



## To evaluate the efficacy of Aaragwadh Amritadi Kashayam and Khadir Snana in management of Ek Kustha w.s.r. to Psoriasis - A Pilot Clinical study

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Psoriasis is a long-lasting autoimmune and chronic inflammatory skin disorder with rounded plaques and erythematous, sharply demarcated papules covered in silvery micaceous scale that primarily affects the skin of the scalp, knees, elbows, and gluteal region. These symptoms mimics with Ekkustha in ayurveda. The incidence of psoriasis varies globally, but it is estimated that around 2-3% of the population worldwide is affected by the condition. Psoriasis can occur at any age, but it most commonly appears between the ages of 15 and 35 and again between 50 and 60. The treatment of psoriasis in modern medicine includes steroid creams, PUVA and immune system suppressing medications which focuses on reducing inflammation, controlling symptoms, and improving quality of life but with having its own limitations and hazardous effects. Various treatment options can help to manage the condition effectively by Ayurveda. Though Ekkustha is Tridoshaj Vyadhi but the specific Doshika involvement is Vata and Kapha. Bahirparimarjan Chikitsa is well established in treating any skin disease in Ayurveda. The present pilot study has been performed on 10 patients with oral administration of Aaragwadh Amritadi Kashayam 20 ml bd and Khadir Snana for a period of 21 days. Assessment was done by using PASI SCORE for Psoriasis. After the completion of treatment patient got significant results in symptoms, hence this treatment protocol can be used in managing this disease.

**Keywords:** Ekkustha, Aaragwadh Amritadi Kashayam, Psoriasis, autoimmune disorder, chronic inflammatory skin disease

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## Introduction

Among the *Ksudra Kushtha*, *Ekkushtha* is characterized by the predominance of the doshas *Kapha* and *Vata* in particular, and a generally vitiated *Rakta* in its etiology. The cause of psoriasis is not exactly known, but it is believed to have an autoimmune, genetic component.[1]

Psoriasis is a chronic, non-infectious inflammatory skin disease that has a tendency to affect the scalp and extensor area. Psoriasis commonly affects the skin of the elbows, knees, and scalp. It is characterized by well-defined erythematous plaques with silvery white scale.[2]

Psoriasis is a common autoimmune disorder, affecting up to 1% of the world's population. In Ayurveda psoriasis is correlated with *Eka Kustha*.

The main symptoms of *Eka Kustha* according to *Charak* are, *Aswedanam* (lack of sweating), *Mahavastu* (Extended skin lesions), *Matsyashakalavat* skin (Resemblance of the fish skin) and *Krishna Arun* colour of affected area.

*Kushtha* is produced invariably by the vitiation of the seven factors i.e. 3 *Doshas* and 4 *Dushyas*. But different types of pain, colour, shape, specific manifestation etc. are found in *Kushtha*.

Ayurvedic texts have described *Samanya Nidana* for all types of *Kushtha* instead of specific *Nidanas* for any particular type of *Kushtha*. Thus, *Nidanas* can be categorized as follows: 1. *Aharaja* - diet and dietetic pattern 2. *Viharaja* - faulty lifestyle 3. Miscellaneous

Among the *Ksudra Kushtha*, *Ekkushtha* is characterized by the predominance of the *Doshas* *Kapha* and *Vata* in particular, and a generally vitiated *Rakta* in its etiology. The cause of psoriasis is not exactly known, but it is believed to have an autoimmune, genetic component.[2]

It produces severe psychological impact and badly hampers the quality of life and there is a limitation of modern medicine too for treating this disease.

Factors that may aggravate Psoriasis include stress, withdrawal of systemic corticosteroid, excessive alcohol consumption, and smoking. There are many treatments available, but because of its chronic recurrent nature Psoriasis is a challenge to treat.

Modern medical science treats psoriasis with corticosteroids but the therapy gives serious side effects with the limitations. Hence it is the need of the time to find out safe and effective medicine for Psoriasis. The unique treatment modality of *Ayurveda* as mentioned in Classics may provide long lasting results and a better life to patients. Ingredients of *Aaragwadh Amritadi Kashayam* possesses *Tridoshamak* effect. It is indicated in skin disease, *Visha* etc. *Charaka* has mentioned *Aragwadha* as mild purgative and emphasized its utility in *Kushtha*.

The present work has been undertaken to check the efficacy of *Aaragwadh Amritadi Kashayam*, *Khadir Snana* and *Pathya-Apathya* in the management of *Ek Kustha*.

## Aim and Objectives

1. To assess the efficacy of *Aaragwadh Amritadi Kashayam* and *Khadir Snana* in

## Materials and Methods

The patients having classical signs and symptoms of *Ekakushtha* (psoriasis) were selected. A special proforma including all the etiological factors of *Kushtha* with *Dushti Lakshana* of *Dosha*, *Dushya*, and *Srotasa* etc. was prepared for assessment.

### Source of data

The patients suffering from *Ek Kustha* (psoriasis) attending the OPD of Pt. Khushilal Sharma Government Ayurvedic Hospital, Bhopal were screened and allocated to the study. Overall, 8 patients were included in the study fulfilling the diagnostic, inclusion and exclusion criteria.

A detailed history taking and physical examination were carried out in these patients. The clinical data along with the elaborated assessment of the condition were recorded in specially designed case proforma.

Among 10 patients, all completed the treatment regimen.

### Study Design

The present study is a pilot clinical study conducted in the department of Panchakarma of Pt. Khushilal Sharma Govt. Ayurvedic college and Institute Bhopal.

**Samprapti Ghatakas**

Dosha - Tridosha - Vata Kapha Pradhana Pitta  
 Dushya - Twak, Rakta, Mamsa, Lasika, Ambu.  
 Srotodushti - Sanga and Vimargagamana  
 Agni - Jatharagni and Dhatvagni Mandya  
 Ama - Jataragni, Dhatvagnimandhyajanya  
 Udbhavasthana - Amashaya, Pakvashaya  
 Sanchara - Tiryaga Sira  
 Adhithana - Twacha  
 Vyadhimarga - Bahya  
 Vyadhi Swabhava - Chirakari

**Diagnostic Criteria**

1. Sharply defined erythematous squamous lesion
2. Presence of erythma
3. Presence of scaling
4. Candel grease sign
5. Koebners phenomenon

**Inclusion Criteria**

1. Duration of the disease being 1 to 2 years.
2. Age between 16 and 50 years.
3. Patients who are willing to participate in the study.

**Exclusion Criteria**

1. Patients with any chronic disease that needs regular medication.
2. Psoriasis with involvement of HTN, T.B, carcinoma and other life threatening and complicated diseases and major systemic illness

**Treatment regimen**

Aaragwadh amrutadi kashyam 40 ml B.D.

Khadir Snana - twice a day

**Ingredients of Aaragwadh Amrutadi Kashyam ( Shashtra Yoga)**

Aaragwadh - Cassia fistula  
 Amrita - Tinospora cordifolia  
 Pathya ( Haritaki) - Terminalia chebula  
 Khadir - Acacia katechu

**Ingredients of Khadir Snana (Ch.Chi.7)**

Khadir

**Procedure, Drug, Dose and Duration**

- Aaragwadh Amrutadi Kashyam - Herbal ingredients (coarse powder) of the drug boiled in 16 parts of water and reduced to 4 parts.

- Aaragwadh Amrutadi Kashyam was given in dose of 40 ml twice a day (Empty stomach) for 21 days.
- Khadir Snana - Khadir boiled in 16 parts of water and reduced to 4 parts. The affected area was washed twice a day with decoction for 21 days.

**Pathya Apathya**

**Pathya:** Sadvrita Palana, Vyayama, Yoga, Satvika Ahara, Meditation, Healthy Food Habits

**Apathya:** Junk food, Consuming sour, salty, meat & alcohol, excessive sleep.

**Criteria for assessment of Ek Kustha (Psoriasis)**

**Kandu (Itching)**

No Kandu	0
Occasional	1
On and off without disturbed sleep	2
Continuous with disturbed sleep	3

**Matsyashakal**

Normal skin	0
Scalling on vigorous rubbing	1
Scalling on light pressure	2
Scalling on wearing clothes	3

**Aswedanam**

Sweating	0
Mild sweating	1
Mild sweating after exercise	2
No sweating after exercise	3

**Mahavastu**

No lesion	0
Lesion on 1/3 Rd hand/ leg/ scalp/ ear lobules	1
Lesions on most part of the body 2/3	2
Lesion on whole body	3

**Erythma**

Normal skin colour	0
Faint and near to skin	1
Blenching	2
Total red	3

**Candel Grease Sign**

Absent	0
Present	1

**Koebners Phenomenon**

Negative	0
Positive	1

## Observations and Results

Symptoms	BT	AT	Mean Difference	SD	SE	% of relief	t value	P value
Kandu	1.57	0.57	1.00	0.79	0.30	63.69%	2.377	0.034
Matshakal	1.86	1.00	0.86	0.58	0.22	46.23%	2.121	0.054
Aswedan	0.71	0.29	0.43	0.49	0.18	60.56%	1.06	0.309
Mahavastu	1.86	1.00	0.86	0.58	0.22	46.23%	2.12	0.0554
Erythma	1.86	0.86	1.00	0.69	0.26	53.7%	2.33	0.0378
Candel	0.86	0.57	0.29	0.53	0.20	33.7%	1.15	0.2707
Grease Sign								
Koebners Phenomenon	0.71	0.14	0.57	0.38	0.14	80.28%	2.44	0.036

In present pilot study, the effect of therapy was analyzed by computed statistically using Paired t test for subjective parameter the obtained result was interpreted as follow

**Kandu:** the mean score of pain in this study, before treatment was 1.57 and after treatment it was reduced to 0.57. So, the mean difference was 1.0, with percentage relief of 63.69% which was statistically extremely significant (P=0.034).

**Matsyhakal:** the mean score of *Matsyhakal* in this study, before treatment was 1.86 and after treatment it was reduced to 1.00. So, the mean difference was 0.86, with percentage relief of 46.23% which was statistically very significant (P=0.054).

**Aswedan:** the mean score of *Aswedan* in this study, before treatment was 0.71 and after treatment it was reduced to 0.29. So, the mean difference was 0.43, with percentage relief of 60.56% which was statistically very significant (P=0.309).

**Mahavastu:** the mean score of *Mahavastu* in this study, before treatment was 1.86 and after treatment it was reduced to 1.00. So, the mean difference was 0.86, with percentage relief of 46.23% which was statistically very significant (P=0.0554).

**Erythema:** the mean score of pain in this study, before treatment was 1.86 and after treatment it was reduced to 0.86. So, the mean difference was 1.00, with percentage relief of which was statistically extremely significant (P= 0.0378).

**Candel grease sign:** the mean score of Candel grease sign in this study, before treatment was 0.86 and after treatment it was reduced to 0.57.

So, the mean difference was, with percentage relief of 33.7% which was statistically extremely significant (P=0.2707).

**Koebners phenomenon:** Table no. 4 shows that the mean score of Koebners phenomenon in this study, before treatment was 0.71 and after treatment it was reduced to 0.14. So, the mean difference was 0.57, with percentage relief of which 80.28% was statistically extremely significant (P=0.036)

**Adverse Effects:** There were no any adverse effects or adverse drug reaction was noted during and after the study duration Psoriasis is a proliferative, inflammatory and autoimmune skin disease resembling *Ek Kustha* of Ayurveda.

## Discussion

*Ekakustha* is a *Vata Kapha* predominant skin disorder. *Vata Kapha* clinically expresses the major features of *Asvedana*, *Mahāvastu*, *Matsaśakalaupama* including some other features like *Ruksha*, *Kharabhava* (roughness), *Shaitya* (coldness), *Utseda* (elevation), *Parushya*, *Gaurava* (heaviness) etc.[3]

*Aaragwadh Amritadi Kashayam*[5] contains *Aaragwadh Fal Majja* and *Haritaki* which pacifies aggravated *Pitta Dosha* and expels it out from the body and also having *Guduchi* and *Khadir Sara* which purifies the blood. So that helps in purification of blood which ultimately improves the *Rasa* and *Rakta Dhatu*. *Aragwadhadi Kashayam* is mentioned in *Ashtanga Hridaya* 15th chapter *Shodhanadigana Sangraha*. The drugs mentioned in these have *Vishahara*, *Kushta*, *Kaphahara* properties. It has mild laxative effects and it aids to eliminate accumulated toxins through stools. In skin diseases it works as the principles of detoxification. It reduces itching and burning sensation of skin. It is anti-microbial, anti-bacterial Ayurvedic medicine.

*Aaragwadh* is used for the management of *Kushtha*, *Aruchi*, *Vibandha*, etc. The most significant components of *Aaragwadh* are Anthraquinone, Gluten, Tannins.

*Khadira* contains *Tikta-Kashaya Rasa* (bitter and astringent taste).

*Khadir* is one of such drugs that is easily available with excellent results in skin diseases and so also called as *Kushtaghna*.

*Khadira* contains *Tikta-Kashaya Rasa* (bitter and astringent taste). These two *Rasas* by the virtue of their pharmacological properties like *Soshana* (absorption), *Vishaghnatva* (anti-poisonous), *Kandu Prashamana* (reduce itching sensation), *Tvakmamsa*, *Sthirikarana* (nourishment and strengthening of skin and muscle) and *Pidana*, *Ropana* (wound healing), *Kledaupashosana* (dry of exudation).

All these pharmacological properties as a whole are able to exert an anti-inflammatory action on the affected areas of skin, which is beneficial to cure psoriasis,

*Khadira Sara* (catechu) is *Ushna* (hot potency), [6] *Agneya Guna* (hot and heavy) pacifies aggravated *Kapha* and *Vata*

## Conclusion

*Ekkustha* (Psoriasis) is the skin disease which is more difficult to cure even in modern science. This study showed that Ayurveda medicine has hope for such cases. Even though the sample size is small it will be the platform for the researcher to do more study in more number of patients

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