

Efficacy of herbal formulation in Ek Kushta (Palmar Psoriasis) - A Case Study

Mittal S^{1*}, Malviya K², Mishra S³

DOI:10.21760/jaims.10.3.59


^{1*} Shivangi Mittal, Post Graduate Scholar, Dept of Dravyaguna, Govt Dhanwantri Ayurveda College, Ujjain, Madhya Pradesh, India.

² Kavita Malviya, Post Graduate Scholar, Dept of Dravyaguna, Govt Dhanwantri Ayurveda College, Ujjain, Madhya Pradesh, India.

³ Shiromani Mishra, Associate Professor, Dept of Dravyaguna, Govt Dhanwantri Ayurveda College, Ujjain, Madhya Pradesh, India.

Beauty in today's world is a blend of qualities including shape, colour, and an alluring, charismatic personality, usually used to impress people, but it should be upheld by appropriate behaviour. However, one should have a variety of skin disorders because of Pragyaparadha, certain psychological factors, or a lack of courage and immunity. In this case report a 45-year male patient visited Kayachikitsa OPD with complaint of itching, dryness, black scaly patch in right palm since 6 months. He took allopathic medication last for 6 months but does not get relief. Then he decided to take Ayurvedic treatment for further management. After treatment of 2 months, he gets significant improvement in itching, dryness and blackish scaly patch in right palm region. In this given study, scope of Ayurvedic treatment in untreatable, chronic skin diseases can be proved a safer, cheaper and sustained alternatives to the synthetic drugs.

Keywords: Ek Kushta, Psoriasis, Skin Disorder, Ayurveda

Corresponding Author	How to Cite this Article	To Browse
Shivangi Mittal, Post Graduate Scholar, Dept of Dravyaguna, Govt Dhanwantri Ayurveda College, Ujjain, Madhya Pradesh, India. Email: simmyupadhyay8@gmail.com	Mittal S, Malviya K, Mishra S, Efficacy of herbal formulation in Ek Kushta (Palmar Psoriasis) - A Case Study. J Ayu Int Med Sci. 2025;10(3):389-392. Available From https://jaims.in/jaims/article/view/4110/	

Manuscript Received
2025-02-09

Review Round 1
2025-02-24

Review Round 2
2025-03-04

Review Round 3
2025-03-14

Accepted
2025-03-24

Conflict of Interest
None

Funding
Nil

Ethical Approval
Not required

Plagiarism X-checker
11.64

Note



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Introduction

Kushta is primarily caused by vitiated *Tridoshas*, *Dushya*, and *Sharira dhatus*, such as *Twak*, *Rakta*, *Mamsa*, and *Lasika*, which can then result in seven different varieties of *Kushta*. *Kushta* may disseminate throughout the body. *Kushta* may be caused by *Vegavarodha*, *Purva janmakruta papa*, *Nidana Sevana*, and *Pradnyaparadha ahitakara Dinacharya*.

Since *Poorva rupa* is *Asweda*, the *Charaka Samhita* explains *Purva Roopa* in terms of skin discoloration, itching, horripilation (*Romancha*), and roughness that resembles *Ati Ushnata* in *Sharira*.^[1]

Because it is diffused ill-defined large patch, the *Charaka Samhita* mentions *Maha Vastu*, which appears to be *Matsya Shakala*, *Kinakhara Sparsha* of *Twacha*, *Rukshata*, *Shosha*, *Toda*, *Sankocha*, *Aayama*, *Parushya*, *Kharata*, *Romaharsha*, *Shyava*, or *Aruna Varnata* are the *Lakshana* of the *Eka Kushta*.^[2]

Kushtha, such as *Aswedanama*, *Mahavastuma*, *Matsyashakalopamama*, and *Abhraka- Patrasama*, appears to be closer to *Kushta*. *Aswedanama* (no sweating) denotes the absence of perspiration. *Maha-Vastuma* refers to widespread lesions that infiltrate the whole body.^[3]

Kushta is a widespread illness that affects the entire body. *Matsya-Shakalopama* (fish scales) explains the scaly nature and hyperkeratinisation that occurs in the epidermis, scaling that mimics fish scales.^[4]

In India, the frequency is 0.44-2%, with males being afflicted twice as often as girls in their third or fourth decade. Psoriasis greatly impairs the quality of life of patients and their families, resulting in physical, emotional, and social stress, as well as several psychological causes.

Skin cells proliferate up to ten times quicker than usual in this instance. Psoriasis is a polygenic, chronic relapsing inflammatory autoimmune disease caused by the interaction of antigen-presenting dendritic cells, T lymphocytes, and keratinocytes, which causes the skin to pile up into bumpy red patches covered with scales.

They can develop anywhere, but the majority of the time they appear on the scalp, elbow, knee, and lower back. Psoriasis does not transfer from person to person,

Yet it can occur among members of the same family. According to *Acharya Bhavprakash*, skin lesions in *Eka Kushtha* are *Chakrakara* (rounded) and as silvery as mica *Patra* of *Abhrak*.

These clinical findings suggest a link between *Eka-Kushtha* and Psoriasis. In *Ayurvedic* scriptures, there are several medications of botanical and mineral origin listed for the treatment of *Ek-Kushta*.

The following case study is about the effective *Ayurvedic* treatment of *Ek-Kushta*.

Here is a case report of a 45-year-old male who has been suffering from *Twaka Vaivarnya*, *Kandu*, *Twak Rukshata*, and other symptoms. He was treated with *Ayurvedic* medications, which produce good results.

Case Report

A 45-year male patient visited Kayachikitsa OPD with following details:

OPD No: 6/82000 DOA: 29/04/2022

Patient Name: xyz

Age/Sex: 45yr/male

Address: Ujjain

Chief Complaints

1. Intense itching and dryness in right palm since 3 months.
2. Blackish scaly patch in right palm since 6 months.
3. Bleeding after cut occasionally.

N/H/O: DM/HTN/Thyroid disorder

Past History

- No allergic history

Personal History

- Diet - Vegetarian
- Appetite - Poor
- Bowel - Disturbed (on and off constipation)
- Sleep - Disturbed because of itching

On Examination

- Itching Scaly patch in right palm of >5cm
- Discoloration of the skin

Diagnosis

- *Ek-Kushtha*

Treatment Advised

Table 1: Drug intervention and duration of treatment.

Drug	Dose	Frequency	Date
Triphala Ghrita	10ml	BD	19/12/24 To 19/02/25
Mahasudarshana Kwath	30ml	BD	
Kaishor Guggul	2 tab	BD	

Pathya Apathya[5]

Table 2: Diet Regimen

Pathya	Apathya
■ Sadrutta Palana	■ Junk food
■ Vyayama, Yoga	■ Consuming sour, salty, meat & alcohol
■ Satvika Ahara	■ Ati Maituna
■ Meditation	■ Excessive sleep
■ Healthy food habits	■ Avoid stress

Observation

Table 3: Severity of symptoms BT and AT

SN	Symptoms	Before treatment	After treatment
1.	Dryness (Twaka Parushta)	Present	Significantly improved
2.	Itching (Kandu)	Present	Significantly improved
3.	Patch & discoloration	Present (>5cm)	Significantly improved



Figure 1: a) BT b) AT

Discussion

The *Eka Kushta* can be associated with psoriasis, and according to *Samhitas*, no specific therapy is recommended; instead, we should employ *Yukti* and treat according to *Dosha*.

According to *Charaka Samhita*, a particular identification is indicated, which is *Matsyashakalopama*, and *Kinakara Sparsha*, which may be seen and connected.[6]

If the ailment has a long history, with *Shamanousadhi* is recommended based on the *Dosha*. *Pathya* is the most crucial aspect of therapy, and *Nidana Parivarjana* is the first line of defence. The following categories apply to the etiological elements that explain all forms of *Kushta*: *Dosha Hetu* **Aharaja Nidana**: excessive consumption of *Amla* (sour), *Lavana* (salt), *Kashaya* (astringent) *Rasa*, *Guru* (heavy to digest), *Snigdha* (food made of ghee & fried substances), and *Drava Ahara* (food articles containing excess of oil and liquid contents); *Adhyashana* (eating food before the previous meal has finished digesting); *Vishmasana* (eating food irregularly and at the wrong time); *Atyashana* (eating excessive food); *Asatmya Ahara* (eating food which is not suitable for an individual).[7]

Viharaja Nidana: *Atishrama*, which is excessive physical Labor; *Atapasevan*, which is excessive exposure to the sun's rays; *Anila Sevana*, which is excessive exposure to the chilly wind; and *Divaswapna*, which is excessive daytime slumber. *Hetu Vyadhita* Incompatible food, fake poisoning (*Dushi Visha*), contaminated water, and abrupt immersion in cold water (*Shitoshna Vyatyasa Sevana*) are examples of *Mithya Ahara* or *Viruddha Ahara*. Exercise and sunbathing after consuming large meals.[7]

Mitya Vihara: *Chardi* suppression, *Mutra Vegas* (repression of desires to vomit and urinate), and sexual indulgence subsequent to *Snehana Karma* (oleation treatment).

Ubhaya Hetu

Aharaja Nidana: Overindulgence in various foods such as *Kulatha* (horse gram), *Matsya* (fish), *Varaha* (excess meat), *Mulaka* (raddish), *Guda* (jaggery), *Madhu* (honey), *Navanna* (meal cooked with fresh grains), and *Pishtanna* (food with excess of oil).

Mitya Ahara: meal consumed during the *Ajirna Avastha* (indigestion phase) is known as *Vidahi Vidagdha Ahara* (meal which promotes *pitta* / burning feeling).

Incompatible food (Viruddha); *Ahara-Gunataha Viruddha*. For instance, eating *Lashuna* (garlic) and *Mulaka* (radish) with milk;

Gramya Anupa Audaka Mamsa (eating the meat of marshy animals with milk); and eating fish with milk.

In this case study patient come with complaint of itching, redness, patches all over the body. The line of treatment of *Ek Kushtha* applied on it. For this, we use *Daruharidra Kwath* with *Gomutra Ark* for 2.5 months. After treatment patient get significant relief in symptoms of itching, redness and scaly patches all over the body.

Daruharidra Kwath is indicated for *Kushtha*, *Varnya*, *Deepana*, *Pachana*, *Rechana*, *Amahara*, *Pramehahara* etc. *Daruharidra* as well-known go to cure for various skin ailments. Owing to its blood purifying qualities and *Kapha-Pitta* characteristics which help in removing toxins from the blood, it controls sebum production and assists in treating a host of skin infections as well. That's why it is advantageous for treating allergic conditions (like psoriasis).

Gomutra contain *Teekshna Rechaka* property helps to expel out *Pitta* (toxins) through *Virechana* which damages the skin.

Conclusion

Eka Kushtha is hard to treat, it can significantly improve with the right diagnosis made at the right time. Additionally, the combination Ayurvedic medicines yields quite outcomes in *Ek-Kushta*.

We can treat ailments without using *Shaman Aushadhi*, but if the condition has been present for more than a year, *Sadvritta Palan* is required. The major cause of the sickness is knowingly making errors. Diseases are also caused by unhealthy eating.

The *Mula* for the *Roga* is *Satata Nidana Sevan*; if not treated, it becomes *Asadhya Vyadhi*. But this study reveals the efficacy of Ayurvedic formulation in *Ek Kushtha* without developing any complication and prevent further progression of disease.

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