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## AYURVEDIC MANAGEMENT OF EKAKUSHTA IN KAUMARBHRITYA: A SINGLE CASE STUDY

Arbaz Isaq Shaikh [1], Dr. Ravindra Dhanwade[2], Dr. Kishor Pacharne [3]

1]PG Scholar, Department of Kaumarbhritya,

PMT'S Ayurved College Shevgaon.

2]Guide and Associate Professor, Department of Kaumarbhritya,

PMT'S Ayurved College Shevgaon.

3]Professor and HOD, Department of Kaumarbhritya,

PMT'S Ayurved College Shevgaon.

### ABSTRACT

Eka Kushta is a form of Kshudra Kushta that resembles psoriasis in its clinical presentations and is primarily caused by an imbalance of the Vata and Kapha Doshas. Round plaques covered in silvery scales and erythematous, clearly delineated papules are the clinical features of psoriasis, an immune-mediated illness. The elbows, scalp, knees, and gluteal cleft are the most often affected locations. Ayurveda describes a number of therapy methods, including Shamana and Shodana, for managing Eka kushta. As a result, in the current case study, an 10 -year-old boy who presented to the Kaumarabhritya Out Patient Department with elbow, knee, hand, and foot symptoms of Eka kushta was treated with internal medication (Shamana chikitsa) and Shodana chikitsa(virechana).

**KEYWORDS** Ayurveda, Ekakushta, Psoriasis, shaman chikitsa, shodhan chikitsa

### INTRODUCTION

Ayurvedic writings have a broad description of skin problems grouped together under the word Kushta. Kshudra kushta has been cited in relation to Eka kushta. The same elements that cause Kushta also cause Eka Kushta. The primary aetiologies are dietary variables such as Viruddha ahara, excessive eating of Drava, Snigdha, Guru ahara, Navanna, fish, curd, salt, sour substances, Vegadharana, particularly Vamana, and other immoral behaviors(1).The main clinical features of Eka kushta are Aswedanam(Absence of sweating), Mahavastu (extends skin lesion), Matsya shakalopam (skin scales resemble the scales of fish (2). These clinical characteristics resemble those of psoriasis. Because of this, psoriasis can be treated using the Eka Kushta therapy protocol, which has been used in this case study. In every case of kushta, the treatment protocol consists of repeated Samsodhana in conjunction with Samshamana.Psoriasis is one of the most common dermatologic conditions, impacting around 2% of the global populace (3). The Greek words Psora, which means itching, and sis, which means acting condition, are the origin of the word psoriasis. Psoriasis in childhood is comparatively common, affecting 1-3% of the overall population (4). Psoriasis is a immune mediated disease clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery scales. The most common variety of psoriasis is called plaque type (5). The

aetiology of psoriasis is still poorly understood, but there is clearly a genetic component to the disease. 30-50-% of patients with psoriasis report a positive family history. Psoriatic lesions contain infiltrates of activated T cells that are thought to elaborate cytokines responsible for keratinocyte hyperproliferation, which results in the characteristic clinical findings (6). Auspitz's sign (pinpoint bleeding when scale is removed), Koebner phenomenon (new skin lesion appears at the site of trauma), is a valuable diagnostic feature (7).

### Embryogenic relationship:

Skin and GIT have a common origin from the embryoblast. As the development precedes the cranial end of foregut and the blind caudal end of the hindgut, eventually shares on ectodermal component. The former gives rise to oral epithelium and the later to the epithelium of the lower part of the anal canal. Thus, many skin disorders concomitantly involve gastrointestinal membrane and epithelium, including all connective tissues. The dermis and sub-mucosa of gut arises from mesenchymal cell. The glandular part of the skin and GIT develops from common histogenic process.

### B.Biochemical relationship:

Skin disease can be caused by the primary disturbance of common biochemical mechanism, or can be secondary to general metabolic alterations, induced by dysfunction of these systems.

### Atyashana

Taking excessive amount or constant usage of certain foods like Navanna (new formed rice) Guru Anna (heavily digestible foods), Amla Rasa (citrus fruits), Dugdha (She buffalo milk), Dadhi (curd), Matsya (fish), Guda (jaggery), Tila Taila (unrefined sesame oil), Kulattha (Horse gram), Masha (black gram), Nishpava (field beans), Ikshu pishta (food articles (sweets) prepared by sugars), Piskta-Vikara(carbohydrate rich foods)

Mithya Ahara: Improper food habits are another major causative factor of Kushtha. There are certain a code of conducts of eating which when not followed is called Mithya ahara. The codes of conduct of eating have been termed as "Ashtaaharavidhi vishesha Ayatani" [8] 3. Viruddha Ahara: "Viruddha" or "Fairodhika" is the technical term for incompatible or antagonistic. All substances which act as antagonist to normal Dhatu (tissues) of the body are to be regarded as 'Viruddha' in Ayurveda. According to Ayurveda, Ahara can sometimes become fatal just like the poison & in some case it may become Gara Fisha (artificial poisoning) in long run . Type of food combination which directly produce the disease Kushtha are described here as per the classics. Fish with Milk: It is the example of Samyoga and Veerya Viruddha. Gramya, Anupa or Audaka Mamsa with Milk It makes Samyoga Viruddha. Diet consisting mostly of cereals like Hayanaka, Yavaka, Chanaka, Udalaka, Kodrava, Kola, Kulattha, Masha, Atasi or Kuviombha with milk, curd, butter milk, are Viruddha. 4. Vishamaashana: Taking food at irregular time is called Vishamashana. Vishama Ashana is best known to produce Vishama Agni.

5 Asatmya Ahara: Taking food which is not homogenous and not pertaining to the person is called Asatmyaahara.

6. Ajirne Adhyashana: Intake of food in state of indigestion is called Ajirne Anne. According to Acharya Charak, taking food in state of indigestion is best known to cause Grahani Dushti

### CASE REPORT

Basic information of the patient , Age – 10 years ,Sex - Male ,Religion – Hindu , Socioeconomic status – middle class

Pradhana Vedana (Chief complaints) Child's parents presented with the complaints of Erythematous, scaly lesions on both elbows, hands, knee, foot from 1 year of child's age , associated with difficulty in holding objects, and reduced range of movements of interphalangeal joints of both hands since 1year. Vartamana vyadhivritta (History of present illness) The child was asymptomatic till 1 year of age, after that he gradually developed reddish scaly lesions over both feet, later gradually progressed and involved his knee, elbow, palm. There is severe itching, burning sensation, and blood discharge on scratching. Also, since 1year, the child developed difficulty in holding objects, and decreased range of movements of fingers was present. Child was on medication which provided symptomatic relief, and symptoms aggravated with the discontinuation of the medication. Hence, the child came to Kaumarabhritya Department of our Ayurvedic Hospital and was treated on Out Patient basis.

**stasthan Pareeksha**

Nadi: Prakrita, 102b/minute

Mala: Prakrita, regular once a day

Mutra: Prakrita, 4-5 times/day

Jihva: Anupalipta

Shabda: Prakrita

Sparsha: Anushnasheeta

Drik: Prakrita

Aakriti: Prakrita

**Rogapareeksha**

- Nidana: Virudhahara Vihara
- Purvarupa: Kharasparshatha, Twaksphutana
- Rupa: Kandu, Toda, Bheda, Aswedana, Mahavastu, Matsyasakalopama
- Upashaya: Moisturizing
- Anupashaya: Playing in Mud, Intake of Virudhahara
- Samprapti

Nidana → Vata Kaphadusti → Rasa Raktadushana → Sthanasamshraya in Paada, Hasta, Vankshana, Shiras → Kandu, Toda, Aswedana, Mahavastu, Matsyasakalopama → Eka Kusta

**Lower limb****Inspection**

Skin: Multiple scales of lesions with diffused margin on the soles of foot, over heels and central dependant part of soles. Bilaterally symmetrical lesions. No defined shape. Nail: pitting is present, Greyish discoloration at the tip of nails.

**Palpation**

Dry, rough lesions over the palms & heels. No raise in temperature. No local tenderness.

**Upper limb**

**Inspection:** Undefined shape and margins.

**Palpation:** Dry, unelevated lesions. Itching and pain was present.

**Diagnostic Criteria**

Diagnosis was made based on the Lakshanas of Ekakushta and signs and symptoms of plaque psoriasis.

Auspitz Sign - Positive,

Candle Grease Sign - Positive,

Koebner Phenomenon - Negative.

**TREATMENT GIVEN**

- 1)Arogyavardhini vati 250 mg bd with kosha jala for 21 days
- 2)Gandhak rasayana 250 mg bd with kosha jala for 21 days
- 3)Virechana with Trivrit lehyam total procedure taken 7 days

**OBSERVATIONS AND RESULTS**

sign	Before treatment	After treatment
<b>Kandu</b>	<b>3 +</b>	<b>1+</b>
<b>Twak sputana</b>	<b>3+</b>	<b>1+</b>
<b>Daha</b>	<b>3+</b>	<b>-</b>
<b>Raga</b>	<b>2+</b>	<b>-</b>

**DISCUSSION**

Ayurveda describes the main 18 types of skin disorders under the umbrella term the 'Kushtha'. Despite this all Ayurveda classics defines the innumerable and infinite numbers of Kushtha on the basis of Ruja (types of pain or burning or itching), Varna (color of skin lesion), Samutthana (types and extend of Doshainvolve in etiology of skin diseases), Sthana (location of Skin lesion on body parts), Samsthana (causative factors responsible and type of symptoms). As explained in Ayurveda classics innumerable numbers of permutations and combination of Dosha Amshansha Pariaklpna with above mentioned factors, there are infinite types and variation of Kushtha is possible. Considering this fact, one can understand the reason behind the difference of opinion in 2 ancient Ayurveda scholars on the same type of Kushtha. Hence differ of opinion regarding the types of Kushtha and its clinical presentation is prevailed even since ancient time. Therefore there is wide range of analysis and interpretation of Kushtha has been found in today's Ayurveda literature. Considering the variation in colour, shape and associated symptoms different Ayurveda scholars correlate different Kushtha with different modern skin ailments. Even In this article we try to evaluate and correlate different childhood skin disorders on Ayurveda fundamentals of skin and skin disorders. After analysis of literature review of Ayurveda classics, Modern dermatology and childhood skin diseases along with the clinical experience of treatment of skin diseases we observed that there is a wide range of correlations possible among Ayurveda Kushtha and Modern skin diseases. Present article is an attempt to highlight the different types of neonatal and childhood skin disorders and to provide nearer modern interpretation of the same

Shamana therapy was given after completion of Shodana therapy as palliative therapy. Internal medicines administered after Pancha karma includes Gandaka rasayana, Arogya vardini vati, Gandhak (sulfur) in Ayurveda has Kushthaghna property. It's Garavishahar (anti-poisonous) and Rasayana (rejuvenation) properties help to cure and correct the causes of skin diseases. According to modern science, sulfur possesses an anti-inflammatory and anti-oxidant property which plays an important role in the treatment of autoimmune diseases such as psoriasis and psoriatic arthritis It is known for its Kushthaghna, Kledaghna, Ampachana, Raktaprasadana, and Rasayana properties. In Gandhak rasayana, purified sulfur has been treated with different medicinal herbs to improve its pharmacological actions to many folds (8). Arogyavardini Vati is the best formulation told by acharyas specially in the management of kushta rogas. The maximum ingredients are useful in skin diseases. The vati improves the function of grahani due to which there is proper functioning of Rasadhatwagni and Rakta dhatwagni which is very important factor to cure the disease because Eka kushta is disease of Raktavaha sroto dushti 9)

Virechana After Abhyangam and swedanam, Virechanam with Trivrit lehyam was done as it causes suka Virecham. Virechana karma helps to expel the doshas accumulated in Koshta. It helps in removal of disease from its root cause, hence the chance of relapse of Before treatment After disease is less. Draksha Jala was administered to the child which enhances the virechana karma as it is Virechanopaga dravya (10). No complications were observed during and after the procedure. After Virechana moderate progress was observed in itching, burning sensation, scaling and stiffness of interphalangeal joints.

**a)Pathya Ahara:**

Acharya Charaka has defined 'Pathya' as- they are the wholesome drugs and regimen which do not adversely affect the body and mind. Laghu Anna The patient has to consume (light food articles), Tikta Shaaka (bitter vegetables), Purana Dhaanya (old cereals & grains), Jaangala Maamsa (unsaturated animal fat), Mudga (greengram), Patola (snake guard), Purana Shaali (old stored rice), Shashtika Shaali (variety of rice explained in Ayurveda), Yava (Barley grain), Godhuma (wheat grain), food and ghee prepared by Triphala & Nimba (Neema). Khadira Jala Pana (Drink prepared from the extraction of (Acacia catechu plant), & Aushadha Samskruta Takra (medicated buttermilk),

**b)Pathya Vihara**

They are the wholesome drugs and regimen which do not adversely affect the body and mind Abhyanga with Karanja taila (massage with Pongamia pinnata oil), Parisheka (type of medicated bath where in water is sprinkled on the body), Avagaha (bath) with Khadira Kashaya (Acacia catechu plant), Brahmacharya abstinence from

Ashana is "Amapradosha hetu". Ahita bhojana when taken in Atimatra (excess) and at improper time (Akala) leads to Dushti in Annavaha Srotas and also disturbs the Paka Prakriya (Process of food digestion). Lavana It provokes the Pitta, increases the blood, aggravates Rakta, formation of the dermatic lesion, depletion of the Muscle tissue [20]: Ati-Madhura-Amla Rasa Sevana leads to Ajirna, Raktadushti, Raktaprakopaka, Mamsa Shaithilya & Pittavruddhikara, finally suppuration of wounds takes place<sup>21</sup>) Amin dudat Mamta Guru Suiduka

Ajirne Adhyashana: Intake of food in state of indigestion is called Ajirne Anne. According to Acharya Charak, taking food in state of indigestion is best known to cause Grahani Dushti

### (B). Vihara Hetu (Recreational activities):

All kinds of activities done physically, vocally or mentally are considered as Vihara. Mithya Vihara means improper activities. The activities. opposite to 'Swasthavrita" (Personal health maintenance activities) are the 'Mithya Vihara'.

## CONCLUSION

Eka kushtha (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time, it can give significant relief. And ayurvedic herbs along with panchkarma therapy shows highly significant results in ek-kushta.

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