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Charma Rog (Skin Disease) Ekkustha (Psoriasis) Management By Ayurvedic Chikitsa Paddhati (Line Of Treatment): A Case Study

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ABSTRACT

Psoriasis can be correlated by *Ekkustha Kustha* which come under eleven *Kshudra Kustha*. Psoriasis is an auto-insusceptible disorder characterized by unusual patches which can be visualized as dry, irritating and flaky. A 52-year-old Female visited Jeena Sikho Lifecare Limited Hospital Surat (Gujarat), on 15th January 2025. Her complaints were *Kandu* (Itching at affected skin), *Kinkara Sparsha* (Roughness of Skin), *Khandit Nidra* due to *Kandu* (Disturbed sleep due to itching and burning sensation), *Shyava* (Blackish patchy skin discoloration), and *Rookshata* (Dryness). Vitals with *Ashtasthan Pareeksha* (Eight - fold Examination) were done along with history taking. The Patient was advised *Panchkarma* such as *Deepan*, *Pachan*, *Sarwang Snehana*, *Sarwang Swedan*, followed by *Virechan* and *Sansarjan Karma* (Detoxifying therapies includes promoting digesting fire, full body massage, full body sudation, purgation followed by strengthening diet). *Ayurvedic* formulations consisting of *Trikatu* (*Piper longum*, *Piper nigrum*, *Zingiber officinale*), *Triphala* (*Embllica officinalis*, *Terminalia bellerrica*, *Terminalia chebula*), *Khadirarista*,

Mahamanjisthadi Kwath, *Devdarvya Kwath*, *Takrarishta*, *Neem (Azadirachta indica)*, and *Gandhak* (Sulphur) were given which have yielded promising results earlier in many skin cases. Along with this, positive lifestyle played an important role to balance *Vata*, *Pitta*, *Kapha*. After *Panchkarma* procedures dietary changes were done which consisted of fruits, salad, zero grain chapattis etc. After all this treatment there was consistent improvement visible along with no or negligible complaints left.

- **KEYWORDS** *Abhyantar Snehan*, *Charma Rog*, *Ekkustha*, *Kanduhar*, *Panchkarma*, *Psoriasis*.

INTRODUCTION

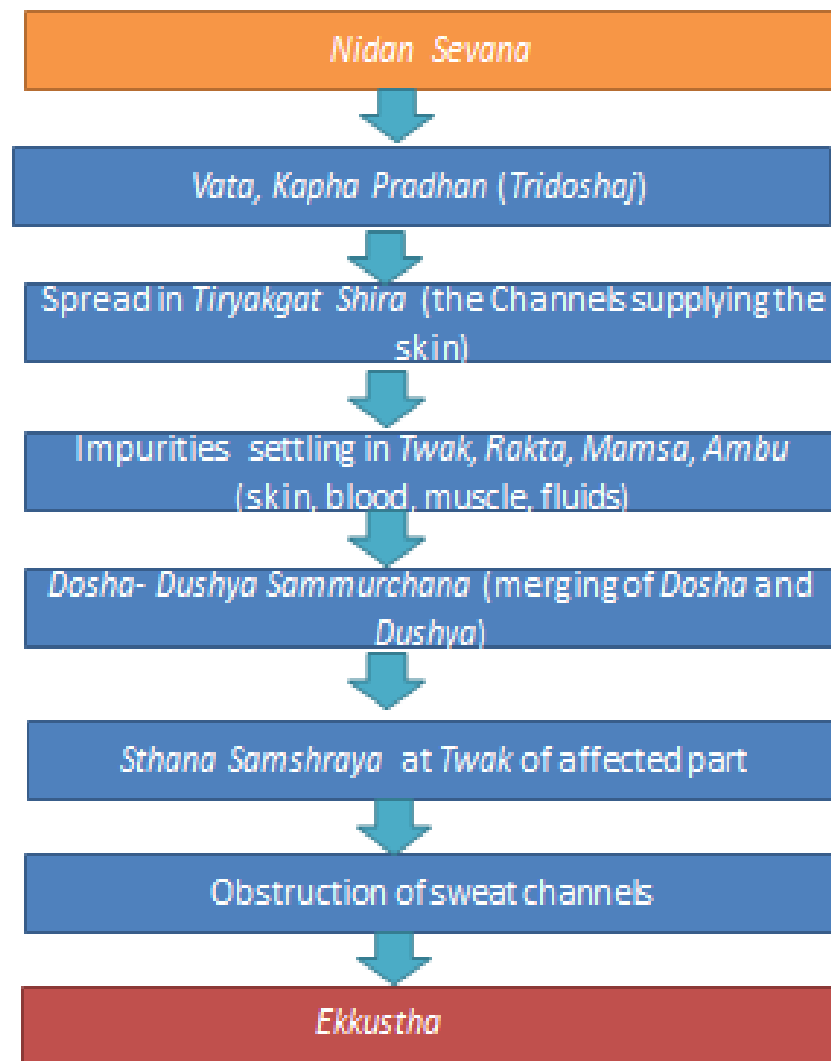
Psoriasis is an auto-insusceptible disorder. It is characterized by unusual patches which can be visualized as dry, irritated and flaky. The representation of patches can be a little sketchy with minimal to widely spread all over the body including scalp, palms, sole and or skin anywhere else. Irregularity of patches can be seen over epidermal layer due to over-the-top augmentation of cells in the basal layers. The proliferation of keratinocyte is decreased to 5-6 days from 28-30 days, leading to overcrowded skin layers^[1]. Psoriasis can co-exist with several other health conditions, such as diabetes, cardiovascular disease, lymphoma, and depression^[2,3,4]. Non-achievement of clear/almost clear skin, recurrence of symptoms, side effects of the medications and inefficacy of the medications to control the disease process are the important reasons which leave the patients dissatisfied^[5]. *Ayurveda* categorizes all skin disorders under the shade of *Kustha*; in other word it tends to be recorded as ‘*Ayurvedic dermatology*’. The word “*Kustha*” implies one which deforms or depigments the skin. However, all the dermatological indications can be included under 18 subtypes of *Kustha*^[1]. *Kustha Rog* is also considered as a *Papakarmaja Vyadhi* (a disease due to sinful activities) and a *Kulaj Vikar* (a hereditary disorder). According to *Sushrut Acharya* if the person suffered from *Kustha* in his previous life and if he takes rebirth then he develops *Kustha* in his present life also so-called *Poorva Janmakrit Vyadhi* (Previous birth karma disease)^[5]. Psoriasis can be correlated to *Ekkustha* which come under eleven *Kshudra Kustha*^[1]

Table 1 *Samprapti Ghataka Ekkustha* (Components of Pathogenesis of Psoriasis)

<i>Dosha</i> (Bodily Humors or three Energies of Body)	<i>Vata, Kapha Pradhan (Tridoshaj)</i>
<i>Dushya</i> (Targeted Body Tissues)	<i>Twak, Rakta, Mamsa, Ambu</i> (skin, blood, muscle, bodily fluids)
<i>Srotas</i> (Body Channels)	<i>Raktavah Srotas, Swedavah Srotas</i> (blood-carrying channels, sweat – carrying channels)
<i>Srotodushti</i> (Affliction of Body Channels)	<i>Sanga</i> (obstruction in the channels)
<i>Agni</i> (Digestion and Metabolic Strength)	<i>Jatharagni, Dhatvagni</i> (Digestive fire, Tissue Metabolism)
<i>Swabhav</i> (Stage of Disease Manifestation)	<i>Chirakalin</i> (Chronic)
<i>Adhishthan</i> (Prognosis)	<i>Bahya Rog Marg, Twak, Mamsa</i> (Impaired Tissue Metabolism, skin, muscle)

Nidan*^[6] of *Ekkustha Kustha

Viruddh Aahar sevan (wrong food items) such as simultaneous use of milk and salty snacks and *Rakta dushtikar Aahar-Vihar* (excessive use of salty food, sour food like pickles, curd) etc.

Samprapti Chakra Ekkustha (Pathogenesis of Psoriasis)

In case of *Kushta* (skin diseases): Use of purgative herbs is recommended, especially: *Trivrit* (*Operculina turpethum*) – a strong purgative, *Danti* (*Baliospermum montanum*) – useful in deep cleansing, *Harad* (*Terminalia chebula*), *Bahera* (*Terminalia bellirica*), *Amla* (*Phyllanthus emblica*) mild laxative and detoxifier^[7] *Charak* indicates *Virechan* for Skin disorders. Expulsion of *Sharira Mala* (body waste) mainly through the lower route (anus). If both upper (mouth) and lower (anus) routes are involved but the primary aim is cleansing, it is still called *Virechan*. It is a part of *Panchkarma* therapy in *Ayurveda*, used especially to eliminate *Pitta Dosha* and toxins from the intestines and liver. It ensures deep internal detoxification^[8]. Right Patient for *Virechan* according to state, diet, capacity, *Prakriti* etc have to undergo *Snehan* and *Swedan* procedure before *Virechan*.^[9]

CASE REPORT

A 52-year-old Female visited Jeena Sikho Lifecare Limited Hospital, Surat (Gujarat) on 15th January 2025. Her evaluation included a thorough medical history, physical examination and diagnostics. There was no relevant family history she came for *Ayurvedic* treatment after getting the symptoms worsened with *Kandu* (Itching at both the feet), *Kinkara Sparsha* (Roughness of Skin), *Khandit Nidra* (Disturbed sleep due to itching and burning sensation), *Shyava* (Blackish patchy skin discoloration), and *Rookshata* (Dryness). She was diagnosed with *Ekkustha* a skin disease. *Samprapti Chakra* mentioned in **Figure 1** and *Samprapti Ghataka* mentioned in **Table 1**. The Vitals with *Ashtavidha Pariksha* (Eight - fold Examination) during the first visits are mentioned in **Table 2 & 3**.

Table 2 Vital Parameters on first Visit

Sr. No	Examination	Findings
1.	Blood Pressure	130/80 mm of Hg
2.	Pulse	80 / min
3.	Weight	56 kg
4.	Height	5 feet 1 inches
5.	Body Mass Index	23.3 kg/m ²

Table 3 Ashtavidha Pariksha (Eight - fold Examination)

Sr. No	Examination	Findings
1.	<i>Nadi</i> (Pulse)	<i>Vata Pittaj</i>
2.	<i>Mutra</i> (Urine)	<i>Avikrit</i> (Normal)
3.	<i>Mala</i> (Stool)	<i>Avikrit</i> (Normal)
4.	<i>Jihva</i> (Tongue)	<i>Saam</i> (Coated)
5.	<i>Shabda</i> (Voice)	<i>Spashta</i> (Clear)
6.	<i>Sparsha</i> (Touch)	<i>Kinkara Sparsha</i> (Roughness of Skin), <i>Shyava</i> (Blackish patchy skin discoloration), and <i>Rookshata</i> (Dryness).
7.	<i>Drik</i> (Eyes)	<i>Avikrit</i> (Normal)
8.	<i>Akriti</i> (Appearance)	<i>Madhyam</i> (Normal)

TREATMENT PLAN

I. Disciplined & Intelligent Person's Diet (DIP)^[10] & *Ayurvedic* Dietary Guidelines from Jeena Sikho Lifecare Limited Hospital:

I. The DIP & *Ayurvedic* Dietary Diet was advised after complete *Panchkarma*. *Nidan* (trigger) consumptions were stopped immediately.

II. Things to avoid ^[11]

- Heavy and sour dairy products:
- Curd (Yogurt)
- Milk (especially if heavy or sour)
- Aquatic meat (fish and other water animals)
- *Guda* (Jaggery)
- *Til* (Sesame seeds)
- Packed food.

Recommended Foods (Should Be Taken):

- Light and wholesome foods (easy to digest)
- Bitter vegetables e.g., *Patol* (*Vigna radiata*), *Karela* (*Momordica charantia*), *Moringa* (*Moringa oleifera*), *Capsicum* (*Capsicum annuum*) etc.

Foods mixed with:

Harad (*Terminalia chebula*), *Bahera* (*Terminalia bellirica*), *Amla* (*Emblica officinalis*).

Hydration:

- A. Consume Herbal tea 300ml twice daily. To prepare 300 ml of Herbal tea, combine 2 cloves (*Trifolium pratense*), 2 cardamom pods, 10 black pepper seeds (*Piper nigrum*), 5 gm cinnamon sticks (*Cinnamomum verum*), and a half tea spoon of fennel seeds (*Foeniculum vulgare*) with hot water.
- B. Drink Red juice made up Beetroot, Pomegranate and Carrot (100-150 ml).
- C. Green juice composed of *Neem* (*Azadirachta indica*), *Tulsi* (*Ocimum tenuiflorum*), *Paan* (*Piper betle*), *Karela* (*Momordica charantia*), *Jamun* (*Syzygium cumini*), *Sadabahar* (*Vinca rosea*) taken in quantities of 10 gm each, 200 ml water added, ground in a mixer grinder, filtered, and consumed in a quantity of (100-150 ml).

- D. **Living water** (The approach involves a three-tiered filtration system using clay pots, each serving a specific purpose to purify and energize the water:

Top Pot: Fill this pot with a mixture of small and large river stones, followed by charcoal made from burning wood. This layer acts as an initial filter, removing larger impurities. **Middle Pot:** Place a similar mix of stones here. Additionally, add *Moringa* seed powder (also known as drumstick or "Sahjan" powder), a silver vessel, a copper vessel, and *Rudraksha* (*Elaeocarpus angustifolium*). *Moringa* seeds are known for their natural water-purifying properties, while silver and copper are believed to enhance the quality of water.

Bottom Pot: This pot remains unaltered and serves as the collection chamber for the purified water. Advised to drink as per the need.

- E. Aim to drink 1 liter of alkaline water daily (Procedure as follow):

1. **Setup the Glass Jug:** Fill a clean jug with fresh drinking water.
2. **Add Copper Vessel:** Place a copper vessel or glass inside the jug.
3. **Infuse Flavors:** Add slices of carrot, cucumber, and lemon to the water.
4. **Add Herbs:** Include ginger slices, mint leaves, and coriander leaves.
5. **Optional Spice:** Add a slice of green chili for added flavor.
6. **Let it Sit:** Allow the mixture to sit for 12 hours.
7. **Add Amla** (*Emblica officinalis*) and Basil (*Ocimum tenuiflorum*): After 6 hours, add 3–4 pieces of *Amla* and a handful of Basil leaves. Let it infuse for 6 hours.
8. **Ready to Drink:** 3 to 4 times a day in divided portions.

Meal Timing and Meal Structure:

- Early Morning (5:45 AM): Chew 2 cloves, 2 medium sized crushed garlic buds and 5 curry leaves.
- Breakfast (9:00 AM): Seasonal fruits like pomegranate, cucumber, tomato, or guava (Weight in kg \times 10 gram) in this case volume came to 560 grams.
- Morning Snacks (11:00 AM): *Mugda Yusha* (Broth made by boiling *Moong Dal*), red juice and 4-5 soaked almonds.
- Lunch (12:30 PM - 2:00 PM): Plate 1: salad - 280 gm and Plate 2: Zero Grain Chapati with dal and cooked vegetables.
- Evening Snacks: Green juice (100-150 ml) with Green juice composed of *Neem* (*Azadirachta indica*), *Tulsi* (*Ocimum tenuiflorum*), *Paan* (*Piper betle*), *Karela* (*Momordica charantia*), *Jamun* (*Syzygium cumini*), *Sadabahar* (*Vinca rosea*) taken in quantities of 10 gm each, 200 ml water added, ground in a mixer grinder, filtered, and consumed in a quantity of (100-150 ml) along with 4-5 almonds.

- Dinner (6:00 PM): Plate 1: salad – 280 gm and Plate 2: Zero Grain Chapati with dal and cooked vegetables.
- **Zero Grain Chapati** ^[12] (With Pulses and Seeds)

• **Ingredients**

- 20 gm of *Dhuli Masoor* Pulse (washed and dried), 20 gm *Dhuli Moong* Pulse (washed and dried), 10 gm Pumpkin Seeds (washed and dried), 10 gm Chia seeds (unwashed and dried), 20 gm dry Coconut Powder

Procedure

- Blend all ingredients and prepare a fine flour and prepare a dough by adding luke warm water. Keep dough for 1 to 2 hours and then prepare Chapattis. With this much amount of ingredients 2 Chapattis are made. Number of Chapattis can be adjusted according to the patient's desire.

Fasting:

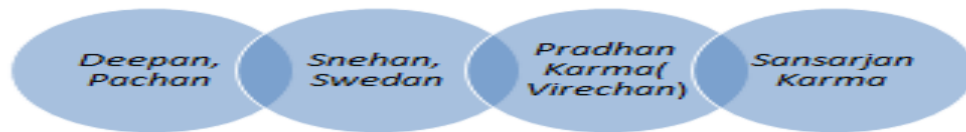
- Fast once a week with fruits, coconut water, and plain water.

General instruction for all patients at Jeena Sikho Lifecare Limited Hospital :

- Wake up early in the morning time at *Brahma Muhurta* (1 hour and 36 minutes before Sun rise) ^[13]
- Practise meditation for stress relief. Perform Yoga (*Sukshm Pranayam* and *Sukhasan*) for 40 minutes daily. ^[14]
- Sun-bathe for 1 hour, morning, with feet soaked in lukewarm water while chanting LUM, VUM, RUM, YUM, HUM, OM and AUM in *Gyan Mudra* posture .
- Offer gratitude to the divine before eating or drinking.
- Do oil pulling every day.
- Ensure 6-8 hours of restful sleep each night.
- Follow a structured daily routine for balance and organization.

1. Specific suggestion for this patient

- Avoid soaps and shampoos.
- Avoid being in contact with chemicals in general and known allergens in particular.
- Insure effective stress management.

Virechan**Steps Virechan Karma mentioned in Figure 2****Figure 2**

Drug and dose of *Deepan & Pachan* mentioned in **Table 4**, *Ghrita Pan* Dose, name of *Ghrit* and quantity of *Ghrit* mentioned in **Table 5**.

A. Table 4 Deepan & Pachan From 15th to 19th January 2025 was done

DATE	Drug along with Dose
15 th January 2025	Panchkola Churna 3 gm <i>Koshan Jala</i> OD
16 th January 2025	Panchkola Churna 3 gm <i>Koshan Jala</i> OD
17 th January 2025	Panchkola Churna 3 gm <i>Koshan Jala</i> OD
18 th January 2025	Panchkola Churna 4 gm <i>Koshan Jala</i> OD
19 th January 2025	Panchkola Churna 4 gm <i>Koshan Jala</i> OD

Diet during *Deepan & Pachan* - 120 ml Vegetable soup, Steamed Vegetables and fruits 200 gm each, 3 *Ragi* roti with cooked vegetable and moong dal, a glass full of coconut water. This diet was taken in parts in a day. *Sarwang Snehan* and *Sarwang Swedan* done from 15th to 19th January 2025 along with *Deepan* and *Pachan*. And on morning just before *Virechan Yoga* was given on 24th January 2025.

Sarwang Snehan with Bala Tail and Sarwang swedan ^[15]**Procedure**

- The patient was advised to take supine position, and warm *Bala Tail* was applied. Then the patient was asked to take prone position and warm *Bala* oil applied on remain dry skin.
- Long strokes were made during the massage for 45-60 minutes in circular motions with gentle pressure.
- Special attention was paid to areas like the neck, shoulders, lower back and joints. The patient was advised to sit in the steam chamber or *Swedan* box for 10-15 minutes at a maintained comfortable temperature (40-45°C/104-113°F).
- A warm bath was advised to relax muscles and remove excess oil.
- She was advised to take rest for 30 minutes.

Table 5 Abhyantar Snehana by Ghrita Pan (internal lubrication) with Panchatikta Ghrita

DATE	Drug along with Dose
20 th January 2025	<i>Panchatikta Ghrit</i> 30 ml OD
21 st January 2025	<i>Panchatikta Ghrit</i> 60 ml OD
22 nd January 2025	<i>Panchatikta Ghrit</i> 90 ml OD
23 rd January 2025	<i>Panchatikta Ghrit</i> 120 ml OD

The
Diet

remained the same during *Ghritapan* days as was *Deepan & Pachan*

2. ***Virechan Yoga* (Combination of *Trivritt Avaleha* 50 gm and Castor Oil 50 ml) given on 24th January 2025**

Procedure

- a. A day before *Virechan*, the patient was advised to take *Pitta Vardhak* (Which increase *Pitta*) food such as Curd, Curry etc.
- b. Vitals were monitored (Blood Pressure, Pulse rate, Blood Sugar, Body Temp, SP_{O2})
- c. Then *Sarwang Snehan* with *Bala Tail* and *Sarwang Swedana* were done.
- d. Then *Virechan Yoga* was given to the patient.
- e. She was advised to be active, and to note the times whenever passing the stool. Stool was passed and asked to tell Doctor about it so that measurement, smell and type can be noted. She was advised to observe the color of stool every time and to write it down. She was also advised to observe and record additional signifies findings if any as bleeding, cramps, nausea and so on. These information was recorded in the following format
- f. 16 Vega were observed during *Virechan* as per the following **Table 6**

Table 6 Serial Number, timing, color, and remarks of stool

SERIAL NUMBER OF STOOLS	TIMINGS	COLOR OF STOOL	REMARK IF ANY
1	9:10 AM	Dark Yellow	-
2	9:42 AM	Dark Yellow	Mild cramps
3	10:10 AM	Brown	-
4	10:36 AM	Blackish	-
5	11:05 AM	Dark Brown	Mild Cramps
6	11:31 AM	Brownish	-
7	12: 15 PM	Dark Yellow	Mild Cramps
8	12: 38 PM	Light Yellow	-
9	01: 03PM	Light Yellow	-
10	2:45 PM	Lighter Yellow	-
11	3: 18 PM	Lighter Yellow	-
12	3: 50 PM	Lighter Yellow	-
13	4: 25 PM	Lighter Yellow	-
14	5: 07 PM	Lighter Yellow	-
15	5: 33 PM	Lighter Yellow	-
16	6: 06 PM	Almost Colorless	-

- g. Type of *Shuddhi* (detox) as *Madhyam*/Medium with *Kaphanta* (last stool was colorless)
- h. After the procedure, *Sansarjan* diet plan was administer as per the following Schedule -

Sansarjan Karma

- The *Aahar Krama* includes *Peya* (Rice + excess water), *Vilepi* (Rice + less water), *Yusha* (Soup made of pulses) ^[16]. Dates and type of food given during *Sansarjan Karma* mentioned in **Table 6**.

Table 6 Sansarjan Karma after Purgation

DATE	BREAKFAST	LUNCH	DINNER
24 th Jan 2025	-	-	<i>Peya</i>
25 th Jan 2025	<i>Peya</i>	-	<i>Peya</i>
26 th Jan 2025	<i>Peya</i>	-	<i>Vilepi</i>
27 th Jan 2025	<i>Vilepi</i>	-	<i>Vilepi</i>
28 th Jan 2025	<i>Vilepi</i>	-	<i>Krita Yusha</i>
29 th Jan 2025	<i>Krita Yusha</i>	-	Normal food

Medicines given in all visits along with *Anupana*, Dose, Ingredients and Therapeutic effects mentioned in Table 7 and 8.

Table 7 Medicine advised on all visits

10 th January 2025	14 th February 2025	14 th March 2025	14 th April 2025
DR Shuddhi Powder ½ tsf HS <i>Nishikal</i> with <i>Koshna Jala</i> (Before bed time with lukewarm water)	Psoro Tablet 1 BD <i>Adhobhakta</i> with <i>Koshna Jala</i> (After food with luke warm water)	Psoro Tablet 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)	Psoro Tablet 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)
Psoro OIL L/A (Local application) BD	Skin Cure Capsule 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)	Skin Cure Capsule 1 BD <i>Adhobhakta</i> with <i>Koshna Jala</i> (After food with luke warm water)	Skin Cure Capsule 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)
Psoro Tablet 1 BD <i>Adhobhakta Koshna</i> <i>Jala</i> (after meals with lukewarm water)	DR Immune Tablet 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)	DR Immune Tablet 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)	DR Immune Tablet 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)
Skin Cure Capsule 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after	Syrup Blood Purifier 20 ml BD <i>Adhobhakta</i> with <i>Sama Matra</i>	-	DR Shuddhi Powder ½ tsf HS <i>Nishikal</i> with

meals with lukewarm water	<i>Koshna Jala</i> (equal amount of lukewarm water)		<i>Koshna Jala</i> (Before bed time with lukewarm water)
DR Immune Tablet 1 BD <i>Adhobhakta</i> <i>Koshna Jala</i> (after meals with lukewarm water)	-	-	-

Table 8 Medicines, Ingredients and Therapeutic effects

Medicines	Ingredients	Therapeutic Effects as per Ayurvedic text
DR Shuddhi Powder	<i>Trikatu</i> (<i>Piper longum</i> , <i>Piper nigrum</i> , <i>Zingiber officinale</i>), <i>Triphala</i> (<i>Embolica officinalis</i> , <i>Terminalia bellerica</i> , <i>Terminalia chebula</i>), <i>Nagarmotha</i> (<i>Cyperus scarisus</i>), <i>Vaividang</i> (<i>Embelia ribes</i>), <i>Chhoti Elaichi</i> (<i>Elettaria cardamomum</i>), <i>Tej Pata</i> (<i>Cinnamomum tamala</i>), <i>Loung</i> (<i>Syzygium aromaticum</i>), <i>Nishoth</i> (<i>Operculina turpethum</i>), <i>Sendha Namak</i> (salt), <i>Dhaniya</i> (<i>Coriandum sativum</i>), <i>Pipla Mool</i> (<i>Piper longum</i> root), <i>Jeera</i> (<i>Cuminum cyminum</i>), <i>Nagkesar</i> (<i>Mesua ferrea</i>), <i>Amarvati</i> (<i>Achyranthes aspera</i>), <i>Anardana</i> (<i>Punica granatum</i>), <i>Badi Elaichi</i> (<i>Amomum subulatum</i>), <i>Hing</i> (<i>Ferula assafoetida</i>), <i>Kachnar</i> (<i>Bauhinia variegata</i>), <i>Ajmod</i> (<i>Trachyspermum ammi</i>), <i>Sazzikhar</i> (Alkaline salt), <i>Pushkarmool</i> (<i>Inula racemosa</i>)	<i>Deepan</i> , <i>Pachan</i> , <i>Nitya Virechan</i> , <i>Kanduhar</i> (Promotes digestive fire, To digests food, causes mild purgation, controls itching)

DR Immune Table	Kesar (<i>Crocus sativus</i>), Kuchala (<i>Strychnos nux vomicos</i>), Ashwgandha (<i>Withania somnifera</i>), Shatavari extract (<i>Asparagus racemosus</i>), Pippali (<i>Piper longum</i>), Shunthi (<i>Zingiber officinalis</i>), , Tulsi (<i>Ocimum sanctum</i>), Haridra (<i>Curcuma longa</i>), Lavang (<i>Zeylanicum aromaticum</i>), Loha bhasm (Iron), Swarna makshik bhasm (Chalcopyrite), Mukta Shukti bhasm (Pearl oyster shell), Bahera (<i>Terminalia bellerica</i>), Giloy (<i>Tinospora cordifolia</i>), Vidhara (<i>Argyreia nervosa</i>), Badi Elaichi (<i>Amomum subulatum</i>), Dalchini (<i>Cinnamomum verum</i>), Pudina (<i>Mentha viridis</i>), Tej Patta (<i>Cinnamomum tamala</i>), Amalki (<i>Emblica officinalis</i>), Ajwain (<i>Trachyspermum ammi</i>), Papita Satva (<i>Carica papaya</i>), Chhoti elachi (<i>Elettaria cardamomum</i>)	Oja Vardhak , Meda Vardhak , Chintahar (Immunity building, Improves mental health, de stressor)
Syrup Blood Purifier	A combination of Classical Multi herbal Ayurvedic formulations: Khadiraristha , Mahamanjishthadi Kwath , Devdarvyadi Kwath , Takrarishta	Rakta Shuddhi , Kanduhar (Detoxifies blood, controls itching)
Skin Cure Capsule	Anant (<i>Hemidesmus indicus</i>), Neem (<i>Azadirachta indica</i>), Gulab (<i>Rosa centifolia</i>), Haldi (<i>Curcuma longa</i>), Giloy (<i>Tinospora cordifolia</i>), Mulethi (<i>Glycyrrhiza glabra</i>), Chiraita (<i>Swertia chirayita</i>), Babool (<i>Vachellia nilotica</i>), Manjith (<i>Rubia cordofolia</i>), Vidang (<i>Embelia ribes</i>), Sharpunkha (<i>Tephrosia purpurea</i>), Khadir (<i>Acacia catechu</i>), Sanay (<i>Cassia angustifolia</i>), Gandhak (Sulphur)	Charmaroghar , Oja Vardhak , Kinkara Sparshahar , Kanduhar (Treats skin disease, Immunity builder, reduces roughness of skin, removal of itching)
Psoro Tablet	Neem (<i>Azadirachta indica</i>), Pawad Beej (<i>Cassia tora</i>), Bawachi (<i>Psoralea corylifolia</i>), Akash Bel (<i>Cassytha filliformis</i>), Bakayanfal (<i>Melia</i>	Sweda Vardhak , Charmaroghar , Kinkara Sparshahar , Kanduhar (increase

	<i>azedarach</i>), Manjistha (<i>Rubia codifolia</i>), Gandhak (Sulphur), Gum Accacia	sweating, treat skin disorder, removal of roughness from skin, removal of itching)
Psoro Oil	Anant (<i>Hemidesmus indicus</i>), Bawachi (<i>Psoralea corylifolia</i>), Neem (<i>Azadirachta indica</i>), Alovera (<i>Aloe barbadensis</i>), Mulethi (<i>Glycyrrhiza glabra</i>), Karanj (<i>Pongamia glabra</i>), Kali Mirch (<i>Piper nigrum</i>), Mustard oil , Coconut oil , Ratan Jot (<i>Onosa echioides</i>)	Charamroghar , Rukstahar , Kinkara , Sparshahar , Kanduhai (treat skin disorder, removal of roughness from skin, removal of itching)

RESULT

The patient underwent 4 months of *Ayurvedic* regimen and after continuing the treatment, got significant results in subjective parameters and in pathological condition which was visible during the treatment against *Ekkustha* (Psoriasis). Visionary results are mentioned in **figure 3, 4 and 5**. Subjective comparison mentioned in **Table 9**.

FIGURE 3 BEFORE TREATMENT**FIGURE 4 DURING TREATMENT**

FIGURE 5 AFTER TREATMENT



Table 9 Comparison of Subjective Parameters before treatment and recent visit

Complaints	Before Treatment 10 th January 2025	Recent Visit 14 th April 2025
<i>Kandu</i> (Itching at localized area)	7/10	1/10
<i>Kinakara Sparsha</i> (Roughness of Skin),	5/10	1/10
<i>Nidara</i> (Disturbed sleep due to itching and burning sensation)	3/10 unhappy sleep	10/10 Sound sleep
<i>Shyava</i> (Blackish patchy skin discoloration)	Excessive	Negligible

DISCUSSION

Discussion on *Ekk-Kushtha* (Psoriasis)

Ayurveda mentioned skin diseases to be of extremely long lasting nature,^[17] characterized by *Aswedan* (lack of sweating), *Mahavastu* (extensive skin lesions) and *Matsyashakalopam* (fish like scaling)^[18]. Modern Medicine considers Psoriasis to be an autoimmune disorder^[1], highlights by fish like scaly plaques usually starting from skin elbows, knees and scalp. Going to such matching symptoms *Ekkushta* can be liken to Psoriasis^[1]

Discussion on *Nidan* (causative factors)

The *Nidan* (causative factors) of Psoriasis, which is often correlated with *Ek-Kushtha* in *Ayurveda*, primarily revolves around dietary, lifestyle, and psychological imbalances that disturb the body's internal harmony. One of the major causes is the frequent consumption of *Viruddha Aahar* (incompatible food combinations) such as milk with fish or sour fruits, and curd with nightshades—which lead to the formation of *Ama* (Toxins) in the body. Eating heavy, oily, sweet, and sour foods in excess can aggravate the *Kapha* and *Pitta Doshas*, causing blood and skin tissue imbalances. *Adhyashana*, or eating before the previous meal is fully digested, further impairs the digestive *Agni* (digestive fire) and contributes to toxin accumulation. Psychological factors such as chronic stress, anger, guilt, anxiety, and emotional disturbances^[19] disrupt *Vata* and *Pitta*, which are closely associated with inflammatory skin conditions. Additionally, *Vegavidharana* (suppression of natural urges like sneezing, urination, or crying), causes internal *Dosha* imbalances. Erratic lifestyle factors such as irregular sleep, sedentary behavior, and lack of routine also contribute significantly to the manifestation and aggravation of the disease^[20]. In some cases, external triggers like injuries, exposure to chemicals, or environmental toxins and *Agantuja Nidana* (external etiology) can worsen the condition.

Discussion on *Samprapti* (Pathogenesis)

Charak Samhita mentioned *Kushta Sapatak* (seven components for skin diseases). These are *Vata*, *Pitta*, *Kapha*, *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), and *Ambu* (tissue fluids). Sub dermal muscles as per *Ayurveda* are beavers to be the seven skin layer hence muscles are linked to occurrence of Psoriasis.^[21] Excessive dryness and flakes in Psoriasis represent *Vata Dosha*, were as itching and excessive skin proliferation represent *Kapha Dosha* this establish *Ekkusta* to be *Vata Kapha* disorder.

Discussion on *Purvarupa* and *Rupa* (Symptomatology)

Charak Samhita mentions many premonitory symptoms in skin diseases, out of which *Aswedan* (lack of sweating), *Vaivarnya* (Discoloration), *Koth* (Plaque), *Kandu* (itching), and *Chirasthayi*^[22] (long lasting nature) match with the preclinical and clinical symptomatology from Psoriasis.

Discussion on Chikitsa / Management

All the *Ayurvedic* sages' recommended a specific diet, life style, medicines and *Panchkarma*. Implimenting this plan to current case study, *Aahar* (diet), *Vihar* (lifestyle), *Shaman* (medicines), *Shodhana* (Proper detoxification): Removes accumulated *Mala* toxins and waste (toxins and waste) were planned for this patient.

[23]

Discussion on *Aahar* (Diet)

This dietary plan emphasizes natural, plant-based eating to promote detoxification and to improve overall health. It advises avoiding heavy, sour, dairy products, aquatic meats, red meat, jaggery, sesame seeds, and all forms of packaged or processed foods, which can burden digestion, contribute to inflammation, skin itching, increase dryness, sheading of skin flakes etc. Vegetables and herbs like Capsicum, and *Karela*, and formulations including *Triphala* (*Embllica officinalis*, *Terminalia bellerrica*, *Terminalia chebula*) for their cleansing and rejuvenating effects are recommended. Hydration was prioritized through herbal tea, alkaline water, and nutrient-rich juices made from beetroot, pomegranate, Curry, and *Neem* leaves. The structured meal timings began early in the morning with detoxifying spices and continue with seasonal fruits, pulse-based soups, and zero grain chapattis made from pulses and seeds, which are designed to fight against autoimmune disease [24]. Fruit and water fasting once a week was also advised to give the digestive system a break. This approach combines principles from *Ayurveda* to support overall health, manage chronic conditions, and encourage natural healing. [25]

Discussion on *Vihar* (lifestyle)

This lifestyle plan is especially beneficial for those suffering from skin diseases, as it focuses on detoxification, hormonal balance, and immune support—key factors in skin health [26]. Sitting in sunlight helps in the natural synthesis of Vitamin D, which plays a crucial role in skin regeneration and reducing inflammation. Soaking feet in lukewarm water while chanting *Mantras* like LUM, VUM, and OM calms the nervous system, reduces stress (a major trigger for many skin disorders), and promotes energy flow through *Chakras* associated with detoxification. Offering gratitude before meals enhances mindfulness, which can improve digestion and metabolism both essential for healthy skin [19]. Waking up at *Brahma Muhurta* helps regulate cortisol levels and supports skin repair during early morning hours. Daily meditation and Yoga reduce oxidative stress and inflammation, both common contributors to chronic skin issues. Oil pulling eliminates oral toxins that could otherwise burden the liver, a key organ in skin detoxification. Quality sleep ensures that the skin undergoes proper repair and rejuvenation. Finally, a disciplined routine supports hormonal and digestive balance, both of which are fundamental to maintain a clear, healthy skin.

Discussion on *Aushadi* (medicines ingredients)

Neem (*Azadirachta indica*) –*Rasa* (Taste): *Tikta* (Bitter), *Kashaya* (Astringent), *Guna* (Qualities): *Laghu* (Light), *Veerya* (Potency): *Sheeta* (Cooling), *Vipaka* (Post-digestive effect): *Katu* (Pungent), *Prabhava* (Specific action): *Krimighna* (anti-parasitic), *Raktashodhaka* (blood purifier). **Giloy** (*Tinospora cordifolia* *Rasa*): *Tikta* (Bitter), *Kashaya* (Astringent), *Guna Laghu* (Light), *Snigdha* (Unctuous), *Veerya*: *Ushna* (Hot), *Vipaka*: *Madhura* (Sweet), *Prabhava*: *Jwaraghna* (Antipyretic), *Rasayana* (Rejuvenator), *Tridoshashghna* (Balances all three *doshas*), *Immunomodulator*. **Gandhak** (Sulphur) *Rasa* (Taste) *Katu* (Pungent), *Tikta* (Bitter) *Guna* - *Laghu* (Light), *Snigdha* (Unctuous / Oily), *Sara* (Flowing / Mobile), *Veerya Ushna* (Hot), *Vipaka Katu* (Pungent), *Prabhava*: Uniquely effective in treating a wide variety of skin disorders, including chronic conditions like eczema, psoriasis, acne, scabies, and fungal infections].^[28,29,30] **Triphala**^[31] **Amla**: *Rasa*: Predominantly *Amla* (Sour), *Madhura* (Sweet), *Katu* (Pungent), *Tikta* (Bitter), *Kashaya* (Astringent): *Guna Laghu* (Light), *Ruksha* (Dry), *Sheeta* (Cool). *Veerya*: *Sheeta* (Cooling). *Vipaka*: *Madhura* (Sweet). *Prabhava*: *Rasayana* (Rejuvenator) – promotes longevity, enhances immunity, and supports overall wellness, *Chakshushya* – improves eye health, *Tridoshashghna* – balances *Vata*, *Pitta*, and *Kapha*. **Haritaki**: *Rasa*: All five tastes except *Lavana* (Salty), *Kashaya* (Astringent) – predominant *Madhura* (Sweet), *Amla* (Sour), *Tikta* (Bitter), *Katu* (Pungent). *Guna Laghu* (Light), *Ruksha* (Dry), *Sara* (Flow-inducing promotes movement). *Veerya* (Potency): *Ushna* (Hot). This hot potency helps stimulate digestion and remove *Ama* (toxins), especially beneficial in *Kapha* and *Vata* disorders. *Vipaka*: *Madhura* (Sweet). **Bibhitaki**: *Rasa*: *Kashaya* (Astringent), *Tikta* (Bitter), *Madhura* (Sweet) *Guna*: *Ruksha* (Dry), *Laghu* (Light), *Veerya* (Potency): *Ushna* (Hot), *Vipaka*: *Madhura* (Sweet). In this case, the patient followed all of these and she got significant relief. Complaints like *Kandu* (Itching), *Kinkara Sparsha* (Roughness of Skin), *Khandit Nidra* (Disturbed sleep due to itching and burning sensation), *Shyava* (Blackish patchy skin discoloration) and *Rookshata* (Dryness) were almost eliminated. This case study highlights the potential benefits of *Ayurvedic* therapy for managing *Ekkustha* (Psoriasis). *Ayurvedic* treatments offer a more accessible, cost-effective approach, addressing underlying imbalances. Further research is needed to confirm the effectiveness, safety and reliability of *Ayurvedic* treatments in *Ekkustha* (Psoriasis) management.

Prime Ingredients of Prescribed Drugs:

- a. **DR. Shuddhi Powder** *Triphala Churna*^[31] is used to promote removal of toxins *Amapachana* (removal of toxins), enhance *Agnideepan* (digestive fire)^[32], and regulate the movement of *Vata*.
- b. **DR Immune Table** *Triphala Churna*^[31] is used to promote *Amapachana* (digestion of toxins), enhance *Agnideepana* (digestive fire), and regulate the movement of *Vata*, *Giloy* (*Guduchi*)^[29] *Giloy* is effective in alleviating the symptoms of skin disorder, such as *Daha* (burning sensation) and *Kandu* (itching), and also shows positive effects on hematological parameters.

- c. **Syrup Blood Purifier** *Khadiraristha* ^[31] is also recognized for its anti-inflammatory and antioxidant properties. *Manjishthadi Kwath* ^[26] cleans the complete blood by removing toxic substance such as *Ama*.
- d. **Skin Cure Capsule** *Khadiraristha* ^[31] is also recognized for its anti-inflammatory and antioxidant properties *Giloy (Guduchi)* ^[30] It is effective in alleviating the symptoms of skin disorder, such as *Daha* (burning sensation) and *Kandu* (itching), and also shows positive effects on hematological parameters. *Gandhak* (Sulphur) ^[29] enhance *Deepan*, *Pachan*, detoxification, provides strength, rejuvenation of cells, and antimicrobial properties.
- e. **Psoro Tablet** *Gandhak* (Sulphur) ^[30] enhance *Deepan*, *Pachan*, detoxification, provides strength, rejuvenation of cells, and antimicrobial properties. *Neem (Azadirachta indica)*^[28], Antimicrobial and anti-inflammatory properties.
- f. **Psoro Oil** *Karanj (Pongamia glabra)* ^[32], helps in removal of dryness from skin, removal of itching and patch healing *Neem (Azadirachta indica)*^[28], Antimicrobial and anti-inflammatory properties.

Discussion on Panchkarma

Snehan and Swedan^[15]

- *Snehan* with warm oil stimulates vasodilation, enhancing blood flow and lymphatic drainage, reduces muscle spasms and tension, reduces inflammation increases lubrication reduces cortisol level and stress, and enhances antioxidant activity.
- *Sarwang Swedan* stimulates sweat glands, promoting detoxification.
- *Snehan* balances *Vata* and *Pitta Doshas* and reduces toxic accumulations (*Aam*)
- *Sarwang Swedan* nourishes and revitalizes, leading to *Prana* (vitality) enhancement.

GhritaPan

GhritaPan is considered altering for all three *Doshas*—*Vata*, *Pitta* and *Kapha*. It highlights a lighting and setting-up effect on *Vata*, a cooling effect on *Pitta*, and a promoting effect on healthy *Kapha*. The *Purv Karma* (before therapy procedure) protocol for *Panchkarma* includes *Ama Pachan*, a *Snehan*, *Swedan*, and *Ghrita Pan*. These preparations detach and melt the toxins, *Srotas* (declog the channels), and mobilizes the loosened toxins into to the Gastrointestinal Tract for easy expulsion ^[33]

Virechan

- *Malapaham* (Removes body Waste). *Rogaharam* (Cures diseases). Enhances *Bala* (strength) and *Varna* (complexion). Leads to a long and healthy life. Helps eliminate diseases. Promotes physical strength. Improves skin tone and complexion. [16,34]
- *Trivritt* and Castor oil increase peristaltic movements and by softens stools. All the toxin were removed out of the body.
- Although *Agni* (digestive fire) is initially weakened due to Toxins been expelled from the body, it gradually regains strength through *Sansarjan Karma*. As *Agni* improves, it enhances *Bala* (overall strength), nourishes all the *Dhatus* (body tissues), and leads to the proper formation of *Ojas* (vital energy), which strengthens the body's ability to resist diseases.

Sansarjan Karma

After *Sanshodhan Karma*, *Agni* (digestive fire) becomes *Manda* (dull or weakened)."[17] To enhance the *Agni* and to restore the normal *Prakriti* of patient, particular *Aahar Karma* (Special diet protocol) should be followed.

NEED FOR FUTURE RESEARCH

This study focused on a *Charma Rog*, yielding promising results. However, due to the small sample size, further research with randomized controlled trials and larger cohorts is needed to confirm the safety, efficacy and reliability of *Ayurvedic* treatments, helping to establish standardized therapeutic guidelines.

CONCLUSION

This case study evaluating the treatment of *Ekkushtha* (Psoriasis) (*Charma rog*) through *Ayurvedic* interventions yields the following findings:

Complaints: Upon the first visit, the patient presented with Psoriatic Patch on both feet with some localized complaints *Kandu* (Itching at localized area), *Kinkara Sparsha* (Roughness of Skin), *Khandit Nidra* (Disturbed sleep due to itching and burning sensation), *Shyava* (Blackish patchy skin discoloration), and *Rookshata* (Dryness). After *Ayurvedic* treatment, significant improvements were observed. The patient reported relief from all complains, and the patch also seems to be healed, and with no new symptoms emerging, suggesting a marked improvement in overall health.

Vision: There was a notable reduction in Psoriatic Patch.

In summary, *Ayurvedic* therapies for *Ekkushtha* (Psoriasis) (*Charma rog*) showed promising results, including reduction & relief in complaints and size of the Psoriatic Patch. The *Ayurvedic* treatments appears to alleviate *Ekkushtha* (Psoriasis) (*Charma Rog*) symptoms and improve overall health.

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