

Eka Kushtha (Psoriasis) Treated With Ayurvedic Treatment –A Pediatric Case Report**Dr. P.V. Bulbule¹, Dr. K.G. Bhojraj**1. Assistant professor Kaumarbhritya department,
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Chhtrapati Shahu Maharaj Shikshan Sansta's, Chhtrapati Sambhaji Nagar.**Abstract-**

Beauty is the first preference in present era and major part of the beauty is Skin, which is the vital organ of the body. Patient having more of the cosmetic value than morbidity and mortality. Kushtha explained in Ayurveda having similar features of psoriasis. Causative factors mention in Ayurveda and modern science are weak immunity, derangement in metabolic system tress, unhealthy food, packets food, sedmentary lifestyle and negative thinking. Ekakushtha is one of the Kshudra Kushtha described in Ayurvedic text like Charaka Samhita as well as other Samhitas. Described signs and symptoms i.e. aswedanam (absence of sweating), mahavastu (big size lesions), matsyashakalopamam (scaling) which can be compare with psoriasis. It is chronic Tridoshaj logical involvement of Rasa, Rakta, Twak, Lasika etc. Which is one of the most guilty loking and irritating disease.who have mandagni are more prone to get skin disease like psoriasis and other autoimmune disorders. For this Chikitsa like Shamana, Shodhana, explain according to chronicity in the ayurvedic text.

Keywords-Ekakusta, Shamana, Shodhana, Mandagni**Introduction-**

According to Ayurveda, skin plays great role in physical and mental wellbeing, as it is the one of the five "Gyanendriyas". A person handicap in society because of skin diseases like psoriasis, which turns to stress, loss of beauty and personality and again cause anxiety. Psoriasis is one the most dreadful dermatological condition which is a common autoimmune dermatological disorder in India. The overall incidence in India ranges from 0.44 to 2.2 %, with an overall prevalence¹ of 1.02%. Every year roughly 20000 children under 10 are diagnosed psoriasis. Upto 40% people with psoriasis have symptoms before they are 16 years old.

In Ayurveda, all the skin diseases discussed under the broad heading of "Kushtha", which are further divided in Mahakushtha & Ksudra Kushtha². In present study Psoriasis has been taken as Eka Kushtha. Clinical features of Eka Kushtha described by Acharya Charka are very much similar to that of Psoriasis and the features explained by Acharya Kashyapa represent remission, relapse and seasonal variation, which are present in Psoriassis³.

Clinical Features of Eka Kushtha (Psoriasis)-

Aswedanam	Mahavastu
Yasyamatsyahakalopamam	Tadakkushtha ⁴
Aswedanam(absence of sweating),	Mahavastu
(extensive lesions on body),	Matsyashakalopam
(resembles scales of fish) are features of Eka Kushtha.	Eka Kushtha is a condition having
	dominancy of Vata & Kapha Dosha ⁵ .

Case report-

A fifteen years female child visited outpatient department of Kaumarbhritya at CSMSS Ayurvedic College, Aurangabad, with following

Chief complaints-

1. Silver colored patches on both (right and left) ankle joints and palm region
2. Itching in patches.
3. Scaling from patches. Patient had above complaints since 3 months.

Associated complaints-

- On and off constipation since 15 days
- Disturbed sleep since 2 months
- Loss of appetite since 2 months

History of Present illness:

She is apparently normal before 3 months. Then she started to have reddish patches Right and left Ankle region, Right and left Palm region gradually it turns in silvery with scaling and itching in these patches. Patient took treatment for this from local doctors, Ayurvedic but did not get relief. Then the symptoms got aggravating along with that she also suffered from disturbed sleep and loss of appetite since 2 months on and off constipation since 15 days. Severe itching and condition got worsen so she came to our Hospital for further ayurvedic management.

Past History-No any allergic history

Personal History

Diet –non-vegetarian

Appetite-poor

Bowel –disturbed (on and off constipation)

Sleep- disturbed because of itching

Family History- No any relevant family history related to skin disease

General Examination:

Dashvidha pariksha:

Prakriti (Constitutional status)	<i>Kapha dominant Vataja,</i>
Vikriti (abnormal status)	excessive consumption of <i>Drava, Snigdha</i> and <i>Guru Ahara, Pishanna, Kshir</i> and occasionally <i>Viruddhaahara</i> ,therefore <i>Tidosha, Rakta, Mamsa</i> and <i>Lasika</i> like <i>dushya</i> was present,
Sara (Status of tissue and its related system)	<i>madhyama</i>
Samhanana (Compactness of the body)	<i>madhyama</i>
Pramana (Body proportion)	<i>Madhyama</i>
satmya	<i>Avara</i> (she took very selective <i>Ahara</i> like <i>Kaphvardhaka</i> .)
Satva	<i>Madhyama</i> (because she was tolerate these from last 3 months)
AharaShakti (Digestive capacity)	medium/ avg,
VyayamShakti (physical capacity)	Normal
Vaya (age factor)	<i>Balavasta.</i>

Ashtavidha pariksha:

Nadi(pulse)	<i>Kapha dominant Vataja,</i>
Mutra (urine).	Frequency and color were normal.
Mala (stool)	Unsatisfactory (On and Off constipation)
Jivha (Tongue)	Sam
sabda (speech)	Normal
Sparsha (touch)	Dry and rough skin
Dryuk (eyes)	Normal, no specs, no pallor
Akruti	<i>Madhyama</i>

Local Examination

Skin Inspection:

Silvery white colored, scaly patches on Right and left ankle and palm region.

Discoloration of skin

Palpation Patches were felt dry with rough surface, normal in temperature, firm, minimally elevated from skin surface.

Laboratory Investigation - CBC, ESR, Urine routine and microscopic all were within normal limits.

Diagnosis- we conclude the disease by its lakshana as explained in the classics.

Treatment advice-

1	<i>Aampachak Vati</i>	1 BD with lukewarm water for 5 days
2	<i>Khadirarista</i>	5ml BD After Food
3	<i>Pancha-tiktaka Ghrita</i>	1 tsp with warm water Before Food for 15 days
4	<i>Erandabhrusta Haritaki</i>	1 tsp once at night with warm water daily for 15 days
5	<i>Mrudu sthanik Abhayanga</i>	Nimba taila twice in a day for 15 Days
Advice diet- Should eat ghee, vegetable, should avoid oily food, junk fast food, cold- drinks, beverages etc.		

Follow up after 15 days

1	<i>Aampachak Vati</i>	1 BD with lukewarm water
2	<i>Khadirarista</i>	5ml BD After Food
3	<i>Pancha-tiktaka Ghrita</i>	1 tsp with warm water Before Food for 15 days
4	<i>Mrudu sthanik Abhayanga</i>	Nimba taila twice in a day for 15 Days
5.	Sunthi siddha Jala	2 gm churna in 50 ml water

Advice diet-
Should eat ghee, vegetable, should avoid oily food, junk fast food, cold- drinks, beverages etc.

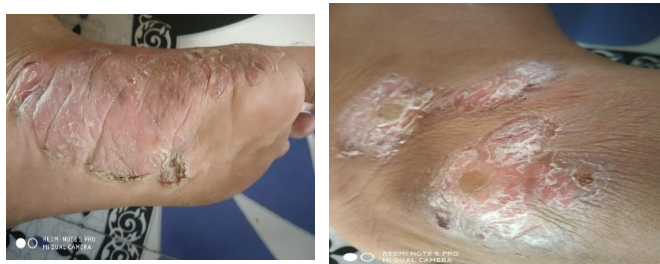
Pathya-Apathya⁶

Pathya	Apathya
Meditation	<i>Sharirik vegdharana</i>
Vyayama and yoga	Excessive sleep, <i>Diwaswap</i> (Day time sleep)
Healthy food habits- Use of home made fresh food like moong dal, leafy veges etc Eat only Seasonal fruits. Use only rock salt as much as possible	Packed food, maida food, Curd etc . <i>Viruddha ahara</i> like khichdi-milk, Fruit salad, shakes, salty, spicy food stop. Sour fruits, nonveg avoid.
Positive thinking approach	Avoid stress

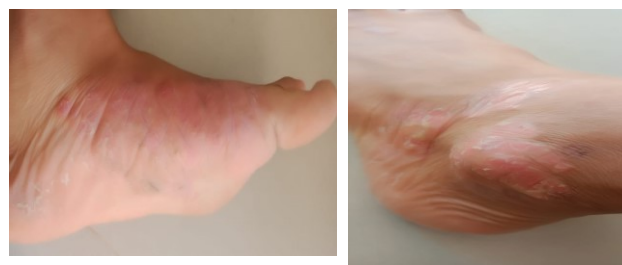
Observation-

Sr. No	Symptoms	Before T/t	After T/t	1 st follow up	2 nd follow up
	Dryness	Present	Mild reduced	Mild reduced	Complete reduced
	Severe Itching	Present	Mild reduced	reduced	Complete reduced
	Silvery patches with Scaling	Present	Mild reduced	Moderate reduced	reduced
	Vibandha (constipation)	Present	Moderate improvement	Relieve	Relieve
	disturbed sleep	Present	Mild reduced	Sufficient sleep	Sound sleep
	loss of appetite	Present	Relieve	Relieve	Relieve

Before Treatment



After 15 days of treatment



Discussion-

According to Charak Samhita the special identification is advice like *Matsyashalaka lopamam* and *kinakara sparsha* we observed and correlated. As per Samhitas *Kushtha* is *Shodhan Saadhya Roga⁷* and according to *doshas* involvement and chronicity of disease we can advise different *Shodhana* and *shamana* treatment⁸. First line of treatment is *Nidana parivarjana* and *Pathy* is the most important part.

Nidana parivarjana:

The factors which are mostly responsible to cause disease are *Nidana* like *Viruddha Ahara-Vihara* is the main causes of *Switra*.

So the first step to avoid the *Nidana* i.e. *Viruddha Ahara, Abhishyandi ahara, Ajir nabhojana, diwaswap*, etc. in this patient and correction of *ahara like* avoid packets food etc.

Deepan and Pachana

After examination of *Agnipariksha Sam Jivha* and hampered *Jaranshakti* found means *Dhatwagni Mandhya* and *Bhutagnimandhya* there is production and accumulation of *Aam⁹* which cause *Strotorodha* (blockage of body channels) by its *Guru, Abhishyandi,* and *Picchila* properties so nutrition of body parts congested so first corrected *agni* by giving *Deepan* and *Pachana* like *Aampachaka vati 250mg* twice daily, before Meal with *Koshna Jala* as *Anupana*, for 5 days.

Khadirarista

Mentioned by *Bhaishajya Ratnavali* in *Kustarogadhikar*. It contain *madhura, tikta* dravyas. It acts as antibacterial, eliminates blood toxins, microorganisms, also reduce *Aam* and detoxify the body by excreting toxins from the body.

Pancha-tiktaka Ghrita

Its *pitta* balancing and *snigdha guna* help to control dryness in the case. Also *Shothahara* (anti-inflammatory) property which helps provide relief from itching and irritation.

Erandabhrusta Haritaki

Act as a *anulomak* and balances tridosha. Helps for purgation and to relieve constipation. Keep digestive system healthy, natural purifier of blood.

Mrudu sthanik Abhayanga- Nimba taila

Nimba tail having *Kushthagna* Property and acts as *Pitta Vataghna* acting on *Daha, Raga, Kandu* and *rukshta*. Nimba has *kandughna* and *kustaghna* property which is useful in this case.

Sunthi siddha Jala

In Ayurveda Sunthi consider as Maha Aushadi. Sunthi has *ushna tikshna* properties so acts as vata-kphaghna. Have anti-inflammatory, antimicrobial, antioxidant etc.

Conclusion

Satata nidana sevan is the main hetu mula for the roga. If not treating then in becomes *Asadhya vyadhi*.

In this case, treated by *Shamana* itself because it's not chronic more than 1 year. Ayurvedic treatment shown excellent results in this case of disease.

Doing mistakes knowingly and stress are the strong reasons for disease therefore Yoga meditation mandatory for relax, cool and calm mind to get maximum relief in the case.

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