

To study the efficacy of Panchakarma Chikitsa in Ekakushtha – A case study**Dr Dnyaneshwar Machindranath Mitke,.**Assistant professor,
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Yeola Tal- yeola. Dist-Nashik**Abstract :**

Ayurveda is an ancient science which deals with maintaining health of an individual and preventing the occurrence of disease. Acharya Charaka has beautifully elaborated the details of diseases through Nidan Panchak which includes, its causative factor, prodromal symptoms, Symptoms, its complications and at last, its line of treatment. Kushtha, which contains skin disease, is mentioned in Charak Samhita and he has maintained total 18 types of Kushtha. Ekakushtha is one of them. It shows symptoms like Matsyahakalopama, kandu, rukshata, daha affecting in any part of body like hands, legs, lower back. Here I have presented a case study of female patient of 45 years having symptoms of Ekakushtha. She has given a Panchakarma treatment according to Acharya Charaka. First Siravedha, then Jaloukacharan, then Kadunimba Pottali sweda, then Shamana Chikitsa containing Arogyavardhini vati, Arogyakapila vati, Krumikuthar rasa, Haridrakhandapaka and Panchatikta ghrita. It is called as Apunaravartan Chikitsa for Ekakushtha in Charaka Samhita. It has been found very effective for Ekakushtha.

Keywords : Ayurveda, Ekakushtha, Apunaravartan, Charaka.

Introduction :

A 45 year female patient was in trouble due to complaints like Hasta pada twak vaivarnya, Kandu, Daha and Roukshya since last 5 years. The appearance was like Matsyashakala. So after examining thoroughly, we diagnosed it as a Ekakushtha due to Matsyakalopama. Acharya Charaka has mentioned two types of Kushtha – namely Mahakushtha and Kshudrakushtha. ¹ Ekakushtha is described as one of the Kshudrakushtha. Acharya Charaka described symptoms of Ekakushtha as Aswdana, Mahavastu, Matsyahakalopama. ² All Kushtha vyadhi are due to the vitiation of all the three doshas. In this, Rukshata symptom is due to Vata dosha, Pitta is responsible for Daha and Vaivarnya (Matsyashakalopama) and Kandu is due to Kapha dosha. Apunaravartan Chikitsa described for Sadhya kushtha. ³ It contains use of Vaman Virechan karma for removal of Vitiated doshas, then use of proper blood letting process, then use of Shamana medicines by internal as well as external form and intake of proper ghrithas internally. By using this, there is no reoccurrence of kushtha. So here we used treatment described in

Chataka samhita, which contains Ghrutapana for Vata dosha, Virechan & Raktamokshan, Vamana for Kapha dosha. ⁴

Clinical presentation of Ekakushtha is similar to that of Psoriasis. With a prevalence of 0.44-2.8 per cent in India, it commonly affects individuals in their third or fourth decade with males being affected two times more common than females. Psoriasis significantly impairs the quality of life of patients and their families resulting in great physical, emotional and social burden. ⁵ Psoriasis is a common condition caused by an overactive immune response. Symptoms of psoriasis contains well defined area of raised thickened skin, redness, swelling, scaling, itching, burning sensation, crackling and bleeding through affected parts.

Aim:

To evaluate the effect of Panchakarma Chikitsa for Ekakushtha patient.

Objective:

1. To evaluate the effect of Panchakarma Chikitsa in the management of Ekakushtha.
2. To observe any side effects of Panchakarma Chikitsa.
3. Detail study of Ekakushtha.

❖ **Material and Methods :**

Case report – Patient name – X.Y.Z., Age – 45 year, Gender – female.

Complaints : Since 5 years

1. Twak Vaivarnya at lower back region
2. Kandu
3. Rukshata
4. Daha

Table 1 : Symptoms on the basis of doshas

| Dosha | Symptoms |
|---------|--|
| 1)Vata | Rukshata |
| 2)Pitta | Twak Vaivarnya like Matsyashakala , daha |
| 3)Kapha | Kandu |

Table 2 : On examination

| Examination | Observation |
|-------------|------------------------|
| Pulse | 78/min |
| B.P. | 130/80 mm of Hg |
| R.S. | AEBE clear |
| CVS | S 1 S 2 Normal |
| CNS | Conscious and Oriented |
| P/A | Soft |

Table 3 : Ashtavidha Parikshan

| Examination | Observation |
|-------------|---------------------|
| Nadi | Pitta Pradhan Kapha |
| Jivha | Saam |
| Mala | Samyak |
| Mutra | Samyak |
| Shabda | Prakrut |
| Sparsha | Anushnasheeta |
| Druk | Prakrut |
| Akruti | Madhyama |

Table 4 : Dashavidh Pariksha

| Examination | Observation |
|-------------|-------------|
| Dushya | Rasa, Rakta |
| Desha | Sadharan |

| | |
|----------|---------------------|
| Bala | Madhyama |
| Kala | Visraga |
| Anala | Agnimandya |
| Prakruti | Pitta Pradhan kapha |
| Vaya | Madhyama |
| Satva | Madhyama |
| Satmya | Shadarasatmya |
| Ahar | Mishra Aahara |

Table 5 : Srotas Parikshan

| Srotas | Darshana | Sparsha | Prashna |
|------------------|-------------------------|---------|---------|
| Rasavaha Srotas | Krushna Varni Vaivarnya | Ruksha | Kandu |
| Raktavaha Srotas | - | Ushna | Daha |

Hetu : Diwaswap since last 18 years
 Past History : H/O Pulmonary Koch's 12 years back
 Received allopathic treatment for Pulmonary Koch's for 1 year.

▪ **Investigations:**

All routine investigations of blood and urine were done for all the cases. Along with this, few specific investigations were also performed.

- A. Blood examinations
 - CBC with ESR
 - BSL (R)
- B. Urine examination : routine and Microscopic
- C. Some specific Investigations
 - IgG for tuberculosis
 - Monteux test
 - Biopsy for fistulous tract on suspected case of tubercular fistula.
 - HIV for AIDS
- D. Radiological investigations
 - X ray chest PA view

Disease History : Patient was suffering from symptoms Twak Vaivarnya at lower back region, kandu, rukshata, daha since 5 years. She was first diagnosed as Psoriasis patient and got allopathic treatment for last 5 years, but had no relief in

symptoms. Thus Symptoms gradually increased. So patient approached for Ayurvedic treatment and after taking complete history, she diagnosed as Ekakushtha Patient.

❖ **Treatment:**

Table 6 : Shodhana Chikitsa:

| Therapy | Dravya | Duration of study | Period of therapy |
|-------------------------------|-------------------------------------|-------------------|-------------------|
| Siravedh | - | - | Only One time |
| Jalouka application | - | - | Only One time |
| Kadunimba Patra Pottali sweda | Kadunimb patra, tila taila, haridra | 15 minutes | 7 days |

Table 7 : Shamana Chikitsa

| Kalpa | Dosage | Kala | Anupana |
|------------------------------------|--------|---|-----------------|
| Arogyavardhini vati | 250 mg | 2 times in a day after food (2 tablets) | Luka warm water |
| Haridrakhandapaka | 2 gm | 2 times a day after food | Milk |
| Krumikuthar rasa | 250 mg | 2 times a day after food | Luke warm water |
| Arogyavadhkapila vati | 250 mg | At bed time | Luke warm water |
| Panchatikta ghrita (Shamana sneha) | 10 ml | 1 time at morning | Luke warm water |

In the treatment, first Siravedh was done at the lower back region. After that on 8th day, Jaloukacharan was done on lower back region. After these, Kadunimba Patra pottali sweda was given for 7 days. Shamana Chikitsa was given for 1 month period.

▪ **Kadunimba Patra pottali sweda preparation –**

- 400 gm Kadunimba patra was taken and cleaned properly.
- Kadunimba patra was crushed.
- A pan heated on hot plate.
- 10 ml tila taila was added in hot pan.
- Kadunimba patra and haridra added and mixed it properly.
- The mixture was collected in porous cotton cloth and then tied the cloth with a rope and made as pottali.
- Pottali was dipped in the hot tila taila and pottali was applied at lower back region.

Table 8 : Observation and Results

| Symptoms | Before treatment | After siravedh | After Jaloukacharan | After pottali sweda | After 1 month Shamana chikitsa |
|-----------|------------------|----------------|---------------------|---------------------|--------------------------------|
| Kandu | +++ | +++ | ++ | + | - |
| Rukshata | +++ | ++ | + | + | + |
| Daha | +++ | ++ | + | - | - |
| Vaivarnya | +++ | +++ | ++ | + | + |

Discussion :

The hetu of Ekakushtha was diwaswap since last 18 years, ati Santana sevena and also ati navana sevana. At first, patient was complaining Kandu, Daha in the lower back region. It further aggravated and then Vaivarnya observed. Vaivarnya was like Matsyashakala which can be correlated with Ekakushtha. In this due to causative factors, Rasa and Rakta dhatu dushti was observed. The Siravedh causes relief in the Rakta dushti. 6 It promotes the survival rate of cells and induces cytokine production. It mitigates the adverse effects of endotoxin during infection. Jaloukacharan is advised for Pittaj vyadhi and Twak sthit vyadhi. 7 It acts as antibiotic and anti inflammatory in action. Kadunimba patra causes Rakta dhatu prasadan. 8

Haridra causes Rakta dhatu shodhana. 9 Tilataila causes Rakta shodhana, rakta prasadan and Twak Vaivarnya nash. 10 By this, kandu and Vaivarnya gets relieved. Arogyavardhan vati causes pachana. Krumikuthar rasa and Panchatikta ghrita acts as Kleda nashaka and krumi nashaka. Haridrakhandopaka, Arogyavardhini vati act as Rakta dhatwagni vardhak. By these shamana Chikitsa, kandu, daha and vaivarnya gets relieved.

Conclusion :

Siravedh, Jaloukacharan, Kadunimba Pottali sweda are helpful for Ekakushtha. Shamana Chikitsa i.e. Arogyavardhini vati, Arogyavardhkapila vati, Krumikuthar rasa, Haridrakhandopaka and Panchatikta ghrita are very potent for Ekakushtha.

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