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## **Role of Shodhana and Shamana Chikitsa as Ayurvedic Management in EK-Kushtha with special reference to Plaque Psoriasis: A case study**

**Dr. Prachi Dhananjay Patwari**

MD scholar at School of Ayurveda D.Y. Patil Deemed to be University Nerul, Navi Mumbai

Contact: 9028191514

Corresponding author email: [prachidk10@gmail.com](mailto:prachidk10@gmail.com)

**Dr. Neena Damle**

MD, PhD kayachikitsa, Assistant Professor at School of Ayurveda D.Y. Patil Deemed to be University Nerul, Navi Mumbai

Contact: 9769028549

Email: [neena.damle@dypatil.edu](mailto:neena.damle@dypatil.edu)

**Dr. Himani Sharma**

MD Scholar at School of Ayurveda D.Y. Patil Deemed to be University Nerul, Navi Mumbai

Contact: 9459421398

Email: [hs2933322@gmail.com](mailto:hs2933322@gmail.com)

**Dr. Kalpana Satpute**

MD, PhD Kayachikitsa, Associate Professor at School of Ayurveda D.Y. Patil Deemed to be University Nerul, Navi Mumbai

Contact: 8169720245

Email: [drkalpana2005@rediffmail.com](mailto:drkalpana2005@rediffmail.com)

**Abstract**---In Ayurveda literatures, this disease is called Kushtha because it deforms the body <sup>(1)</sup>. All types of skin diseases are considered under title Kushtharoga and are further divided into Mahakushtha and Kshudra kushtha. When one consumes etiological factors mentioned in Samhitas, Tridosha (Vata, Pitta & Kapha) gets vitiated and contaminates Skin-Twak, Blood-Rakta, Muscle-Mamsa and Lymph-Lasika - which causes Kushtha <sup>(2)</sup>. Ek-kushtha is a type of Kshudra Kushtha which has dominance of vitiated Vata and Pitta Dosha <sup>(3)</sup>. Plaque Psoriasis is a long-lasting, noncontagious autoimmune disease. The disease affects 2-4% of the

population. Both Men and Women are affected with equal frequency. It may begin at any age, but typically starts in adulthood <sup>(4)</sup>. Plaque Psoriasis can be correlated with Ek-Kushtha and has similar symptoms such as Aswedanam indicates absence of perspiration, Mahavastum means aggressively spreading lesions invading whole body, Matsya- shakalopam explains the scaly nature and hyperkeratinisation, which is occurring in the epidermis and scaling resembling scales of fish <sup>(5)</sup>. The treatment options available in contemporary system of medicine are not much satisfactory hence this study has been proposed to evaluate role of Shodhana and Shamana Chikitsa as Ayurvedic management states in Ek-Kushtha with Special Reference to Plaque Psoriasis.

**Keywords**--Plaque Psoriasis, Ek-Kushtha, Ayurvedic Management, Shodhana, Shamana.

## Introduction

Psoriasis is one of the diseases in which quality of life of patient is often diminished because of countenance of skin. It occurs in all age groups and equally in both genders. It is a recurrent, long lasting and most common disease of the skin. The etiological factors are genetic, lifestyle oriented, environmental, immunological, climatic and psychological & have been found to be influential in the formation of the disease but exact root cause is still unknown <sup>(4)</sup>. Psoriasis has been widely known as psychosomatic disorder, in which the effect of behaviourism has been observed and described in both Ayurveda and Modern Science. In Ayurveda, skin diseases can be taken under term Kushtha Roga. Psoriasis is considered as a type of Kushtha mentioned in samhita. The symptoms of Ek Kushtha are like Aswedanam, Mahavastum, Matsyashakalopamam and Abhraka- patrasam & it can be correlated with psoriasis. Aswedanam indicates absence of perspiration. Mahavastum means aggressively spreading lesions invading whole body. Matsya- shakalopam explains the scaly nature and hyperkeratinisation, which is occurring in the epidermis and scaling resembling scales of fish <sup>(5)</sup>. Considering similarity in both Ek-Kushtha and Psoriasis we can treat Psoriasis using Ayurveda medicine. As mentioned in our Samhita, the line of treatment of most of the skin diseases are Shodhana and Shamana <sup>(6)</sup>. Urdhva and adho Shodhana helps to remove vitiated doshas from body and stabilize the actual mechanism of the doshas. It helps in rapid recovery of disease. Shamana treatment helps to prevent recurrence of disease, which includes internal medications. For almost all skin diseases (Kushtha roga), Vamana Karma and Virechana Karma followed by internal medications are considered as the best line of treatment. The present case study is a case of successful Ayurvedic management of Ek kushta (Psoriasis). A case report of a 38 yrs. old male having a complaint of bilateral upper limbs, neck, bilateral lower limbs, upper and lower back region Twak aaraktavarniya, twakavaivarnya, kandu, twakrukshata etc. since 4.5 yrs. He has been on regular allopathy medication but ultimately got no relief. He was treated with Ayurvedic medicines & Panchakarma procedures, which gave remarkable results.

## Materials and Methods

### Case Report

A 38-year-old male patient with Eka-Kushtha-Plaque Psoriasis presented to the outpatient department of Padmashri Dr. D. Y. Patil school of Ayurveda and Hospital, Nerul, Navi Mumbai, Maharashtra, India. A resident of Vikhroli, Mumbai (MH), with a chief complaint of chronic plaque over the neck, lower and upper back region, over B/L upper and lower limbs with twak aaraktavarniyata, twakavaivarnya, twakrukshata, *Kandu, Daha* since the last 4.5 yrs. on regular allopathy medication (Tab. Cyclosporin 50 mg twice daily since last 4 years and taken many steroid sessions).

- No H/O any comorbidity.
- O/E of Skin

Size and Shape	Erythematous lesion upper and lower back, both upper limbs, and over the trunk region.
Colour	White silvery scales
Uniformity	Generalized plaques
Thickness	More than 0.5cm in diameter
Lesions	Plaques
Moisture	Dryness, no sweating
Texture	Roughness
Mobility and Turgor	Reduced

After initial assessment decided to do Vamana first followed by internal medications (Shamana Chikitsa) for 1 month and after 1 month assessing patient condition planned virechana. Advised internal medications (Shamana Chikitsa) for next 3 months and advised to visit OPD after every 1 month.

### Vamana

Purva Karma	A) Trikatu Churna <sup>(7)</sup> 3gm with 1 cup warm water 3times a day for deepan pachana for 5 days.
	B) Mahatiktaka Ghruta <sup>(8)</sup> - for snehapana started with 30ml on 6 <sup>th</sup> day till 210ml on 13 <sup>th</sup> day, with gradual increment of 30ml/day.
	C) Day before Vamana procedure, it is advised for patient to eat kapha vardhak diet.
	D) On the day of procedure; 1) for Abhyanga/Sarvanga Snehan - Neem taila <sup>(9)</sup> , 2) for Sarvanga swedana- Dashmula kwath <sup>(10)</sup> has been given
Pradhan Karma	On Kapha Kala, Vamak Aushadhi (Dugdha 2500ml and drugs such as Yashtimadhu Phanta 1000ml, Madanphala Choorna 3g, Saindhav Lavana and Vacha Choorna 5g) given.
Pashchat Karma	After Samyak Shuddhi (Paitantik Vaman), Agru Dhupana has been given and advised to follow Samsarjana Kala.

**Internal medication (Shamana chikitsa)**

1	Rasmanikya <sup>(11)</sup>	125mg	2 tablets 2 times a day with meal
2	Arogyavardhini Vati <sup>(12,13)</sup>	250mg	2 tablets 3 times a day with meal
3	Gandhak Rasayan <sup>(14)</sup>	250mg	2 tablets 3 times a day with meal
4	Patoladi Kashay <sup>(15)</sup>	40ml	2 times a day after meal with meal
5	Triphala Churna <sup>(16)</sup>	5gm	After dinner prior sleeping at night with 1 cup warm water
6	Shveta Karvirapallavadya taila <sup>(17)</sup>	-	2 times a day for local application

**Virechana**

1	Purvakarma	A) Panchatikta Ghruta- for snehapana started with 30ml on 1 <sup>st</sup> day till 180ml on 7 <sup>th</sup> day, with gradual increment of 30ml/day. B) Patient is given full body Sarvanga snehana with Neem oil for 40-50minutes, than given Dashmul Kwath Swedana for 10-15minutes for 3days.
2	Pradhankarma	On the day of procedure in morning after Kapha kala (after 10am) Ichhabhedi ras 3tablets with 70ml of castor oil mixed in 200ml luke warm milk given.
3	Pashchatkarma	Advised to follow samsarjan kala

**Observation and Result**

The improvement of condition of the patient was assessed on the basis of PASI scale <sup>(18)</sup>.

Visit No.	Score
V0	45.6
V1	30
V2	21.1
V3	12.6
V4	2.9



## Discussion

Ek-kushtha is a type of Kshudra Kushtha that has symptoms similar to Plaque Psoriasis. Psoriasis is a long-lasting, noncontagious autoimmune disease characterized by raised areas of abnormal skin. In Ek-Kushtha there is dominance of vitiated Vata and Kapha dosha. Considering chronic condition of disease according to Acharya Charaka the line of treatment is Nidana Parivarjana, Shodhana, Shamana and Prakriti Vighatana, etc. To provide long lasting results and for wellbeing of patient both Shodhana and Shamana treatment has to be followed. Patient's counselling done about diet and advised to follow Nidana Parivarjana. Explained about procedures Shodhana with Vamana and Virechana completing Purvakarma-Pradhankarma-Pashchatkarma. Shamana (internal medication) with Rasmanikya, Arogyavardhini vati, Gandhak Rasayana, Patoladi Kashaya, Triphala Churna and Shveta Karvirapallavadya Taila. Adopted line of treatment showed improvement in silver scales, red patches, itching and discoloration of skin within period of 6 months. The improvement of condition of the patient was assessed on the basis of PASI scale. Before starting the treatment his PASI score was 45.6. The patient remained in follow up once every month for 6 months and his PASI score before treatment was 45.6 and after 5 months 2.9 and have no aggravation of complaint. Observed improvement in confidence and mental wellbeing of patient.

## Mode of action of Procedure and Drugs

### Vamana

Vamaka dravyas get quickly absorbed in blood and cross the blood brain barriers and stimulates the vomiting center and result into vomiting due to Usna, Tikshana, Sukshama, Vyavayi, Vikasi, Urdhavabhagha prabhava properties. The expelled material consists of undigested food, Kapha Dosha & Pitta dosha. The vitiated Kapha dosha is expelled out through the mechanism of Vamana Karma and it helps to improve recovery of disease <sup>(19)</sup>.

### Virechana

The drugs which are Ushna, tikshana, Sukshma, vyavayi and vikashi reach to the heart (hridaya) by virtue of their virya and prabhava, circulate through the micro & macro channels due to its sukshma and vyavayi properties and pervade the entire body. Then they liquefy (vishyandana) the dosha samghata by virtue of their Ushana guna and flaccid it and break it up (chhedana) by their tikshana and vikashi guna. The vitiated Pitta dosha is expelled out through the mechanism of Virechana Karma and it helps to improve recovery of disease <sup>(19)</sup>.

### Neem Taila

Neem plays role as free radical scavenging properties due to rich source of antioxidant. Neem also plays role as anti-inflammatory via regulation of proinflammatory enzyme activities including cyclooxygenase (COX), and lipoxigenase (LOX) enzyme. As per Ayurveda literature it is used as Kushtahara <sup>(9)</sup>.

### **Rasmanikya**

Remove excessive phlegm and toxins from body which may sometimes initiate pathogenesis of skin diseases. It breaks immunological adversity which can trigger skin manifestation. Relieves pain, inflammation and swelling. The antimicrobial property resists skin infection and the metallic components enhances colour, complexion and integrity of skin <sup>(11)</sup>.

### **Arogyavardhini Vati**

Rasaratnasamucchaya mentioned that Arogyavardhini vati as Sarvarogaprashamani (can specify all type of disorders). This traditional formulation of Ayurveda is using for centuries with claimed efficacy and safety in treatment of skin disorders. It helps to decrease the Agnimandya, which further helps to reduces Ama dosha which is important factor for the formation of Kushtha. Also it stops production of Kleda, which leads to Dosha Samyata, & Breaks Samprapti of Kushtha <sup>(12, 13)</sup>.

### **Gandhak Rasayan**

Gandhak rasayana helps in rejuvenation of healthy skin. Skin diseases mainly occurs due to vitiation of Kapha dosha, being hot in potency helps to regulate the vitiated doshas. Gandhak Rasayan is considered a wide-spectrum antimicrobial agent with anti-fungal and anti-bacterial properties <sup>(14)</sup>.

### **Patoladi Kashay**

It helps to reduce the accumulation of Pitta and Kapha entities in the body, the key causative factor for skin diseases <sup>(15)</sup>.

### **Triphala Churna**

*Triphala*, a well-recognized and highly efficacious polyherbal Ayurvedic medicine consisting of fruits of the plant species *Emblica officinalis* (*Amalaki*), *Terminalia bellerica* (*Bibhitaki*), and *Terminalia chebula* (*Haritaki*), is a cornerstone of gastrointestinal and rejuvenative treatment <sup>(16)</sup>.

### **Shveta Karvirapallavadya Taila**

It acts as Kushthaghna and Kandughna <sup>(17)</sup>.

### **Conclusion**

The case study showed treatment combination of Shodhana Chikitsa as Vamana followed by Virechana and Shamana Chikitsa as Rasmanikya, Arogyavardhini, Gandhak Rasayana, Patoladi Kashay, Triphala Churna and Shveta Karvirapallavadi Taila mentioned in Ayurveda Samhita is potent and effective in management of Ek-Kushtha with special reference to Plaque Psoriasis. There is no evidence of disease aggravation during and after treatment. Study showed improvement in patient's confidence, calmness and mental wellness.

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