



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. Acharya 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. Acharya 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
 TEMPERATURE-97.4
 R.R-20/MIN
 CVS-S1S2Normal(No added sound)
 CNS-Conscious, Oriented
 P/A-soft ,Not tender
 Diagnosis-Ekkushtha(Vat-kaphaj)

Raj vrutnant-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-
 Signs and symptoms of Ekkushtha.

Aswedana (Lack of sweating)	present
Mahavastu(broad base)	present
Mastyakalopam (looks like scales of fish)	present

Subjective criteria-⁵
 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 criteria⁶

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)

Purva karama- Snehan with Mahatikta ghrut⁷ with anupan koshana jal increasing quantity of ghrut until the snehasidha lakshane seen.

Day of snehan	Quantity of ghrut
Day1	30ml
Day2	60ml
Day3	90ml

After 3days smyak siddha lakshane are seen

Then sarwang snehan with Nimba tail⁸ and swedana for 3days. On the day of virechana patient was kept NBM(Nil by mouth), till the process of virechana. Snehana along swedan given to the patient.

Pradhan karma

Virechan medicines ⁹	karma	dose
Abhayadi modak		2 tab
Trivatt+argawad phant		60ml
Manuka phant		100ml

Phant prepared as per shargdhar Samhita reference. Pulse, B.P and H.R. were noted to assess the general condition of the patient, they all were normal. Patient were taken to virechana room. This medicines given to the patient at 8am after ½ hr of snehana and Swedana.

B.P, H.R, PULSE were monitor every ½ hourly all are were normal. 10 vegas passed in 12hrs.

Pachat karma-

Samsarjan kram for 3 days were advised accordingly to the Shudhi.

Shaman chikitsa- For next 8days

(Same shaman chikitsa given for next 2 f/u)

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

Medicines for external applications- Nimbadi tail and shatdhautghrut for alternate days.

Raktamokshana¹⁰-left cubital Siravedhan done (as left hand had more drushti than right hand). 20-30ml blood were drained out.

Siravedh Kram were performed after 7days of Samsarjan kram.

Takradhara-Give Amalaki siddha Takradhara for reduced mental stress.

Observation before and after treatment

Sr. No.	Table Observation	Before	After
1	Aswedana(Absence of sweating)	2	1
2	Mahavastu	3	1
3	Matsyashakalopamam	2	0
4	Candle grease sign	2	1
5	Auspitz scale	2	0

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 Raktamokshan 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 ashrayashrayi smabandha of rakta dhatu so role of virechan and raktamokshana 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 Prasadana of the Mana¹¹. 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 chikitsa 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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