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## A CLINICAL STUDY ON EKAKUSTHA(PSORIASIS) AND IT'S MANAGEMENT BY VAMANA KARMA AFTER TAKING OF PANCHAKOLA & SNEHAPANA

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### ABSTRACT

Psoriasis is a non infectious chronic relapsing inflammatory skin diseases characterized by well defined dry scaly erythematous patches & covered with adherent silvery white scales. Psoriasis can be correlated with "Ekakustha" in Ayurveda .Ekakustha is predominated with Vata & kafa dosa.The symptoms of Ekakustha -Aswedana {not perspire} ,mahavastu(extensive), masyasokolapama(looks like fish scale) and Arun barna(discolouration).In this clinical study 50 patents of psoriasis are selected according to inclusion & exclusion criteria. The total patients have been divided into three groups. Group A has been treated with "Panchakola powder' (3 gm thrice before meal for 7 days); Group B patents have been treated by 'Mahatiktak Ghrita"(as scheduled dose of snehapana up to samyak sneha lakshana is appeared 3-7 days);And Group C patients have been treated with Powder Panchakola +Mahatikta ghrita +Vamana karma (by Modan phala powder + Vacha pow +Saindhav lavana along with madhu & Yasthimadhu kwath),After administration of drugs & therapy the percentage of relief of Group A-Matsyasokolapama(55.83%), Rukhsata(53%), Arunattwa(50%), kandu (50%).In Group B patients after application of Panchakola + Mahatiktak Ghrita the percentage of relief Matsyasokolapama(42%), Rukhsata(58%), Arunattwa(42.5%) Kanduu(40.82%)..And after administration of Panchakola powder +Mahatikta ghrita + Vamana in Group C patients the percentage of relief -Matsyasokolapama (67.78%) ,Rukshata(64.8%), Arunattwa(65.35%) kanduu(72.01%).

**Keywords:** Ekakustha , Vamana , Panchakola , Snehapana

## INTRODUCTION

Psoriasis a non infectious chronic relapsing inflammatory skin disease characterised by well defined dry scaly erythromatous patches and covered with adherent silvery white scales<sup>1</sup>. The eruption is usually symmetrical & most commonly affects extensor surfaces of elbow, knees, scalp, nails, and sacral regions. It's incidence is 1-2% of world population .Psoriasis is one of most common dermatological diseases affecting about 3-5 to 7-10% of total number of skin diseases .It usually occurs before age of 40,most commonly between the age of 15 and 25 years, affects equally in men and women .In India prevalence of Psoriasis varies from 0.44-2.88%..<sup>2</sup>

Psychological stress is emphasized as one of the major triggering factor in the exacerbation of the diseases. Modern medical science treats psoriasis by medicines & therapies which have a side effects like hepato-nephrotoxicity. Hence it is the need of time to find out safe & effective treatment for Psoriasis ,whereas Ayurveda plays an important role.

In Ayurveda Psoriasis can be correlated with "Ekakustha'due to very much similarity in their symptoms.The unique treatment of Ayurveda provides long lasting results & a better life to patients through it's three basic principles– Shodhana,Samana & Nidana Parivarjana.<sup>3</sup>'Ekakustha is the skin diseases among the "Khudra Kustha'which has symptoms of 'Aswedanam"(not perspire),"Mahavastu"(extensive),'Matsy asokolapama(looks like fish scale) Aruna varna(discolouration). <sup>4</sup> The present

article reviews the concept of Psoriasis in Ayurveda and role of 'Panchakarma' and effects on it's symptoms during purvakarma &after completion of 'Vamana karma'

**AIM:-** To study the efficacy of Dipana-Pachana ,Snehapana, and Vamana in clinical management of 'Ekakustha'with special references to 'Psoriasis'.

**OBJECTIVE:** –1.To assess the efficacy of 'Purvakarma'(Intake of Panchakola powder & Mahatikta Ghritapana) and Pradhana Karma(Vamana by modan phala powder + Vacha powder +Madhu + Yasthimadhu Kwath) in relieving symptoms such as size of patches,dryness,discolouration, Itching etc.

2.To establish a cost –effective medicine & Ayurvedic therapy for treatment of Psoriasis.

3.To prevent further spread of Psoriasis and recurrence of the diseases.

**MATERIALS AND METHODS:**–At present study patients attending OPD of J.B.Roy State Ayurvedic Medical College &Hospital ,Kolkata.-10 patients have been selected on the basis of 'Subjective Parameters' & inclusion criteria fulfilling of all diagnostic criteria.Informed consents of all the subjects registered were duly taken before starting the treatment.

**INCLUSION CRITERIA:**–1.Patients having classical symptoms of Ekakustha(Psoriasis).

2.Patients are of both sex.

3.Age group-Patients between 20-60 yrs.

4.Subjects suffering since 3-4 yrs or more.

**EXCLUSION CRITERIA:**—1.Psoriasis with uncontrolled metabolic disorder.

2. Patients with extra-cutaneous manifestations.

3. Patients with other immune –compromised illness such as HIV,Malignancy etc.

Grouping of patients as per schedule medicines & therapies-

Group A-Twenty (20) numbers of patients of Psoriasis have been treated with powder 'Panchakola 'in the dose of 3gm thrice before meal for 7 days.

Group B-Twenty (20) numbers of patients of psoriasis have been treated by Panchakola powder and 'Mahatiktak Ghrita' as snehapana still samyak sneha lakshana are appeared.(3-7 days)

Group C-Ten (10) numbers of patients of psoriasis have been treated by Powder Panchakola (3 gm trice before meal),Mahatiktakgrita (as snehapana upto appearance of samyak sneha lakshana 3-7 days) and 'Vamana Karma by'Madanphala powder +Bacha powder +Saindhava Lavana (4;2:1) along with Madhu & Yasthimadhu kasaya.

**INVESTIGATION:** 1.CBG, ESR, Blood sugar(R).

2. LFT

3. URINE-

Routine,Microscopic.

Drugs used in this present study were identified properly first.The authentication of collected raw

materials done and formulations were prepared thoroughly as per as classical text,in the Pharmacy of Rasashastra & Bhaiasajya Kalpana department of J.B. Roy State Ayurvedic Medical College & Hospital ,Kolkata.

Parameters of Study:-Assessment of Patients had been based on the changes in clinical features of EKAKUSTHA (Psoriasis) during intake of medicines in Purvakarma and after completion of Shodhana Karma( Vamana).Improvement of scoring index of Subjective Parameters such as-

\*Size of Psoriatic Patch ( Matsyashokola pama)

\*Dryness(Rukshata)

\*Discolouration (Arunattwa)

**OBJECTIVE PARAMETERS:** ---Such as

Auspitz Sign-(The successive removal of psoriatic scales gives rise of small bleeding points where the thin Supra papillary epithelium is torn off) and Candle Grease Sign (When a Psoriatic lesion is scratched with the point of a dissecting forceps ,Candle Grease like scale can be repeatedly produced even from the non scaling lesions ) were also assessed.

Table No -1

Subjective Parameter for assessment with gradation measures

Subjective Parameter	Gradation			
	0	1	2	3
Matsyasakolapoma				
Rukhsata				
Arunattwa				
Kandu (Itching)				

Table No 2-

OBJECTIVE PARAMETER	GRADATION			
	0	1	2	3
1.Auspitz Sign				
2.Candle Grease Sign				

Table No 3-

**Assessment of Subjective Parameter & Objective parameter after taking Panchakola****Powder**

(Dipan Pachan) for seven (7) days

<u>Subjective Parameter</u>							
	Means		SD	SE	% of relief	tvalue	p value
	BT	AT					
Matsyasokolapoma	2.83	1.25	1.65	0.475	55.83%	3.32	< 0.01
Rukhsata	2.66	1.25	1.5	0.434	53%	3.26	<0.002
Arunattwa	2.5	1.25	1.32	0.381	50%	3.28	<0.01
Kandu	2.66	1.25	1.5	0.434	53%	3.26	<0.01
<u>Objective Parameter</u>							
	Means		SD	SE	% of relief	Tvalue	P value
	BT	AT					
1) .Auspitz Sign	2.17	1.19	1.41	0.407	11.98%	0.119	<0.50
2) .Candle Grease Sign	2.17	1.91	1.41	0.407	11.98%	0.119	,0.50

Table No 4-

**Assessment of Subjective Parameter & Objective parameters after taking of Panchakola Powder & Snehapana(Mahatiktak Ghrita)**

Subjective Parameter							
	Mean		SD	SE	(%)of Relief	T value	P VALUE
	BT	AT					
Matsyasokolapama	3.5	2.01	1.578	1	42%	0.489	< 0.01
Rukhsata	2.93	1.03	1.532	0.199	58%	7.286	< 0.09
Arunattwa	3.05	2.01	1.57	1	42.6%	0.489	< 0.01
Kandu	2.67	2.33	1.47	0.42	40.82%	2.56	< 0.02
Objective Parameter							
	Means		SD	SE	%Relief	T	P VALUE
	BT	AT					
1) .Auspitz Sign	2.5	2	2.44	0.704	20%	0.710	< 0.05
2) .Candle Grease Sign	2.5	1.8	2.82	0.85	28%	0.83	< 0.05

Table No 5-

**Assessment of Subjective Parameter & Objective parameters after completion of Dipana-Pachana(Panchakola Powder) & Snehapana(Mahatiktak Ghrita) and Vamana Karma(By Madan Phala, Saindhava Lavana,Yastimadhu Kwath)**

<u>Subjective Parameter</u>							
	Mean		SD	SE	(%)of Relief	T value	P VALUE
	BT	AT					
Matsyasokolapama	3.43	1.13	2.38	0.434	67.78%	5.29	< 0.001
Ruksata	2.93	1.03	1.97	0.359	64.8%	5.47	< 0.001
Arunattwa	3.006	1.06	2.13	0.395	65.38%	5.49	< 0.001
Kandu	3.67	1.33	2.39	0.436	72.01%	5.95	< 0.001
<u>Objective Parameter</u>							
	Means		SD	SE	% of Relief	T Value	P VALUE
	BT	AT					
1) .Auspitz Sign	1.73	1.31	1.48	0.271	50%	4.91	< 0.01
2) .Candle Grease Sign	1.73	1.31	1.48	0.271	50%	4.9	< 0.001

OBSERVATION-In this study on the patients of "Ekakustha'(Psoriasis) have been divided into three groups.Panchakola powder (3 gm TDAC for 7 days)has been administered on 20 patients belong Group A.It is seen that there are different effects on subjective & objective criteria after taking Panchakola in schedule dose & period.After taking Panchakola powder percentage of relief – Matsyasokolapama(55.83%),Rukhsattwa( 53%),Arunattwa(50%),Kandu(53%),Auspitz sign (11.98%).

The percentage of relief of Group B patients (treated by Panchakola powder +Mahatiktak ghrita)-Matsyasokolapama (42%),Rukhsattwa (58 %)Arunattwa ( 42.5%), Kandu (40.82 %),Auspitz sign (20%),Candle grease sign (28 %).

After completion of intake of Panchakola powder,Mahatiktak Ghrita and Vamana karma in Group C patients(10) the percentage of relief of subjective & objective parameters are Matsyasokolapama(67.78%),Rukshata(64.8%),Arunattwa(65.35%),Kandu



(72.01%),Auspitz sign (50%),Candle grease sign (50%).

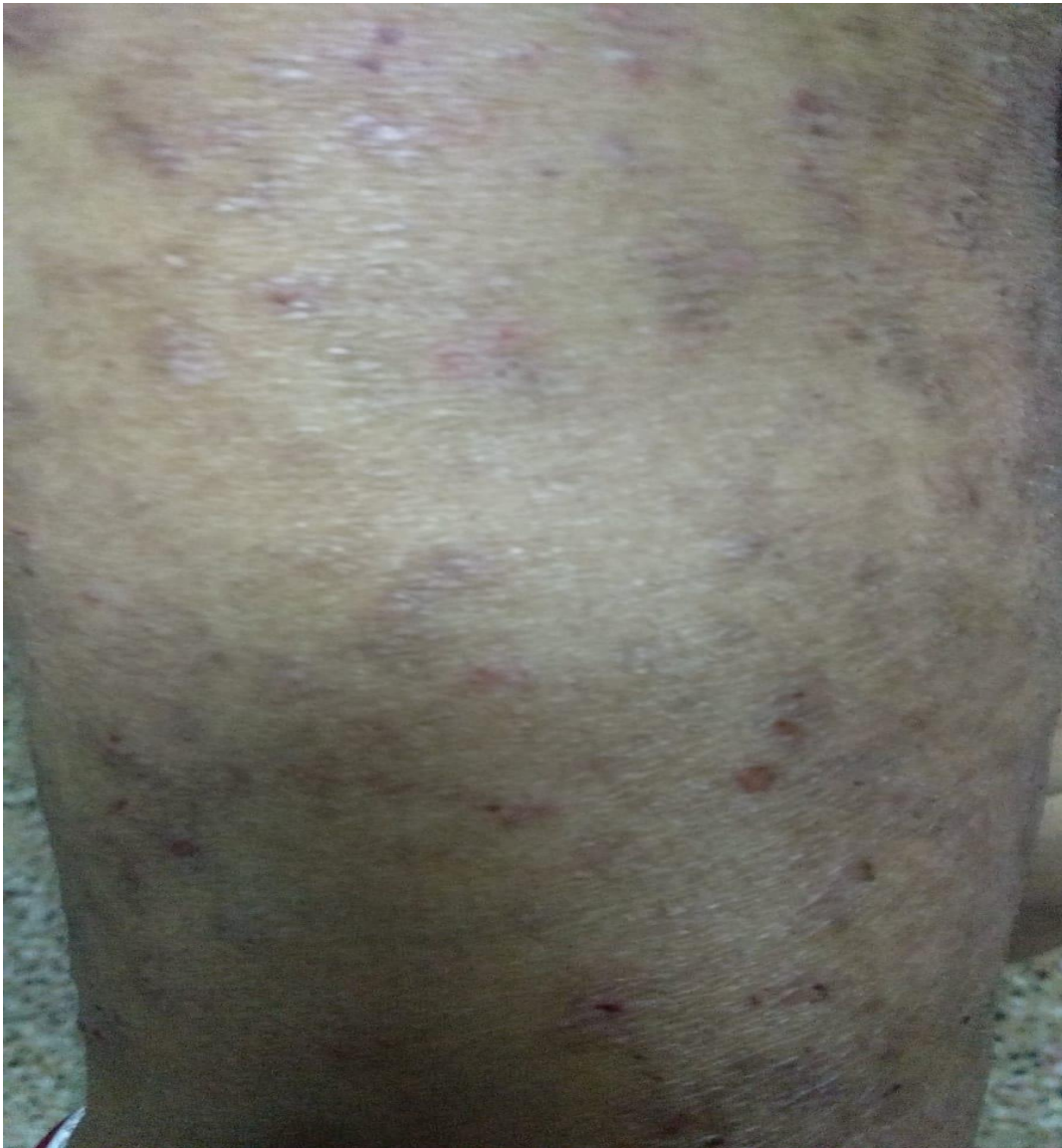
Before Treatment



After treatment







Before Treatment



After Treatment

DISCUSSION:—Panchakarma is a unique type of treatment for various chronic autoimmune, hormonal, degenerative disorders etc. By the administration of elimination therapy, the vitiated dosas are eliminated from the body through the alimentary tract. The power of digestion and metabolism is enhanced, diseases are cured, and normal health is restored.<sup>5</sup>

As in the present study, Psoriasis has been correlated with 'Ekakustha' (One type of KSHUDRAKUSTHA) which is "Vata" &

"Kafa" dosa predominated.<sup>6</sup> Moreover, it is also mentioned in Charak Samhita that all varieties of Kustha are caused by vitiation of three dosas.<sup>7</sup> Agni is the digestive and metabolic fire of the body. Ayurveda emphasizes that all diseases are the result of a weak state of Agni. Improper functioning of Agni leads to various gastrointestinal and metabolic disorders. So, the main principle of treatment of all diseases is restoration. So, in this present study, it has been shown that after application of "Powder Panchakola"

(Dipan oushadhi) there is also mild relief of symptoms.

Ghee alleviates Pitta & Vata dosa, it is also conducive to Rasa Dhatu, Sukra Dhatu and ojas, Moreover in Carak Samhita the patient suffering from Kustha dominated by Vayu should first be administered Ghee internally.<sup>8</sup>

In this study administration of "Panchatikta Ghrita" has been applied after taking "Panchakola powder for stipulated period. Ghrita itself effective on 'Ekakustha' by relieving 'Vata dosa' enhancing oja, Moreover here 'Panchatikta Ghrita' by its anti-inflammatory & anti allergic property has a good effect on 'Psoriasis'.

Lastly after taking 'Panchakola Powder,' Panchatikta Ghrita, Vamana have been administered in case of Psoriasis (Ekakustha). Kustha dominated by Kafa should be first administered 'Emetic therapy'. As Vamana karma (Emetic Therapy) is one of the Panchakarma applied for elimination of 'Kafa' dosa from kostha.<sup>9</sup> Patient suffering from Kustha dominated by Vayu should first be administered 'Emetic' therapy.<sup>10</sup>

Moreover Vamana eliminates the aggravated Kafa collected in the region of Amashaya through the oral route. When this Kafa is eliminated, the other types of Kapha situated in the body are also pacified.<sup>11</sup> So Vamana after taking of Panchakola & sneha has an effective result on "Ekakustha".

In this study there is also good effect after administration of 'Panchakola' 'Panchakola + Snehapana' on the patient of Psoriasis (Ekakustha). But 'Vamana Karma' followed by Panchakola, Snehapana is highly effective therapy in case of Psoriasis or

Ekakustha. So purification or elimination therapy should be administered more for elimination of vitiated dosas from the body to restore normal health.

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