

EFFECT OF VAMANA AND SHAMANAUSHADHIS IN EKA KUSHTA- A CASE REPORT

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ABSTRACT

Ekakushta is one among *kshudrakushta* having *vatakapha* as predominant *dosha*. The signs and symptoms are *aswedanam* (the lesions of the disease are dry and rough), *mahavasthu* (lesions found all over the body), *matsyasakalopamam* (well defined raised macule, papule, plaques of erythema found which is covered by scales). *Shodhana* especially *vamana* helps remove the root cause of the disease, and prevent from recurrence. A patient approached to OPD of SDM College of Ayurveda and Hospital with chief complaints of reddish skin lesions along with itching and peeling off of the greyish skin in the scalp, both the upper and lower limbs and back since 10yrs, was treated with *Vamana* (vomiting) and few *shamanaushadhis* (internal medication) like *Nimbadiguggulu*, *Gandhakarasyana* and *Manibadraguda*. A remarkable improvement in the condition was observed in a span of 15 days.

Keywords: *Ekakushta, Asewdana, Mahavasthu, Matsyasakala, Vamana, Shamanaushadhi*

INTRODUCTION

The Skin is the largest among the organs of the body and provides an immediate barrier between the internal tissues and environment. Skin protects the body from the effects of temperature and chemical and microbial attack. It has a great cosmetic importance also. The disorders of skin greatly affect the mental and physical state of a human being. Skin diseases are the most frequently occurring health problem which affects people of all

ages due to altered life style, lack of physical exercise, unhygienic, mental stress and over eating etc¹. In Ayurveda, *Kushtais* considered as a *bahudoshajavyadhi*, has *tridosha* involvement with *saptadhaatu* as its *dushya* also. Charaka identified *Kushta* as one among *Dheerghakaalenaroga*². *Kushta* is one among *AshtaMahagada*. So, it is difficult to cure³. Due to *nidhanasevana* (etiological factors) the *doshas* get vitiated enter the *siras* (vein) and

vitiated *twak* (skin), *raktha* (blood), *lasika* (serous fluid) and *maamsa* (muscle) create *vaivarnya* (discoloration) in *twak* (skin). If it is not treated properly it spreads into the *dhatu*s⁴. There are 11 *kshudrakushta* and 7 *mahakushta* explained in the classics. *Ekakushta* is one among *kshudrakushta* having *vatakapha* predominance. There is no specific description about etiological factors of the disease *Ekakushta* but it being a variety of *Kshudrakushta*, some of the etiological factors of *Kushtha* are to be accepted as the etiological factors of the *Ekakushta* too. The signs and symptoms are *aswedanam* (the lesions of the disease are dry and rough), *mahavasthu* (lesions found all over the body), *matsyasakalopamam* (well defined raised macule, papule, plaques of erythema found which is covered by scales)⁵. *BhavaPrakasha* describes that the lesions of *Ekakushta* are *Chakrakara* (circular) & *Abhrakapatrasama* i.e., silvery scales like mica⁶. Modern medical science treats psoriasis with corticosteroids. But this therapy gives serious side effects like hepato & nephrotoxicity, bone marrow depletion, etc⁷. Hence it is the need of the time to find out safe and effective treatment for *Ekakushta* and here Ayurveda plays an important role. The unique treatment modality of Ayurveda provides long lasting results through three basic principles of treatment i.e., *NidanaParivarjana*, *Shodhana* and *Shamana*.

NidanaParivarjana

This means avoidance of etiological factors like *MithyaAhara*- *Vihara* & *ViruddhaAhara*. *NidanaParivarjana* stops the further progression of the disease, by restricting vitiation of *Doshas*.⁸

Shamana

Internal medication should also be taken to pacify the aggravated *doshas* and maintain the equilibrium.

Shodhana

As *Ekakushta* is chronic & relapsing in nature and also there is an involvement of *Vata-kaphadoshas* & *Twaka, Rakta, Mamsa, Lasika* and *Kleda*, so repeated *Shodhana* is required for treatment⁹. *Vamana Karma* is indicated in all conditions of *BahuDosha*, among them sign and symptoms like *Pidaka* (eruptions), *Kandu* (itching), *Shleshma-Pitta-Samutklesha*, *Bala- Varna- Pranasha* are clearly indicative of skin manifestations¹⁰. *Vamana Karma* is the best therapy for the elimination of vitiated *KaphaDosha* from all over the body apart from *Kapha* it also eliminates the vitiated *Pitta* to a moderate extent, in turn having its effect on *Rakta* also¹¹. By *vamana* procedure, cure of disease become easier due to removal of root cause. According to classics it should be performed at regular intervals once in every 15 days. This paper reviews some of the *shamanaushadhis* and *vamana* for the treatment of *Ekakushta*.

CASE REPORT

A 48year old young male, Carpenter by profession was admitted at SDM Ayurveda Hospital, Hassan with chief complaints of reddish skin lesions along with itching and peeling off of the greyish skin in scalp, both the upper and lower limbs since 10yrs. Patient was apparently healthy before 10yrs, gradually, he observed raised skin lesions over the scalp. He also noticed severe itching over

these lesions. Following the itching the peeling off of the greyish skin in those areas of the lesion. The symptoms increased day by day. Along with peeling of skin hair fall was also noticed. For these complaints, he consulted a physician (details of medication unknown). The symptoms remained the same. In the due course of 5 years he found the same symptoms over the elbow region of the both arms. First, he observed 2-3 small lesions and as days passed he noticed all these lesions joined together to form a big lesion. Gradually he also noticed that lesions appeared over whole of his back. These lesions in the hand and back were raised; he had severe itching over these lesions followed by peeling off of the greyish skin. On severe itching he noticed colourless fluid (discharge) oozing out followed by oozing of little blood and the surrounding area of the lesion would become slightly elevated along with burning sensation. The scaling near the elbow increased day by

day and became thicker and dry. He took treatment from a local physician but he did not find much relief. Aggravating factors are during winter, act of itching, sitting under the fan, bathing with warm water, exposure to dust, food items like potatoes, Brinjal, egg, etc. In the due course of time the itching increased so much, he used to prick the lesions with his nails and rub his back to the wall. 3yrs back he noticed that the lesions appeared over both the thighs. Gradually he noticed the lesions over both the knee joint and legs. The scaling near and over the knee joint also increased day by day and became thicker and dry. He used to feel the skin was held tightly because of which range of movements at the knee joints was also affected. On examination there were multiple lesions. It is bilaterally symmetrical over elbow joint and knee joint and is rough and uneven. Candle grease sign, auspitz sign, kobners phenomenon, scratch test are positive.

Treatment given

Table 1: *Deepana pachana*-3 days

SI. No	Medicine	Dose
1	<i>PanchakolaPhanta</i>	50ml twice daily before food
2	<i>Chitrakadivati</i>	2 tabs twice daily before food
3	<i>Agnitundivati</i>	2 tabs twice daily before food

Table2: *Snehapana*-5 days

Procedure	Medicine	Dosage
<i>Snehapana</i>	<i>Panchathikthagritha</i>	
	1 st day	40ml
	2 nd day	70ml
	3 rd day	120ml
	4 th day	150ml

Table 3: *Panchakarma* procedures

Procedure	Medicine	Days

Sarvangaabhyanga, Bashpasweda	EladiTaila for abhyanga	5 th ,6 th ,7 th day
Vamana	Madanaphalapippali added with Saindhavalavana, Vachachoorna and honey-half tea spoon each, Milk-4glasses, Yashtimadhu Phanta-11 glasses Saindhava jala-6 glasses, Total vegas-4	7 th day
Samsarjana Karma	Kanji-2 days after vamana	

Table 4: Shamanaushadhis

Medicine	Dose	Duration
Nimbadiguggulu	1-1-1	15 days
Gandhakarasyana	1-1-1	15 days
Manibadraguda	1 tsp at night	15 days

At the time of admission external application 777 oil was given.

RESULTS

After first medication the symptoms like reddish skin lesions along with itching and peeling of greyish skin in the scalp reduced. The patient was advised for follow up medicine and for avoiding fried food items, junk food, curd, non-vegetarian diet, sea foods, and milk products.

DISCUSSION

Deepanapachana

Chitrakadivati contains Chitraka (*Plumbagozeylanica*) Pippalimoola (*Piper longum*), Yavakshara, Sarjikshara, Lavanavarga, Sunthi (*Zingiberofficianale*), Maricha (*Piper nigrum*), Pippali (*Piper longum*), Ajamoda (*Apiumgraveolance*), Hingu (*Ferula asafoetida*), Chavya (*Piper chaba*), Nimbuswarasa (lemon juice). All these drugs are carminative. It improves pitta dosha and balances vata and kapha¹³.

Agnitundivati contains purified mercury, Visha (*Aconitum ferox*), Gandhaka (purified sulfur), Ajamoda (*Apiumgraveolance*), Harithaki (*Terminaliachebula*), Vibhithaki (*Terminaliabellerica*), Amalaki

(*Emblicoefficianalis*) Yavakshara (*kshara of Hordeumvulgare*), Chitraka (*Plumbagozeylanica*), Saindhava (rock salt), Jeeraka (*Cuminumcyminum*), Vidanga (*Embeliaribes*), Tankana (Borax), Sodhithakupilu (*Strychnusnuxvomica*)¹⁴.

Snehapana reduces the burning sensation (*Daha*), lubricates the body and thus reduces dryness over the scales. It also reduces the scaling (*Matsyashakalopamam*) and vatadosha in the body¹⁵.

Panchatiktaghrita contains Nimba (*Azadiractaindica*), Patola (*Tricosantusdiocia*), Kantakari (*Solanumxanthocarpum*), Guduchi (*Tinosporacordifolia*), Vasa (*Adatodavasica*). In Kushta there is excessive accumulation of Kleda. Tikta Rasa is Amapachaka & Kleda Shoshaka in nature, also in Kushta Chikitsa Acharya Charaka gives importance to Tikta Rasa. Amrita is one of the Rasayana drug mentioned in Ayurvedic texts. Patola (*TricosanthesdiociaRoxb.*) has wound healing property. Nimba, Amrita and Vasa are indicated in Kushtha also¹⁶.

SarvangaSveda: Removes obstruction in Srotas through the process of Srotoshodhana¹⁷.

Vamana: By this procedure the Kaphadosha gets eliminated from the body and reduces itching. Deepana- Pachana which precedes the Vamana Karma increase metabolic activity and helps to digest and excrete the metabolic waste products accumulated in tissue and system. Performing of Vaman in morning when the levels of Kapha are high is needed¹⁸. The secretion rates of CRH, ACTH, and excessive cortisol are also high in early morning but low in evening. Vamana process stimulates the defense mechanism of body to protect further damage, these type of changes may compel body to increase cortisol secretion in large amounts to achieve immediate effects of blocking most of the factors that are promoting inflammation¹⁹. Vagbhata recommends vamana karma to be adopted in Kushta every 15 days. Thus extra cortisol through one course will be sufficient till 15 days, after that the body will again be charged with another course of Vaman to fulfil needs of remedy²⁰.

Manibadraguda

It contain Vidanga (*Embeliaribes*), Amla (*Emblicaofficinalis*), Harithaki (*Terminaliachebula*), Trivrit (*Operculinaturpetum*) and Jaggery. It is indicated in kandu and kushta²¹. Vidanga is the best krimiharadravya. Harithaki and Amalaki also possess anti -oxidant properties also^{22, 23}. Trivrit which is mruduvirechaka drug²⁴ and Nithyavirechana help in elimination of vitiated doshas.

Gandhakarasyana

It contains purified Gandaka(sulfur),Cinnamon(*Cinnamomumzeylanicum*),Ela(*Elatteriacardamomum*),Patra(*Cinnamomumtamala*),Nagakesara(*Mesuaferrea*), Guduchi(*Tinosporacordifolia*),Harithaki(*Terminaliachebula*),Amalaki(*Emblicaofficinalis*), Vibhithaki(*Terminaliabellerica*), Sunthi(*Zingiberofficinale*),Bhringaraja(*Ecliptaalba*). GandhakaRasayana is having antibacterial, antiviral and antimicrobial properties. It is useful in the treatment of skin diseases, itching,pruritus and diarrhea.It can improve digestion and skin complexion.It cures malabsorption syndrome, efficient wound healer and pain reliever²⁵. Purified Sulphur is used in treatment of variety of diseases. It has stimulant action on secreting organs such as skin and mucous membrane. It has diuretic and laxative action. It increases bile and is useful in skin diseases.In combination with mercury it is used in almost every disease. Sulphur is used both internally and externally for treatment of diseases of skin. Study shows GandhakaRasayan contains carbohydrates, steroids, tannins and essential micronutrients. Carbohydrates act as anti-diarrheal and plays important role in wound healing. Tannins are astringent, cardiogenic and useful in skin eruptions boils and diarrhea. Steroids regulate carbohydrate and protein metabolism and possess strong anti-inflammatory action. They also influence the electrolyte and water balance of the body²⁶.

Nimbadiguggulu

It contains Nimba (*Azadirachtaindica*), Patola (*Tricosanthesdioca*), Triphala (*Terminaliachebula*, *Terminaliabellerica*,

Embelicaofficianalis), Vasa (*Adatodavasica*), Guggulu (*Commiphoramukul*)²⁷. All ingredients in this formulation have kushtaghna property. Nimba, Patola, Vasa have thiktha rasa^{28,29, 30}. It is described as pathya rasa for kushta. Charaka included Nimba, Patola having kandughna property also^{31,32}. Harithaki, Guggulu have shothahara property^{33,34}. Ingredients of triphala have anti-oxidant property^{35, 36, 37}. These properties help to reduce signs and symptoms in ekakushta.

Oil 777

777 oil contain *Wrightiatinctoria* have kushtaghna (alleviates skin disease) and kandughna (alleviates itching) property. Increases the bio-availability of the active ingredients and balances the micro and macro level of activities. Ideal hydro-lipo quotient

reduces xerosis of skin associated itching, and delays cell death³⁸.

CONCLUSION

Eka-Kushtha is a clinical entity described in Ayurveda under *KshudraKushta*. According to Charaka, it is Vata-Kapha dominant disorder while Sushruta described this under Kapha dominant disorder. The signs and symptoms are *aswedanam* (the lesions of the disease are dry and rough), *mahavasthu* (lesions found all over the body), *matsyasakalopamam* (well defined raised macule, papule plaques of erythema found which is covered by scales). *Eka-kushtha* being a *KshudraKushta* involvement of Tridosha can be evident from its signs and symptoms. Shodhana especially vamana helps remove the root cause of the disease and prevents from recurrence.

At the time of admission After 15 days of treatment



At the time of admission After 15 days of treatment



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