

Management of Eka-Kushta vis-a-vis Plaque Psoriasis through Ayurveda - A Case Study

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ABSTRACT

Psoriasis is a chronic (long-lasting) disease in which the immune system becomes overactive, causing skin cells to multiply too quickly. Patches of skin become scaly and inflamed, most often on the scalp, elbows, or knees, but other parts of the body can be affected as well¹.

Plaque psoriasis. This is the most common kind, and it appears as raised, red patches of skin that are covered by silvery-white scales. The patches usually develop in a symmetrical pattern on the body and tend to appear on the scalp, trunk, and limbs^[1].

Ekakushta is considered as one among the Kshudrakushta and it is Vata-Kapha Pradhana Vyadhi^[2] having Lakshana like Aswedana, Mahavastu and Matsya Shakalavat Twacha^[3]. The main line of treatment of skin diseases in Ayurveda is repeated Samshodhana (purificatory therapies) along with Samshamana (palliative therapies). Hence in present case report a 56-year-old male patient appeared in the Swastharaksha ayurveda clinic, Gulbarga with previously diagnosed condition- psoriasis; patient was not getting any relief with allopathy line of treatment hence approached Swastharaksha ayurveda clinic for ayurvedic treatment. Presenting with symptoms of Eka-kushta covering overall scalp was treated with shodhana chikitsa i.e virechana followed by shamana chikitsa i.e internal medication and with proper guidance of Pathya-Apathya. After treatment, excellent results were noted.

INTRODUCTION

Psoriasis, a chronic and debilitating skin condition, affects millions worldwide, causing physical, emotional, and social distress. While conventional treatments often focus on symptom management, while Ayurveda views psoriasis as a disorder of imbalance, where the body's natural equilibrium is disrupted, leading to skin inflammation and scaling. In classics wide description of skin disorders are under the heading kushta rogas. Eka kushta have been mentioned under the heading of kshudra kushta. Aetiological factors like viruddha ahara, fish, curd, salt, sour, excessive consumption of drava, guru ahara, snigdha ahara. Vegadharana especially vama, and other sinful acts are the causative factor of kushta roga^[4].

This article explores the Ayurvedic perspective on psoriasis, including its causes, symptoms, and treatment approaches. We'll delve into the world of

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KEYWORDS: Eka Kushta, Psoriasis, Plaque Psoriasis, Kushta, Shodhana Chikitsa, Shamana Chikitsa, Skin Disorder

Ayurvedic herbs, diet, lifestyle modifications, and stress management techniques that can help alleviate psoriasis symptoms and promote skin health. Discover how Ayurveda's holistic approach can complement conventional treatments and provide a natural, effective, and sustainable solution for managing psoriasis.

Aim and Objective

- To evaluate the role of Samshodhana and Samshamana karma in management of Eka kushta.

Place of study: Swastharaksha Ayurveda Clinic, Panchakarma and Wellness Centre, Near Green Circle, Madina Colony, Gulbarga

CASE PRESENTATION

Basic information of the patient

- Age – 56 years

- Sex - Male
- Religion – Hindu
- Socioeconomic status – middle class

A 56 years old male patient with erythematous patches, scaling, pain, itching, and roughness of skin over the scalp. The patient was apparently normal before 2 years, gradually developed symptoms over the scalp and consulted allopathy physician, on examination discovered as psoriasis and started taking medications and after taking medications the patient didn't get any relief and slowly the patch expanded and covered the skin on scalp completely involving 3cms after the hair line all around the scalp. Later the patient visited Swastharaksha Ayurveda clinic, Gulbarga for better and complete cure.

PRESENTING CONCERNS/CLINICAL FINDINGS

Clinical Findings

Lesion type: scaly raised patches (matsyashakala, Kinavat Sparsham)

Configuration: irregular

Colour: silvery patch, on removing appeared red (Aruna Varnam) inflamed scalp

Texture: rough (Khara Sparsham)

Symmetry: symmetrically distributed

Distribution: all around scalp and 3cms more after hairline around scalp

Nails: unaffected

Results:

TREATMENT PROTOCOL

Mucosa: unaffected

Swelling: absent

Manasika vikara:

Shoka- present

Chinta (stress)- present

Nidra – disturbed

On examination

- Vitals were normal (Pulse rate-75 beats per minute)
- Respiratory rate – 20 breaths per minute
- Blood pressure – 120/80)
- Cardiovascular system, respiratory system and per abdomen examination had shown no significant abnormality.
- Prakriti was Vata kaphaja (based on physical and mental characters)

Ashtavidha Pariksha

- Nadi - Vata Kaphaja
- Mutra - frequency – 5-6 times a day, normal colour (pale yellow)
- Mala - Once a day, constipated and bloated.
- Jihva – lipta (yellow coated representing ama)
- Shabda- normal
- Sparsha- ruksha(dry skin)
- Drik – normal
- Aakriti- Madhyama.

Investigations

Blood routine and liver function test results were within the normal limits

Table no.1: Samshodhana Chikitsa

SAMSHODHANA CHIKITSA {VIRECHANA}					
SL NO.	PROCEDURE	FORMULATION	DOSE	ADJUVANT	DURATION
1.	DEEPANA PACHANA	Agnitundi vati	1 tablet before food thrice a day	Warm water	3 days
2.	SNEHAPANA	Mahatiktaka ghrita	10ml with warm water In Morning empty stomach and in evening before 15 mins of food intake	Warm water	3 days
3.	SWEDANA	Abhyanga with Mahamarichyadi taila	Quantity sufficient, Whole scalp and body	-	2 days
4.	VIRECHANA DAY	Trivrut avaleha	50gms empty stomach	-	1 day

Table no. 2: showing virechana carried out dates.

Sl no.	PROCEDURES	21/10/2024	22/10	23/10	24/10	25/10	26/10	27/10	28/10	29/10	
1.	Deepana Pachana	Done	Done	Done	-	-	-	-	-	-	
2.	Snehana	-	-	-	Done	Done	Done	-	-	-	
3.	Swedana	-	-	-	-	-	-	Done	Done	-	
4.	Virechana	-	-	-	-	-	-	-	-	Done	
5.	Motions										9

Table no. 3: Samshamana chikitsa and Bahya prayoga (internal medicines and external application)

SL NO.	FORMULATION	DOSE	TIME OF INTAKE	ADJUVANT	DURATION TAKEN OR RESULT	PATHYA APATHYA
1.	Gandhaka Rasayana	1 tablet three times a day	After food	Warm water	30/10/2024 to 26/11/2024 {within 26 days}	Normal simple balanced diet, less spice, less salt, no divaswapna [day sleep], no chinta[stress], meditation, pranayama etc.
2.	Aarogyavardhini vati	1 tablet three times a day	After food	Warm water	30/10/2024 to 26/11/2024 {within 26 days}	Normal simple balanced diet, less spice, less salt, no divaswapna [day sleep], no chinta[stress], meditation, pranayama etc.
3.	Khadirarishta	10 ml three times a day			30/10/2024 to 26/11/2024 {26 days}	Normal simple balanced diet, less spice, less salt, no divaswapna [day sleep], no chinta[stress], meditation, pranayama etc.
4.	Brahmi vati	1 tablet three times a day	After food	Warm water	30/10/2024 to 26/11/2024 {26 days}	Normal simple balanced diet, less spice, less salt, no diva Swapna [day sleep], no Chinta [stress], meditation, pranayama etc.
5.	Mahatiktaka ghrita	5 ml twice a day	Before food	Warm water	30/10/2024 to 26/11/2024 {26 days}	Normal simple balanced diet, less spice, less salt, no diva Swapna [day sleep], no Chinta [stress], meditation, pranayama etc.
6.	777 oil	10 minutes sun exposure			30/10/2024 to 26/11/2024 {26 days}	Normal simple balanced diet, less spice, less salt, no diva Swapna [day sleep], no Chinta [stress], meditation, pranayama etc.

Table no. 4: showing images captured before, during and after treatment.

BEFORE SAMSHODHANA CHIKITSA IMAGES	AFTER SAMSHODHANA CHIKITSA IMAGES	26 DAYS OF SAMSHAMANA CHIKITSA IMAGES
		
		
		

DISCUSSION

Here a case of Eka kushta has been discussed, which can be correlated to Plaque psoriasis. Psoriasis is a stubborn disease, a chronic inflammatory disorder, characterised by erythematous plaque, with silvery silvery white scales. In ayurveda compared to eka-kushta. Here it is correlated with plaque psoriasis.

Eka-kushta is type of kshudra kushta with vata kapha dominance, even involvement of pitta as affected to skin. The line of treatment mentioned in Ayurvedic classics for kushta roga are Nidana parivarjana, Prakriti vighatana, repeated shodana, Snehana, Swedana, Raktamokshana, Shamana, lepana etc^[5]. As Eka kushta is chronic and Bahudoshajanya, both Shodana and Shamana therapies have to be followed for better long-lasting results. Considering the above facts, Shodhana therapy i.e Virechana was adopted because Shodhana expels the doshas out of the body and prevent relapse of disease.

Shodhana Therapy

Deepana and Pachana

It was done with Agnitundi Vati. In psoriasis the Doshas are situated in Twak and Agni is also deranged. So correcting agni and treating ama before snehapana is very important.

Snehapana

Snehapana is carried out to facilitate the mobilization of the Doshas from the site of its manifestation to the site of elimination i.e. koshta. It helps in Utklesha of doshas. Snehapana also helps to loosen dosha-dushya bonding which helps to break the pathogenesis of Eka kushta. It is given early in the morning. In present study Mahatiktika ghrita was used for Snehapana. Tikta Rasa, Madhura Vipaka and Ushna Virya of mahatiktika ghrita acts on rakta, vata, pitta and kapha. Its combination of anti-inflammatory and detoxifying herbs effectively manages conditions like psoriasis, eczema, and allergic rashes.

Abhyanga and Swedana

Local Abhyangam at the site of lesion with Mahamarichyadi taila. As oil utilized externally for treating various skin disorders, including psoriasis. Renowned for its antiseptic and antifungal properties, it is effective for local application in managing skin diseases

Virechana

Virechana with Trivrit lehya was done as it causes suka Virechana. Virechana karma helps to expel the doshas accumulated in Koshta. No complications were observed during and after the procedure. After

Virechana, moderate progress was observed in itching, burning sensation, scaling as shown table no. 4.

Samsarjana Krama

After Virechana, digestive fire becomes weak due to excessive elimination of doshas and strength of the patient will be decreased. So, Samsarjana Krama helps to restore the digestive fire, strength of the patient.

Shamana therapy

Shamana therapy was given after completion of Shodhana therapy as palliative therapy. Internal medicines administered after Panchakarma includes- Gandhaka Rasayana, Arogyavardhini Vati, Mahatikta Ghritam, Khadirarishta, Brahmi Vati and while, 777 oil was given as external application.

- **Gandhaka Rasayana:** Shodhitha gandhaka is Agnideepaka, Amapachaka, Amanashaka, Vishahara, Kruminashaka. All properties essential to treat Kushta are present in Shuddha gandhaka. These properties are further augmented by other ingredients of Gandhaka rasayana. Gandhaka rasayana relieves discolouration of skin, helps to reestablish natural colour, alleviates Dooshita kapha and Vata. Ingredients like Chaturjataka and Bhrungraja are Kushtaghna and Vishaghna Dravya. Nagakeshar and twak both have Laghu and Ruksha guna helps to do Pachana. Nagarakesar is best Vishaghna Dravya. twak is Kandughna, Kushtaghna and act as Varnya. Bhrungraj has Rasayana action along with Vishagna, Krumighna properties. Most of the Bhavana dravyas have Madhura vipaka, rasa usually works on specific organs but Vipaka shows effect all over the body. Thus, these drugs work on Dosha, Dhatu and Mala. This Kalpa act as best Rasayana.
- **Arogyavardhini Vati:** Arogyavardhini means the one which enriches or improves good health. This is indicated to treat the imbalances of all the three Doshas. Arogyavardhini vati as Sarvarogaprashamani as its main indication, it is also used to treat lack of appetite, indigestion and irregular bowels, hepatic disorders or liver disorders, skin diseases, leprosy, fever, oedema, obesity, jaundice, and also as an alternative, carminative stomachic. Katuki, being one of the main ingredients of the Arogyavardhini vati. Kutaki is bitter in taste, cooling and removal of excessive fire energy from the body, removal of excessive Pitta from the body via colon. Arogyavardhini Vati is believed to purify the blood, removing toxins that can contribute to skin problems. It has Shothahara (anti-inflammatory) properties, which can help reduce inflammation associated with skin conditions. It is believed to balance Pitta and Kapha, which are considered important for maintaining healthy skin. Arogyavardhini Vati contains Abhraka Bhasma promotes health and is beneficial for maintaining natural metabolism in the body. Triphala has rich antioxidant properties, supports collagen production, exhibits antimicrobial activity against certain skin pathogens. Shuddha shilajatu has powerful antioxidant properties acts as immune system modulator. Guggulu properties like anti-inflammatory, antimicrobial and anti-oxidant property is beneficial in skin health. Chitrak is effective in relieving digestive disorders and purify blood, supports natural detoxification processes. Hence, with all these properties Arogyavardhini Vati is beneficial in psoriasis.
- **777 oil** a product of the Indian Siddha system of medicine, is primarily used for managing psoriasis symptoms, "777 oil" is particularly known for managing psoriasis symptoms. The oil helps to hydrate and nourish the skin, which is beneficial for managing dryness and flakiness and also helps to soothe the skin and reduce itching, which is a common symptom associated with psoriasis. Among the various herbs used in the preparation of anti-psoriatic oils, the leaves of plant Wrightia tinctoria {Shweta kutaja} enjoys great patronage and credibility. Several 'touch and go' experiments have shown that Wrightia tinctoria is likely to possess some anti-psoriatic effect.
- **Khadirarishta** has Khadira as its main component which is Krumighna and Kandughna with Kapha and Pitta shamaka properties. It is helpful in subsiding the symptoms of itching, rashes and sensitivity.
- Manasika vyadhi can also be causative factor for psoriasis, hence **Brahmi Vati** was given. Brahmi is having the properties of Rasa: Tikta, Kashaya, Guna: Laghu, Vipaka: Madhura, Virya: sheeta. Brahmi has the power to soothe Snayu, Indriya and Mana. Besides this action, it gives nutrition to the brain and clears the minute channels (Srotoshodhana action), which also helps to Tapa prashamana(reduce mental and physical heat) as well as Chanchalanasha (reduce irritability and excitability). All such properties of Brahmi are used in the promotion of mental health and healing of different irritation, pain, excitability, anger, anxiety, grief, etc. as patient had Chinta, shoka which was relieved by Brahmi Vati.

Conclusion

- Eka Kushta which is a type of Kshudra Kushta can be correlated to Psoriasis. From the above case study, it can be concluded that Ayurvedic treatment modalities like Shodhana and Shamana are useful in the management of Eka kushta and prevents the relapse of disease.
- Manasika vyadhi, Apathya Ahara can cause the diseases in healthy individual.
- As it is a single case study, got the best result in individual and it is recommended to conduct a research study on a greater number of patients to prove the effectiveness of the treatment.

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