

Effect of *Nityavirechana* and selected regimen in treatment of *Ekakushtha* (Psoriasis)-A Case Study

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Abstract

Ekakushtha is a type of *Kushta Roga* where vitiation of *Vata* and *Kapha Dosha* are predominant. It can be correlated with psoriasis in modern parlance. It affects on quality of life mainly by disfiguring of skin. The patients with psoriasis are also reported to be at increased risk of developing other serious clinical conditions such as cardiovascular disorders and arthritis. There is no known effective treatment for curing psoriasis completely. In this case report a 46 year old male patient suffering from *Ekakushtha* (psoriasis) was treated for a period of 38 days. He was administered *Nityavirechana* using *Vasaguduchi Chaturangula Kashaya* with *Eranda Taila* along with *Manjishthadi Kashayam* tablet, *Kaishora Guggulu*, *Panchatikta Ghrita Guggulu*, *Gandhaka Rasayana*, *Arogyavardhini Vati* and *Triphala Kwatha* internally. After conducting *Avagaha Sweda* (Tub Bath sudation) using medicated water (prepared with *Ficus benghalensis*, *Ficus religiosa*, *Ficus racemosa* and *Thespesia populenea*), *Pinda Taila* was applied externally. Gradually symptoms were reduced. After completion of the treatment, patient showed complete reduction of symptoms and Psoriasis Area and Scoring Index (PASI) was 100 which indicate that the patient has achieved a complete remission from the disease. It is concluded that selected treatment regimen is effective in controlling *Ekakushtha* (Psoriasis).

Keywords: *Ekakushtha*, Psoriasis, *Nityavirechana*

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Introduction:

Kushta Roga is a disease described in Ayurveda, which consist of two main types, namely; *Maha Kushta* and *Kshudra Kushta*. *Ekakushtha* is a disease mentioned as a type of *Kshudra Kushta*.^[1] According to Madhava, the vitiation of *Tri Dosha* along with *Twak* (skin), *Mamsa* (muscular tissue), *Rakta* (blood) and *Ambu* (fluid and lymph) leads to occurrence of the disease *Kushtha*.^[2] Charaka describes that in *Ekakushtha*, vitiation of *m Vata* and *Kapha Dosha* are predominant.^[3]

According to Madhava, clinical features of *Ekakushtha* are *Aswedanam* (not sweating / dryness), *Mahavastu* (which covers entire body), and *Matsyashakalamam* (skin resembles scales of fish).^[4] According to Sushruta, colour of the skin is *Krushnaruna* (black/ pinkish red).^[5] *Ekakushtha* can be correlated with Psoriasis.^[6,7] Psoriasis is a chronic inflammatory, hyperproliferative 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. The typical lesion is a raised, well-demarcated erythematous plaque of variable size. In untreated disease, silver/white scale is evident and is more obvious on scraping the surface, which reveals bleeding points (Auspitz sign). The most common sites are the extensor surfaces, notably elbows and knees, and the lower back.^[8]

Most of the available treatments are not effective, therefore, it was decided to carry out a research using Ayurveda drugs in treatment of *Kushta Roga*, Ayurveda

recommends administering *Shodhana Karma* (*Vamana Karma*, *Virechana Karma* and *Raktamokshana*) and *Shamana Aushadha* in treatment of *Kushta Roga*.^[9] In *Kusha Roga*, there is a vitiation of *Rakta Dhatu*.^[2] Therefore, it was decided to administer the drugs with the properties of *Raktashodhaka* and *Vatakaphahara* internally and externally in this research.

Case Report:

A 46-year-old male navy officer presented to Outdoor Patients Department of Chamal Rajapaksha Ayurveda Research Hospital, Hambantota, Sri Lanka with complaints of blackish pinkish discolored skin patches on extensor surface of bilateral upper limb and lower limb including hair margin of scalp. Initially right side was affected than left side. At first, the patient developed small whitish patches on hair margin of scalp, which gradually spread to extensor surface of upper and lower limbs, especially in right side. Patient further complained about itching and mild burning sensation of patches. Patches were dry, scaling, and thickened. Patient had history of consumption of unsuitable food, irregular, spicy food, fast food, habitually intake of beer, alcohol and soft drinks since many years.

Selected patient was examined and disfigured appearance in the skin was observed. Anthropometric measures of the patient such as weight (66 kg), height (162 cm) and Body Mass Index (25.15kg/m²) were recorded. The vital signs of the patient were stable (Pulse rate: 80/min, regular; Blood pressure: 120/80 mmHg; Respiration

rate: 18/min and regular). His *Prakriti* was *Pitta Kapha* predominant.

In the examination of the patient, it was observed that Koebner phenomenon (raised, whitish reddish discoloration, scaly, itchy, cracks, bleeding painful patches) and Auspitz sign (appearance of punctate bleeding spots when psoriasis scales are scraped off) were present in the upper and lower limbs of the right side (Fig- 1). Psoriasis Area and Scoring Index (PASI) tool was used as diagnose the case. PASI is widely used in clinical trials on psoriasis to

measure response to treatment, which is important to measure efficacy and outcomes of the treatment.^[10] Severity of the symptoms were recorded using a grading scale given in previously published research paper.^[11] Selected patient was treated for 38 days and treatment schedule is given in Table 1. The patient was advised to keep away from *Ushna Ahara*, *Katu Ahara*, exposure heat and sunlight and strictly follow advices regarding food habits and behavior.

Table 1: Treatment schedule:

Treatment Intervention	Day 1 to 3	Day 4 to 17	Day 18 to 31	Day 32 to 38
120ml of Vasaguduchi Chaturangula Kashaya before meals twice a day (5ml of <i>Eranda Taila</i> was added to the decoction in the morning)	+	-	-	-
2 tablets of Mahamanjishthadi Kashayam after meals twice a day with lukewarm water	-	+	+	-
2 tablets of Kaishora Guggulu after meals twice a day with medicated water prepared by boiling Khadira	-	+	+	-
2 tablets of <i>Arogyawardhani Vati</i> after meals twice a day lukewarm water	-	+	+	-
2 tablets of <i>Gandhaka Rasaana</i> after meals twice a day with lukewarm water	-	+	+	+
15ml of Triphala Kwatha before meals twice a day	-	-	-	+
2 tablets of <i>Panchatikta Ghrita Guggulu</i> after meals twice a day lukewarm water	-	-	-	+
<i>Avagaha Sveda</i> with medicated water prepared by boiling 60 gm of relevant herbs in 1920 ml and boiled down to 480 ml of water twice a day.	-	+	+	+
External application of <i>Pinda Taila</i> twice a day	-	+	+	+

Preparation of medicine:

Vasaguduchi Chaturangula Kashaya was prepared according to Bhavaprakasha and administered to the patient.^[12] *Manjishthadi Kashayam* tablets prepared according to Bhaishajyanavali by Nagarjuna Ayurveda products, Kerala was used in this study.^[13] *Kaishora Guggulu* and *Panchatikta Ghrita Guggulu* tablet used in the research was purchased from Dhootapapeshwar Ltd., Maharashtra, India which were prepared according to Bhaishajyaratnavali and Ashtanga Hridaya respectively.^[14,15] *Gandhaka Rasayana* and *Arogyavardhini Vati* which were prepared by Shree Dhootapapeshwar Ltd., Maharashtra, India according to to Yogarathnaka and Rasaratna Samuchchya respectively were used in this study.^[16,17] *Triphala Kwatha* was prepared by boiling *Triphala Choorna* mentioned in

Sharangadhara.^[18] *Pinda Taila* was prepared according to Ashtanga Hridaya were purchased from Ayurveda Drug Cooperation Sri Lanka.^[19]

Procedure of Avagaha Sveda:

Medicated water was prepared by boiling 15 gm of each of *Ficus benghalensis* L. (Family: Moraceae; Sanskrit name: *Vata*), *Ficus religiosa* L. (Family: Moraceae; Sanskrit name: *Ashwatha*), *Ficus racemosa* (Family: Moraceae; Sanskrit name: *Udumbara*) and *Thespesia populenea* (Family: Malvaceae; Sanskrit name: *Parisha*) in 1920 ml and boiled down to 480 ml. 10 Liters of medicated water was filled in a tub. Then Pinda oil was applied all over the body. Then the patient was made to immerse in the tub filled with the prepared medicated water. This was carried out twice a day.



Fig- 1: Before treatment



Fig-2: During the treatment

Table2 Percentage of relief in symptoms:

Clinical features	Before Treatment	After 10days of Treatment	After Completion of Treatment	Percentage of relief
	Grade	Grade	Grade	
<i>Daha</i> (burning sensation)	1	0	0	100%
<i>Kandu</i> (itching sensation)	4	3	0	100%
<i>Shyavam</i> (blackish brown colour)	3	2	0	100%
<i>Aruna Varna</i> (pinkish red colour)	4	2	0	100%
<i>Matsyashakalamam</i> (dry scaling)	4	3	0	100%
<i>Khara Sparsha</i> (roughness in plaques)	3	3	0	100%
<i>Ruksha</i> (dryness)	4	3	0	100%
<i>Aswedanam</i> (lack of sweating)	4	2	0	100%
<i>Vruttham</i> (round well demarcated patches)	4	3	0	100%
<i>Srava</i> (pin point bleeding)	3	2	0	100%
<i>Ghana</i> (thickness of plaques)	2	1	0	100%
<i>Vruddhi</i> (elevated plaques)	2	1	0	100%

Result:

Study showed that the patient was relieved from symptoms to some extent, mainly that of discoloration, itching, scaling, thick and mild burning sensation after 10 days of treatment. Gradually symptoms were reduced and PASI was 100 which indicate that the patients have achieved a complete remission from the disease. Symptomatic relief is illustrated in table 2. Image 1 shows the condition before the treatment. Image 2 A, B, C, and D show the condition during the treatment and Image 2 E shows the condition after completion of the entire treatment. There were no recurrences observed during twenty-four month of the follow up period.

Discussion:

Ekakushtha is a type of *Kushta Roga*. According to Madhava Nidana, *Kushtha Roga* occurs by vitiation of *Tri Dosha* along with *Twak* (skin), *Mamsa* (muscular tissue), *Rakta* (blood), and *Ambu* (fluid and lymph).^[2] Charaka states that in *Ekakushtha*, vitiation of *Vata* and *Kapha Dosha* are predominant.^[3] In this study, patient was treated with *Nityavirechana* using *Vasaguduchi Chaturangula Kashaya* with *Eranda Taila*. Charaka Samhita describes that when the amount of morbid *Dosha* is high in a weak person, then these *Dosha* should be eliminated by repeated administration of mild drugs. If not eliminated, these morbid *Dosha* may even end the life of the patient.^[20]

According to authentic texts orally administered drugs such as *Vasaguduchi Chaturangula Kashaya*, *Manjishthadi Kashayam*, *Kaishora Guggulu*, *Panchatikta*

Ghrita Guggulu, *Gandhaka Rasayana* *Arogyavardhini Vati* and *Triphala Kwatha* possess *Kushtaghna* properties.^[12-18] Externally applied *Pinda Taila* has *Kushtaghna* and *Pittashamaka* properties.^[19] Medicated water used for *Avagaha Sweda* contains three ingredients of *Panchavalkala*. Therefore, this medicated water may also have the properties of *Panchavalkala* to some extent, such as *Kushtaghna*, *Vrana Shodhana* and *Vrana Ropana* and antibacterial effect.^[21-22]

According to Charaka Samhita, *Rasayana* means of attaining excellent qualities of *Rasa* and *Dhatu* i.e. body cells and tissues.^[23] Drugs used in this research such as *Kaishora Guggulu*, *Panchatikta Ghrita Guggulu*, *Gandhaka Rasayana* and *Triphala Kwatha* possess *Rasayana* property.

Therefore, these drugs may enhance the quality of *Rasa Dhatu* (tissues) and promote healing. Charaka had stated that wholesome (compatible) food is one of the causes for the growth and wellbeing of humans while unwholesome (incompatible) food is the root of all diseases.^[24] Patient was advised to avoid incompatible food. Avoidance of incompatible food may have enhanced the therapeutic effect of these treatments and to reduce recurrence of the disease.

Conclusion:

The selected drugs are beneficial in management of *Ekakushtha* (psoriasis) and more studies should be carried out to further observe the effects.

Patient Consent: The authors obtained patients written consent to published this case for research purpose without disclosure of the identity of patient.

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