Ayurvedic management of Ekkushtha - A Case Study

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Abstract –
In today's modern era with so many modern equipment's and technologies diagnosis of diseases are so easy to find. Some diseases are affect the patients mental condition. Most of the skin diseases are comes under it. Which has substantial psychological and social impact on a patients life. There are so many cosmetic surgeries, but those surgeries are not useful for such types of diseases like Kushtha. Kushtha it's really very difficult to cure by its self. So to cure this kushtha (Ekkushtha) from its root very well defined treatment are present that is shodhan and shaman chikitsa which comes under the panchakarma.

Keywords-
Ekkushtha, vata-kaphaj, kushtha, Panchkarma, shodhan, shaman.

Introduction -Due to unhealthy diet and today's life style increase impurities in the body leading to many ailments including skin diseases. The root cause of any skin disease is impurities in the blood. Aachaya charak already mentioned the cause of the Kushtha are like virudhaahar, atisnigdha, atiguru, vega dharanat, over exercise, ajirana and many more1. In Ayurveda all skin diseases are comes under the name of kushtha. Were kushtha is divided into two types that is mahakushtha and shudrakushtha2.Aacharya Charak have been described that all kushtha is Tridoshik3 but the type of kushtha is depend on the predominance of that particular vat pitta and Kapha dosha4.

Case reports-A 30 years old female working as a house wife came in Opd of SMBT hospital(Ayurved) Maharashtra since last 6 months –
1) Formation of mahavastu that is erythematous lesion.
2) Looks like Fishy Scales lesions (Mastsyaskalopam)
3) Aswedana over affected area.
4) Redness-at the site of forearm and elbow joint.
5) Sever itching (kandu)-at the site of lesion.
6) Burning (Daha) sensation

History of present illness-
She had reddish lesions at the site of forearm with itching and burning as well. In the starting phase for this she took so many allopathy medicines for this, but she got no relief. finally she came to the Ayurveda .when she visited Opd 1st time we do all her routine blood investigation as complete blood count, BSL, RFT, LFT, urine routine and microscopic examination to rule out any other possibilities but the findings were within limits.

Personal history-
Family history-no any family history.
Drug history-no any drug allergy history.
No any major illness
No history of DM and HTN.
Ashatwidha Parikshana-
Nadi- Vatpradhan kaphanubandhi
Mala-Malavstambha
Mutra-Samyak
Jivha-Sam
Shabdha- Spashta
Sparsha- Khar
Druk- Aakruti
Aakruti -Madhyam.
Others examination =
Agni-Madhyam
Bala- Madhyam.

Systemic Examination-
B.P-120/80
P-80/MIN
TEMPRETURE-97.4
R.R-20/MIN
CVS-S1S2Normal(No added sound)
CNS-Conscious, Oriented
P/A-soft ,Not tender
Diagnosis-Ekkushtha(Vat-kaphaj)

Raj vrutantant-Menarche-at the age of 13
Cycle-regular
Present M.C.-3-5days/28-30days.
No history of dysmenorrhea.
Married at the age of 20.

Materials and Methods-
Centre of study-S.M.B.T. Maharashtra
Assessment criteria-
Sings and symptoms of Ekkushtha.

<table>
<thead>
<tr>
<th>Aswedana (Lack of sweating)</th>
<th>present</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mahavastu(broad base)</td>
<td>present</td>
</tr>
<tr>
<td>Mastyakalopamam (looks like scales of fish)</td>
<td>present</td>
</tr>
</tbody>
</table>

Subjective criteria—
A)Aswedanam(Absence of sweating)
Normal sweating 0
Mild sweating 1
Mild sweating on exercise 2
No sweating on exercise 3

B)Mahavastu(big size lesion)
No lesion on mahavastu 0
Lesion on most part of arm 1
Lesion on whole part of arm 2

c)Mastyashakalopamam (scaling)
no scaling 0
mild scaling from all lesions 1
moderate scaling from all lesion 2
severe scaling from all lesion 3

objective criteria—
a. Candle grease sign-when lesions were scratched with scalpel blade, results in candle grease scale.
Absent 0
Improved 1
Present 2
b. Auspitz sign-
further deep scraping of lesions shows punctate hemorrhagic spots
Absent 0
Improved 1
Present 2

Treatment plans-
Phase1-Deepan pachan
Phase2-Shodhan
Phase3-Shaman
Deepan Pachan chikitsa-which is very important before shodhan.
1.Aampachak Vati 250MG 2BD With Luke warm water
2.Shankhavati 250mg 2BD with Luke warm water for 3days.
Shodhan chikitsa-(Virechana)

Purge karama- Snehapan with Mahatikta ghrut with anupan koshana jal increasing quantity of ghrut until the snehasidhak lakshane seen.

<table>
<thead>
<tr>
<th>Day of snehapan</th>
<th>Quantity of ghrut</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day1</td>
<td>30ml</td>
</tr>
<tr>
<td>Day2</td>
<td>60ml</td>
</tr>
<tr>
<td>Day3</td>
<td>90ml</td>
</tr>
</tbody>
</table>

After 3days smyak siddha lakshane are seen
Then sarwang snehan with Nimba tail\(^8\) and swedana for 3 days. On the day of virechana patient was kept NBM (Nil by mouth), till the process of virechana. Snehana along swedana given to the patient.

**Pradhan karma**

<table>
<thead>
<tr>
<th>Virechan karma medicines(^9)</th>
<th>dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abhayadi modak</td>
<td>2 tab</td>
</tr>
<tr>
<td>Trivatt+argawad phant</td>
<td>60ml</td>
</tr>
<tr>
<td>Manuka phant</td>
<td>100ml</td>
</tr>
</tbody>
</table>

**Virechan karma medicines\(^9\)**

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Medicines</th>
<th>Dose</th>
<th>Time</th>
<th>Anupan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Krumikuthar Ras</td>
<td>125mg BD</td>
<td>After meal</td>
<td>Luke warm Water</td>
</tr>
<tr>
<td>2</td>
<td>Nimbadi Vati</td>
<td>500mg BD</td>
<td>After meal</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>3</td>
<td>Arongyavardhini Ras</td>
<td>250mg BD</td>
<td>Before meal</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>4</td>
<td>Raktapchak Vati</td>
<td>250mg BD</td>
<td>After meal</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>5</td>
<td>Triphala Churna</td>
<td>3gm HS</td>
<td>Bed Time</td>
<td>Luke Warm Water</td>
</tr>
</tbody>
</table>

Medicines for external applications- Nimbadi tail and Shatdhauta grhurst for alternate days. Raktamokshana\(^10\)-left cubital Siravedhan done (as left hand had more drushti than right hand). 20-30ml blood were drained out.

Siravedh Kram were performed after 7 days of Samsarjan kram.

Takradhara- Give Amalaki siddha Takradhara for reduced mental stress.

**Observation before and after treatment**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Table Observation</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aswedana(Absence of sweating)</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Mahavastu</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Matsyashakalopamam</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td>Candle grease sign</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Auspitz scale</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

Result- The treatment of 2 Months shodhan and shaman Chikitsa is found to be beneficial, there is no kandu, no burning sensation. Were virechana and Raktamokshana found effective in ekkushtha.

**Discussion**

In present Ekkushtha(vat-kaphaj kushtha) case study patient were treated with raktmokshan(Siravedh), virechan, Takradhara and with shaman chikitsa. Virechana were used for to remove the vitiated pitta from the body. Kushtha is tridoshik so there is also dushti of pitta dhatu. And pitta has ashayashrayi smabandha of rakta dhatu so role of virechan and rakstamokshana plays very important role. After Siravedhan karma there is reduction in the symptoms of Daha and kandu. Siravedh Karma not only cleans the body from inside but also does the Prasadan of the Mana\(^11\). Man, Indriya, Atma which are called the Tripod of the Sharir which directly improves the quality life.
and stress life of the patient. where Virechan and Siravedh found effective in
the symptoms of Ekkushtha and also in
holistic health effect.
Snehana with nimba tail decreases scaling
and dryness.
Shaman chikitsa- Krumikuthar work for
destroying krumi from the body in all
kushrha chikitsa.
Aarogyavardhini contain kutaki which
works on shodhan and bhedan.

Conclusion- Ayurvedic management of
Ekkushtha (vat-kaphaj kushtha) has very
effective results with the help of shodhan
chiktsa that is Virechana and
Raktmokshana (Siravedhan) and shaman
chikitsa. With the help of this chikitsa the
toxins were removed from the body and
patient gets better relief.
To avoid the recurrence of Kushtha we
have to do shodhan Kramas According to
dominance of doshas. Patient is advised to
follow Pathyapathya to avoid recurrence.

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