



## AYURVEDIC MANAGEMENT OF EKA KUSHTA WSR TO PSORIASIS: A CASE REPORT

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<p><b>Article Info</b></p> <p><b>Article Received:</b> 28 January 2026, <b>Article Revised:</b> 18 February 2026, <b>Article Accepted:</b> 08 March 2026.</p> <p><b>DOI:</b> <a href="https://doi.org/10.5281/zenodo.19306893">https://doi.org/10.5281/zenodo.19306893</a></p>	<p><b>ABSTRACT</b></p> <p>In Ayurveda all types of skin disease are included in Kushta Roga. It is further divided into mahakushta and kshudra kushta. Eka kushta is one among the kshudra kushta as described by the various acharyas. Eka kushta occurs due to the imbalance of vata and kapha dosha, resembling psoriasis in its clinical manifestation. Its of prime importance due to its chronicity and severity which involves the larger extent of the body. In present case study we have reported 16 year old female patient from talikoti visited the Kayachikitsa OPD of BLDEA's AVS Ayurveda Mahavidyalaya Hospital and Research Centre Vijayapura, on 14/07/2025 presenting with the complaints of scaly lesions all over the body with dryness and itching from last 5 years. She was diagnosed as Ekakushta. Due to disease tendency toward remission and recurrence, we undertook shodhana (virechana karma) for purification of vitiated doshas, followed by the shamanaushadhis. After treatment the patient got satisfactory result and complaints reduced by 70 to 80%.</p> <p><b>KEYWORDS:</b> Eka kushta, psoriasis, shodhana and shaman chikitsa.</p>
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### INTRODUCTION

Eka kushta is one among the the 11 types of the kshudra kushta, which is characterized by Aswedanam (absence of sweating), Mahavastu (covers large area) Matsyashakalopama (resembles the scales of fish).<sup>[1]</sup>

Acharyas have described in Ayurvedic classics that all types of kushta are caused by vitiation of all the tridosha but the individual type is having its own predominance of doshas.<sup>[2]</sup>

Acharya charaka describes the involvement of Vata kapha dosha predominance in Ekakushta.<sup>[3]</sup>

A person suffering from Kushta who has excessive vitiation of the Dosha should be given shodhana therapy repeatedly.

The treatment principles of any Kushta depend mainly upon its Dosha predominance. Always keeping in mind the sadhya (curability) and asadhyatha (incurability) of the specific condition before planning the treatment of any Kushta. Kushta is a difficult disease to cure hence called 'Duschikitsya' but by the application of shodhana therapy, cure of the diseases becomes easier due to removal of the root cause.

Hence shodhana has great importance in Bahudosha avastha. All shodhana are indicated in kushta. Ekakushta is compared with Psoriasis due to its maximum resemblance. Psoriasis is one of the most common dermatological disease affecting 1-2% of World population.<sup>[4]</sup> Psoriasis has no cure and the disease waxes and wanes with flareups. Many patients with psoriasis develop depression as the quality of life is poor. There

are several sub types of psoriasis but the plaque type is the most common and presents on the trunk, extremities, and scalp. Psoriasis is a chronic condition that is known to have a negative impact on the quality of life in patients as well as a family members. Psoriasis is a lifelong illness marked by relapses and remissions. About 10% of patients develop severe deforming arthritis. Remissions are experienced in 10-60% of patients. Over the course of the disease, psoriasis has been associated with depression, suicide, alcoholism, smoking, substance abuse etc.<sup>[5]</sup>

### CASE STUDY

Basic information of patient

Age: 16yr

Sex: Female

Religion: Muslim

Socioeconomic status: Middle

### CHIEF COMPLAINTS

Scaly lesions all over the body Itching

Powdery white discharge on itching since 5 years

History of Present illness

A 16yr old female patient came to OPD with C/O scaly lesions all over the body, itching, powdery white discharge on itching since 5 yrs. Patient was previously on conventional treatment but the symptoms not reduced, gradually the symptoms got aggravated so she came to our hospital for further management.

### PAST HISTORY

No H/o DM and HTN

No H/o any allergy

### FAMILY HISTORY

No any such history.

### PERSONAL HISTORY

Diet: Mixed

**Table no 1: Vital Examination.**

1. PR	75bpm
2. BP	110/70mmhg
3. Temp	normal
4. RR	18/min

**Table no 2: Ashta Sthana Pariksha.**

S.no	Sthana	Lakshana
1.	Nadi	Pitta vata
2.	Mala	Prakruta
3.	Mutra	Prakruta
4.	Jiwaha	Alipta
5.	Shabdha	Prakruta
6.	Sparsha	Anushna sheetha
7.	Drik	Prakruta
8.	Akruti	Madhyama

Appetite: Reduced

Bowel: Clear

Bladder: Regular 4-5 t/day

Sleep: disturbed due to itching

Habits: Nil

### GENERAL EXAMINATION

Built: Moderately built

Nourishment: Normosthenic

Pallor: Absent

Icterus: Absent

Cyanosis: Absent

Lymphadenopathy: Absent

### SYSTEMIC EXAMINATION

Cardiovascular System: S1 S2 heard normal. No added sounds

Respiratory System: Air entry B/L equal

Central Nervous System: Patient is conscious and well oriented to time, place and person.

### INTEGUMENTARY EXAMINATION

1. Site: upper and lower limbs, trunk, upper and lower back and gluteal region.

2. Shape: Irregular scaly

3. Size: non specific

4. Uniformity: Generalized

5. Boundary: not well demarcated

### SPECIAL TESTS IN PSORIASIS

1. Candle grease Sign: Positive (Presence of dry white scaly)

2. Auspitz sign: Positive (presence of pinpoint like bleeding foci that appear when scraped deeper)

**Dashavidha Paiksha**

1. Prakruti: vata pittaja
2. Vikruti: Hetu- Viruddha ahara, matsya, dadhi, excessive sour and salty food  
Dosha- Tridosha  
Dushya- twak, rakta  
Desha- Jangala  
Bala- a) Roga bala: madhyama  
b) Rogi bala: madhyama
3. Sara: madhyama
4. Samhanana: madhyama
5. Pramana: madhyama
6. Satmya: madhyama
7. Satva: madhyama
8. Ahara shakti: Abhyavarana shakti-Madhyama  
Jarana shakti- Madhyama
9. Vyayama shakti: Madhyama
10. Vaya: Bala

**Samprapti Ghatakas**

1. Dosha: Vata kapha

2. Dushya: Twak, rakta, mamsa
3. Agni: Jataragni mandya
4. Ama: Jataragni janya ama
5. Srotas: Rasa, raktavaha
6. Srotodushti: sanga
7. Rogamarga: Bahya
8. Udbhavasthana: Amashaya
9. Sanchara sthana: Rasayani
10. Vyaktasthana: Twak
11. Roga swabhava: Chirakari
12. Sadya asadhyata: Kashta sadhya

**Investigation**

The investigations were found within the normal physiological limits.

Hb: 11.4g/dl

**Diagnosis, assessment and treatment**

In view of symptoms, the present case was diagnosed as Eka kushta (psoriasis). Total two assessment were carried out before and after the treatment of 4 months.

**Table no 3: Treatment given (Shodhana chikitsa from (15/7/2025 to 21/7/2025))**

Snehapana with panchatikta guggulu ghrita	1st day -30ml 2nd day-60ml 3rd day-90ml
Sarvanga abhyanga and bhaspa sweda	Manjisthadi taila +Jatyadi taila
Virechana	Trivrut avaleha 50gms
Number of vegas	<b>12</b>

**Table 4: After shodhana shamanoushadhi from (21/7/2025 to 20/7/2025)**

Cap psora	1 BD
Cap Tiktamruta	1 TID
Mahamanjishtadi kashaya	3tsf BD
Durva Taila	E/A

**Table no 5: On 2nd follow up Shamanaushadhis given were(21/8/2025 to 24/9/2025)**

Cap Tiktamruta	1TID
Aragwadhadi Kashaya	3tsf BD
Arogyavardini Vati	1 TID
Siddhartaka snana churna	For bathing
Durvadi taila	E/A

**Table no 6: On 3rd follow up shamana aushadhis given were (26/9/2025 to 28/10/2025)**

Mahamanjishtadikashaya	3tsf BD
Cap Tiktamruta	1TID
Manjishtadi Taila	E/A

**OBSERVATION****Table no 7: Following observations found before and after treatment.**

Clinical features	Before treatment	After treatment
Kandu	+++	Absent
Rukshata	+++	+
Mahavastu	+++	Absent
Scaling	+++	Absent
Candle grease test	Present	Absent
Auspitz sign	Present	Absent

**RESULT**

Significant improvement was observed in the subjective as well as objective parameters of the patient.

**DISCUSSION**

Here a case of Eka kushta has been discussed, which can be correlated to psoriasis. Psoriasis is an inflammatory, hyperproliferative skin condition that is persistent and immunemediated.

The Ayurvedic treatment approach followed in this case involved both shodhana and shamana interventions aimed at addressing the root cause of the disease while alleviating symptoms.

**Shodhana Therapy**

Snehapana is carried out to facilitate the doshas from site of its manifestation to site of elimination i.e koshta. In present study Panchatiktaka guggulu ghrita was used for Snehapana. The ingredients of panchatiktaka guggulu ghrita are nimba, patola, vasa, guduchi, kantakari etc has Tikta Rasa, It acts mainly on Kled, Meda, Lasika, Rakta, Pitta and Kapha which helps in balancing the vitiated Doshas and Dhatus. It has properties like, Raktashodhaka (Blood purifier), Kushtaghna (which cures skin diseases).

Abhyanga and swedana: Abhyanga with manjishtadi taila and jatyadi taila was done. When abhyanga and swedana are done, the doshas gets further liquified and moves to koshta, which are then easily eliminated through shodana method.<sup>[6]</sup>

**Virechana**

After abhyanga and swedana, Virechana with Trivrit lehyam was done as it causes sukha Virechana. Virechana karma helps to expel the doshas accumulated in koshta. It helps in removal of disease from its root cause, hence the chance of relapse of disease is less.

Snehapana and Virechana played a crucial role in expelling deep -seated toxins and regulating the vitiated doshas, which are key factors in psoriasis pathology. Swedana further aided in detoxification by opening up microchannels and enhancing circulation.

Kushta is a disease described under the Raktapradoshaja Vyadhi.

Since Pitta and Rakta have Ashraya Ashrayibhava, there is an inseparable relation between them. When excessive amount of pitta is eliminated from the body through Virechana it helps to purify the Rakta and cure the diseases due to its vitiation like Kushta.

**Shamana aushadhis**

Shamana aushadhis was given after completion of shodhana therapy as palliative therapy.

Cap Tiktamruta: it contains guduchi, vasa, patola, nimba etc which balances the pitta and kapha doshas. The tikta rasa of the ingredients works to purify the dushita rakta. Tiktamrit is predominantly rakta prasadaka due to its tikta rasa. Eka Kushta is considered to have a Vata-Kapha predominance, but Pitta vitiation causes symptoms like burning and inflammation, which the capsule helps to alleviate. Ingredients like Guduchi and Nimba helps to modulate the immune response, which is relevant to psoriasis as it is an immune-mediated chronic inflammatory condition.

Cap psora: It is centered on addressing the root cause of chronic skin conditions, which are primarily attributed to an imbalance of the Vata, Pitta, and Kapha doshas and the accumulation of 'Ama' (toxins) in the body's tissues. Mahamanjishtadi kashaya.<sup>[7]</sup>

It is composed of herbs like Manjistha, Triphala, Katuki, Vacha, Devadaru, Nimba, etc., possesses Kashaya, Tikta,

and Katu Rasa along with Lagu, Ruksha Guna, and Ushna Veerya.

These attributes make it effective in Pitta-Kapha Shamana, Agnideepana, Raktashodhana, Srotoshodhana, and as a Kushtagna.

Durvadi Taila: It soothes and heals itchy, irritated skin. As a lipidbased medium, it helps to reduce the severe dryness and scaling (matsya shakalavat twacha, or fish-scale-like skin).

#### **Arogyavardini vati**

Arogyavardhini Vati has Kutki as main ingredient that has antipruritic and antioxidant properties. It is, Deepana, Pachana, Tridosha shamaka. This Kalpa is primarily used in treatment of Kushtha. As described in text it destroys all types of Kushtha when consumed for a period of 42 days i.e. one Mandala.<sup>[8]</sup>

Rakta Dushti and Kleda are the main components of Kushtha Vyadhi. Nimba Patra included in Arogyavardhini is an excellent Kledaghna Dravya. Nimba is Katu Tikta Rasatmaka, Katu vipaka. It possesses Laghu and Ruksha Guna.<sup>[9]</sup> By virtue of its Ruksha Guna, it decreases the Kleda present in Kushtha by removing Kleda and Kapha it helps to alleviate an important Lakshana i.e. Kandu present in Kushtha.

Aragwadadhi Kashaya: Aragwadha the primary ingredient, known for its mild laxative effect that aids in toxin elimination.

Nimba a powerful antibacterial and blood purifier. Amruta an immunomodulator that helps manage chronic skin conditions.

Other contents are Patola, Karanja, Saptachada, and Chitraka, all of which contribute Tikta and Kashaya rasa to balance the doshas.

Siddhartaka snana churna: It is Kusthahara, Varnya, Twak Doshahara. It improves the complexion of the skin.<sup>[10]</sup>

#### **CONCLUSION**

From the above case study, it can be concluded that Ayurvedic treatment modalities like repeated Shodhana and Shamana are useful in the management of Eka kushta and prevents the relapse of disease. It is a chronic skin condition that poses significant challenges in modern medicine. This singlecase study demonstrates the efficacy of Ayurvedic management, specifically shodhana and shamana chikitsa in alleviating symptoms and improving quality of life. The patient exhibited remarkable improvement, characterized by reduced itching, decreased lesion severity, and enhanced skin texture, highlighting the potential of Ayurvedic interventions in addressing Eka Kushta.

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