

A CASE STUDY ON *EKAKUSHTHA* (PSORIASIS) TREATED WITH CLASSICAL AYURVEDIC INTERVENTIONS

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ABSTRACT

Skin is the largest organ of the body. It is not only a protective physical barrier of the body but it is the identification unit for a person. It serves as a mirror of an individual's age, overall health, hygiene, beauty, and complexion. Concerns about skin appearance can influence self-confidence and may affect mental health. One such disease is "Psoriasis". Psoriasis is one of the most common dermatologic diseases, affecting up to 2% of the world's population. It is an immune-mediated disease clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale.^[1] *Ayurveda* is a science which focuses on physical as well as psychological balance of the body. So choosing *Ayurveda* medicine as first line of treatment for skin problems can be promising. *Acharya Charak* of *Ayurveda* explains dermatological findings under *Kushtha*. *Kushtha* is further classified into 7 *Mahakushtha* and 11 *Kshudra Kushtha*.^[1] *Ekakushtha* is a type of *Kshudra Kushtha* occurring mainly due to imbalance of *Vata* and *Kapha Doshas*, resembling Psoriasis in its clinical manifestations. Hence in the present case report a 34 year old male who came to *Rog Nidan Evum Vikriti Vigyan* OPD at NIA campus, present with symptoms of *Ekakushtha* was treated with *Shamana Chikitsa*. After treatment satisfactory results were observed.

KEYWORDS: *Ekakushtha*, Psoriasis, *Shamana Chikitsa*.

INTRODUCTION

The main cause for *Kushtha* is vitiated *Tridoshas* and *Dushya* like *Twak*, *Rakta*, *Mamsa*, *Lasika*. All together termed as “*Sapta Dravyāṇī*”. Sudden changes from cold to heat without observing the rules of gradual change, taking predigestion meals; combining milk with incompatible food choices and other incompatible food choices, suppressing the urge for vomiting or indulges in excessive oleation etc are few factors responsible for causing *Kushtha*. Premonitory symptoms such as anhidrosis, hyper-hidrosis, hardness, extreme smoothness, discoloration, pruritus, pricking pain, anesthesia, all-round burning, hyperesthesia, horripilation, roughness, releasing of heat, thickening, edema and acute spreading affection frequently on the body, discharge in the various orifices of the body, excessive pain in case of suppurations, burns, bites, fractures, wounds and falls, and the putrefaction and non-healing of even slight wounds give an idea about the happening of the disease.^[1]

The main clinical features of *Ekakushtha* are *Aswedanam* (absence of sweating), *Mahavastu* (extended skin lesion), *Matsya Shakalopam* (skin scales resemble the scales of fish). These clinical features are similar to that of psoriasis. Owing to this fact psoriasis can be treated on the line of treatment of *Ekakushtha*.^[1]

Psoriasis is a polygenic, chronic relapsing inflammatory autoimmune disease based on interplay between antigen presenting dendritic cells, T cells and keratinocytes creating the typical signature skin lesion. This makes the skin build up into bumpy red patches covered with scales. They can grow anywhere, but most appear on the scalp, elbow, knee and lower back. Psoriasis does not spread from person to person but it does sometimes happen in members of the same family. It significantly irritates the quality of life of patients and their families resulting in physical, emotional and social burden; many psychological reasons are also seen. In this case, skin cells multiply up to 10 times faster than normal.^[2]

CASE REPORT

A 34 year old male visited OPD 17, *ROGA NIDAN EVUM VIKRITI VIGYAN* department at *Arogyashala, National Institute of Ayurveda*, Jaipur, Rajasthan on date 7-10-2025 with following details:

Patient Name: Mr. Dharmpal

Age/Sex: 34yr/Male

OPD No.: 332025397144

DOA: 7-10-2025

Address: Jaipur

Chief Complaints

- Wide spread dry patches on hands and back side region with itching since 2 years
- Peeling of skin
- Redness and blackish discoloration of skin

Associated Complaints

- On and off constipation since 4 months

H/O Present Illness

Patient was fine before 2 years then he gradually developed symptoms like patches and itching on hands and back side region. He has taken treatment from local doctor but didn't get complete cure, then the symptoms got aggravated gradually, along with on and off constipation since 2 months. Severe itching since 1 year, disturbed lifestyle, so condition got worsen so he visited to our hospital referred by his local friend who had undergone treatment at NIA Jaipur.

Past History

No history of DM/HTN

No allergic history

Personal History

Diet - Veg + Non Veg (1 time in a month)

Appetite – Good

Bowel - Disturbed (on and off constipation)

Sleep – Sound

On Examination(on hand, back)

Very hard dry patches

Discoloration of the skin

Redness

Inflammation is also present

Investigations

ESR – 77 mm/hour

Hb% – 11.8 g%

Eosinophils count – 9%

Diagnosis

Psoriasis/ *Ekakushtha*

We conclude the disease by its *Lakshana* as explained in the classics

TREATMENT ADVISED

Sr No.	<i>Shamana Aushadhi</i>	Dosage (15+15 days)
1	Tablet Purodil	2 tablets with lukewarm water BD after meals
2	Tablet Allecзы	2 tablets with lukewarm water BD after meals
3	<i>Panchnimba Churna</i>	5 g with lukewarm water BD after meals
4	<i>Panchtikta Guggulu Ghrit</i>	2 tbsп with milk BD after meals
5	<i>Patol Patra</i> infused in <i>Jwarhar Kashaya</i>	BD before meals
6	Compound mixture of <i>Chakramard Beej Churna</i> , <i>Bakuchi Churna</i> , <i>Shuddha Gandhak Bhasma</i>	Local application
7	<i>Gandhak Tail</i>	Local application
8	777 Oil	Local application
9	<i>Erand Tail</i> with <i>Dadhi</i>	Local application before bathing

BEFORE AND AFTER TREATMENT

(A verbal consent was taken by clinician to click photo of the lesion)



PATHYA – APATHYA

PATHYA	APATHYA
Laghu Anna Tikta Rasa Shaka	Amla Rasa, Guru Anna
Ghrita	Dudha ,Dadhi
Moong, Kodrava ,Shyamak, Masoora, Arahara	Anupmams , Matsya
Patol ,Khadira ,Bakuchi, Triphala ,Nimba yukta Anna	Guda ,Tila
Yava, Godhuma, Shashtik dhanya, Shali dhanya,Puran Dhanya	Vega avrodh, santaap
vyayam, sadvrat palana	Krodh shoka

OBSERVATIONS

Sr No.	Symptoms	Before t/t	After 2 month Follow Up	After 6 month Follow Up
1.	Dryness, Peeling	Present	Mild reduced	Reduced
2.	Itching(<i>Kandu</i>)	Present	Mild reduced	Reduced
3.	Redness(<i>Raga</i>), blackishness	Present	Mild reduced	Reduced
4.	Constipation (<i>Vibhanda</i>)	Present	Relieve	Complete cure

PASI SCORING^[3]

Score	Erythema redness)	Scaling (desquamation)	Thickening (induration)
0	No symptom	No symptom	No symptom
1	Very slight	Very slight	Very slight
2	Moderate	Moderate	Moderate
3	Marked	Marked	Marked
4	Severe	Severe	Severe

PASI GRADING

Severity Grading	Total PASI Score Range	Interpretation
0-2	Normal/ No lesion	No Psoriatic change
3-5	Mild	Early Psoriatic response
6-9	Moderate	Active Psoriatic lesion
10-12	Severe	Fully developed lesion

PASI SCORE- OBSERVATIONS

Symptoms	Before t/t	After t/t
Erythema	3	0
Scaling	2	0
Thickening	3	1
Total PASI score	8	1

DISCUSSION

The *Ekakushtha* can be correlated with psoriasis and according to *Samhitas* there is no particular treatment advised and we must use *Yukti* and according to *Dosha* we should treat.

According to *Charaka Samhita* the special identification is advised that is *Matsyashakalopamam* and *Kinakara Sparsha*. If the disease is having chronic history, then *Shodana* with *Shamana Aushadhis* is advised. According to the *Dosha* we can advise different *Shodana* procedures. *Pathya* is the most important part of the treatment and *Nidana Parivarjana* is the first line of treatment.

Pancha Tikta Ghrita Guggulu

Pancha Tikta Ghrita Guggulu is indicated in *Vata-Kapha* predominance condition as explained in *Astang Hridayam Vaat vyadi chikitsa*. Its chief ingredients, Nimba, Patol, Vyaghri, Guduchi, *Vasa* and also contains drugs such as *Patha*, *Vidanga*, *Devadaru*, *Gajapipali*, *Sarja Kshara*, *Yavakshara*, *Shunthi*, *Haridra*, *Sunthi*, *Chavya*, *Kutha*, *Tejovathi*, *Maricha*, *Jeeraka*, *Chitraka Mula*, *Katuki*, *Shuddha Bhallataka*, *Vacha*, *Pippalimula*, *Manjistha*, *Atasi*, *Triphala*, *Yavani*, and *Shuddha Guggulu*.^[4]

Tablet Alleczy

Vidanga, Guduchi, Shitpittabhanjan Ras, Saptaparna, Neem, Musta, Ushir, Lodhra, Bakuchi, Amalaki, Haritaki, Bibhitaka, Pippali, Svarna Makshik Bhasma, Tapyaaadi Loha Shuddha, Svarnagairik, Gandhak Rasayan, Kutaj, Arjun.

Tablet Purodil

Khadir, Heera, Nimba, Haridra, Guduchi, Chaulmogra (Tuvaraka), Jawasa, Yashtimadhu, Bakuchi, Manjistha, Sariva, Ghritkumari, Revand Chini, Vata Jata, Kachur, Manjistha Patra, Mundi, Tulsi, Kalmegh, Kachnar, Haritaki, Chopchini, Bhallataka, Arogyavardhini, Ras Manikyā, Shuddha Gandhak, Ushba, Kikar Phala, Kutaki.

Panchnimba Churna

The primary ingredient of *Panchanimba Churna* is *Neem Panchanga*, comprising all five parts of the Neem tree—*Mula* (root), *Twak* (bark), *Kanda* (stem), *Pushpa* (flower), *Phala* (fruit), and *Patra* (leaf). *Neem Panchanga*; *Triphala* (*Amalaki, Haritaki, Bibhitaki*); *Trikatu* (*Shunthi, Pippali, Maricha*); *Chitraka Mula*; *Haridra* and *Daruharidra*; *Guduchi* and *Vidanga*. Other potential ingredients include *Bakuchi, Shuddha Bhallataka*, and *Loha Bhasma*. From the *Bhesajya Ratnavali Kushta Roga Adhikar*

Patol Patra infused in Jwarhar Kashaya

Patola has the synonym *Tiktottama*, indicating its predominance of *Tikta Rasa*. *Tikta Rasa* possesses the property of pacifying *Kleda*, that is, excessive sliminess and unctuousness present in skin lesions. It is also highly beneficial in improving gastric health.

Jwarhar Kashaya has *Sariva, Sharkara, Patha, Manjistha, Draksha, Peelu, Parushaka, Haritaki, Vibhitaka*, and *Amalaki*, all these drug are *raktashodhaka and prasaadak* at same time. Also helps pacify *dosha* in *Amashaya*. Acts as vehicle for *patol churna* action.

Chakramard Beej Churn

Chakramard is widely known as the Ring worm plant, used in *dadru* like presentations. Here this churn is used for its *ruksh* property on application. *Krimighna, Kandughna* property on application.

Bakuchi Churn

Bakuchi is widely known as *Kushtaghni, Sasilekha, Shvitraghni*. By its antimicrobial activity its helps cleanse wound for further infections and promote wound healing.

Shuddha Gandhak Bhasma

Gandhak has sulphur in it. This Sulfur is well used in dermatology cases for its ability to stimulate collagen production and reduce bacterial growth. It acts as an anti-inflammatory local application.

777 oil

It is a *Sidha* medicine oil prepared with *Sheetakutaja* (*Wrightia tictoria*) and coconut oil having impairs keratinocyte multiplication. It interferes in co-stimulatory molecules communications. It balances the micro and macro level of activities. Ideal hydrolipoquotient, reduces xerosis of skin and associated itching. It gives quick relief from clinical symptoms and early onset of remission.^[5]

Erand and Dahi application^[6]

Eranda Taila (castor oil), derived from *Ricinus communis*, is *Vata-Kapha shamaka* with *ushna* and *snigdha* properties. It exhibits anti-inflammatory and keratolytic actions, helping reduce dryness, scaling, and inflammation in psoriasis.

Dadhi (curd) may act as a vehicle, providing mild exfoliation through lactic acid and supporting skin hydration. Together, the combination may soften scales, reduce inflammation, and improve barrier function. However, clinical studies are required to confirm its safety and efficacy.

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