

EFFECTIVE AYURVEDIC TREATMENT ON PSORIATIC ERYTHRODERMA (EKA KUSHTHA) - A CASE STUDY

Dharmesh J. Patel¹, Dilip Kataria², Dr. Vandana Raval³

¹M.D. Scholar, Dept. of Kayachikitsa, ²M.D. Scholar, Dept. of Kayachikitsa,

³M.D.(Ayu), Lecturer, Dept. of Kayachikitsa,

Govt Akhandanand Ayurveda College, Ahmedabad, Gujarat, India

Email: dr.dharmeshpatel@ymail.com

ABSTRACT

Psoriatic Erythroderma also called “exfoliative dermatitis”, in this disease the skin over the entire body develops erythema and scaling. Psoriasis erythroderma can result from a pre-existing skin disease such as psoriasis. Injudicious irritating topical treatment of the primary disease can precipitate this transformation. For present study, a 52 years old Hindu male patient having symptoms like erythema, severe scaling, itching whole over body (Excessive on trunk, both arm, both leg, scalp region), dryness over affected part since 23 years was registered. Patient prior went for allopathy treatment since 1993. According to patient, all the symptoms had been aggravated excessively since December 2015, when he stopped allopathic treatment. Considering the signs and symptoms patient was treated in the lines of *Vata-Kapha* dominant *Kushtha (Ekakushtha)*. Classical *Vamana* and *Virechana karma* was done followed by *Shaman Chikitsa* along with *Pathya- Apathya*. Significant relief found in the signs and symptoms with no recurrence in the follow up of the treatment.

Keywords: Psoriasis erythroderma, *Kushtha*, *Ekakushtha*, *Vamana*, *Virechana*.

INTRODUCTION

Psoriatic Erythroderma is a rare type of psoriasis, occurring once or more during the lifetime of 3 percent of people who have psoriasis. It generally appears in the people who have unstable plaque psoriasis. It means the lesions are not clearly defined. Widespread, fiery redness and exfoliation of the skin characterize this form. Severe itching and pain often accompanies it. Erythrodermic psoriasis can occur abruptly at the first signs of psoriasis or it can come on gradually in people with plaque psoriasis¹. The causes of erythrodermic psoriasis is not understood yet, however there are some known triggers. Abrupt withdrawal of systemic treatment, use of systemic steroids (cortisone), severe

sunburn, allergic, drug-induced rash that brings on the Koebner phenomenon (a tendency for psoriasis to appear on the site of skin injuries), infection, emotional stress, alcoholism. In allopathic science initial treatment usually includes medium-potency topical steroids and moisturizers which give only symptomatic relief for a short time. Due to its recurrent and chronic nature, psoriatic erythroderma is a challenge to treat¹. In *Ayurveda*, almost all skin diseases are taken under generalized term *Kushtha*². The symptoms of *Ekakushtha* like *Aswedanam* (absence of sweating), *Mahavastu* (extensive lesions invading whole body), *Matsyasakalopam* (scaling resembling scales of fish), it seems to be more nearer to Psoriatic erythroderma³. As

per Ayurvedic view, *Ekakushtha* is a *Vata-Kapha* dominant *Tridhosaja Vyadhi*⁴. Due to excess of *Dosha*, *Sodhana Chikitsa* is performed followed by *Shaman Chikitsa* along with *Pathya-Apathya*. Here, a patient of psoriatic erythroderma (*Ekakushtha*) was successfully treated with Ayurvedic principals of treatment, is presented as a case study in the article.

CASE REPORT

A 52 years Hindu male patient residing in Bapunagar (Ahmedabad) came to OPD of Kayachikitsa Dept., Akhandanand Ayurved college hospital in first week of February 2015; with the following complains:

- Chief Complaints: Erythema, severe scaling, itching whole body (excessive on trunk, both arm, both leg, scalp region), dryness over effected part.
- Aggravated excessively from the last winter.
- On Examination: Multiple pin point pits in the nail plate and Onychodystrophy found⁵. *Sama Avastha* found by *Jihva Darshana Pariksha*
- Past History: According to patient before 23 years back, he was healthy, later (end of 1992) started with mild red erythematous scaly patches on back, abdomen and scalp with dryness. He had diagnosed psoriasis by dermatologist and accordingly treated. At that time all the complaints were relived within 6-8 months. But all complaints reappeared again in next winter. Since then he was many times treated with antipsoriatic medicine, which provided relief for some times but afterwards it reappeared again. The condition of the patients was aggravated in every winter season and it became worst in December 2014. Then he turned to Ayurvedic treatment for its permanent solution.

- Family History: Nil
- Dietary History: Vegetarian, no junk food, took fermented items rarely, daily curd. Excessive consumption of *Lavan Rasa*, occasionally *Viruddha Ahar* of *Lavan rasa* with milk.
- Symptoms of *Krumi*⁶: Not found
- Associated complaints: Appetite decrease, disturbed sleep, constipation, stress factor
- No addiction

All routine blood investigation as CBC, Sugar Level, LFT, RFT, Urine Routine and Microscopic examination, USG abdomen were carried out and founded within the normal limit.

TREATMENT PLAN

Considering the signs and symptoms, patient was treated in the lines of *Vata-Kapha pradhana Kushtha (Ekakushtha)*. Treatment plan as following:

- **Step 1:** *Deeapan-Pachana Chikitsa* for 7 days with *Chitrakadi Vati*⁷ 2tab twice a day and *Ajmodadi Churna*⁸ 1gm twice a day
- **Step 2:** *Snehpana* with *Panchtikta ghrita*⁹ till *Samyaka Snehpana lakshana*¹⁰ found
- **Step 3:** *Vamana* with *Madanphala*, *Yastimadhu Phanta* etc. Followed by *Purvakarma (Sarvang Abhyanga and Swedana 1 day)* and *Pachyat karma (Dhumpana and Samsarjan karma)*
- **Step 4:** *Snehpana* with *Panchtikta ghrita* till *Samyaka Snehpana Lakshana* found
- **Step 5:** *Virechana* with *Ichhabhedi as*¹¹ 4 tab (125mg each) Followed by *Purvakarma (Sarvang Abhyanga and Swedana 3 day)* and *Pachyat karma (Samsarjan karma for 5 days)*
- **Step 6:** *Shamana Chikitsa* for pacification of rest doshas followed by *Pathya-Apathya* 4 months.

1. Manjisthadi Kwath¹² 20ml twice a day empty stomach
2. Arogyavardhini vati¹³ 2 tab twice a day
3. Sansamni vati 2 tab twice a day
4. Kaisor Guggulu¹⁴ 2 tab twice a day
5. Rasayan Churna-1gm
6. Kalmegha Churna-1gm
7. Khadir Churna¹⁵ -1gm twice a day
8. Sudarshan Churna¹⁶ -1gm
9. Karanj tail¹⁷ for locally application twice a day

OBSERVATION

1) First Visit of Patient to OPD:



2) After Vamana and Virechan Karma: Scaling and itching decreased. Erythema persist as it is.



3) After 4 month of Shamana chikitsa and Pathya-Apathya Palana: Scaling, Itching and Erythema 100% removed, only mild discolouration and onychodystrophy present.



No complaints till date as per regular follow up.

DISCUSSION

In Charak Samhita Siddhi Sthana Acharya Charak told Vamana Yogya and Virechana

Yogya Rogi. Kushtha Rogi is included in both. It is proved by this case study of Pso-

riatic erythroderma which was successfully treated as a *Ekakushtha*.

Table1: Details of treatment procedure with mode of Action as seen in below chart

Treatment Planned	Used Drugs with Doses and Contains	Mechanism
DipanaPachana	Chitrakadi Vati 2 tab twice a day on empty stomach with luke warm water Contains: <i>Chitraka, Trikatu, Pipalimula, Chavya, Panchalavana, Dwikhsara, Ajamoda, Hingu, Maricha, Bijora Nimbu swaras ya Dadim swaras se bhavana</i>	<i>Ama-dosha nashaka</i> Increase in Agni
	Ajamodadi Churna 1gram twice a day on empty stomach with luke warm water Contains: <i>Ajamoda, Vidanga, Saindhava lavana, Devadaru, Chitraka, Pippalimoola, Maricha, Haritak, Vriddhadaruka, Nagara</i>	<i>Ama-dosha nashaka</i> Increase in Agni
Snehapana	Panchatikta Ghrita in a dose of increasing order of 40ml, 80ml, 120ml, 160ml, 200ml and 240 ml with luke warm water for respective six days Contains: <i>Nimba, Patola, Vyaghri, Guduchi, Vasa, Triphala, Goghrita</i>	<i>Vata-doshashamaka</i> Decrease in Burning Sensation Reduction in Scaling and Dryness
Abhyanga	Coconut oil for 1 day	Removal of Dryness Decrease in Scaling (<i>Vatadosha Shamaka</i>)
Sarvanga Swedana	<i>Nadi Swedan:</i> 30-35 minutes Followed by <i>Atapa sevana</i>	<i>Stroto Shodhana</i>
Vamana	<i>Vamana Yoga:</i> Madanphala 4gm, Vacha 2gm, Saindhav 1gm, Madhu Sufficient quantity <i>Akantha Pana</i> with Yastimadhu Phanta	<i>Kaphadosha Shodhana</i> Reduction in Itching
Dhumapana	After 10 mins of <i>Vamankarma</i> , <i>Dhoomapana</i> was given with <i>Dhumvarti</i> for 3-4 times by each nostril of patient	<i>Kaphadosha ShiroVirechana</i>
Virechana	Ichhabhedi Ras (125mg Each) 4 tab givan with cold water , Contins: <i>Shunti, Maricha, Shuddha Parada, Shuddha Gandhaka, Tankana Bhasma, Shuddha Jayapala</i>	<i>Reduction in itching, discolouration and scales</i> <i>Pitta dosha shodhana</i>

Table 2: Oral drugs, their Composition, Doses and Exact effect

Name of drug Compound	Doses and Contains	Exact effect
Manjisthadi Kwath	20ml twice a day For 4 months on empty stomach Contains: <i>Manjitha, Haritaki, Vibhitaki, Amalaki, Katuki, Vacha, Devdaru, Haridra, Nimba</i>	<i>Sarve Kushthanashaka</i>

Arogyavardhini Vati	2 tab(500mg each) twice a day with luke warm water for 4 months, Contains: <i>ShuddhaParada, Shuddha Gandhaka, Loha Bhasma, Abhraka Bhasma, Tamra Bhasma, Haritaki, Vibhitaki, Amalaki, Shilajatu, Guggulu, Eranda, Katuki</i> , Juice extract of <i>Nimba</i>	<i>Amadosha nashak,</i> <i>Hepatoprotective ,</i> <i>Vata and Kapha nashaka</i>
Sanshamani Vati	2 tab twice a day with luke warm water for a 4 months, Contains: <i>Giloy Ganvati</i>	-
Kaishor Guggulu	2 tab twice a day with luke warm water for a 4 months Contains: <i>Triphala, Guggulu, Guduchi, Trikatu, Vidanga, Danti, Trivrit, Guduchi, Goghrita</i>	<i>Sarve Kushthanashaka</i>
Rasayana Churna	<i>Guduchi, Gokshura, Amalaki</i>	-
KalmeghaChurna	Kalmegh (<i>Andrographis Paniculata</i>)	-
Khadir Churna	<i>Khadir (Acacia catechu)</i>	<i>Kushthagha</i>
Sudarshan-Churna	<i>Main contain is Kiratatikta 21 Part(Half of total ingredients) others are Kaleeyaka (Santalum album), Haridra, Devdaru, Vacha, Motha, Hareetaki etc</i>	<i>Tikta rasa pradhana yoga,</i> <i>Tikta rasa have Kushthagha property</i>
Karanj tail	local Application twice a day Contains: <i>Karanja, Saptachada, Langali, Snuhi, Arka, Anala, Bhringaraja, Nisha, Gomutra, Visha, Taila</i>	<i>Visarp-Visphota-Vicharchika nasaka</i>

Along with *Shodhana* and *Shamana* therapy patient was advised to avoid non vegetarian food (chicken, eggs, fish, mutton, etc), fast food, fermented food (achar, idli, dosa, pau, bread etc), *Katu Amla rasa* (dahi, spicy food), to take less *lavan rasa* in *Ahara*. Patient was advised *yoga* and medication to reduce mental stress. In this patient every year we want to planned *Vasantik Vamana & Virechana in Sarada Rhutu* to prevent the *dosh sanchaya* for next 3 year.

CONCLUSION

Psoriatic Erythroderma (*Ekakushtha*) is complicated to treat. In present case, the treatment was found very effective in treating Psoriatic Erythroderma (*Eka-kushtha*). There was 70% relief in signs and symptoms after *Shodhana Chikitsa* and 95% relief after *Shamana Chikitsa*

(Oral medication, Local Application) and *Pathya-Apathya palana*.

REFERENCES

1. <https://www.psoriasis.org/about-psoriasis/types/erythrodermic>
2. *Agnivesha, Chikitsasthana 7/10*, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan; 2009.p.182
3. *Agnivesha, Chikitsasthana 7/21*, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan; 2009.p.184
4. *Agnivesha, Chikitsasthana 7/29&31*, Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta

- Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.185
5. <https://www.wikiskinatlant.com/article/onychodystrophy>
 6. Acharya Susruta, *Uttar tantra* 54/19, Hindi commentary by Dr Ambikadatta Sastri, Susruta Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan;2013.p.510
 7. Shree Govinddas, *Agnimandhya Rogadhikara*10/22-24, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaisajya Ratnavali, Varanasi, Chaukhamba Prakashana;2011.p.333
 8. Acharya Sharangdhara, *Madhyama Khanda* 6/113-117, Hindi Commentary by Dr. Shailja Shrivastav, Sharangdhara Samhita, Varanasi, Chaukhamba Orientalia; 2011.p.187
 9. Shree Govinddas, *Kushtaadhikara* 54/257-260, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhamba Prakashana;2011.p.906
 10. Agnivesha, *Sutrasthana* 13/59 , Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.206
 11. Shree Govinddas, *Udara Rogadhikara* 40/65,66 , Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhamba Prakashana; 2011.p.760
 12. Shree Govinddas, *Kushtha Rogadhikara* 54/66, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhamba Prakashana;2011.p.891
 13. Rasaratna Samucchaya of Shri Vagbhatacharya 20:87-93, Susratnojjvala Hindi Commentary by Sri Ambikadatta Shastri, Varanasi, Chaukhamba Amarbharati Prakashan ;2003.p.400
 14. Acharya Sharangdhara , *Madhyama Khanda* 7/70-81, Hindi Commentary by Dr. Shailja Shrivastav, Sharangdhara Samhita, Varanasi, Chaukhamba Orientalia; 2011.p.204
 15. Agnivesha, *Sutrasthana* 25/40 , Hindi commentary by Acharya Vidhyadhar Sukla and Prof. Ravidatta Tripathi, Charaka Samhita, Varanasi, Chaukhamba Sanskrit Pratishthan ;2009.p.338
 16. Shree Govinddas, *Jwara Rogadhikara* 5/445-454, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhamba Prakashana;2011.p.117
 17. Shree Govinddas, *Visarpa Rogadhikara* 57/26, Hindi commentary by Kaviraj Shri Ambikadatta Sastri, Bhaishajya Ratnavali, Varanasi, Chaukhamba Prakashana;2011.p.935

CORRESPONDING AUTHOR:

Dr. Dharmesh J. Patel

9, Barrage Road, Vasana, Ahmedabad, 380007

Email Id: dr.dharmeshpatel@ymail.com
Chitrakut Apartment, Near Ekta Tower, Vasana

Source of support: Nil

Conflict of interest: None Declared