

MANAGEMENT OF EKAKUSTA THROUGH SHODHANA - A SINGLE CASE STUDY

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(Published Online: January 2025)

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Article Received: 08/12/2024 - Peer Reviewed: 29/12/2024 - Accepted for Publication: 09/01/2025.



ABSTRACT

Twacha represents the health of an individual. A good complexion of skin makes a person feel happy and confident. Nowadays, skin disorders are increasing due to various aetiological factors. In *Ayurveda*, skin diseases are explained as *Kushtha Vyadhi*. *Ekakushtha*- a type of *Kshudra Kushtha* that appears similar to psoriasis in terms of symptoms, remission, and seasonal variation. *Shodhana Purvaka Shamana* (Purificatory and Palliative) treatment modalities of *Ayurveda* provide safe, effective treatment with long-lasting results and a better life for the patient. In the present case, a 28-year-old female patient diagnosed with Psoriasis is treated with *Virechanaa*, followed by *Shamana Chikitsa*.

Keywords: *Ekakushtha*, Psoriasis, *Shodhana*, *Virechanaa*, Purificatory Treatment, Detoxification.

INTRODUCTION

Varna and *Kanti* represent an individual's health. Being a vehicle for biological and social communication with the external world, healthy skin is the central focus of an individual. Various etiological factors manifest dermatological disorders that make a person unconfident. *Kushtha* is broadly classified as *Maha*

Kushtha and *Kshudra Kushtha*. *Eka Kushtha*, a type of *Kshudra Kushtha*, presents *Aswedanam*, *Mahavastu*, *Matsya Shakalopama*¹ correlated to Psoriasis characterised by erythematous, sharply demarcated papules and rounded plaques, covered by silvery micaceous scales². With a prevalence of 0.44-2.8 per

cent in India, it commonly affects individuals in their third or fourth decade, with males being affected two times more commonly than females. Psoriasis significantly impairs patients' and their families' quality of life, resulting in significant physical, emotional and social burdens³ In *Ayurveda*, repeated *Shodhana*-Purification is explained as the main line of treatment for *Kushtha*⁴. In conventional medicine, corticosteroids and phototherapy are used in practice, but they have adverse effects in the long term. Hence, there is a need for proper treatment for psoriasis to provide long-term benefits without any adverse effects.

CASE REPORT

PRADHANA VEDANA

A 28-year-old female homemaker patient from Hubballi, Karnataka, came with complaints of severe itching and burning sensation of reddish, scaly lesions on the back and Thigh area for 8 years. Symptoms are aggravated by exposure to wind and sunlight.

VEDANA VRUTTANTA

The patient was healthy for 8 years. She developed a few reddish rashes on her back with itching, for which she consulted a physician and got relief after local medicaments. Symptoms relapsed again after 8 months with a burning sensation. The lesions spread all over the back with itching and burning sensation. She developed scaling over the lesions. Despite obtaining treatment I could not get relief. Hence approached our hospital for further management.

POORVA VYADHI VRATTANT.

N/H/O HTN/DM. N/H/O any allergy.

KULA VRATTANT: No relevant family history.

RAJO VRUTTANTA: 3 - 5 days/ 28 -30 days cycle. Regular

ASTA VIDHA PARIKSHA

Nadi: Vata Pittaja

Mala: Mild constipated

Mutra: Prakruta

Jihva: Alpa Lipta

Twak: Ruksha, with scaling

Akruti: Madyama

Sparsha: Parushata

Druk: Prakruta

Bala: Madhyama

SKIN EXAMINATION.

Site: Back and right outer part of the thigh. **Colour:** Erythematous with white scales. **Texture:** Dry, rough. **Distribution:** Uniform distribution, unilateral with scaling. **Auspitz sign:** Negative, **Candle grease test –** Positive

NIDANA PANCHAKA:

Nidana:

Aharaja: Katu-Tikta rasa pradhana, Adhyashana, Viruddha ahara

Viharaja: Divaswapna

Purva roopa:

Aswedana, Kandu, Rukshata.

Roopa:

Reduced sweating (*Aswedanam*), reddish skin lesions with scaling (*Matsya shakala vat*), and increased circumference of the lesions.

Upashaya: Relieves after moisturisation (oil application)

Samprapti: *Nidana sevana* leads to the vitiation of *Agni* and *Tridosha*. Vitiating *Dosha* circulates all over the body and gets lodged (*Sthana samshraya*) in *Twacha*, leading to reddish patches with scaling

DIAGNOSIS: As per clinical signs and symptoms, the present case was diagnosed as *Eka Kushtha* (plaque psoriasis). *Kushtha Chikitsa* is repeated in *Shodhana*, *Shamana*, and *Lepana*. Hence, *Shodhana*, followed by *Shamana*, was opted for the present study.

TREATMENT PROTOCOL:

SHODHANA CHIKITSA: SNEHAPANPURVAK VIRECHANAA

DASHA VIDHA PARIKSHA

Poorva Pratikauti: Kapha Pittaja

Deepan Tikta: PKalpna Pralitikantu, *Tridosha* jagm BD with H₂O at M₁ Bellary, India.

Tab Laghu Sodhaka vati 1 BD before food.

Samhanana: Madyama

Table 1. The table shows *Shodhanas details* in three sittings.

1 st Course	2 nd Course	3 rd Course
<i>Arohana Snehapana</i> with <i>Mahatiktaka Ghrita</i>	<i>Arohana Snehapana</i> with <i>Maha tiktaka Ghrita</i>	<i>Arohana Sneha Pana</i> with <i>Maha tiktaka Ghrita.</i>
<i>Snehapana Kaala</i> 6 days	<i>Snehapana Kaala</i> 5 days	<i>Snehapana Kaala</i> 5 days
<i>Visharma Kaala</i> 3 days	<i>Visharama Kaala</i> 3 days	<i>Vishram Kaala</i> for 3 days
<i>Sarvanga Abhyang</i> with <i>Dhanvantara taila</i> followed by <i>Bashpa sweda</i> on the day of <i>Virechanaa</i> <i>Virechana</i> with <i>Trivrutta Leha</i> 30gm <i>Virechanaopaga ;Ikshurasa</i> Vega 9 <i>Samsarjana krama</i> -3 days	<i>Sarvanga Abhyang</i> with <i>Dhanvantara taila</i> followed by <i>Bashpa sweda</i> on the day of <i>Virechanaa</i> <i>Virechana</i> with <i>Trivrutta Leha</i> 30 <i>Virechanaopaga Ikshurasa</i> and <i>Draksharasa.</i> Vega 11 <i>Samsarjana krama</i> 3 days	<i>Sarvanga Abhyang</i> with <i>Dhanvantara taila</i> followed by <i>Bashpa sweda</i> on the day of <i>Virechanaa</i> <i>Virechanaa</i> with <i>TrivruttaLeha</i> 30 gm <i>Virechanaopaga :Ikshurasa</i> Vega 14 <i>Samsarjana krama</i> 4 days

SHAMANOUSHADHI:

Arogya Vardhini Vati

2 BD after food with warm water

Patola Katurohinyadi Kashaya 15 ml BD after food with warm water

Mahamanjishthadi Kashaya 15 ml BD after food with warm water.

IMAGES BEFORE AND AFTER TREATMENT

Before treatment

after 1st Virechanaa



After 2nd Virechanaa.

After 3rd Virechanaa





1st follow up



2nd Follow up

DISCUSSION

“*Kustham Deergharogaanam*”⁵ with *Bahudo-shavastha* needs repeated *Shodhana*. Considering *Balaabala* of *rogi* and *Saptadravyas* involvement, *Kushtha* treatment modality differs. In the present case, *Virechanaa* opts as a treatment after assessing *Pitta* and *Rakta* involvement. *Deepana* and *Pachana*: *Laghu Sootashekhara vati* is *Pittashamaka*. *Trikatu Churna*⁶ being *Deepaniya*, indicated in *Saama* condition, corrects *Pittavyapar*. *Snehapana*: *Mahatik-taka Ghrita*⁷ for *Snehapana* to accelerate *Ko-shthagati* after *Vilayana* of vitiated *Dosha*. It is stated in *Kushtha*.

Virechanaa: *Trivrut Leha*⁸ selected as *Virechaka* to achieve *Mrudu* or *Madhyama Shuddhi*.

*Arogyavardhini Vati*⁹: *Sarvaroga Nashini* pacifies vitiated *Tridosha*.

*Patola Katurohinyadi Kashaya*¹⁰ -*Raktashodhaka* indicated in *Kushtha*. *Mahamanjishtadhi Kashaya*¹¹ is *Raktaposhaka* indicated in *Kushtha*.

CONCLUSION

Psoriasis is known for remission and exacerbations. Seasonal changes, stress, etc., may aggravate symptoms. Treatment in modern science controls disease rather than curing it. *Eka Kushtha* is a chronic condition that needs the elimination of accumulated

Dosha periodically to maintain health. *Shodhana* is essential in treating *Kushta*'s needs, which *Shamana Chikitsa* must follow.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Padmavati Venkatesh & Shilpashri Kurubar: Management of ekakusta through shodhana - a single case study. International Ayurvedic Medical Journal {online} 2025 {cited January 2025} Available from: http://www.iamj.in/posts/images/upload/219_223.pdf