

Chapter 4. Psoriasis (Ekakushtha) - Ayurvedic Approach & Therapies

Psoriasis (Ekakuṣṭha / Kiṭibha)

Complete Ayurvedic Approach & Therapy Protocol

1 Quick Identity Card

Classical Names	Literal Meaning	Modern Parallel	Core Doṣa Pattern
Ekakuṣṭha - "single (massive) lesion" Kiṭibha - "scaly, termite-gnawed skin"	Thick, sticky, stubborn plaque	Chronic plaque-type psoriasis	Vāta-Kapha dominant; Pitta adds erythema during flare

2 Etiology (Nidāna)

Domain	Triggers	Doṣa Impact
Food	Heavy dairy, red meat + curd combo, reheated oils, excess jaggery	Kapha ↑, Āma formation
Lifestyle	Night shifts, irregular meals, cold dry climate, alcohol, smoking	Vāta ↑, Agni weak
Mind	Chronic stress, suppressed grief	Both Vāta & Pitta spike
Genetic / bija-doṣa	Family history noted in 30-40 % cases	Doṣa baseline unstable

3 Pathogenesis Snapshot

- Wrong diet/lifestyle → Weak **Jatharāgni**
- Āma** + **Kapha** mix → sticky toxin
- Enters **Rakta Dhātu** → obstructs skin micro-channels
- Vāta drives dryness & rapid cell turnover → classic silvery scale

*Mnemonic: *Cold food → Cold fire → Sticky blood → Dry wind → Psoriasis.*

4 Clinical Picture

Classical Sign	Modern Correlate	Doṣa Tag
Śyāva varṇa - dark/grey hue	Ashy background of plaques	Vāta
Utsannā śyāvā - elevated patch	Well-demarcated plaque	Kapha
Paruṣa sparśa - rough touch	Coarse scale	Vāta
Kandu - itching	Pruritus	Vāta
Śyāva śarkarā sadṛśa śyāva - like oyster shell	Silvery lamellar scale	Kapha

Positive Auspitz sign = Pitta-Rakta involvement.

5 Management Blueprint

Stage	Purpose	Core Actions
Nidāna-Parivarjana	Stop new insults	No incompatible foods, avoid alcohol & smoking, manage stress
Poorva-Karma	Prepare for detox	3-5 days Tikta-Ghṛita snehapāna (30 → 60 ml) + full-body sesame oil abhyanga + mild steam



Stage	Purpose	Core Actions
Śodhana (Twin Purge)	Expel Kapha + Pitta + Āma	Vamana on day 4 (Kapha unload) → 3 days rest → Virechana on day 7 (Pitta-Rakta flush)
Śamana	Pacify residue	① Mahā-Tikta Ghṛita 10 ml HS ② Sarivādi Kwātha 20 ml BID
Local Therapy	Soften plaque, reduce itch	Mahāmarichyādi Taila rub AM *10 min sun Neem-manjishtha lepa alt-days
Rasāyana	Rebuild tissues, prevent relapse	Gudūcī Satva 500 mg BID • Āmla 3 g AM • Gotu Kola oil face/body massage
Lifestyle Locks	Keep Agni & nerves steady	Warm water, barley diet day post-detox; yoga-nidra 15 min; sleep by 10 pm

6 14-Day Integrated Protocol (Clinic / Home-Supervised)

Day	AM Internal	External	PM Internal	Diet Key
1	Tikta-Ghṛita 30 ml	Sesame abhyanga + steam	—	Khichadi + cumin ghee
2	Ghṛita 40 ml	Same	—	Peya soups
3	Ghṛita 60 ml	Same	—	Steamed veg
4	VAMANA (Madanaphala)	Rest, warm vetiver water	Triphala-honey water	Rice gruel
5	Light diet	Neem-manjishtha lepa	Sarivādi kwātha BID	Khichadi
6	Tikta-Ghṛita 20 ml (prep Virechana)	Mahāmarichyādi rub	—	Barley gruel
7	VIRECHANA (Trivṛt chūrṇa 10 g)	Rest	CCF tea	Thin rice peya
8	Sarivādi kwātha	Chandana-ghṛita wrap	Mahā-Tikta Ghṛita 10 ml	Red-rice, mung soup
9-14	Continue kwātha + ghṛita	Neem lepa alt-days	Gudūcī Satva 500 mg BID	Rainbow veg, 1 tsp ghee

Assess PASI reduction; repeat seasonal twin-purge if chronic.

7 Key Herbs & Formulations

Action	Formulation	Dose
Deep blood detox	Mahā-Manjiṣṭhādi Kwātha	20 ml × 2
Anti-inflammatory	Sarivādi Kwātha	20 ml × 2
Keratolytic topical	5 % Mahāmarichyādi Taila + sunlight	10 min AM
Itch-soothe	Chandana-Ghṛita	External smear 15 min
Rasāyana	Gudūcī Satva, Āmla Chūrṇa	500 mg BID, 3 g AM

8 Diet & Lifestyle Quick Card

YES: bitter greens, barley, mung, pomegranate, warm water, sesame oil self-massage (after ooze subsides), brisk morning walk.

NO: yogurt + meat, night cheese pizza, iced drinks, reheated oils, alcohol, day-time naps, late-night gaming.

9 Prognostic Guidelines

Indicator	Good Outlook	Guarded
Lesions < 5 yrs, limited body, no nail/joint	60-70 % clearance in 3 months	Chronic > 10 yrs, nail pitting, psoriatic arthritis
Compliant diet/lifestyle	Lasting remission	Frequent cheat foods



Indicator	Good Outlook	Guarded
Seasonal twin-purge maintained	Relapse ↓ to 1 every 2 yrs	No follow-up detox

10 Patient Education Tips

- **Explain twin-purge logic:** emesis lifts sticky Kapha, purge cools hot Pitta—two roots removed.
 - **Show progress photographs** every 2 weeks; motivates adherence.
 - Remind: *“Skip the trigger foods and stress-cycles—else plaques return.”*
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11 Quick Self-Quiz

1. Which two Panchakarma procedures are sequentially preferred for plaque psoriasis?
2. Name the bitter ghee used nightly in chronic lesions.
3. List one doṣa-soothing food and one no-go food for Ekakuṣṭha.

Answers: Vamana → Virechana • Mahā-Tikta Ghṛita • Bitter gourd / yogurt-meat mix.

12 Key Take-Aways

- Psoriasis = **Vāta dryness + Kapha plaques + Pitta flare**, driven by āma.
- **Twin-purge (Vamana + Virechana)** vitiates Kapha-Pitta core; follow with ghṛita & kwātha.
- Local oils + sun **soften scale**, rasāyana herbs lock remission.
- Diet, mind-calm and seasonal detox are non-negotiable for relapse-free skin.

Clinical mantra: *“Lift the phlegm, cool the fire, oil the wind—plaques depart, skin rewinds.”*
