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## Role of Kosthashodhana with Shamana Chikitsa in the management of Eka-Kustha (Psoriasis) - A Case Report

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## Role of *Kosthashodhana* with *Shamana Chikitsa* in the management of *Eka-Kustha* (Psoriasis) - A Case Report

### Abstract

**Introduction:** Psoriasis is a chronic immune-mediated inflammatory, proliferative skin disorder that affects individuals across all age group, but its manifestation in older adults poses unique challenges. In this population, age-related changes in skin physiology, multiple comorbidities, and polypharmacy may influence both disease expression and therapeutic choices. Clinical presentation in the elderly can be atypical and is often complicated by fragile skin, reduced healing capacity, and increased susceptibility to adverse drug reaction. According to the Ayurveda symptoms of the *Eka-Kustha*, which is a *Vata-Kapha* dominant *KshudraKushtha*, which can be correlate with Psoriasis in modern. A 72 years male patient suffered from erythematous plaques on all over body (mainly bilateral lower limb, bilateral upper limb, Scalp region, and nape of neck) associated with severe itching, burning sensation, blood discharge from lesion and silvery scales on all over body along with sleep disturbance and generalized weakness since 10 years undergoing various allopathic treatment without sustained relief. *Deepana-Pachana* drugs treated him, *Kosthashodhana* along with *Shamana Chikitsa*. **Conclusion:** Following the Ayurvedic regimen. The patient experienced marked improvement in all the symptoms after 21 days of treatment. The psoriasis area and severity index (PASI) scores were used to assess severity of disease, which showed marked improvement after treatment.

**Key words:** *Eka-Kustha*, Psoriasis, *Kosthashodhana*, *Shamana Chikitsa* Ayurveda.

### Introduction:

Psoriasis is significant and common dermatological disease in the geriatric population. An epidemiological study found that psoriasis ranked sixth among the most common dermatological problems in the geriatric population. Geriatric psoriasis refers to psoriasis occurring in older adults, typically defined as those aged 60 or 65 and above. Psoriasis is a multifactorial, chronic replacing inflammatory skin disease characterized by erythematous, scaly, and pruritic plaques, commonly affecting the extensor areas of the extremities in the elderly population<sup>[1]</sup>. It affects approximately 0.5%-3% of the general population making it a global health burden. The exact aetiology is unknown but it is considered to be an

autoimmune disease mediated by T-lymphocytes. It has a strong psychosocial impact, interfering with patient's quality of life. <sup>[2]</sup>

The development of the disease involves multiple factors, including genetic factors, epigenetic changes, the immune system, microbiota, and environmental factors. The most common presentation of psoriasis is vulgaris psoriasis, which is characterized by erythematous, scaly and well-demarcated pruritic plaques on the extensor areas of the extremities. Another important aspect in psoriasis patients is the presence of comorbidities, such as psoriatic arthritic , diseases, and metabolic syndrome, psychiatric disorder are more frequent in geriatric psoriasis as compared adults <sup>[3]</sup>. In Ayurveda, Psoriasis can be correlated to *Eka-Kustha*, which is a type of *Vata-Kapha* predominant manifestation characterized by symptoms such as *Aswedanam* (does not sweat), *Mahavastu* (broadly spreads all over the body), *MatsyaShakalopamam* (resembles "fish from" scaling in the skin), and becomes black and pink in color caused by vitiation of *Vata* and *KaphaDoshas*. Classic explained the *Hetu* (causative factors) of *Eka-Kustha* as consumption of *Viruddhahara* (disordered dieting-incompatibility), following *Diwaswapna* (day time sleep) and *Papkarma* (indulgence in sinful acts), etc. This case report is an attempt to manage a case of *Eka-Kustha* through Ayurveda approaches <sup>[4]</sup>. The present study observed the efficacy *Kosthashodhana* followed by *Shamanatherapy* in the patient with clinical symptoms of psoriasis.

## Case Report

A 72-year-old male patient apparently normal before 10 years. Then he suffered from erythematous plaques on bilateral lower and upper limb, scalp region, nape of neck associated with severe itching, burning sensation, blood discharge from lesions and silvery scales on all over the body, along with sleep disturbance and generalized weakness since ten years undergoing various allopathic treatment without sustained relief. Then he came to the *Kayachikitsa* outpatient department. He was admitted on date 07/10/2024 further Ayurvedic treatment in *Kayachikitsa* indoor patient department, ITRA, Jamnagar.

He was a known case of type 2 diabetes since twenty years, hypertension since two years for which was taking advised allopathic medication regularly (tablet losartan 50mg od after food and tablet metformin 500mg od after food). No drug allergy or previous surgery was reported. No history of alcohol, smoking, or any other drugs was found.

***Ashtaviddha Pariksha:***

- 63 • *Nadi – Vata Pradhana kaphaja*
- 64 • *Mutra – frequency 7-8 times a day, normal colour (pale yellow)*
- 65 • *Mala – twice a day – Semisolid*
- 66 • *Jivha – Sama, lipt (white, coated)*
- 4 67 • *Shabda – Speech and hearing was normal*
- 68 • *Sparsha – Ruksha (Dry skin at the site of lesion)*
- 69 • *Drik – Normal*
- 70 • *Aakriti – Madhyam (Height – 147cm and Weight – 51 kg BMI 23.6kg/ m<sup>2</sup> was*
- 71 *normal).*

## 72 **On examination:**

6 73 The Patients' general state was anxious and poor appetite. Vitals were normal (Pulse rate-76  
74 beats per minute, Respiratory rate – 20 breathes per minute, Blood pressure – 122/80  
16 75 mm/hg). General examination, pallor, icterus, clubbing, cyanosis and lymphadenopathy was  
76 absent.

77 *Dashaviddha Pariksha* (tenfold examination) was *Vata PradhanaPittaPrakriti, Vikruti* in  
1 78 *Kapha, Vata, Pitta* and *Rakta, Sama Samhanana* and *Pramana, Sarva Rasa Satmya* with  
79 *Madhyama VyayamaShakti* and *Bala*, and *Vriddhavastha*.

## 80 **Integumentary system examination:**

81 Site – Bilateral upper limb and lower limb, back region, scalp region, nape of neck.

82 Colour – Reddish patches with white scales.

83 Size – Patches and plaques of varying size

84 Consistency – Thick

85 Distribution – Bilateral symmetrical and scattered all over body.

86 Primary Lesions – Erythematous patches and plaques covered with white scales.

87 Sign – Auspitz sign, present

88 ***Nidana Panchaka:***

89 *Nidana* –*Divaswap*(daytime sleep)-1/2 hrs/day after meal, *ViruddhaharaSevana*  
90 (Consumption of milk and salty snacks at the same time) and *Rakta DushtikaAhara-vihara*  
91 (overindulging in sour foods like pickles and curd, prolonged exposures to direct sunlight).

92 ***Samprapti:*** *Dosha – Kapha, Vata, Pitta and Rakta*

93 *Dushya – Rasa Dhatu, Rakta Dhatu*

94 *Agni – Mandagni: Aam – Jatharagni and Dhatvagni Janya*

95 *Srotas – Rasavaha, Raktavaha*

96 *Adhisthana – Twaka*

97 *Rogamarga – Bahya*

98 *Swabhava – Chirakari* (chronic)

99 *Sadhyasadhyata – Kricchrasadhya* (difficult to treat)

4 100 ***Purvarupa***– *Kandu* (itching), *Rukshtyam* (dryness).

101 ***Rupa*** – *Aswedanam* (Absence of sweating), *Twaka* similar to *Matsya Shakalopamam*  
102 (resembles to the scales of fish) on *hasta* (hands), *Pada*(foot), and *Greeva Pradesh* (scalp  
103 region).

1 104 ***Upashaya***– *Bahya Shita Sparsha* and *Abhyanga* (improvement on wet cold sponging and oil  
105 application)

106 ***Anupashaya***– *Ushna Sparsha* (increased symptoms in work in hot and humid climates).

1 107 **Diagnosis Assessment:**

108 By Examination the clinical appearance, nature of skin lesions and positive Auspitz sign, the  
109 diagnosis of plaque psoriasis was validated. *Kandu* (itching), scaling *Rakta Varnata*  
110 (redness), *Daha* (burning sensation), and the involvement of *Kapha, Vata, Pitta and Rakta*  
111 determined in this case and the Ayurvedic classics for *KushthaRoga* and *NidanaParivarjana*,  
112 *PrakritiVighatana*, repeated *Shodhana, Shamana, lepa*. Hence, in this case *Kosthashodhana*  
113 along with *Shaman Chikitsa* was selected for present.

114 **Therapeutic interventions:**

5 115 The patient was first put on *Deepana-Pachana, Kosthashodhana* with Ayurvedic oral  
116 medication (Table no. 1) and along with the daily external application of *Gandhaka*



117 *Malharato* the affected area. He was advised to avoid dietary restrictions (avoid excessive  
118 sour, salty and spicy substances), advised to avoid day sleep, and suggested to maintain  
119 personal hygiene.

120

## 121 Outcome and Follow up:

122 The patient was close observation in In-patient department of ITRA for 21 days and no side  
123 effect was reported. The basic assessment was done using the Psoriasis Area Severity Index  
124 (PASI) score that was found to be 34.3. Routine laboratory investigation were done on  
125 October 08, 2024 and in which complete blood count, liver function, and renal function test  
126 were found to be within normal limits. Ayurvedic treatment were started on October 08, 2024  
127 and *Shaman Chikitsa* was started after *Kosthashodhana*. The patient noted a good  
128 improvement since there was a reduction in the erythematous plaque on all over the body,  
129 scaling of the skin, itching and burning sensation on his bilateral upper and lower limb, scalp  
130 region and nape of neck and reduction in Absolute Eosinophil Counts (AEC) from 1418  
131 cells/mL (08/10/2024) to 534 cells/mL (09/11/2024) and improvement was assessed on basis  
132 of PASI score (Table no.4).

## 133 Table No.1: Time line of the case:

Date	Clinical events	Interventions/procedures	Outcome
08/10/2024	<i>Deepana-Pachana</i>	<i>Avipattikar Churna</i> 3 gm twice a day before meal with <i>Anupana</i> of <i>Koshna</i> <i>Jala</i> and <i>Aampachana Vati</i> 2 <i>Vati</i> thrice after meal	Appetite was improved
10/10/2024	<i>Kosthashodhana</i> after <i>Sarvang Abhyanga</i> with <i>BalaTaila</i> and <i>BashpaSwedana</i>	<i>Trivrittavaleha</i> 30gm with 80 ml <i>Triphala Kwatha</i> <i>Vaigiki Shudhhi</i> – 7 <i>Vega</i>	Not relief in symptoms
10/10/2024 To 12/10/2024	<i>Sansarjana karma</i>	3 days as per <i>Shudhhi</i>	Mild relief in itching and erythema , burning sensation

13/10/2024 To 27/10/2024	Shaman Aushadhi was started	<p>Manjisthadi Kwatha 40ml twice a day before meal</p> <p>Kaishor Guggulu 2 tablet thrice a day after meal with warm water</p> <p>Combination of Arogyavardhini Rasa 500mg and Triphala Churna 3gm, Sariva Churna 1gm twice a day after meal with warm water</p> <p>Trivrittavaleha 5 gm HS at night after meal with KoshnaJala</p> <p>Dushivishari Gutika 1 Vati twice a day after meal was given along with GandhakaMalharafor local application</p>	Moderate relief in itching and erythema, burning sensation
28/10/2024	Patient was discharged	<p>Manjisthadi Kwatha 40ml twice a day before meal</p> <p>Kaishor Guggulu 2 tablet thrice a day after meal with warm water</p> <p>Combination of Arogyavardhini rasa 500mg and Triphala Churna 3gm, Sariva Churna 1gm twice a day after meal with warm water</p>	Moderate relief in itching and erythema, burning sensation

		<p><i>Trivrittavaleha</i> 5 gm HS at night after meal with <i>KoshnaJala</i></p> <p><i>Dushivishari Gutika</i> 1 Vati twice a day after meal was given along with <i>GandhakaMalhara</i> for local application</p>	
04/11/2024	<p>Follow up 1</p> <p>No fresh complaints</p>	<p><i>Manjisthadi Kwatha</i> 40ml twice a day before meal</p> <p><i>Kaishor Guggulu</i> 2 tab thrice a day after meal with warm water</p> <p>Combination of <i>Arogyavardhini rasa</i> 500mg and <i>Triphala Churna</i> 3gm, <i>Sariva Churna</i> 1gm twice a day after meal with warm water</p> <p><i>Trivrittavaleha</i> 5 gm HS at night after meal with <i>KoshnaJala</i></p> <p><i>Dushivishari Gutika</i> 1 Vati twice a day after meal was given along with <i>GandhakaMalhara</i> for local application</p>	<p>Moderate relief in itching and erythema, burning sensation</p>
11/11/2024	<p>Follow up 2</p> <p>No fresh complaints</p>	<p>Same treatment continued</p>	<p>Moderate relief in itching and erythema, burning sensation</p>

18/11/2024	Follow up 3 No fresh complaints	Same treatment continued	Moderate relief in itching and erythema, burning sensation
28/11/2024	Follow up 4 No fresh complaints	Same treatment continued	Moderate relief in itching and erythema, burning sensation

134 **Result: Table No 2: Images of Patient before and after treatment:**



135 **Table No.3: Showing the PASI score calculation and grading:**

Plaque characteristic	Lesion Severity Score	Area involved for each body region affected i.e. Area score	Amount of body surface area represented by the region
1. Erythema/redness	0- None	0- 0%	0.1- Head and neck
2. Induration/thickness	1- Mild	1- 1-9%	0.2- Upper limbs
	2- Moderate	2- 10-29%	0.3- Trunk
	3- Severe	3- 30-49%	

3. Desquamation/scaling	4- Very severe	4- 50-69% 5- 70-89% 6- 90-100%	0.4- Lower limbs
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**Table No. 4: PASI Score Before and After Treatment:**

	Head			Arms			Trunk			Legs		
	BT	AT	V1	BT	AT	V1	BT	AT	V1	BT	AT	V1
Erythema	3	2	1	3	1	1	2	1	0	3	1	0
Induration	3	2	2	3	1	2	2	1	2	3	1	0
Scaling	3	2	2	2	1	1	2	1	1	3	1	0
Area %	70-89	70-89	<10	50-69	30-49	<10	30-49	10-29	0	70-89	30-49	0
Total Score	34.3	10.2	1.5	34.3	10.2	1.5	34.3	10.2	1.5	34.3	10.2	0

**BT: Before treatment; AT: After treatment; V1: First visit**

## Discussion:

The main causative factors in the manifestation of pathology of *Eka-Kustha* are *Vata-KaphaPradhana Tridosha* that vitiates *Twaka, Rakta, Mansa*, and *Ambu*. Consumption of *Nidana* (etiology) leads to simultaneous vitiation of *Doshas* and *Shaithilyata* (laxity) in *Dhatus* (*Twaka, Rakta, Mansa* and *Lasika*). Vitiating *Doshas* further affect *Shithila Dhatus* (looseness of *Dhatu*) leading to the manifestation of *Kushtha*<sup>[5]</sup>. In the present case, an unwholesome diet (milk and salt, curd in excess and excessive salty and sour food item) and sleeping during the day time by the patient might triggered the vitiation of *Doshas* that possibly lead to the manifestation of *Eka-Kustha*. Exact Mechanism of such pathogenesis in modern term needs to be understood. Based on the involved *Dosha* and *Dushya*, *Vata-Kapha Shamaka* (Pacifying *Vata- Kapha*) treatment was given along with *Pathyadiet* including light easily digestible food, vegetables having bitter taste such as *Neem* leaves and pulses such as *Moonga* and old cereals.<sup>[6]</sup>

## 151 Probable mode of Action for interventions:

152 **Deepana-Pachana** because this patient had, ongoing *Nidana Sevana Agnimandya* was there  
 153 *Avipattikar Churna* (pitta Shamaka properties) and *Aampachana Vati* before meals improves  
 154 digestive power by regulating *Agni* and aiding in *Ama* digestion by its *Tikta Rasa*,  
 155 *Ushna Virya* and *Deepana, Amulomana* properties.<sup>[7]</sup>

156 **Kosthashodhana Karma** after *Abhyanga* and *Swedana*, *Kosthashodhana* was administered  
 157 using *Trivrita Avaleha*, known for inducing *Sukha Virechana* (painless and effective  
 158 purgation), which was required in this case. *Kosthashodhana karma* eliminates accumulated  
 159 *Doshas* from *Koshtha*. The use of *Trivrittavaleha* in *Eka-Kustha* offers a classical yet  
 160 practical detox approach, supporting *Dosha Shodhana* and reducing dermatological symptoms  
 161 by its *Tikta Madhura Rasa*, *Ushna Veerya* and *Shodhana* attributes.<sup>[8]</sup>

162 **Manjisthadi Kwatha**, composed of herbs like *Manjistha*, *Triphala*, *Katuki*, *Vacha*, *Devadaru*,  
 163 *Nimba* etc., possesses *Kashaya*, *Tikta* and *Katu Rasa* along with *Laghu*, *Ruksha Guna* and  
 164 *Ushna Veerya*. These attributes make it effective in *Pitta-Kapha Shamana*, *Agnideepana*,  
 165 *Rakta Shodhana*, and *Srotoshodhaka* and as a *Kushtagna*. It contains maximum phenols and  
 166 antioxidants. Through these actions, it helps break the pathological process of *Eka-Kustha*  
 167 supporting both systemic detoxification and symptom relief.<sup>[9]</sup>

168 **Kaishor Guggulu** experts its effect in *Eka-Kustha* through *Rakta Shodhana*, *Aampachana*  
 169 and *Tridosha Shamana*. Herbs like *Guduchi*, *Triphala* and *Guggulu* purify the blood, boost  
 170 metabolism and reduce inflammation. Its *Katu-Tikta Rasa* and *Ushna Veerya* relieve itching,  
 171 scaling and discoloration. Additionally, its ant allergic, antibacterial, and detoxifying  
 172 properties support long term disease control and prevent recurrence.<sup>[10]</sup>

173 **Dushivishari Gutika** was used to eliminate toxins in a patient with chronic exposure to heat  
 174 and chemical substances. The formulations contain ingredients with *Vishagna*, *Kushtagna*,  
 175 *Deepana*, *Rasayana* and *Shothahara* properties. Herbs like *Pippli*, *Ela*, and *Kushta* support  
 176 *Agni* at a cellular level through *Deepana Pachana* actions. Components such as *Jatamansi*,  
 177 *Chandan*, *Gairika* and *Tagara* act as blood purifiers and counter *Dooshivisha*.<sup>[11]</sup>

178 **Arogyavardhini Rasa**<sup>[12]</sup>, when combined with *Triphala*, offers a synergistic effect in  
 179 managing *Eka-Kustha*. It acts through *Deepana*, *Pachana*, *Rakta Shodhana* and *Lekhana*  
 180 properties, correcting *Agni*, removing *Ama*, and purifying the blood. Key ingredients like  
 181 *Tamra Bhama*, *Katuki* and *Shuddha Parada* enhance liver function and metabolism along



with *Dosha Sanghata Bhedana*, aiding in skin detoxification *Triphala*<sup>[13]</sup> supports bowel regulation and further assist in *Rasa-Rakta Shudhhi* with antioxidant and anti-inflammatory properties. *Gandhaka Malhara* is an Ayurvedic medicine. It is an ointment used to treat skin diseases: Reference: Rasa Tarangini 8/63-65, AFI, Vol II, 9

## Conclusion

The classical approach of *Kosthashodhana* followed by targeted *Shamana Aushadhi* offers a holistic and sustainable treatment for *Eka-Kustha*. This protocol not only eliminates deep-seated *Doshas* and *Dooshivisha* but also restores *Agni*, purifies *Rakta Dhatu*, and alleviates symptoms like itching, scaling, and discolouration. By addressing the root cause and preventing recurrence, this integrated Ayurvedic line of management proves both effective and clinically relevant for chronic skin disorders like *Eka-Kustha*.

## Patient consent details

Authors declare that they have obtained patient consent form, where the patient has given his consent for reporting the case along with the images and other clinical information in the journal. The patient understand that her name and initials will not be published and due efforts will be made to conceal her identity.

**Conflict of Interest** – The authors declare no conflicts of interest.

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