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## To study the efficacy of Apunaravartan Chikitsa in Ekakushtha: A case study

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### Abstract

Ayurveda is an ancient science which deals with maintaining of an individual and preventing the occurrence of disease. Acharya Charaka has beautifully elaborated the details of diseases like its causative factor, prodromal symptoms, Symptoms, its complications and at last, its line of treatment. Kushtha, which contains skin disease, is mentioned in Charak Samhita and he has maintained total 18 types of Kushtha. Ekakushtha is one of them. It shows symptoms like Matsyahakalopama, kandu, rukshata, daha affecting in any part of body like hands, legs, lower back. Here I have presented a case study of female patient of 39 years having symptoms of Ekakushtha. She has given a treatment according to Acharya Charaka. First Siravedha, then Jaloukacharana, then Kadunimba Pottali sweda, then Shamana Chikitsa containing Arogyavardhini vati, Arogyakapila vati, Krumikuthar rasa, Haridrakhandapaka and Panchatikta ghrita. It is called as Apunaravartan Chikitsa for Ekakushtha in Charaka Samhit. It has been found very effective for Ekakushtha.

**Keywords:** Ayurveda, Ekakushtha, Apunaravartan, Siravedha, Jaloukacharana, Hasta pada twak vaivarnya, Kandu, Daha and Roukshya

### Introductions

A 39 year female patient was in trouble due to complaints like Hasta pada twak vaivarnya, Kandu, Daha and Roukshya since last 5 years. The appearance was like Matsyashakala. So after examining thoroughly, we diagnosed it as a Ekakushtha due to Matsyakalopama. Acharya Charaka has mentioned two types of Kushtha – namely Mahakushtha and Kshudrakushtha<sup>[1]</sup>. Ekakushtha is described as one of the Kshudrakushtha. Acharya Charaka described symptoms of Ekakushtha as Aswdana, Mahavastu, Matsyahakalopama<sup>[2]</sup>. All Kushtha vyadhi is Tridoshaj in nature. In this, Rukshata symptom is due to Vata dosha, Pitta is responsible for Daha and Vaivarnya (Matsyashakalopama) and Kandu is due to Kapha dosha. Apunaravartan Chikitsa described for Sadhya kushtha<sup>[3]</sup>. It contains use of Vaman Virechan karma for removal of Vitiated doshas, then use of proper blood letting process, then use of Shamana medicines by internal as well as external form and intake of proper ghrithas internally. By using this, there is no reoccurrence of kushtha. So here we used treatment described in Chataka samhita, which contains Ghrutapana for Vata dosha, Virechan & Raktamokshan, Vamana for Kapha dosha<sup>[4]</sup>.

Clinical presentation of Ekakushtha is similar to that of Psoriasis. With a prevalence of 0.44-2.8 per cent in India, it commonly affects individuals in their third or fourth decade with males being affected two times more common than females. Psoriasis significantly impairs the quality of life of patients and their families resulting in great physical, emotional and social burden<sup>[5]</sup>. Psoriasis is a common condition caused by an overactive immune response. Symptoms of psoriasis contains well defined area of raised thickened skin, redness, swelling, scaling, itching, burning sensation, crackling and bleeding through affected parts.

### ▪ Aim

To evaluate the effect of Apunaravartan Chikitsa for Ekakushtha patient.

### ▪ Objective

1. To evaluate the effect of Apunaravartan Chikitsa in the management of Ekakushtha.
2. To observe any side effects of Apunaravartan Chikitsa.
3. Detail study of Ekakushtha.

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## Material and Methods

**Case report** – Patient name – X.Y.Z., Age – 39 year, Gender – female.

**Complaints:** Since 5 years

1. Twak Vaivarnya at lower back region
2. Kandu
3. Rukshata
4. Daha

**Table 1:** Symptoms on the basis of doshas

	Dosha	Symptoms
1	Vata	Rukshata
2	Pitta	Twak Vaivarnya like Matsyashakala, daha
3	Kapha	Kandu

**Table 2:** On examination

Examination	Observation
Pulse	72/min
B.P.	120/80 mm of Hg
R.S.	AEBE clear
CVS	S <sub>1</sub> S <sub>2</sub> Normal
CNS	Conscious and Oriented
P/A	Soft

**Table 3:** Ashtavidha Parikshan

Examination	Observation
Nadi	Vata Pradhan Kapha
Jivha	Saam
Mala	Samyak
Mutra	Samyak
Shabda	Prakrut
Sparsha	Anushnasheeta
Druk	Prakrut
Akruti	Madhyama

**Table 4:** Dashavidh Pariksha

Examination	Observation
Dushya	Rasa, Rakta
Desha	Sadharan
Bala	Madhyama
Kala	Aadana
Anala	Agnimandya
Prakruti	Vata Pradhan kapha
Vaya	Madhyama
Satva	Madhyama
Satmya	Shadarasatmya
Ahara	Mishra AAharaa

**Table 5:** Srotas Parikshan

Srotas	Darshana	Sparsha	Prashna
Rasavaha Srotas	Krushna Varni Vaivarnya	Ruksha	Kandu
Raktavaha Srotas	-	Ushna	Daha

Hetu: Diwaswap since last 18 years

Past History: H/O Pulmonary Koch's 12 years back

Received allopathic treatment for Pulmonary Koch's for 1 year.

### Investigations

All routine investigations of blood and urine were done for all the cases. Along with this, few specific investigations were also performed.

### A. Blood examinations

CBC with ESR

BSL (R)

### B. Urine examination: routine and Microscopic

### C. Some specific Investigations

IgG for tuberculosis

Monteux test

Biopsy for fistulous tract on suspected case of tubercular fistula.

HIV for AIDS

### D. Radiological investigations

X ray chest PA view

**Disease History:** Patient was suffering from symptoms Twak Vaivarnya at lower back region, kandu, rukshata, daha since 5 years. She was first diagnosed as Psoriasis patient and got allopathic treatment for last 5 years, but had no relief in symptoms. Thus Symotoms gradually increased. So patient approached for Ayurvedic treatment and after taking complete history, she diagnosed as Ekakushtha Patient.

### Treatment

**Table 6:** Shodhana Chikitsa

Therapy	Dravya	Duration of study	Period of therapy
Siravedh	-	-	Only One time
Jalouka application	-	-	Only One time
Kadunimba Patra Pottali sweda	Kadunimb patra, tila taila, haridra	15 minutes	7 days

**Table 7:** Shamana Chikitsa

Kalpa	Dosage	Kala	Anupana
Arogyavardhini vati	250 mg	2 times in a day after food (2 tablets)	Luka warm water
Haridrakhanda paka	2 gm	2 times a day after food	Milk
Krumikuthar rasa	250 mg	2 times a day after food	Luke warm water
Arogyavadhkapila vati	250 mg	At bed time	Luke warm water
Panchatikta ghrita (Shamana sneha)	10 ml	1 time at morning	Luke warm water

In the treatment, first Siravedh was done at the lower back region. After that on 8<sup>th</sup> day, Jaloukacharana was done on lower back region. After these, Kadunimba Patra pottali sweda was given for 7 days. Shamana Chikitsa was given for 1 month period.

Kadunimba Patra pottali sweda preparation:

1. 400 gm Kadunimba patra was taken and cleaned neatly.
2. Kadunimba patra was crushed.
3. A pan heated on hot plate.
4. 10 ml tila taila was added in hot oan.
5. Kadunimba patra and haridra added and mixed it properly.

6. The mixture was collected in porous cotton cloth and then tied the cloth with a rope and made as pottali.
7. Pottali was dipped in the hot tila taila and pottali was applied at lower back region.

**Table 8:** Observation and Results

Symptoms	Before treatment	After siravedh	After Jaloukacharana	After pottali sweda	After 1 month Shamana chikitsa
Kandu	+++	++	+	-	-
Rukshata	+++	++	+	+	+
Daha	++	+	+	-	-
Vaivarnya	+++	++	+	+	+

#### Discussion

The hetu of Ekakushtha was diwaswap since last 18 years, ati Santana sevena and also ati navana sevana. At first, patient was complaining Kandu, Daha in the lower back region. It further aggravated and then Vaivarnya observed. Vaivarnya was like Matsyashakala which can be correlated with Ekakushtha. In this due to causative factors, Rasa and Rakta dhatu dushti was observed. The Siravedh causes relief in the Rakta dushti [6]. It promotes the survival rate of cells and induces cytokine production. It mitigates the adverse effects of endotoxin during infection. Jaloukacharana is advised for Pittaj vyadhi and Twak sthit vyadhi.<sup>7</sup>It acts as antibiotic and anti inflammatory in action. Kadunimba patra causes Rakta ddhatu prasadan [8]. Haridra causes Rakta dhatu shodhana [9]. Tilataila causes Rakta shodhana, rakta prasadan and Twak Vaivarnya nash [10]. By this, kandu and Vaivarnya gets relieved. Arogyavardhan vati causes pachana. Krumikuthar rasa and Panchatikta ghrita acts as Kleda nashaka and krumi nashaka. Haridrakhandopaka, Arogyavardhini vati act as Rakta dhatwagni vardhak. By these shamana Chikitsa, kandu, daha and vaivarny gets relieved.

#### Conclusion

Siravedh, Jaloukacharana, Kadunimba Pottali sweda are helpful for Ekakushtha. Shamana Chikitsa i.e. Arogyavardhini vati, Arogyavardhakapila vati, Krumikuthar rasa, Haridrakhandopaka and Panchatikta ghrita are very potent for Ekakushtha.

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