Management of Kapala Ekakushtha (Scalp Psoriasis) by Vamana Karma and Shamana Chikitsa- A case report

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Abstract:
In Ayurvedic classics, most skin disorders have been classified under one word i.e. Kushtha. Psoriasis is chronic inflammatory autoimmune disorder having deep psychological and social impact. In Mumbai, overall incidence of Psoriasis among total patients attending skin OPD is 0.44% to 2.8%. Psoriasis is an extensive disease and its symptoms have a resemblance to not just one but different skin diseases described in Ayurveda. As per Modern science, cardinal symptom of Psoriasis is plaque of red skin; often covered with loose, silver colored fishlike scales. These lesions may be itchy. If these symptoms confined to the scalp region it termed as Scalp Psoriasis. Thus if we consider above symptoms, they closely resemble Lakshanas of Ekakushtha as described by Charaka. Out of all Psoriasis, scalp psoriasis is difficult to treat as relapse is very common as medicine stopped. Ayurveda has mentioned effective treatment for Psoriasis by doing Panchakarma like Vamana and Shamana Chikitsa by using Ayurvedic medicine. Present case report of 38 year old female patient having severe scalp psoriasis showed encouraging result after Shodhana and Shamana Chikitsa.

Keywords: Ekakushtha, scalp psoriasis, Vamana, Shamana chikitsa.

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**Introduction:**
Psoriasis is one of major skin diseases, occurring in healthy person. Psoriasis is non-infectious, chronic inflammatory autoimmune disorder having deep psychological and social impact. In India, overall incidence of Psoriasis among total patients attending skin OPD is 0.44% to 0.28%.\[^1\] This disease characterised by silver coloured scaling, thickened skin lesion, in severe cases covers entire body. Scalp psoriasis is confined to the mainly scalp area, behind the ears, over neck region. Scalp psoriasis is mostly type of Plaque Psoriasis having raised, inflamed, red skin covered with silvery white scales. These patches may itch and after rubbing over the skin white dandruff like white powder comes out in large quantity. As per Ayurveda, this symptoms are closely similar to symptoms of *Ekakushtha*, as its symptoms are *Matsyashakalopamam* (Fish like silver white coloured scaling), *Aswedanam* (low or no sweating), *Mahawastu* \[^2\] (covers large surface area of skin) closely resembles with symptoms of Psoriasis.

The treatment of scalp psoriasis in modern allopathic medicine are mainly steroid based medication, both oral and topical medicine, that result in quick symptomatic relief but when patient tends to stop taking medication, the symptoms reappear in more volcanic form resulting in severe damage to the skin and resistant to further treatment. As scalp psoriasis is chronic condition, Ayurveda has effective long lasting treatment mentioned in classical texts. According to *Charaka* the treatment of *Kushtha* which affect *Urdhwbhaga*. *Shodhana karma like Vamana Karma* is recommended. \[^3\] This present study deals with case of scalp psoriasis which comes under *Urdhwajatrugata Pradesh* and so Vaman karma was planned. *Vamana Karma* followed by *Shamana Chikitsa* showed good result in this case.

**Case History:**
A 38 year old female patient came in skin OPD with chief complaints of –

1) Mild itching over scalp area- from 6 month
2) Whitish scaly patches over scalp mainly over frontal region of scalp- since 5 month
3) Red whitish inflamed skin over the back of right ear- 3months
4) Whitish red scales over nape of neck- 3 months

**Medical history:** No /K/C/O– Hypertension and Diabetes Mellitus or any metabolic disorder.

**Present Illness history:** The patient was normal 6 months before, with gradual onset of above complaints, she felt itching with ‘dandruff like' white powder exfoliating from scalp, then slowly it turned into whitish scaly patches all over the scalp for which she started taking allopathic medicine from different doctors but she got symptomatic relief for some days. Her symptoms worsened as she stopped taking medication. So she came to skin OPD no. 9 Rognidan
department of Podar hospital for taking Ayurveda treatment.

**General History:**
Occupation: Shopkeeper
Ahara: Breakfast- tea and chapati (daily)
Poha and Bakery products like Bread and pav.
Vihra: Divaswapa for 1 hr after taking food, 
*Ratrijagrana* (sleep after 12 am)

**On Examination:**
Nadi = 88/ min.
Mala = 1 times a day incomplete evacuation
*Malabadhata*
*Mootra* = *Prakruta*
*Jivha* = *Saam*
*Agni* = *Manda*

**Treatment Given:**
*Pachana*- *Arogyavardhini Vati* 250mg 2 BID with warm water a day after meal for 7 days
*Musta and Sunthi Kwatha* 40 ml BID before meal for 7 days
*Triphala Churna* 5 gm HS with lukewarm water for 7 days

**Shodhana** – Patient was given *Snehapan*[^4] with *Panchatikta Ghrita* in morning at 6 am for 5 days with increasing quantity along with *Koshna Jal* as anupana.

**Table-1.Schedule of snehapan:**

<table>
<thead>
<tr>
<th>Days</th>
<th>Dose of <em>Panchatikta Ghrita</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Day First</td>
<td>30 ml</td>
</tr>
<tr>
<td>Day second</td>
<td>60 ml</td>
</tr>
<tr>
<td>Day Third</td>
<td>90 ml</td>
</tr>
<tr>
<td>Day Fourth</td>
<td>120 ml</td>
</tr>
<tr>
<td>Day Five</td>
<td>150 ml</td>
</tr>
</tbody>
</table>

**Poorvakarma**– After *Samyaka Snehapan lakshnas* like *Mala Snighata, Twaka Snigdhata, Sneha Dwesha* were seen on 5<sup>th</sup> day, *Sarvanga snehanan* with *Tilataila* and *Peti Sweda* was given for 2 days. A night before patient was asked to take *Abhishyandi Ahara* like *Dadhi and Krushra.*[^5] Written consent was taken from patient for the procedure.

**Pradhana Karma- Vamana Karma**-
All instructions regarding *Vamana Karma* were explained to the patient. After examining the blood pressure, pulse, respiratory rate, abdominal examination...
patient was found fit for procedure. At 6 am patient was given Sarvanga Snehana and Peti Swedana. After Snehana and Swedana, patient was asked to take Yashtimadhu Fanta as much as she could. Patient consumed about 1600 ml of Fanta. After that Vamana Kashaya 50 ml was given, which contains Madanphala kwath 40 ml which was mixed with Madanphala Pippali churna 5 mg , Vachchurna 3 gm, Saindhav Churna 3 gm, 10 ml honey and 20 ml Yashtimadhu Fant. After taking Madanphala Kashaya, patient waited for 20 min for self-induction of Vamana Vega. Slowly patient shows symptoms like Swedaprawrutti, Romaharsha, Aadhamana. This duration is facilitating Shakhagata Dosha to gather in Koshta. After sometime patient felt nauseated and salivation it indicates Dosha got Urdhwa Gati.

Patient was asked to take Yashtimadhu Fant, up till which spontaneous Vamana Vega comes. Procedure was continued up to which expelled Vamana Dravya, vomitus showed yellow colour Pitta. After 5 Prawar Vega and 2 Anuvega, patient felt Tiktasyata and little burning sensation in epigastric region then we restricted to give Yashtimadhu Fant, lastly 100 ml of Saindhawajala was advised to take so that residue of Vamana drug comes out in Vega.

**Pashchyata Karma:**

After Procedure patient was asked to take rest for 10 min. Patient was asked to take Dhunapana by taking Nirdosha Dhunawarti. Patient was asked to take rest in IPD, given instruction for not to sleep in daytime. Later gave explanation of protocol for Sansarjana Karma which includes Peya, Vilepi, Yusha, Khichadi taken for 5 days as patient got Madhyama Shuddhi (6 Vega). Patient was asked for follow up after 5 days of Sansarjana karma is done. Patient showed good relief after Vamana. Patient was having feeling of lightness, white plaque scaling and itching got reduced.

**Oral medicines:**

1. Arogyawardhini vati 250mg BID with warm water after food
2. Rasaraktapachaka Kwatha containing Patola, patha, sariva, kutaki, indrayavachu rna 40 ml BID after food
3. Panchatikta Ghrita 15 ml daily in morning before breakfast

**Topical Application:** Vajraka Tail for Abyanga. This treatment was continued for 45 days.

(Arogyawardhini vati helped Dosha Pachana and Anulomana, Rasaraktapachaka for Dhatugata Dosha Pachana, Panchatikta Ghrita for reduction of dryness (which comes after Vamana Karma.)
Result and Discussion:
Scalp psoriasis is chronic inflammatory, non-infectious disease. The symptoms of scalp psoriasis like white silver scaling, cover wide part of body, the lesion are dry and rough are closely similar to the symptoms of EkaKushtha as Aswedanam (less or no sweating all over the body), Mahavastu (lesion are found all over the body), Matsya Shakalopamam –Fish scale like white silver scale. EkaKushtha is included under Kshudrakushtha, so the treatment is adapted from Kushtha Chikitsa.
EkaKushtha is Vatakaphaja predominant Dosha, it has affected over scalp region which comes under Urddhwa Bhaga. Acharya Charaka has mentioned in Kushtha Chikitsa, if Kushtha (skin disease) affect Urddhwa Bhaga (above umbilical region). Vamanais the best choice for Shodhana having Kapha predominant disease like psoriasis. Vamana
acts on microcellular level, eliminates increased *Dosha*.
After *Shodhana Chikitsa*, for *Dhatubalavrudhi*, *Shamana Sneha* like *Panchatikta Ghritas* advised as *Vamana* leads to *Vata Prakopa*. (*Arogyawardhini Vati* for *Dosha Pachana* and *Anulomana*, *Rasaraktapachaka* for *Dhatugata Dosha Pachana*, *Panchatikta Ghruta* for reduction of dryness (which comes after *Vamana Karma*.)

**Conclusion:**
Scalp Psoriasis can be correlated with *Kapala Gata Ekakushtha* as symptoms are closely resembles. Ayurveda management like *Vamana karma* has showed moderately reduced symptoms in patient of Scalp Psoriasis with *Shamana Chikitsa* we can control relapse of the disease for long duration. In this case study, we got good result from Vamana and Shamana *Chikitsa* which is safe and effective.

**References:**
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