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### RESEARCH ARTICLE

## EFFICACY OF VAMANAKARMA IN EKKUSTHA: A CASE REPORT

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#### Abstract

Ekkustha as per Ayurveda can be correlated with psoriasis in conventional medicine. It is a chronic skin disorder characterized by thick, scaly and erythematous plaques. Any disease pertaining to skin causes adverse impact on psychological and social wellbeing resulting in reduced quality of life. In Ayurvedic texts, Ekkustha is categorized under KshudraKushtha<sup>1</sup> with its pathogenesis linked to the imbalance of Kapha and Vata Doshas<sup>2</sup>. Vamana Karma expels aggravated doshas particularly Kapha from the body thereby offering relief in conditions like psoriasis.

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#### Introduction:-

Ekkustha, in Ayurvedic texts, is a chronic skin disorder characterized by symptoms such as Aswedanam (anhidrosis), Mahavastu (extensive lesions), and Matsyashakalopamam<sup>3</sup> (scales resembling fish). The pathogenesis of Ekkustha involves the vitiation of Vata and Kapha doshas, which, in conjunction with the dushyas—Twak (skin), Rakta (blood), Mamsa (muscle), and Lasika (lymph)—leading to the manifestation of the disease.

According to the Charaka Samhita, the etiological factors (Nidana) contributing to the development of Kushtha include the intake of incompatible foods (Viruddha Ahara), suppression of natural urges (Vegadharana), and exposure to environmental factors such as excessive heat. These factors disturb the equilibrium of the doshas, resulting in their accumulation and subsequent localization in the skin and related tissues. The vitiated doshas obstruct the channels (Srotas), impairing the normal function of the skin and leading to the characteristic lesions observed in Ekkustha.

Psoriasis is a chronic, immune-mediated inflammatory skin disease characterized by the rapid proliferation of keratinocytes, leading to the formation of erythematous, scaly plaques, commonly on the elbows, knees, scalp, and lower back. Beyond its cutaneous manifestations, psoriasis is associated with systemic comorbidities, including psoriatic arthritis, cardiovascular diseases, metabolic syndrome, and psychological disorders such as depression and anxiety. These comorbidities contribute to a significant reduction in patients' quality of life and increased healthcare burdens. It affects approximately 2–3% of the global population, with variations in prevalence across different regions and ethnic groups. The disease exhibits a bimodal age of onset, typically between 15–20 years and 55–60

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years. The pathogenesis of psoriasis involves a complex interplay between genetic predisposition and environmental triggers, leading to immune system dysregulation. Activated T-cells and pro-inflammatory cytokines, such as tumor necrosis factor-alpha (TNF- $\alpha$ ) and interleukins (IL-17, IL-23), play pivotal roles in the inflammatory cascade that drives keratinocyte hyperproliferation.

Conventional treatments often provide transient relief, prompting exploration of alternative therapies. Vamana Karma, a principal Shodhana (purificatory) procedure, aims to expel aggravated doshas, particularly Kapha, thereby addressing the disease's root cause. This case report elucidates the efficacy of Vamana Karma in managing Ekkustha, highlighting its potential as a holistic approach in psoriasis treatment.

#### Case Presentation: -

A male patient aged 25 years, visited OPD of Patanjali Ayurveda Hospital, Patanjali Yogpeeth Phase-1 Haridwar, Department of Panchakarma, Date 09/02/2024, with following details.

Name of Patient – XYZ

Age - 25 years

Gender - Male

Nationality- Indian

State - Uttarakhand

District- Haridwar

★ Appearance - Lean built

★ Physical and mental disposition – Conscious and well oriented

★ Occupation and socio-economic status – Engineer

★ On examination, well-demarcated, erythematous plaques with overlying silvery-white scales are observed, consistent with plaque psoriasis<sup>4</sup>—the most common form of psoriasis. This condition is characterized by hyperproliferation of keratinocytes and chronic inflammation mediated by T-cell activation and cytokine release, including interleukins IL-17 and IL-23. Common triggers include stress and dietary factors, such as spicy foods, which can exacerbate the condition.

#### Chief Complaints:

Persistent itching, redness, discomfort from scaly plaques on scalp, elbows, abdomen and knees since 9 years. Flare ups worsen with stress, affecting sleep quality and daily activities. Visible lesions lead to feelings of embarrassment and anxiety, impacting self-esteem and social interactions. Constipation on and off since 5 years.

#### Histories:

- **Medical History:** Diagnosed with Psoriasis 9 years ago

- **Personal History:**

Bowel- Irregular

Urine frequency- 6-7 times a day

Appetite- Good

Sleep- Disturbed

Tongue- Coated

Working hours- 6-7 hours

- **Family History:** No any significant history found.
- **Dietary Habits:** Vegetarian diet (Irregular eating pattern, 3 meals per day, High in carbohydrates, mostly from refined sources)
- **Lifestyle:** Sedentary lifestyle with limited physical activity

#### General Examination

General condition- Weak and thin	Icterus-Absent
Pallor-Absent	Cynosis-Absent
Height-164 cm	Weight-58 kg
Temp- 97.8 <sup>°</sup> f	Pulse-78/min
BP-130/90mmHg	RR-16/min

**Dashvidha Pariksha**

Prakriti- Vata kaphaj	Vikriti- Vikriti vishamsamvaya
Sara- Twaka sara	Samhanana- Avara
Pramana- Madhyam	Satmya- Madhyam
Satva- Pravara	Ahara Shakti- Madhyam

**Ashtavidha Pariksha<sup>5</sup>**

Nadi- Vata kaphaj	Mutra- Samanya
Mala- Alpa, Saam	Jihva- Lipta(coated)
Shabda- Samanya	Sparsha- Mridu/Sita
Drik- Samanya	Aakriti- Madhyam

**Systemic Examination**

GIT- Soft non-tender	CNS- S1 S2 heard normal	R.S- normal vesicular breathing sound heard
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**Skin Examination:**

Lesions- Erythematous papules and plaques with white silvery scales Surface- Dry/Rough

Candle grease sign- Present

Auspitz sign- Present

**Investigations**

CBC	Normal in limits
ESR	15mm/hr
LIPID PROFILE	Normal in limits
LFT	Normal in limits
RBS	110mg/dl

**Nidana:**

Virudh ahara, Ratri jagrana

**Samprapti:**

As per Acharya Charaka, the Samprapti involves seven Dravyas including three Doshas Vata, Pitta and Kapha and four Dushyas -Twak, Rakta, Mamsa, and Lasika. Acharya Charaka emphasized the dual role that Nidana plays in vitiating Tridosha and disrupting the usual configuration, in Dhatus. This leads to final manifestation of Ekkustha.

<b>Dosha</b> –Vata-Kapha	<b>Dushya</b> -Twaka, Rakta	<b>Srotas</b> –Rasavaha, Raktavaha, Mamsavaha, Swedavaha
<b>Agni</b> -Mandagnijanya	<b>Udbhavasthana</b> -Amapakvashaya	<b>Sancharsthana</b> -TiryagSira
<b>Adhisthana</b> -Twacha, <b>Dushya</b> -Twaka, Rakta, Mamsa, Lasika	<b>Vyadhimarga</b> -Bahya	<b>Swabhava</b> -Chirakari

**VYAVACHEDAKANIDANA (DIFFERENTIAL DIAGNOSIS)**

Ekkustha	Kitibha
AswedanamMahavastuMatsyashakalopamam	ShyavamKinakharasparshamParusham

**Vyadhi Vinischaya:** Ekkustha**TREATMENT**

Date	Shaman Aushadhi	Aushadh Matra	Anupana
9/02/2024	Deepana Pachana WithPanchkolChurna andChitrakadi Vati	1/2tsf BD Empty stomach- 2Tab BD After food	Warm Water
10/02/2024- 14/02/2024	Snehpanawith PanchtiktaGhrita for 5 days	Day 2- 30ml Day 3 -60ml Day 4- 110ml Day 5-140ml Day 6- 180ml	Warm Water
15/02/2024	Sarvanga Abhyanga with Kayakalp Taila Sarvang VashpaSwedana	Day 7 and 8	Warm Water
16/02/2024	Sarvanga Abhyangawith Kayakalp Taila Sarvanga VashpaSwedana followed byVamana	Day 9	Yavagu Pana Akatha Doogdhapana Vamana Aushadha Yastimadhuphanta Saindhav yukta Jala
16/02/2024- 22/02/2024	Samsarjana Karma	From Day 9	

**Vamana Aushadha**

S.No	Contents	Quantity
1.	Madanphala Churna	10 gm
2.	Yashtimadhu Churna	10 gm
3.	Vacha Churna	2 gm
4.	Nimba Churna	3 gm
5.	Saindhav Lavana	5 gm
6.	Madhu	20 ml

**No. of Vegas- 8****Shudhi-** Uttama**Antiki Shudhi-** Pittanta**LaingikiShudhi-** Kale Pravrutti, Kramat Kapha Pitta Anila Pravrutti, Hrut, Parshwa, Murdha, Strotas, Indriya Shudhi, Laghuta**Diet after Vamana-**

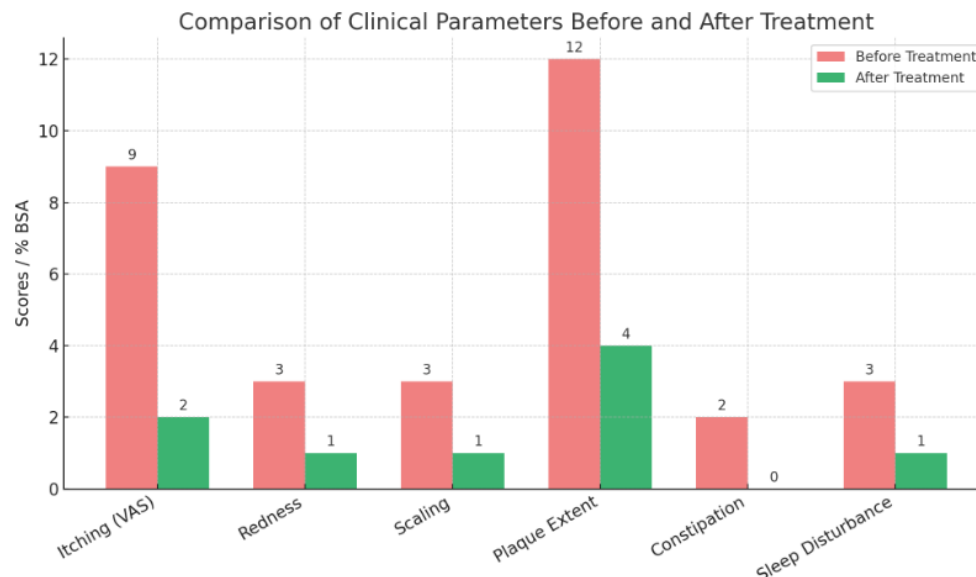
Samsarjana Karma: Days-	Pradhana Shudhi(Maximum Purification)	MadhyamaShudhi(Moderate Purification)	AvaraShudhi(Mild Purification)
1	Peya (thin rice gruel)	Peya(thin rice gruel)	Peya(thin rice gruel)
2	Peya (thin rice gruel)	Peya(thin rice gruel)	Vilepi (thicker rice gruel)
3	Peya (thin rice gruel)	Vilepi (thicker rice gruel)	Akruta Yusha (vegetable/lentil soup)
4	Vilepi (thicker rice gruel)	Vilepi (thicker rice gruel)	Kruta Yusha (vegetable

			soup with ghee, saindhavlavana)
5	Vilepi (thicker rice gruel)	Akruta Yusha (vegetable/lentil soup)	Kritanna (normal meal with rice, bread)
6	AkrutaYusha (vegetable/lentil soup)	Kruta Yusha (vegetable soup with ghee, saindhavlavana)	Kritanna (normal meal with rice, bread)
7	Akruta Yusha (vegetable/lentil soup)	Kruta Yusha (vegetable soup with ghee, saindhavlavana)	Kritanna (normal meal with rice, bread)
8	Kruta Yusha (vegetable soup with ghee, saindhavlavana)	Kritanna (normal meal with rice, bread)	Kritanna (normal meal with rice, bread)
9	Kruta Yusha (vegetable soup with ghee, saindhavlavana)	Kritanna (normal meal with rice, bread)	Kritanna (normal meal with rice, bread)
10	Kritanna (normal meal with rice, bread)	Kritanna (normal meal with rice, bread)	Kritanna (normal meal with rice, bread)
11	Kritanna (normal meal with rice, bread)		

**Result:-**

SIGNS AND SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
Matsyashaklopamam (Scaling)	Present	Absent
Mandala (Erythema)	Present	Absent
Kandu (Itching)	Present	Absent
Bahalatva(Epidermal Thickening)	Present	Absent

**Before Treatment and After Treatment Comparison**



**Post-Shodhana Shamana Therapy:** Following Vaman, the patient received a regimen of internal medications Neemghan Vati, Mahamanjishthadi Kwath, Khadirarishta and external applications Triple 7 Oil for 30 days to consolidate the therapeutic gains.

### Discussion:-

This case highlights the effectiveness of Vamana Karma (therapeutic emesis) as a Shodhanatherapy in managing Ekkustha(psoriasis).According to Ayurvedic principles, Ekkustha is predominantly Kapha-Rakta pradhana, and Vamana serves to expel vitiated Kapha and Pitta doshas. The entire Doshasare transported to the alimentary canal (Koshtha) by Snehan, from where it is expelled from the body via oral route. By lowering the body's pro-inflammatory cytokines and restoring the vitiated doshas, it restores internal equilibrium.

PanchtiktaGhrita(containing Azadirachta indica,Trichosanthes dioica, Tinospora cordifolia, Adhatoda vesica, Solanum xanthocarpum, and Cow's ghee) used for Snehpana, which has anti-inflammatory and detoxifying qualities, was used to nourish skin tissues and support the cleansing process. External therapies Abhyanga and Swedana improved circulation and loosened scales to alleviate symptoms. In order to prevent Ama development and promote long-lasting remission, post-procedural food regimens guaranteed the restoration of gut health.Post-Vamana, the patient showed marked improvement in symptoms, supporting classical Ayurvedic texts. The outcome indicates that individualized Panchakarma therapy can yield significant benefits in chronic dermatological conditions

### Conclusion:-

Vamana Karma proves to be an effective therapeutic intervention in the management of Ekkustha.After the Vamana procedure in an Ekkustha (Psoriasis) patient, significant improvement in skin lesions was observed, characterized by reduced scaling and erythema.

### The patient reported decreased itching and discomfort, enhancing overall quality of life.

By addressing the root cause, which involves the aggravation of Kapha and Vata and the presence of toxins (Ama) in the body, Vamana Karma not only alleviates the symptoms but also helps in preventing the recurrence of the disease.

### Detoxification facilitated by Vamana helped eliminate toxins, restoring balance in the body.

Regular follow-up and supportive therapies, including dietary adjustments and topical treatments, are essential for maintaining long term results and preventing recurrence.The study supports the integration of Vamana Karma into the treatment regimen for chronic skin disorders like psoriasis, highlighting its potential as a complementary therapy.

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