

**AYURVEDIC APPROCH AND USES OF LEPA IN MANAGEMENT OF
PSORIASIS (EK-KUSTHA) – A RETROSPECTIVE CASE STUDY**

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ABSTRACT:

Ayurvedic principle stands first in creating healthy mind and body. *Ayurveda* not only gave focus on curing diseases, but also on well being of healthy persons. It is an ancient health science of India. In present busy and fast life no one can follow the rules of *Dinacharya* and *Ritucharya* described in *Ayurveda* it leads to severe pathogenesis which produce different disorders which caused by *Asatmya Sevana* means the exposure to allergens, heavy industrialization, and heavy traffic one can comes in contact with various pollutants and *Virudhahara*.

Psoriasis is a common chronic, remitting, immune mediated systemic disease characterized by skin lesion including red scaly patches, papules and is usually associated with itching. The disease affect 3-5% of general population plague psoriasis is most common it affects 70-80% people. 125 million peoples worldwide 2 to 3 % of the total population have psoriasis, according to the World Day consortium curative result of psoriasis with modern drugs are insignificant In *Ayurveda* psoriasis can be correlated with *Ek-kustha* and *Kitibha kustha* .

The patient worried due to its appearance severe itching, disturbing routine and its nature susceptible to chronic.

In the present study some combination of *lepa* can used on psoriasis with the help of some drugs like *Kustha, Patola, Nimba, Khadira, Sariva, Manjistha*.

Psoriasis is co-relatad with *ek- kustha* and *kitibha* because symptoms are likely same as psoriasis large scaly patches with erythmatous borders.

KEYWORDS: *Dincharya, Ritucharya, Ek- kustha kandugna, varnya, kustagna,asatmya sevan, virudhahara.kitibha*

INTRODUCTION

Psoriasis is chronic skin disorder that causes scaling and inflammation. Psoriasis is a non infectious, inflammatory disease of the skin it is characterized by well defined erythematous (reddish) plaques with large adherent silvery scales. The main abnormality in psoriasis is an increased proliferation of skin layers due to excessive division of the cell in the basel layer of the skin. Severe itching may associated with the plaques. Dryness of skin and silvery scaling are chareacterized of this condition .it is currentaly suspected to be autoimmune in origin. In *ayurveda* various skin disorder have been included under *kustha* which further categorized as *Maha* and *Kshudra kustha* including 7 & 11 sub types

Most commonly seen among Europeans and north Americans, often between 15-45 yrs age group. There are five main types of psoriasis viz. Plaque, Guttate, Inverse, Pustular, Erythrodermic. Out of these plaque type is commonly found.

Plaque type represents as raised area of inflamed skin surface covered with silvery white scaly skin. These are most commonly seen on the elbow, knees , scalp , back.

According to *Ayurveda* it can be co-related with *Ek- kustha*

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It means dry skin lesion with no sweating it acquires large area and looks like scales of fish

According to *Acharya Charak*,

- 1) *Dosha - vata and kapha*
- 2) *Dushya- Rakta ,lasika mansa twacha.*
- 3) *Mala- sweda*
- 4) *Abhivyakti- Twacha*

Lepa therapy is described by all the *Acharyas* but according to *Acharya Sushruta*, they are mainly classified into three types viz. *Pralepa*, *Pradeha*, *Alepa*.

Material and Methods:-

This is retrospective type of study, all sorts of references and relevant material has been collected c from various available *ayurvedic* classics text like *Charaka Samhita*, *Sushruta Samhita*, etc. as well as various commentaries on it. Research related articles have been searched from various web

sites. All compiled matter is re-organized and critically analyzed for the discussion and attempt has been made to create some fruitful conclusion.

Discussion:-

Ayurvedic view

As per *Ayurveda* psoriasis correlated with *Ek-Kustha* and *kitibha* According to *Acharya Charaka Ek kustha* categorized under *Kshudra kustha*.

Ek-kustha.

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According to modern *Ek-Kustha* co-related with Erythrodermis. It means dry skin lesion with no sweating it acquires large area and looks like scales of fish.

Kitibha:

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According to modern *Kitibha* co-related with psoriasis, it is also *Vata-Kapha* pradhan. In this type skin looks like dry, cracking of skin, rough, itching occurs..

Modern view

Psoriasis a common skin condition where the skin develops are as that becomes thick covered with silvery scales .it is sultopha disordered immune system the T-cells a type of white blood cell,becomes over stimulated they then direct the skin to try and heal a non existent injury.the skin react the same way it does when it has fungal infection it grows very fast, trying to grow the infection off the skin.

Occasionally doctors may find to difficult to diagnosed psoriasis, because it often looks like other skin diseases. It may be necessary to confirm a diagnosis by examine a small skin sample under microscope.

It is classified in six types:

- 1) Plaque- skin lesion reddish at the base and covered by silvery scales.

- 2) Guttate –Small drop shaped lesion appears on trunk limbs and scalp t is most often triggered by upper respiratory infection.
- 3) Pustular- blister of non infectious pus appears on the skin attacks of pustule psoriasis may be triggered by medication, infection, stress, exposure to certain chemicals.
- 4) Inverse-Smooth red patches occur in the fold of the skin near the genitals, under the breast, the symptoms may be worsened by friction and sweating.
- 5) Erythrodermic- Widespread reddening and scaling of the skin may be reaction to severe sunburn or taking corticosteroids,
- 6) Psoriatic Arthritis- joint inflammation that produce symptoms of arthritis.

Drug review

| Drugs | Rasa | veerya | Vipaka | Guna | Karma | Doshaghanata | Rogagnata |
|------------------|-------------------------------|---------------|----------------|-------------------------------|--|------------------------------------|---|
| <i>Kustha</i> | <i>Tikta, Katu, Madhur</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Ruksha, Tikshna</i> | <i>Varnya, vednasthapak, Jantughna</i> | <i>Kapha-vata shamak</i> | <i>Jirna vana, khalitya, charmaroga</i> |
| <i>Patola</i> | <i>Tikta</i> | <i>Seeta</i> | <i>Katu</i> | <i>Laghu snigdha, tikshna</i> | <i>Dahaghna, aratinashak</i> | <i>Vatakara. Kapha-pitta harak</i> | <i>Rakta vikara, kandu, kusthghna.</i> |
| <i>Nimba</i> | <i>Tikta kashaya</i> | <i>Sheeta</i> | <i>Katu</i> | <i>laghu</i> | <i>Vranpachan, kandughna, dahaprashman</i> | <i>Kapha-pitta shaman</i> | <i>Raktashudhikar, Kandughna Jantughna</i> |
| <i>Khadira</i> | <i>Tikta ,kashaya</i> | <i>Sheeta</i> | <i>Katu</i> | <i>Laghu, ruksha</i> | <i>Kusthghna</i> | <i>Kapha-pitta shamak</i> | <i>Shonitasthapan, kusthghna, kandughna</i> |
| <i>Sariva</i> | <i>Madhura, Tikta</i> | <i>Sheeta</i> | <i>Madhura</i> | <i>Guru, snigdha</i> | <i>Shothhara, dahaprashman a</i> | <i>tridoshshamak</i> | <i>Dipan, Pachan, kusthghna jwaraghna</i> |
| <i>Manjistha</i> | <i>Tikta, kashay, madhura</i> | <i>Ushna</i> | <i>Katu</i> | <i>Guru Ruksha</i> | <i>Varnya, vishghna, shothghna</i> | <i>Kapha- pitta</i> | <i>Vranropak, shothhara, kusthghna</i> |

In the discussion we see the some drugs and their uses and mode of action.

- 1) *Kustha*
- 2) *Patola*
- 3) *Nimba*
- 4) *Khadira*
- 5) *Sariva*
- 6) *Manjistha.*

Above drugs are mainly acts as *varnya*, *ropak*, *kustagna* and *kandugna*

Kustha:-

In twacha rog chikitsa kustha is used repeatetaly it is use as Jantughna,Vedanasthapak,it is kapha vata shamak. Varnya,and kusthghna.internally acts on deepana, pachana shulaprashamak, anulomana raktashodhak , sweda janan, and also used as Rasayna.it contains Saussurine oil, tannin ,inuline, Rwejinoid etc. it is good Durgandhinashaka.

Patola:-

Iin kustha chikitsa patola moola is used as prayojyanga.it is used as aushadha, as well as Ahara in kustha chikitsa it rakta pradoshaja vyadhis patola with its katu, tikta rasa , katu vipaka help in shaman of vitiated pitta and removes kleda it is also used in prasupti it is shothhara, tridoshshamak , vranropan, due to its ruksha and laghu guna kapha and due to ushna veerya vata ,and tikta kashay guna pitaa shamak.Internally used as kaphaghna mootral , ruchikara , vedanasthapak and vranropak.

Nimba:-

It is used as Jantughna, Rochana, Grahi, Krimighna, putighna, kusthghna, vedanasthapak,due to its tikta rasa it is raktashudhikara,and kaphaghna, pittaghna.In vidradhi, granthi nimbi leaves used as lepa internally used in vaman, grahani, vibandha like diseases.It containce Nimbin, Nimbesterol. In *ek kustha chikitsa* it used as *daha shamak*.

Khadira:-

It is mainly used as kapha –pitta vikara. It acts as Raktastambhak, and shleshmakala sankochka. It stops internal bleeding in leucoderma khadira lepa used; in swarbheda and kasa kwatha used for gandush. It is kandughna, kusthghna also Due to *tikta*, *kashaya* and *sheeta guna* it is *Raktaprasarak*, *raktavardhak*, and *shothaghna*. *Tikta* and *sheeta* also acts *jwaraghna*. it chemically contains catechine, catechu tannin.

Sariva:-

It is used as tridoshaj vikara due to madhura and snigdha guna vata will be regulates and sheeta guna regulates pita Dosha Tikta regulates kapha Dosha Internally used in Rochana, dipana pachna ,jwaraghna ,it is Rasayana and Raktashodhak. Lepa will be used as in kustha, visarpa, visphota.

It contains p-methoxy salicylic aldehyde, luperol , tricyclic, B-site-sterol.

Manjistha:-

It is kapha pitta shamak varnya , vranropak, and kusthghna, internally used as dipana, pachana, Krimighnaa, it is raktashodhak.

It is rasayana and balya .it contains purpurine, manjistine,

Before Treatment



After Treatment



Conclusion:-

From above discussed points, it can be concluded that the above mentioned drugs i.e. *kustha, patola, nimba, khadira, sariva, manjistha* are very useful in treatment of psoriasis (ek-kustha) condition along with upadrava. Among various application methods mentioned in the *Samhita* by *acharya Sushruta* only *Alepa* Method was implement Based on the nature of the disease, thus based on the obtained results, there is Need of renovation as well as giving limelight in enhancing the techniques used in application of lepa therapy.

A large Scale study trail can be undertaken to prove its efficacy on a large scale

If many such *Lepa* therapy techniques are brought forward it will be seen as a gift of *Ayurveda* towards mankind in treating many such chronic conditions in a natural and chemical free way paving new hope for healthy lifestyle.

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