**CASE REPORT**

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**Approach Towards Kushta (Psoriasis) With Ayurveda - A Case Study**

Sourabh G Deshmukh*1, Trupti I. Thakre2

1Department of Kayachikitsa, Mahatma Gandhi Ayurved College, Hospital & Research Centre, Constituent College of Datta Meghe Institute of Medical Sciences (Deemed to be University), Wardha, Maharashtra, India – 442001

2Department of Kaumarabhritya, Mahatma Gandhi Ayurved College, Hospital & Research Centre, Constituent College of Datta Meghe Institute of Medical Sciences (Deemed to be University), Wardha, Maharashtra, India – 442001

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**ABSTRACT**

Psoriasis is an autoimmune papulo-squamous disorder of the skin, characterized by sharply defined erythematous-squamous lesions covered with silvery scaling. It is chronic and is well known for its course of remissions and exacerbations. The worldwide burden of psoriasis is 2%, and the prevalence of psoriasis in India ranges from 0.44% to 2.8%. There is no radical cure for psoriasis due to its autoimmune nature. It can be correlated with **Eka Kushtha**, one of the types of **Kshudra Kushtha**. In Ayurveda, **Vamana** and **Virechan karma** are indicated in **Kushtha**, which results in the elimination of vitiated **Doshas**. The effect of **Shodhana Chikitsa** can be increased if it is followed by **shaman Chikitsa** which include both **Antaparimarjan** and **Bahiparimarjan Chikitsa**. So here a 41 years old female patient had complaints of whitish silvery plaques, itching, burning sensation and scaling since one year was successfully treated with **Vamana** and **Virechan Karma**, followed by **Shamana Chikitsa** like **Gandhaka Rasayana**, **Vetapalli oil**, S-kin powder, **Padachira** ointment for external application and **Avipattikar Churna**- 3gm twice a day before food with water for 15 days. Conclusion: The **Vamana Karma** and **Virechan** followed by **Shamana Chikitsa** orally, and local application is highly effective in patients of **Eka Kushtha** (Chronic Plaque Psoriasis).

*Corresponding Author

Name: Sourabh G Deshmukh  
Phone: 9404337799  
Email: ayurrulz@gmail.com

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**INTRODUCTION**

Chronic Plaque Psoriasis is a chronic, recurrent inflammatory disease of the skin of unknown origin, characterized by well-circumscribed erythematosus, dry plaques of various sized, covered with mica like scales ([Walter, 2010](https://doi.org/10.26452/ijrps.v11i4.3189)). Psychological stress is one of the major triggering factors in the exacerbation of the disease. The worldwide burden of psoriasis is 2%, and the prevalence of psoriasis in India ranges from 0.44% to 2.8% ([Dogra and Yadav, 2010](https://doi.org/10.26452/ijrps.v11i4.3189)). In Ayurveda, all skin disorders are described under the term **Kushtha**. **Acharya Charak** included it in **Ash-tamahagad** ([Trikamji, 2004a](https://doi.org/10.26452/ijrps.v11i4.3189)) (difficult to treat). In **Kushta-Rogadikhar** of **Charak Samhita**, **Kushtha** is classified into two major types like **Maha-Kushtha** and **Kshudra Kushtha** ([Sharma, 2009a](https://doi.org/10.26452/ijrps.v11i4.3189)). **Eka Kushtha** is one of the types of **Kshudra Kushtha**. The **Eka Kushtha** has symptoms like **Aswedanam** (Absence of perspiration.), **Mastyasakalopamam** (Skin resembles scales of fish), **Mahavasthuvam** (spread on a large area of the body) which has close resembles with psoriasis ([Sharma, 2009b](https://doi.org/10.26452/ijrps.v11i4.3189)). **Eka Kushtha** has...
Vata Kapha dominance where Vata results in dry reddish-black patches, whereas itching is due to Kapha dosha.

In Samhitas Shodhan and Shaman Chikitsa is described for Kushtha according to Bala, Dosha and Vyadhi Avastha. All Acharyas emphasized on Shodhana Chikitsa due to Bahu Dosha Avastha of Kushtha. Acharya Charaka has emphasized on Shodhana Chikitsa by stating that the Vyadhi treated by Shodhana will never recur. In contrast, the treatment with Shamana therapy may recur in due course of time (Vaidya, 2000). Due to Bahu doshavastha repeated Shodhana is indicated in Kushtha to eliminate aggravated Doshas which helps to treat the root cause of disease (Kushwaha, 2009). For better results, Shaman Chikitsa is given along with Shodhana Chikitsa. Kushtha Chikitsa mainly consists of Aantaparimarjan and Bahirparimarjan Chikitsa. Antaparimarjan Chikitsa includes Deepan, Pachan, Snehapana, Shodhan like Vamana and Shaman Chikitsa with herbs mineral formulations and Bahirparimajan Chikitsa include Lepa, Avagaha and Parisekh. Due to predominance of Kapha Dosha Vamana karma is effective in Eka Kushtha. Hence here a case of Eka Kushtha is successfully treated with Vamana, Virechana and Shaman Chikitsa (Gandhaka Rasayan and Avipatikar Churna) orally and the local application of Vetapalli oil, Skin powder, Padachira ointment for external use.

**CASE REPORT**

A 41 years old female patient came with complaints of whitish silvery scales all over the body with itching, powdery discharge, burning sensation and scaling for one year.

**History of present illness**

The patient was alright before one year, and then whitish silvery scales appeared on both upper and lower limbs with itching, powdery discharge and burning sensation. After that, the patches spread on trunk and back region. Then the thickness of patches increased and slowly turns to blackish. Gradually severity of itching increased with a scaling of patches. The patient took Allopathic and Homeopathy medicines for the above complaints. But she couldn’t get any relief from the symptoms. Later she consulted our hospital OPD for further treatment.

The patient had no significant history. No family history was present regarding psoriasis, allergy or any dermatological disorder. Sleep was disturbed due to itching. On examination, vitals of patients was within normal limits as shown in Table 1.

**Clinical findings**

**Skin examination**

**Inspection**

1. Size Shape- Erythematous scaly lesions all over the body (Both upper limbs, lower limbs, chest, abdomen, back and lumbar region.)
2. Colour- whitish silvery scales
3. Thickness- 0.5 cm thick
4. Lesion- plaques with some pustules

**Palpation**

1. Temperature- warmth to the touch
2. Texture- rough

**Treatment Given**

Shodhan (Vamana & Virechana) and Shaman Chikitsa was given

**Shodhan Chikitsa**

In Shodhan Chikitsa Vamana procedure was done (Month of Dec. 2018) and Virechana procedure was done (Month of Jan. 2019) in a sequence of Purva Karma (Table 2 and Table 4) Pradhan Karma (Table 3 and Table 5) and Paschayat Karma: After obtaining Samyaka Vamana Lakshana and Samyaka Virechana Lakshana Dhoomapan was given with stick made of Aguru for 5 minutes by each nostril (Trikamji, 2004b). Then the patient was advised to follow the Sansarjana Karma for five days. Sansarjana Karma was given in the form of Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha for five days (Kunte, 2010).

**Shaman Chikitsa**

Shamana chikitsa was given by formulation shown in Table 7.

**Observation**

**Grading- PASI (Psoriasis Area Severity Index) Score**

In each area, the severity is estimated by three clinical signs: Severity parameters are measured on a scale of 0 to 4, from none to the maximum. The body is divided into four sections (head (H) (10%) of a person's skin); arms (A) (20%); trunk (T) (30%); legs (L) (40%) Table 9. Each of these areas is scored by itself, and then the four scores are combined into the final PASI. For each section, the per cent of the area of skin involved is estimated and then transformed into a grade from 0 to 6. (Hani, 2012)

**Discussion**

Eka Kushtha is a Vyadhi of Raktavaha Srotas. The Samprapti Ghataka of Kushtha is Kapha...
Table 1: Showing Ashtavid pariksha

| Nadi | Vata Kaphaj          |
|------|----------------------|
| Mutra| Samyak               |
| Mala | Malabaddhata         |
| Jivha| Saam                 |
| Shabda| Spashta             |
| Sparsa| Unushnashta and khara |
| Drik | Pallor               |
| Akriti| Madhyam             |

Table 2: Showing Dose, Route, Kala and Anupan of drugs used in Purvakarma of Vaman

| S.No. | Name of Medicine   | Dose (Vamana) | Route                  | Kala                  | Anupan                  |
|-------|--------------------|---------------|------------------------|-----------------------|-------------------------|
| 1     | Trikatu Churna     | 3gm - 1,2,3   | Oral                   | Before meal           | Luke warm water         |
|       |                    | Dec. 2018     |                        |                       |                         |
| 2     | Panchatikta Ghrita| 1st day -30 ml| Oral                   | Early morning at 7 am | Luke warm water         |
|       |                    | 2nd day -60 ml|                        |                       |                         |
|       |                    | 3rd day -90 ml|                        |                       |                         |
|       |                    | 4th day -120 ml|                       |                       |                         |
|       |                    | 5th day -160 ml|                       |                       |                         |
|       |                    | 6th day -180 ml|                       |                       |                         |
|       |                    | 4 to 9 Dec. 2018|                     |                       |                         |
| 3     | Sarvanga Abhyanga  | 10 Dec. 2018  | External Application   | A day before and on the day of Vamana. |                         |
|       | with Marichadi tail|              |                        |                       |                         |
|       | Sarvanga Sweda     |              |                        |                       |                         |

Table 3: Showing ingredients and properties of drugs used in Vamana Karma

| S. No. | Name of Ingredients | Latin name       | Dose | Properties          |
|--------|---------------------|------------------|------|---------------------|
| 1      | Madanphala Churna   | Randia dumetorum | 3gm  | Vamanaopag          |
| 2      | Vacha Churna        | Acorus Calamus   | 5gm  | Vamanaopag          |
| 3      | Saindhav Lavan     | Rock Salt        | 5gm  | Abhishyandi, Shodhak |
| 4      | Honey               | -                | 25 ml| Abhishyandi, Yogavahi |
| 5      | Milk                | -                | 2500 ml| Vamanaopag         |
| 6      | Yashtimadhu phant   | Glycyrrhiza glabra | 1000 ml| Vamanaopag         |

Vamana Procedure done on - 11th Dec 2018

dominant Tridosha and Twak, Lasika, Rakta and Mamsa (Sharma, 2009c). In Samhitas Shodhana and Shamana Chikitsa described for Kushtha. In Shodhana, Vamana and Virechana are the best Chikitsa for Kushtha as it results in the elimination of vitiated Kapha and Pitta from the body. In this case study, Vamana and Virechana are performed in the sequence of Purvakarma, Pradhana Karma and Paschat Karma. In Purvakarma first Deepan Pachan Chikitsa was given, which helps in Agni Vardhana and Ama Pachan. Table 6 Trikatu is the best Deepan Pachan drug hence it was given for three days (AFI, 2020a). After Deepan Pachan, Panchtiktagrita was given in increasing dose Table 4 for Abhyantar Snehana. It mainly helps in Vata Shamana and Daha Shamana (AFI, 2020b). Marichyadi tail was used for Abhyanga that is Bahya Snehana. It helps in reducing dryness; scaling and increases blood circulation. Sarvanga Sweda causes Dosha Vilayana (liquification) and brings Doshas from Shakha to Koshtha that is Amashaya, for their elimination. It also helps in removing obstruction of Strotasa.
### Table 4: Showing Dose, Route, *Kala* and *Anupan* of drugs used in *Purvakarma of Virechan*

| S. No. | Name of Medicine          | Dose (Virechana)                  | Route         | *Kala*        | *Anupan*     |
|--------|---------------------------|----------------------------------|---------------|--------------|--------------|
| 1      | *Trikatu Churna*          | 3gm - 7,8,9th Jan. 2019          | Oral          | Before meal  | Luke warm water |
| 2      | *Panchatikta Ghrita*      | 1st day - 30 ml 2nd day - 60 ml 3rd day - 90 ml 4th day - 120 ml 5th day - 160 ml 6th day - 180 ml 7th day - 220 ml 10th to 16th Jan. 2019 | Oral          | Early morning at 7 am | Luke warm water |
| 3      | *Sarvanga Abhyanga* with *Marichadi tail Sarvanga Sweda* | 17 & 18 Jan. 2019 (Two days before Virechana and on the day of Virechana) | External Application | A day before and on the day of Vamana. |

### Table 5: Showing ingredients and properties of drugs used in *Virechana Karma*

| S. No. | Name of Ingredients | Latin name                                                                 | Dose                  | Properties                                                                 |
|--------|---------------------|----------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------|
| 1      | *Triphala Choorna* | *Haritaki* (Terminalia chebula), *Vibhithaki* (Terminalia bellirica), and *Amalaki* (Emblica officinalis) | 160 ml               | Weight loss, Constipation                                                |
| 2      | *Katuki*            | Picrorhiza kurroa                                                          | 25 g                  | Vishamajwara, Shwasa, Kasa, Prameha, Arsha, Daha, Kusta, Krimi, Hridroga, Pandu, Kamala, Grahani and Arochaka. |
| 3      | *Trivrit*           | *Operculina turpethum*                                                    | 30 gm                 | Purgative action, constipation, haemorrhoid, Edema, good health of liver, arthritis and osteoarthritis. Anti-diabetic, Blood purification etc., anti-inflammatory |
| 4      | *Ichchabhedi Rasa*  |                                                                           | 250 mg (1 tablets)    | Ascites, Constipation, Bloating                                           |

*Virechana Procedure done on - 19 Jan. 2019*  
*Virechana Vega – 22 Vega (Madhyam Shudhi)*

(Shrotashodhaka). *Snehana* and *Swedana* alleviate *Vata* and *Kapha Dosha* and decreases Kharatva due to its *Snighdha Guna*. In *Pradhan Karma*, *Vaman* and *Virechan* were given Table 8 followed by *Samsarjan Karma* in *Pachyat Karma*. After *Shodhan* of body, *Shaman Chikitsa* was given by Gandhaka Rasayan, Avipattikar Churna, Vetapalai Thailam, Padachira Ointment and S-kin Powder Table 7. All this *Shodhan* and *Shaman Chikitsa* equally help to reduce the signs and symptoms of psoriasis. (Table 10, Table 11 and Figure 1)

**The action of *Snehan* with *Panchtiktaghrita***

*Panchtiktaghrita* contains Panchtiktagana dravays like *Patol* (*Luffa acutangula*), *Neem* (*Azadirachta indica*), *Guduchi* (*Tinospora cordifolia*), *Vasa* (*Adhatoda vasica*), *Vyaghari* (*Solanum xanthocarpum*) and *ghee* (*Sharma*, 1994). All contents are having *Tikta Rasa*, *Ruksha* and *Laghu Guna*. It mainly acts on *Kleda*, *Meda*, *Lasika*, *Rakta*, *Pitta* and *Shleshma*.
Table 6: Showing ingredients and properties of formulations used in Purvakarma (Deepan, Pachan, Abhyanga & Swedana)

| S. No. | Name of medicine          | Ingredients                                                                 | Properties and use                                                                                                                                 |
|-------|---------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.    | Trikatu Choorna           | Pippali, Marich, Sunth                                                      | Agnideepan                                                                                                                                         |
| 2.    | Panchatiktaghrita (Snehapan) | Nimba, Patola, Vyaghr, Guduchi, Vasa, Triphala – Haritaki, Vibhiti, Amla, Ghrita | Dipana, Pachana, Amapachaka, Stroutshodhaka, Raktaprasadan, Raktashodhaka, Kangudhna, Kushthagha and Varaya.                                      |
| 3.    | Marichadi tail (Abhyanga) | Krishna Marich, Haratala, Manshila, Musta, Arkadugdha, Ashwamara, Jatamansi, Nishotha, Gomayaras, Indrayana, Kushtha, Haridra, Daruharidra, Devadar, Shwetachandan, Gomutra, Sarshptaila. | Raktashodhak, Vranropak, Twachya, useful in skin diseases. Dadru, Shwitra, Kushtha                                                            |

Table 7: Table shows drugs used in shaman Chikitsa

| S. No. | Name of Drug     | Ingredients                                                                 | Dose                                  | Duration   |
|-------|------------------|-----------------------------------------------------------------------------|---------------------------------------|------------|
| 1     | Gandhaka Rasayan | Purified Sulphur Powder, Guduchi (Tinospora Cordifolia), Bhringaraj, Ecliptica Alba, Haritaki Terminalia Chebula, Terminalia Belerica, Phyllanthus Emblica | 500 mg twice a day, after meal with water | For 15 days |
| 2     | Avipattikar Churna | 1. Amla (Emblica officinalis) 2. Behada (Terminalia belerica) 3. Black pepper (Piper nigrum) 4. Cardamom (Elettaria cardamomum) 5. Clove (Syzygium aromaticum) 6. Ginger (Zingiber officinale) 8. Haritaki (Terminalia chebula) 9. Indian bay leaf (Cinnamomum tamala) 10. Long pepper (Piper longum) 11. Nutgrass (Gyepherus rotundus) 12. Turpeth (Opatculina turpethum) 13. Vidanga (Embelia ribes) | 3 gm twice a day before meal with Luke warm water | For 15 days |
| 3     | Vetapalai Thailam | Wrightia tintoria, Cocos nucifera                                             | Local application                      |            |
| 4     | Padachira Ointment | Ghruta (Clarified butter), Rai (Mustard seed), Shudha Chuna (Lime), Shudha Turti (alum), Shudha Suvarna Garik (Slicate of alumina), Kapur (Camphor), Kadu Nimb Oil (Azadirachta indica), Kokam oil (Garcinia indica) | Local application                      |            |
| 5     | S-kin Powder     | Manjistha (Rubia cordifolia), Amalaki (Phyllanthus emblica), Haridra (Curcuma longa), Behada (Terminalia bellirica), Nagarmotha (Cyperus rotundus), Shudha Gandhaka (Purified Sulphur) | Local application                      |            |
which help in balancing and correcting vitiated Doshas and Datus. It has Dipana, Pachana, Strotodhana, Rakta Prasadan, Rakta Shodhaka, Kandugha, Kushtaghyna and Varnya properties. Dipana, Pachana, properties help in Strotodhana. Rakta Prasadan and Rakta Shodhaka, properties help in correcting Rakta Dhatu and Raktavaha Strotodushi. Kandugha, Kushtaghyna and Varnya properties result in reducing Kandu (itching), reddish-black discolouration and scaling. Ghrita used in formulation has lipophilic action which helps in carrying drugs to a target organ. This lipophilic nature of Ghrita facilitates entry of drugs into the cell and its delivery to mitochondria and nuclear membrane; it also helps in restoring the natural texture of skin (Sharma, 2009d).

Bahya snehana - Marichyadi tail

Marichyadi Tail is used for external application which contains Marich (Piper nigrum), Hartaat, Manahshila, Nagarmotha (Cyperus rotundus), Arkadugdha (Calotropis Procera), Kanera Mula Twak (Nerium indicum), Nishoth (Operculina turpethum), Gorasa, Indrayanamula (Citrullus colocynthis), Kushtha (Saussurea lappa), Haridra (Curcuma longa), Daruwaridra (Berberis aristata), Devdaru (Cedrus deodara), Raktaachandana (Pterocarpus santalinus), Vatsanabh (Aconitum Ferox), Sarshaptail (Brassica alba). Most of the drugs of Marichyadi tail are having Katu, Tikta, Kashay Rasa and Ushna Virya cause Kaphavata Shamana, it reduces Kandu, Snigndhaguna reduces dryness, kharatva and scaling. It has Raktaoshadham, Kustraghyna and Kandanusak property (Jully, 2013). Sukshmagamitva nature of the tail helps in the absorption of drugs. These dravyas have Kashaya rasa, which helps in reducing Kleda. It has anti-fungal, antiseptic, anti-inflammatory and immune modulator property. Due to all these properties, local application of Marichyadi tail helps in reducing Lakshana of Eka Kushtha Mishra (2006).

Vamana helps in eliminating aggravated Doshas, mainly Kapha and Pitta from the Aamashaya. The drugs used for Vamana possess Ushna, Tikshna, Sukshma, Vyavayi and Vikasi properties which help to enhance their absorption and reach to the Hari day. From Hari day, they move through Dhamani to all Sthula (macro) and Sukhma (micro) Shrotas (channels). Vamanaopag Dravyas acts on the microcellular level and helps in eliminating the toxins from the body. It strengthens the immune system and helps in preventing relapse. Ushna property of Vamak Dravyas results in liquefication of accumulated Doshas, Teekshna Guna causes separation of adherent Doshas from Sthula and Sukshma Strotas and brings these doshas to Aamashaya. Vamak drugs have a predominance of Agni and Vayu Mahabhuata hence they have Urdhavbhaghara Prabhava which ultimately leads to migration of Doshas in an upward direction and eliminates through the mouth, an upper part of the body. This detoxification results in the elimination of the root cause of disease.

The action of Gandhaka Rasayana

It is a well-known, commonly used formulation mainly indicated in Kushtha Roga. It contains purified Gandaka (sulfur), Cinnamon (Cinnamomum zeylanicum), Ela (Elatteria cardamomum), Patra (Cinnamomum Tamala), Nagakesara (Mesua ferrea), Guduchi (Tinospora cordifolia), Harthaki (Terminalia chebula), Anulaki (Emblica officinalis), Vibhithaki (Terminalia bellerica), Suniti (Zingiber officianale), Bhringaraja (Eclipta alba). Gandhaka Rasayana has antibacterial, antiviral and antimicrobial property (Saokar, 2013). Purified sulfur is useful in the treatment of all types of skin disorders. It helps in reducing itching and infection. It improves digestion and skin complexion. Sulfur is used both internally and externally for the treatment of diseases of the skin. It acts as a blood purifier. It reduces Kandu and Daha. It is Rakta shodhak, Vranaropak, Twachya, Krumighna (Sashtri, 1983).

Mode of action of Avipattikar Churna

Churna is a famous Ayurvedic herbal powder, used in the treatment of Pitta imbalance disorders. Churna contains Amla (Emblica Officinalis), Behada (Terminalia belerica), Black pepper (Piper nigrum), Cardamom (Elettaria cardamomum), Clove (Syzygium aromaticum), Ginger (Zingiber officinale), Haritaki (Terminalia chebula), Indian bay leaf (Cinnamomum Tamala), Long pepper (Piper longum), Nutgrass (Cyperus rotundus), Turpeth (Operculina turpethum), Vidanga (Emelina ribes). It has antibacterial, antiviral and antimicrobial property, Indi-
Table 8: Assessment of Samyaka Vamana and Virechana karma

| S. No. | Mainiki (measurement) | Antiki (Procedural Inference) | Vegiki (No. of Vega) | Laingiki (Symptoms) |
|--------|-----------------------|-------------------------------|----------------------|---------------------|
|        | Vamana                | 2500                          | 3100                 | Pittantak Vamana    | 8                   | Kaphachadrika present in vomitus and no bleeding was seen |
|        | Virechana             | 160 ml + 25 g + 30 gm + 250 mg (1 tablets) | Pittantam           | 22                  | Daurbalyam (weakness), Laghavam (feeling of lightness), Glani (fatigue), Vyadhi nam anuta or Anaamayatvam (subsidence of disease), Hrid Shuddhi (clarity in thoracic region), Varna Shuddhi (improved complexion) |

Table 9: Showing the score of PASI (Psoriasis Area Severity Index)

| Psoriasis Area Severity Index | Score |
|------------------------------|-------|
| 0% of involved area          | Grade: 0 |
| < 10% of involved area       | Grade: 1 |
| 10–29% of involved area      | Grade: 2 |
| 30–49% of involved area      | Grade: 3 |
| 50–69% of involved area      | Grade: 4 |
| 70–89% of involved area      | Grade: 5 |
| 90–100% of involved area     | Grade: 6 |

Table 10: Showing Grading of involved area - Erythema, In duration, Desquamation

| S. No. | Grade | Erythema (redness) | In duration (thickness) | Desquamation (scaling) |
|--------|-------|--------------------|-------------------------|------------------------|
| 1      | 0% of involved area, <10% | Grade 0 | 0 | 0 |
| 2      | 10% of involved area,      | Grade 1 | 0 | 0 |
| 3      | 10–29% of involved area    | Grade 2 | 1 | 1 |
| 4      | 30–49% of involved area    | Grade 3 | 2 | 2 |
| 5      | 50–69% of involved area    | Grade 4 | 3 | 3 |
| 6      | 70–89% of involved area    | Grade 5 | 3 | 3 |
| 7      | 90–100% of involved area   | Grade 6 | 4 | 4 |

Table 11: Showing Assessment of subjective parameters before, during and after treatment

| S. No. | Signs and symptoms     | Before treatment (01/12/2018) | Follow up 1 After Vamana (17/12/2018) | Follow up 2 After Virechana (25/1/2019) |
|--------|------------------------|-------------------------------|--------------------------------------|----------------------------------------|
| 1      | Erythema (redness)     | 4                             | 1                                    | 0                                      |
| 2      | Induration (thickness) | 4                             | 2                                    | 0                                      |
| 3      | Desquamation (scaling) | 4                             | 2                                    | 0                                      |
gestion, Chronic Gastritis, GERD ‘Gastroesophageal Reflux, Kidney Disorders and used as mild purgative.

**Mode of action of Vetapalai Oil**

All the are mentioned in Vetapalai Oil drugs are having Kushthaghna, antibacterial, antiviral anti-inflammatory, anti-fungal and antimicrobial properties. It is useful in the treatment of skin diseases, itching, pruritus, psoriasis. It will help to improve the digestion and skin complexion, efficient wound healer and pain reliever. All the ingredients are Vata Pitta Kapha Shamaka (pacifying Vata, Pitta, Kapha), Tvachya (improves appearance) and have a remarkable property to moisturizes the skin.

**Mode of action of Padachira Ointment**

Ghruta (Clarified butter), Rai (Mustard seed), Shudha Chuna (Lime), Shudha Turti (alum) antibacterial and antiseptic properties, Shudha Suvarna Garik (Slicate of alumina), Kapur (Camphor), Kadu Nimb Oil (Azadirachta indica), Kokam oil (Garcinia indica) has antibacterial, antiviral, antimicrobial and anti-fungal property, helps as a skin moisturizer and especially in skin softening.

**Mode of action of S-kin Powder**

Manjistha (Rubia cordifolia), Amalaki (Phyllanthus Emblica), Haridra (Curcuma longa), Behada (Terminalia bellirica), Nagarmotha (Cyperus rotundus), Shudha Gandhaka (Purified Sulphur) has antibacterial, antiviral and antimicrobial anti-fungal property. Purified sulfur is useful in the treatment of all types of skin disorders. It helps in reducing itching and infection. It reduces Kandu and Daha. It is Rakta shodhak, Vranaropak, Twachya, Krumighna.

**CONCLUSION**

Psoriasis can be correlated with Eka Kushtha, a type of Kshudra Kushtha. From this study it can be concluded that Eka Kushtha can be successfully treated with Vamana karma and Virechana Karma followed by Shamana Chikitsa Abhyantar like Gandhaka Rasayana, Vetapalli oil, S-kin powder, Padachira ointment for external application and Avipattikar Churna- 3gm twice a day before food with water for 15 days. Thus better results (Figure No. 1) can be achieved when Shodhana Chikitsa is combined with Shaman Aushadhi. This is a single case study hence to prove the effectiveness of these treatment modalities it is recommended to conduct the research study on more number of patients for a longer duration of time.

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**Conflict of interest**

The authors declare that they have no conflict of interest for this study.

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