

## AYURVEDIC MANAGEMENT OF PSORIASIS W.S.R TO THE COMPARISON OF EK KUSHTHA, CHARMAKUSHTHA, KITIBHA AND VAIPADIKA WITH DIFFERENT TYPES OF PSORIASIS

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### ABSTRACT

In *Ayurveda*, psoriasis is compared with *Kshudra Kushtha*. *Kshudra Kushtha* is one of the two types of *Kushtha*, the other one being *Mahakushtha*. *Kushtha* suggests skin discolouration, which mainly involves the three *Doshas* and *Twacha*, *Rakta*, *Mamsa* and *Lasika* as the pathogenic agents. The treatment for any *Kushtha* includes both *Shodhana* and *Shamana*, which can only be proceeded by assessing the *Dosha* predominance at the particular stage of *Shatkriyakala* or pathogenesis. The treatments include *Snehapana* for *Vata*, *Vamana* for *Kapha*, *Rakta Mokshana* and *Virechana* for *Pitta*.

The four types of *Kshudra Kushtha*, namely, *Charmakushtha*, *Ek Kushtha*, *Vaipadika* and *Kitibha*, that are being compared to different types of Psoriasis, are all *Vata-Kapha Pradhana* diseases. The common symptoms of these types of *Kushtha* are scaling (patches), itching, roughness, pigmentation, etc. And others being the specific symptoms. Since the diseases mentioned above are *Vata-Kapha Pradhana*, with *Vata* being dominant, *Panchatikta Ghritapana* is used as a treatment. *Ghritapana* is considered the best treatment for treating *Vata*-dominant diseases. In the case of Psoriasis, it reduces the dryness caused by *Vata*, which further stops the itching caused by *Kapha* and, hence, breaks down the pathophysiology of Psoriasis.

**Keywords:** Psoriasis, *Kshudra Kushtha*, *Ghritapana*

## INTRODUCTION

### 1. What is meant by Psoriasis?

Psoriasis is one of the most common dermatologic diseases, affecting up to 2% of the world's population. It is an immune-mediated disease clinically characterised by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale. The skin lesions of psoriasis are variably pruritic. Traumatized areas often develop lesions of psoriasis (the Koebner or isomorphic phenomenon). In addition, other external factors may exacerbate psoriasis, including infections, stress, and medications (lithium, beta blockers, and antimalarial drugs).

As explained, there are five types of psoriasis: Plaque, Guttate, Palmoplantar, Erythrodermic, and Pustular.

**1] Plaque Psoriasis** is also known as psoriasis vulgaris. Patients with plaque-type psoriasis have stable, slowly enlarging plaques, which remain unchanged for long periods. The most commonly involved areas are the elbows, knees, gluteal cleft, and scalp. Involvement tends to be symmetric. Plaque psoriasis generally develops slowly and runs an indolent course. It rarely remits spontaneously. Inverse psoriasis affects the intertriginous regions, including the axilla, groin, sub mammary region, and navel; it also tends to affect the scalp, palms, and soles. The individual lesions are sharply demarcated plaques, but they may be moist and without scale due to their location.

**2] Guttate Psoriasis** (eruptive psoriasis) is most common in children and young adults. It develops acutely in individuals without psoriasis or in those with chronic plaque psoriasis. Patients present with many small erythematous, scaling papules, frequently after upper respiratory tract infection with  $\beta$ -hemolytic streptococci. The differential diagnosis should include pityriasis rosea and secondary syphilis.

**3] Palmoplantar Psoriasis** is a chronic, debilitating skin disease that affects the palms and soles of the feet. It affects about 2-5% of the total population and

is characterised by flaky, scaly, and discolored patches of skin.

**4] Erythrodermic Psoriasis** is a rare skin condition that causes red rashes over most of your body.

In *Ayurveda*, Psoriasis is compared with *Kshudra Kushtha*. *Kshudra Kushtha* is a minor type of *Kushtha*. The vitiated *Tridoshas* (*Vata*, *Pitta* and *Kapha*), along with abnormal *Twacha*, *Rakta*, *Mamsa* and *Lasika*, together constitute the seven essential elements that play a major role in the pathogenesis of *Kushtha*.

### 2. Dasha Dushti found in Psoriasis/ Kshudra Kushtha :

The *Vata Lakshana* seen in *Kshudra Kushtha* are Dryness, Fissures, Flakiness, Peeling, Loss of sensation, Swelling and No sweating.

The *Kapha Lakshana* seen are Itching, Heaviness, Discoloration and Discharge from the skin.

The symptoms mentioned above are also seen in psoriasis. Hence, we can see *Vata-Kapha Dushti* in Psoriasis.

**AIM:** To study *Ayurvedic* Management of psoriasis w.s.r to the comparison of *Ek Kushtha*, *Charmakushtha*, *Kitibha* and *Vaipadika* with different types of psoriasis.

### OBJECTIVE :

1] To compare Plaque psoriasis, Guttate psoriasis, Palmoplantar psoriasis and Erythrodermic psoriasis with *Ek Kushtha*, *Kitibha*, *Vaipadika* and *Charmakushtha*, respectively.

2] To prove that Psoriasis can be treated completely by *Ghritapana*.

### METHODOLOGY :

To fulfil the aim and objectives of the study, this work has been carried out in the following phase-wise manner.

1] Conceptual study

2] Comparative study

3] Conclusion and summary

### COMPARISON :

1. *Ek Kushtha*

“अस्वेदनं महावास्तु यन्मत्स्यशकलोपमम् ।

यदेककुष्ठं... .. ||”  
(C.C. 7/19)

- Absence of perspiration
- Fishy scales
- Entire body becomes blackish red

#### A. Plaque Psoriasis

- Dryness
- Flakiness
- Plaque with a white or silvery surface
- Discolored body (red, brown or black)

#### 2. Kitibha

“ श्यावं किणखरस्पर्शं परुषं कीटिभं स्मृतम् || ” ( C.C. 7/20 )

- Round patches
- Red or brown
- Rough but unctuous
- Causes itching

#### B. Guttate Psoriasis

- Small, red, scaly patches
- Round or teardrop shaped
- Irritated and itchy

#### 3. Vaipadika

“ वैपादिकं पाणिपादस्फुटनं तीव्रवेदनं || “ ( C.C. 7/20 )

- Cracks in hands and feet
- Excessive pain
- Itching
- Burning sensation

#### C. Palmoplantar Psoriasis

- Deep painful cracks in hands and feet
- Partially or entirely red, dry and thickened
- Associated with pain and itching
- Burning sensation

#### 4. Charmakushtha

“.....चर्माखं बहलं हस्तिचर्मवत् । “ ( C.C. 7/19 )

- Affected area becomes thick like Elephant skin
- Rough to touch
- Severe itching

#### D. Erythrodermic Psoriasis

- Redness and inflammation
- Resembles severe burn
- Skin becomes thick

- Dry and rough
- Itchy
- Burning sensation

#### TREATMENT :

As per modern science, there is no known cause of Psoriasis and hence, no specific treatment for permanent cure. But in *Ayurveda*, we can completely heal psoriasis by *Shodhana* and *Shamana* therapies.

वातोत्तरेषु सर्पिवमनं श्लेष्मोत्तरेषु कुष्ठेषु।

पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाये ||

वमन विरेचन योगाः कल्पोक्ताः कुष्ठिनां प्रयोक्तव्याः |

प्रच्छनमल्पे कुष्ठे महति च शस्तं सिराव्यधम् ||

बहुदोषा संशोधः कुष्ठी बहुशोड मुरक्षताप्राणान् |

कोष हह्यतिमात्रहते वायुर्हन्त्याक बलमाशु ||

स्नेहस्य पानमिष्टं शुद्धे कोष्ठे प्रवाहिते रक्ते ।

वायुर्हि शुद्ध कोष्ठं कुष्ठिन खलं विशति शीघ्रं || (C.C.7/37-40)

The following treatment should be administered:

1. Vata predominant *Kushtha* - *Snehapana*

2. Kapha predominant *Kushtha* – *Vamana*

3. Pitta predominant *Kushtha* – *Raktamokshana* and *Virechana*

As mentioned previously, Psoriasis was found to be a Vata-dominant Vata-Kapha disease. Hence, the *Shamana* therapy includes *Ghritapana*. *Ghritapana* reduces the dryness of the affected area and further stops the itching. This breaks down the pathophysiology of the disease and cures it completely. In this case, the *Ghrita* used is *Panchatikta Ghrita*.

“पटोलसप्तच्छदनिम्बवासाफलत्रिकच्छिन्नरुहाविपक्वम् ।

तत्पंचतिक्तं घृतमाशुहन्तित्रिदोषविस्फोटविसर्पकण्डूः ||”

(Bhaishajya ratnavali, 58-20)

*Panchatikta Ghrita* is predominantly a mix of *Neem*, *Adoosa*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Giloy* and *Ghee*. It also contains other ingredients like *Patola*, *Vyaghri*, *Guduchi* and *Vasa* in smaller quantities. These *Dravyas* are very helpful in managing skin diseases, which is why they are used to treat mild and moderate cases of psoriasis. This *Ghrita* is used as an internal medication. The period and dosage of *Ghritapana* are decided based on the severity of the disease. *Ghritapana* is usually done in the morning

hours with an empty stomach. It is beneficial for proper digestion and shows faster effects.

#### SUMMARY :

The introduction, which is the preface of the article, includes a general idea regarding the comparison of psoriasis with *Kshudra Kushtha* and its ayurvedic management.

The aim and objectives are mentioned.

The literary review is explained in detail, which includes:

- 1] Meaning of psoriasis and its types
- 2] Comparison of types of psoriasis with different types of *Kshudra Kushtha*
- 3] Treatment by *Ghritapana*
- 4] It is a comparative study based on the previous work done

#### CONCLUSION

- 1] Many similarities were observed between Psoriasis and *Kshudra Kushtha*, symptoms were almost similar.
- 2] Compared with *Kshudra Kushtha*, psoriasis was found to be a *Vata-Kapha* disease, in which *Vata* is dominant.
- 3] The symptoms due to *Vata* are dryness, roughness, pigmentation, etc. And that is due to *Kapha*, which is itching, discolouration, etc.

4] Since dryness only leads to itching, *Ghritapana* is an effective treatment for reducing dryness, which also stops itching.

5] *Ghritapana* is performed for a particular time period, depending on the severity of the disease. If done properly, it heals psoriasis completely.

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