

A REVIEW ARTICLE ON EKA-KUSTHA W.S.R. TO PSORIASIS

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ABSTRACT

Skin is the largest organ of our body. It is the vital organ. Psoriasis is one of the most dreadful dermatological conditions. In India an estimate 1 to 3% of population is suffering from Psoriasis. In Ayurveda almost the Skin disorder are explained in the concept of Kustha. Ek-Kustha is one among the eleven Kshudra Kustha, the sign and symptoms of Ek-Kustha in Ayurveda are similar to that of Psoriasis explain in Modern science. In this review article an effort has been made to understand the concept of Ek-Kusta explained in the classic term of Psoriasis.

KEYWORD: Ek Kustha, Psoriasis and Dermatological Diseases.

INTRODUCTION

The Skin is the largest organ of our body. It is one of the five "Gyanendriyas" described in Ayurvedic text which is responsible for "Sparsh Gyan" or "Touch sensation". Psoriasis is one of the most common dermatological diseases affecting up to 2.5% of the world population. It is a non-infectious chronic inflammatory skin disorder clinically characterized by erythematous sharply demarcated Papulae and Rounded Plaque covered by silvery micaceous scale due to its invariable similarities in sign and symptoms it is equated to Eka-Kustha in Ayurveda.

Currently available management options are not much promising and are reported to have associated adverse effect. Ayurvedic herbs and procedure viz- Vamana (Therapeutic Emesis), Virechana (Therapeutic Purgation) are relatively potent with negligible side effect are being successfully practiced by traditional physician to manage Psoriasis or Eka-Kustha.

AIM & OBJECTIVE

The Ancient Indian knowledge of Ek-Kustha is focused here and effort is made to compare the ancient Indian knowledge of Ayurveda in respect of this disease with Psoriasis of modern medical science. With this aim, the definition, pathogenesis, clinical feature, premonitory symptoms have been highlighted both from Ayurvedic & Modern literature in relation to Psoriasis.

REVIEW OF LITERATURE

Definition of Ek-Kustha- Ek-Kustha name as dermatosis which does not Sweat, extensive in size and resembles in form of scale of Fish.

Aharaj Nidan

1. Extensive intake of Amala (sour), Lavana (salt), Kashaya (astringent) Rasa, Guru, Snigdha Dravya Ahara.
2. Excessive intake of Ksheera (milk), Dadhi (curd), Navanna (food prepared with fresh grain), Masha (urad dal) and Kultha (horse gram).
3. Incompatible food, Dushi Vish (Artificial poisoning), Shitoashna, Vyatyasa sevana (sudden drinking into cold water or drinking cold water after exhaustion).

Viharaj Nidana- Atapasevana (excessive exposure of body to the sun rays), Atisharama (excessive physical work) and Diva Swapa (indulgence in day time sleep).

Mithya Achara- Paapa karma, Guru Tiraskara, Sadhu Ninda (idiopathic causes like doing sin, not respecting teachers etc).

Samprapti (Pathogenesis)- Nidana of Kustha aggravates the Doshas, causes Agnimandya (indigestion) and in other hand produce Dhatu Shaitilyata (cause weakness of muscle etc). Among all the Doshas, Vata and Kapha get aggravated predominantly and causes the Shithilyata of Dushyas like Twaka (Skin), Rakta (Blood), Mamsa (Muscles), Lasika (Channels) and obstruct the

Lomakupa (Sweat gland) leading to Sangatmaka Vikriti (vitiation) in Swedavaha Srotas (channel of Sweat gland). This Prakupita Doshas enter into Rasaraktadi Paribharaman (systemic circulation) specially in Tiryaka Sirasa (vein) and lodge in Bahya Roga Marga viz. Twaka and resulting in Mandalotpatti.

Etiology of Psoriasis

1. Genetic factors- If one parent has Psoriasis the chances of a child being affected are about 15-20%. If both parents have the disease, this rise up to 50% and the risk is increases.
2. Environmental factor- Several Evidence indicate that interaction between genes and environment is important in manifestation of disease. Many environmental factors have linked to Psoriasis and have exacerbated the preexisting disease.
3. Infection- Acute Guttate Psoriasis is strongly associated with Streptococcal infection particularly of the throat infection like HIV also exacerbates the disease.
4. Psychology factor- Considerable clinical evidence exists for the role of psychogenic factor in onset and exacerbation of disease. Anxiety and stressful life manifest the disease.
5. Sunlight- Minority patient experience exacerbation of Psoriasis after Sun Exposure mainly at site of Sunburn.

Pathogenesis of Psoriasis- the key component of pathogenesis is potential therapeutic target.

1. Activated T lymphocyte- appear in all phase of disease process.
2. T helper lymphocyte- Migrate from blood vessel in to the skin where they interact with antigen presenting cell and then become activated in to T-helper type 1 phenotype, proliferate and release various Cytokine and Chemokines which attract and activate T Cytotoxic Lymphocyte.
3. Interferon- α and tumour necrosis factor (TNF α) are released by immune cell, further promising inflammation and development of Psoriatic lesion.
4. Epidermal cell overlying the inflammatory process proliferate and turnover at 4 times the normal rate, resulting in thickening of the epidermis with overlying scale.

Purvarroopa (Premonitory Sign)

1. Sparssajntava- Lack of touch sensation in the Skin Lesion Area.
2. Atisweda- Excessive Sweating or Absence of Sweation.
3. Loma Harsha- Harriplulation.
4. Shoolam- Excessive Pain in the ulcerated part.

Roop (Symptomatology)

1. Aswedana- Absence of Sweating, Extensive Localization.

2. Yat Matsyakalopamam- Resembles the scales of fish. It occurs due to increase of Vata and Kapha Dosha.

CONCLUSION

There is no separate explanation mentioned in classic regarding Nidana, Purvarroopa, Samprapti and Chikitsa of Ek-Kustha. Hence, the Nidana Panchaka of Kustha Vyadhi can be considered for Ek-Kustha.

Genetic factor and the Autoimmune are the main Etiological factor responsible for the manifestation of Psoriasis where as in Ayurveda Virudha Ahara, Vichara, Papkarma are explained as etiological factor.

Even though the exact pathology of Psoriasis is not yet understood in modern science. Where as in Ayurveda Vikrita. Vata Kapha Dosha along with Twak, Rakta, Mamsa and Ambu is explained as main role in production of the disease Ek-Kustha.

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