanikya 2gm Tal sindur 1 gm Prawal Pisti 10gm	After proper Mixture - 3gm *BD	3 month	LWW
Tab. Kaisor guggulu	2 tablet * BD	3 month	LWW
Aarogyavardhani vati	2 tablet * BD	3 month	LWW
Mahamarihyadi taila	LA * BD	3 month	



Fig- Before Treatment



Fig – After Treatment

Result and discussion:

Haritaki churna given to the patient has purgation effect. It cleanses Kosta (GIT). It passifies the pitta dosha of the body. Kaisor guggulu is the medicine helps to purify blood and remove toxins from the body. ^[11] Aarogyavadhana vati helps to remove ama toxins from the body. It has tioxidants, antiprutitic nature alleviates itching sensation. Tala sindur has properties to act against the skin disease of kapha and vata. Prawal pisti balance tridosha and improves skin lusture and mplexion.

Giloya satva helps to improve immunity power and improves pitta disorder. Rasamanikya- blances vata kaphaj and pasificies pitta. It removes excessive toxin from the body and relief's pain, inflammation, swelling. ^[12] Similarly the action of antiseptic, antifungal and antioxidant helps to treat skin problems. Patient had given these medicines for 3 month. After the treatment of three month she has got significant improvement. [Fig-2]

Conclusion:

Ekkustha (Psoriasis) is the skin disease which is more difficult to cure even in modern science. This study showed that Ayurveda medicine has hope for such cases. Even it's a single case, it will be the platform for the researcher to do more study in more number of patients. .

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