

“CLINICAL TRIALS ON THE ROLE OF PANCHAKARMA IN SKIN DISEASES W.S.R. TO EKAKUSHTA(PSORIASIS)”

*Dr Lolashri S J, **Dr Kiran M Goud

**PhD Scholar, **Professor, Department of P G Studies in Panchakarma, Sri Kalabyraveswara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bangalore, Karnataka, India.*

ABSTRACT -

Healthy skin reflects the healthy mind. On the contrary, now a days due to change in food habits, lifestyle various skin diseases are developing. These have been challenge towards sustaining a better life as it is increasing at an alarming rate with the prevalence of 7% over total population worldwide in which 3% are males and 4% are females.

Among these various skin diseases the cases of Psoriasis are increasing worldwide with the prevalence rate of 2-3%. In Ayurveda this condition can be compared to Ekakushta where in the prime causative factor is Viruddhaahara sevana.

Annapana and oushadhi that causes dosha utklesha but does not expel them out of the body is called Viruddha. In Charaka Samhita 18 types of Viruddha are elaborated. Also explained that not following the ahara vidhi is considered as Viruddha. Indulging in these Viruddha ahara sevana over a period of time will leads to the manifestation of diseases like Shandhya, Kushta, Grahani gada, Amavisha etc. Hence to combact these conditions Acharyas explained about the line of treatment as Vamana, Virechana, Shamana, Shareera purvaabhisamskarana with the dravyas having similar properties of that viruddhaahara.

In our hospital i.e; SKAMC, H & RC among these Viruddhaaharanimita vyadhies, the prevalence of Ekakushta is found to be more. Hence various clinical trials were done in this condition with the permutation and combination of different Panchakarma procedures under the baseline of chikitsa principles as explained above on more than 500 samples. In these trials statistically significant results ($p < 0.01$) were found in signs and symptoms after the treatment and details of the trials were submitted to RGUHS.

Apart from these clinical trials, based on the stage of the disease, chronicity, vikaravighata bhavaabhava Panchakarma chikitsa is employing for the patients by adopting Vishishta purvakarmas in some cases, Vishishta paschatkarmas and punah-punah shodhana lines in some accordingly. The details of the Clinical trials and different Panchakarma treatment modalities will be explained in full paper.

Key words: Psoriasis, Ekakushta, Virudhahara, Panchakarma

INTRODUCTION:

- Skin is the mantle of internal structures which protects us from various external invasions, it's not just a simple barrier separating body's internal and external environment, it is also a vehicle for biological and social communication to the external world.

- In the present era, due to varied life style and improper food habits people are suffering from variety of diseases. Among them dermatological conditions stands in the prime line.
- In ayurvedic classics, these major dermatological condition are dealt under the context of “Kushta”.
- Kushta is a kleda pradhana, anushyanga vyadhi and Dirgha roga classified as Mahakushta and Kshudra kushta.
- EkaKushta is one among varieties of Kshudra kushta which is predominated with Vata-Kapha dosha.
- The lakshanas are Aswedana, Mahavasthu and Matsya Shakalopama. which can be co-related to the symptoms of Psoriasis.
- Now a days, patients of various age groups were found with this condition which gives us an alarming sign that it is occurring even in very small age and it is not only impacting the somatic make-up but also on psychological and social aspects of an individual.
- Hence it is the prerequisite to adopt appropriate treatment protocol with permutation and combination of different Panchakarma procedures by considering various factors like etiology, chronicity etc.

PREVALENCE RATE:

- **WORLD WIDE** – According to WHO studies;It ranges between 0.09% to 11.43%. (Approx. 100 million individuals)
- **IN INDIA** –It is 0.44% to 2.8%. More prevalence in Male population than Female.
- **IN SKAMC, H & RC - From the year 2010 to 2019 -In both OPD and IPD sections** Among total registered Dermatological cases consideration, Approx. 5744 patients were registered with Ekakushta 570 samples were taken for the study over a period of 8 years among these 57.05% patients were males and 42.95% patients were females.

RESEARCH WORKS DONE:

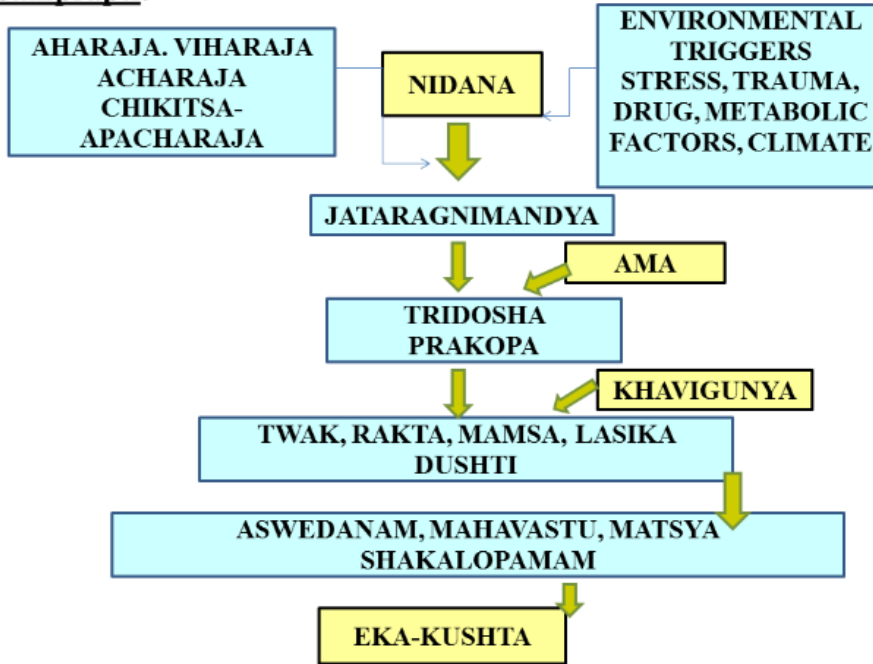
Year of Study Period	Title of the Research work:
2010 – 2013	A comparative clinical study to assess the efficacy of Vamana with Madanaphala yoga and Kutajadi Sheeta kashaya in Ekakusta w.s.r. to Psoriasis
2011-2014	Efficacy of Arohana Krama Snehapana and Sadyosnehana for Virechana karma in Ekakushta
2013-2016	A comparative clinical study on the efficacy of Parisheka with and without Virechana karma in Ekakusta w.s.r to Psoriasis
2014- 2017	A comparative clinical study to evaluate the efficacy of Karnjadi lepa and Chakramardadi lepa with Panchatikta guggulu gritha as Shamana sneha in Ekakusta w.s.r to Psoriasis
2015-2018	Significance of Ksheerotta Panchatikita gritha and Dadhiyottha gritha as Shodhananga snehpana for Vamana karma in Ekakusta w.s.r to Psoriasis – A comparative clinical study
2018	An open label single arm study to evaluate the efficacy of Sarvanga Udwartana and Sarvanga Takradhara followed by Vamana Karma in the management of Ekakusta w.s.r to Psoriasis

COMMON OBSERVATIONS:

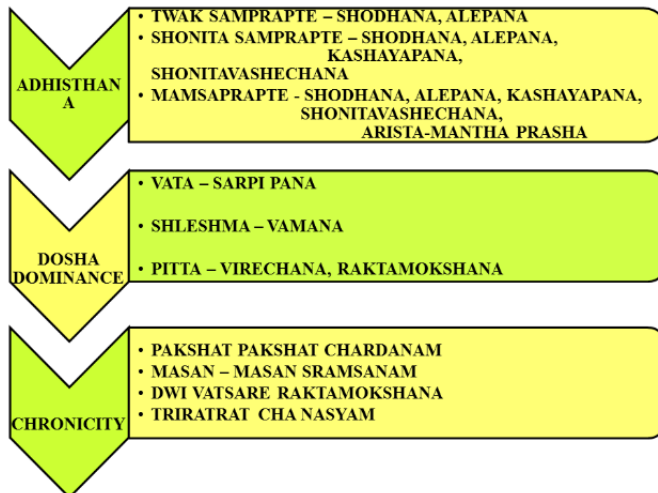
- **AGE FACTOR - 20 – 45 YEARS**
- **CHRONICITY - 1 YEAR – 20 YEARS**

• NIDANA S - VIRUDHAHARA

Samprapti:



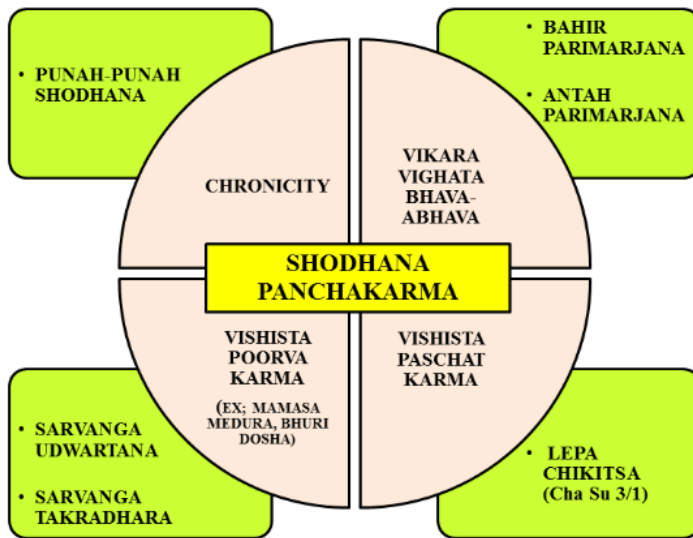
Chikitsa upakrama:



DISCUSSION:

- Eka kushta is predominated with Vata – Kapha dosha, exhibiting lakshanas like Aswedanam, Mahavastu, Matsya shakalopamam.

- Psoriasis is a common, chronic, disfiguring, inflammatory and proliferative condition of the skin in which both genetic and environmental influences have a critical role.
- The disease is enormously variable in duration, periodicity of flares and extent.
- The lakshanas Aswedanam – Dry and rough lesions with loss of perspiration.
- Mahavastu – Lesions found all over the body.
- Matsya shakalopman - Well defined raised macules, papules & plaques of erythema found which are covered with Silvery scales.
- In the above research works the prime cause found was consumption of Viruddahara. Hence there was more relapsing nature occurred in the condition.
- In Eka kushta subtypes can be considered on the basis of tara tama bhavas of nature of spreading of lesions. Whereas these can be comparable with the various types of Psoriasis contemporarily.
- The Chiktisa principles for combating this condition mainly based on the nidana as well as chronicity and the nature of Mahavastu.



CONCLUSION:

- Thus the clinical trials conducted in our hospital with the permutation and combination of different Panchakarma procedures under the baseline of chikitsa principles as explained above on more than 500 samples were found with statistically significant results ($p < 0.01$) in signs and symptoms after the treatment.
- These Research works were submitted in RGUHS University.
- Hence, by proper assessment of the stages, with proper chikitsa adaptation one can achieve the benefit of vyadhiharana and better quality of life.