

Ayurvedic management of Psoriasis (Eka Kushtha): A Case Study

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Abstract

Psoriasis is a chronic inflammatory disease that mainly affects the skin and joints. It occurs due to abnormalities in the immune system and can be triggered by genetic and environmental factors. In this condition, skin cells grow too quickly, which leads to thick, dry and scaly patches on the skin. Eka Kushtha is a type of Kshudra Kushtha in which Vata and Kapha Doshas are predominantly involved. According to Ayurveda Kushtha is mainly categorized into two types, Kshudra Kushtha (11 types) and Maha Kushtha (7 types). According to modern medicine, Kshudra Kushtha is generally compared with different skin diseases, while Maha Kushtha is mainly related to leprosy.

A 52 years old male patient came to the Panchakarma Department with a chief complaints of red, scaly skin patches all over the body for the last 20 years. He had itching, burning sensation and Excessive scaling of the skin. The patient first developed psoriatic lesions on the scalp, which later spread all over the body. The symptoms started slowly and gradually increased over the time. The itching and burning caused discomfort in his daily activities. He also complained of pain in both heels.

The patient was a known case of Psoriasis and had taken allopathic treatment several times in the past, but the symptoms kept coming back. He was also a known case of diabetic and was taking medicines for Diabetes. His blood sugar levels were not well controlled and his HbA1c was around 10.7%. There was no history of fever, recent infection, trauma or any other major systemic illness. Due to the duration of disease and repeated symptoms, he was admitted for Ayurvedic treatment and Panchakarma therapy. The case was diagnosed as Ekakushtha on the basis of Ahara, Vihara, Nidana and Lakshana and its management is successfully done by the Shodhana and Shamana Chikitsa.

INTRODUCTION

Psoriasis is a common skin disease that affects about 2-3% of people. It is a long - lasting skin problem. The disease usually causes red, clearly bordered patches and round plaques covered with shiny white or silver scales. The skin may itch.

The most common type is plaque psoriasis. The patches grow slowly and usually stay for a long time. Common places affected are elbows, knees, buttocks, scalp, palms and soles. The plaques are clearly defined and may look moist in skin folds. The disease usually develops slowly and often lasts for many years.

Psoriasis may also affect the joints and cause different types of arthritis. Some patients develop uneven inflammation in the finger joints and sometimes in the knees, hips, ankles and wrists. Others may develop a disease similar to rheumatoid arthritis, which can become severe and damage the joints

The exact cause of psoriasis is still not fully understood, but genetics play an important role. More than half of the patients have a family history of the disease. Psoriasis is linked with certain genetic factors like HLA-Cw6 and HLA-DR7. In this condition, activated T-cells enter the skin and release substances called cytokines, which increase the growth of skin cells. This causes rapid multiplication of keratinocytes and leads to the formation of psoriatic lesions. Medicines that reduce T-cell activity and inflammation are often useful in treating severe psoriasis.[1]

Psoriasis is a long -lasting skin disease. Modern treatment can help control it , but complete cure is often difficult. Ayurveda has shown good results in managing Psoriasis. In Ayurveda, all skin diseases are included under Kustha. A condition called Eka Kustha is considered similar to Psoriasis. It described in many Ayurvedic texts and is mainly by an imbalance of Vata and Kapha Doshas . According to Ayurveda , Psoriasis can develop due to unhealthy food and lifestyle habits. Eating Viruddha ahara excessive oily, heavy and liquid foods and suppressing natural urges are some important causes. Acharya Charak described Eka Kustha as a disease with large skin patches , no sweating over the affected area, and scale that look like fish scales[2]. Acharya Sushruta described the lesions as blackish -red in colour.

Ayurveda explains that when the three doshas (vata, pitta and kapha) become disturbed, they affect the skin and other body tissues, leading to skin disease. The treatment mainly includes Shodhana and Shamana. Shodhana removes the aggravated doshas from the body, while Shamana helps maintain their balance.

Case Report:-

Presenting complaints:-

A 50 years male patient came to Panchakarma OPD of Government Ayurvedic College and Hospital Patna on 09/03/2026, approached with the complaints of reddish, elevated, itchy lesions associated with burning sensation and scaling all over the body since past 20 years. The patient was a known case of Psoriasis with associated diabetes mellitus.

Materials and methods:-

It is a single case study and consent was taken from the patient.

Chief complaints

1. Red scaly patches all over the body for 20 years
2. Itching
3. Burning sensation during urination
4. Excessive scaling of skin
5. Pain in both heels
6. Indigestion and constipation

Personal History :-

1. Diet: Vegetarian
2. Appetite: Normal
3. Sleep: Disturbed due to itching
4. Bowel: clear
5. Stool: Hard (constipation)

History of past illness:-

1. Known case of Psoriasis
2. Known case of type 2 Diabetes Mellitus

Examination :-

Inspection :

- Types of lesions - red , scaly skin patches
- Location - chest, lower back, upper Limbs, lower limbs and scalp
- Texture - rough

Ashta vidha parikshat :

Nadi pariksha	Vata-Kapha
Mutra pariksha	Normal
Mala pariksha	Hard stool
Jhiva pariksha	Sama
Sparsha pariksha	Hot, dry, scaly and rough lesions
Drika pariksha	Normal
Shabda pariksha	Normal
Akruti pariksha	Visibly discolored plaques

Dashavidha Pariksha : (~ten folds of examination)

Prakriti	Kapha-Vataj
Vikriti	Tridoshaja
Sara	Madhyma
Samhanana	Madhyma
Pramana	Madhyma
Satmya	Madhyam
Satva	Madhyma
Ahara shakti	Avara
Vyayama shakti	Madhyma
Vaya	Yuva

Samprapti Ghataka :-

Doshas	Vata kapha Pradhan
Dushya	Twacha,Rakta, Mansa,Lashika
Srotasa	Rasavaha,Raktavaha,Mamsavaha,Swedavaha.
Srotodushti	Sanga
Roga Marga	Bahya
Udbhavasthana	Amashaya, Pakvashaya
Vyaktasthana	Twak
Sanchara sthana	Sarvasharira
Agni	Jataragni,dhatwagni mandhya
Vyadhi Swabhava	Chirakari, Yapy

Pathya apathy:

Patient with skin disease should avoid heavy and oily foods such as meat, fat, milk, curd, oil, urad, Kulattha,

rajmash , sugarcane products, Viruddha ahara, overeating, eating during indigestion, spicy foods, sleeping during the day and excessive sexual activity. [3]

Treatment Plan:-

Treatment Plan consist of Shodhana and Shamana Chikitsa. In Shodhana Chikitsa, Virechana therapy was planned . After that a 7 days Samsarjana Karma (special diet plan after purification therapy) was followed. The treatment was done in three steps ; Purva Karma (Deepana -Pachana, Ghrita pana with Maha tikta ghrita [4*] and Sarwang Abhyanga and Swedana,) Pradhan Karma and Paschat Karma.

After completing Shodhana Chikitsa, Shamana Chikitsa (medicinal treatment to control disease) was started. It includes Khadirarisht [5*] Gandhak Rasayan, Arogyavardhini vati, kaishor Guggulu. External treatment (Bahirparimarjana Chikitsa) was given using Karanja Taila,777 oil and coconut oil .

Clinical Status (Shodhana Chikitsa)

Karma	Action	Formulation	Dose	Period	Route
Purvakarma	Deepana - Pachana	1) Chitrakadi vati 2) panchakol phanta 3)Pathyadi vati 4)Triphala churna	1)2×3 2)20 ml×2 3)2×3 4)5gm OD with lww	3 days	Orally
	Ghritpana	Mahatikta Ghrita	Dose start from 40ml-1st day 80ml -2nd day 120 ml -3rd day 160ml-4th day 200ml-5th day	5 days	Orally with empty stomach at morning
	Sarwang Abhyanga and Swedana	With Karanja Taila,777oil and coconut oil	QS	For 3 days	L/A

Pradhan Karma	Virechana	Trivrit Avleh Triphala kashaya Eranda Taila Ichhabhedi ras	80gm 100ml 60 ml 2 Tab	OD	Orally
Paschata Karma	Samsarjana Karma	Uttam shudhhi	Total Anakala -12	7 days after Virechana	Orally
	Peya-3 Vilepi -3				Orally

Akruta yusha- 1 Kurta yusha- 2 Akruta Mamsarasa -1 Kruta Mamsarasa -2 Normal diet				
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Note: Altogether, 32 Vegas were observed during the Virechana procedure.

Samsarjana Karma ,Pathya - Apathya and Nidana Parivarjana was also advised.

Shamana Chikitsa:-

Medicine	Dose	Route	Duration
Khadirarisht	20ml×2	Orally	1 Month
Arogyavardhini vati	2×2	Orally	1 Month
Panchnimbadi churna	3gm×2	Orally	1 Month
Panchakol Churna	3gm×2	Orally	1 Month
Shwet parpati	125mg ×2	Orally	15 days
Punaravaadi Mandur	1×2	Orally	1 Month
Karanja Taila+777 oil	QS	L/A	1 Month

Diagnosis and assessment :-

Criterion of assessment is based on the scoring of DLQI, PDI and PASI SCORE.

Table 1: DLQI (Dermatology life quantity index)

Table 2: PDI (Psoriasis disability index)

Table 3: PASI SCORE (Psoriasis area severity index- Before Treatment)

Table 4: PASI SCORE (After 1st Follow-up)

Table 5: PASI SCORE (After Treatment)

Table 1: DLQI

Before Treatment	After 1st Follow-up	After Treatment
84%	15%	10 %

Table 2: PDI

Before Treatment	After 1st Follow-up	After Treatment
85%	55%	25%%

Assessment by PASI SCORE:

The current gold standard for assessment of extensive psoriasis has been the Psoriasis area severity index (PASI). It evaluate the lesions based on redness (erythema), thickness (induration) and scaling (desquamation) each graded on a 0-4 scale, along with the percentage of body surface area affected. The PASI score ranges from 0 to 72, where a higher score indicates more severe disease.

Table 3: PASI SCORE (Before Treatment)

Before Treatment	Head & Neck	Upper Limbs	Trunk	Lower Limbs
Weightage factors	0.1	0.2	0.3	0.4
Area Score	3	3	2	4
E+I+D	3+3+2=8	3+2+3=8	2+2+2=6	4+3+3=10
PASI SCORE	$8 \times 3 \times 0.1 = 2.4$	$8 \times 3 \times 0.2 = 4.8$	$6 \times 2 \times 0.3 = 3.6$	$10 \times 4 \times 0.4 = 16$
Total	26.8			

Before Treatment (Date - 10/03/2026)



Table. 4: PASI SCORE (After 1st Follow-up)

Duration Treatment	Head & Neck	Upper Limbs	Trunk	Lower Limbs
Weightage factors	0.1	0.2	0.3	0.4
Area Score	2	2	2	3
E+I+D	2+2+1=5	2+1+2=5	1+1+2=4	3+2+2=7
PASI SCORE	$5 \times 2 \times 0.1 = 1$	$5 \times 2 \times 0.2 = 2$	$4 \times 2 \times 0.3 = 2.4$	$7 \times 3 \times 0.4 = 8.4$
Total	13.8			

After 1st Follow-up (Date - 16/04/2026)



Re-admission (Date - 16/04/2026)

The patient was previously admitted in the Panchakarma Department and showed drastic improvement after treatment. After one month he came again for further treatment that 's why he was re-admitted for further Panchakarma therapy.

Shamana Aushadhi were prescribed as per the patient 's condition. As a part of Panchakarma therapy. Udvardhana with Triphala churna (for 7 days) was performed to help reduce kapha and improve skin health . Takradhara with Triphala churna was also administered to alleviate itching , scaling and inflammation associated with Psoriasis .

Shamana Aushadhi

1. Khadirarisht - 20ml×2
2. Arogyavardhini vati -1×2
3. Gandhak Rasayan -1×2
4. Pancha tikta Guggulu -1×2
5. Panchnimbadi churna - 3gm×2
6. Punaravaadi Mandur -1×2
7. Chandraprabha vati 1×2
8. Karanja Taila+777oil - L/A

Table 5: PASI SCORE (After Treatment)

After Treatment (Date - 03/06/2026)



After Treatment	Head & Neck	Upper Limbs	Trunk	Lower Limbs
Weightage factors	0.1	0.2	0.3	0.4
Area Score	1	1	1	1
E+I+D	1+0+0=1	1+0+1=2	1+1+1=3	1+0+1=2
PASI SCORE	1×1×0.1=0.1	2×1×0.2=0.4	3×1×0.3=0.9	2×1×0.4=0.8
Total	2.2			

Discussion:

In Eka Kushtha there is dominancy of Kushtha and Kapha Doshas. But all Kusthas are Tridoshaja in nature and the treatment should be planned according to the strength of doshas. In this case, role of Shodhana therapy is more essential because Shodhana completely expels the doshas out of the body and prevent the relapse of disease. Snehapana was given with Pancha tikta ghrita, which helps balance Vata, Pitta and Kapha Doshas. Due to tikta rasa it is also having Kustha, krimi and kandughana properties.

Conclusion:

Although the complete eradication of Psoriasis is not possible but by Ayurvedic therapies and medication, patient can get excellent relief from the annoying symptoms of Psoriasis. Recurrent intervention is required to prevent the relapse of disease and to improve the quality of life. By considering results of this case it can be concluded that Shodhana Karma and Shamana Karma plays an important role in the management of Eka Kushtha.

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