

Ayurveda Management Of Ek Kushtha(Psoriasis)-A Case Study

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Abstract—In the present era, skin diseases have become a significant concern for mental health, often over shadowing their physical impact, as they disrupt cosmetic harmony. Psoriasis, characterized by periodic flare-ups of sharply defined red patches with a silvery, flaky surface, often leads to anxiety due to its recurrent nature. In Ayurveda, psoriasis is identified as Ek Kushtha, a condition dominated by Vata and Kapha doshas under the category of Kshudra Kushtha.

This case report discusses the treatment of a female patient suffering from plaque psoriasis and associated anxiety through Ayurveda approaches. Traditionally, the management of Kushtha involves Sanshodhana (purification therapy) alongside Sanshamana (palliative measures). However, in this case, a combination of Lepa Karma (external application) and Shamana Karma (internal administration) was implemented using a single Ayurveda medication mandukaparni sadhita ghrita.

Following a 30-day treatment regimen, significant improvement was observed in the patient's condition. This case demonstrates that a consolidated approach using Ayurveda modalities can yield remarkable results in managing psoriasis and associated mental health issues effectively.

I. INTRODUCTION

Psoriasis is a chronic autoimmune condition that affects the skin, leading to the formation of abnormal patches characterized by dryness, irritation, and flaking. These patches, varying in size, may be confined to specific areas or spread across the body, including the scalp, palms, and soles. The condition stems from rapid cell turnover in the epidermal layer, reducing the keratinocyte formation cycle from the typical 28–30 days to just 5–6 days.

A. Typical Symptoms and Features:

The lesions appear as red patches covered with thick, silvery scales that can be scraped off. Distinct features include the "candle grease sign" (coin-

shaped lesions with wax-like scales) and exfoliation. Psoriatic lesions may manifest along lines of scratches during their active phase, known as Koebner's phenomenon. Commonly affected areas include the knees, elbows, and scalp. Over time, these lesions grow and merge into larger patches.

B. Types of Psoriasis:

1. Plaque Psoriasis (most common)
2. Guttate Psoriasis
3. Inverse Psoriasis
4. Pustular Psoriasis
5. Erythrodermic Psoriasis (severe form)

C. Ayurveda Perspective:

In Ayurveda, psoriasis and other skin disorders fall under the category of Kushtha, which includes 18 subtypes. Kushtha refers to conditions that stain or depigment the skin. Psoriasis aligns with Ek-Kushtha, one of the 11 Kshudra Kushtha (minor skin conditions). Ayurveda texts describe it as presenting with large, scaly lesions resembling fish scales.

D. Causes (As per Ayurveda):

Consumption of incompatible foods (Viruddha Anna), excessive intake of Drava (liquid), Snigdha (oily), and Guru Dravyas (heavy foods), Suppression of natural urges, such as vomiting, Performing intense exercise or exposure to heat after overeating.

E. Symptoms:

Decreased touch sensation

Altered sweating (either excessive or absent)

Discoloration of the skin

Formation of papules and pruritus (itchiness)

Pricking pain, burning sensation, and numbness in affected areas

Sudden ulcers and severe pain in ulcerated regions

Mental and physical fatigue

Ek-Kushtha in Sanskrit Texts:

अस्वेदनं महावास्तु यन्मत्स्य शकलोपमं तदेककुष्ठं ॥iii

(Translated: Loss of sensation in a large area with scales resembling fish is characteristic of Ek-Kustha.) This holistic understanding bridges the clinical features of psoriasis with Ayurveda principles for a comprehensive approach to the condition.

F. Case Report Summary:

Patient Details:

Age: 30 years

Gender: Female

Location: Kota, Rajasthan, INDIA

First Visit to NIA Hospital: March 2023

Medical History:

2009:

Condition: Spots with white flakes with Itching appeared on hands and scalp.

Treatment: Modern medicine has been taken, after that some relief.

2013:

Condition: Recurrence of psoriasis. This time spots spread over many a part of body.

2020:

Condition: Plaque psoriasis recurrence. This time spots on hands were very severe.

Treatment: Symptomatic relief after six months of modern medicine.

2023:

Condition: Worsening of symptoms with full-body involvement of plaque psoriasis. Spots over hands with thick white flakes and severe itching and burning. Onset of severe anxiety.

Advised Treatment: Steroid injections (not taken).

Decision: Sought Ayurveda treatment at NIA Hospital.

Family History:

No history of diabetes mellitus (DM), hypertension (HTN), hypothyroidism, asthma, or major illnesses.

Past Medical & Surgical History:

Medicinal History: local and oral steroids have been used.

Surgical History: None.

Allergic History: No known allergies to medicines reported.

Examination Findings:

General Condition: Fair

Vitals: Normal, afebrile

Systemic Examination: No abnormalities detected in CNS, cardiovascular, respiratory, or gastrointestinal systems.

II. INTEGUMENTARY SYSTEM:

Site of Onset: Hands and scalp

Spread: Centripetal

Lesion Characteristics:

Color: Erythematous plaques with white scales

Consistency: Thick, dry

Size: Varying sizes of plaques

Distribution: Asymmetrical, bilateral, scattered across the body

Primary Lesion: Erythematous plaques

Ayurveda Diagnosis:

Classified under Kushta Roga (skin disorders) with references to:

18 types of Kushta.

A. ABOUT MEDICINE MADUKAPARNI SADHITA GHRITA:

There is clear reference in ayurveda that this medicine mandukaparni sadhita ghritha works positively in skin disorder as well as in anxiety.

उन्मादकुष्ठापस्मारहरं बन्ध्यासुतप्रदम् ।

वावस्वरस्मृततमेधाकृद्भ्रमं ब्राह्मीघृतं स्मृतम् ॥२४॥

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Ashtanga sangraha, uttara sthana, unmada pratishedha, 9/24

(मंडुकपर्णी(ब्राह्मी) घृत)

Treatment Provided:

As Lepa (external application) and oral intake

Method: applied on lesions and 5 gm twice a day oral intake

Frequency: Applied 2 times in a day for 30 days.

Expected Outcomes:

Reduction in erythematous patches and scaling.

Gradual symptomatic relief in lesions as well as in anxiety and healing through Ayurveda principles.

Treatment plan: Shamana aushadhi (Palliative medication) and Lepa (external application)

1. Mandukaparni sadhita ghritha 5 gm (oral intake), twice a day before meal
2. External application, twice a day



Figure 1. before treatment



Figure after treatment

III. RESULT

Plaque psoriasis is the commonest type of psoriasis. Ek kushtha is a Kshudra Kustha and have Vata-Kapha dominance and indeed involvement of Tridosha can be apparent from its signs and symptoms.

Within seven days of oral input and Lepa operation, itching started reducing and at last day of treatment, the skin was recovered. Total relief was attained after 30 days. Ayurveda drug uses a holistic approach as anti- psoriatic and reduces itching, flakes, pain, inflammation. Its action softens and restores normal skin texture.

IV. DISCUSSION:

Mandukaparni sadhita ghrita absorbed through Swedawahi Srotas and Siramukh after being applied, performing in a briskly immersion of the drug along with oral input. Further this drug mandukaparni sadhita ghrita can be developed as cream/ ointment for ease of use.

V. COCLUSION:

Mandukaparni sadhita ghrita is a promising Ayurveda ghrita which is effective to manage psoriasis. It's been significant to have results in psoriasis with oral and external operation.

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