

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

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### Psoriasis (Ekakuṣṭha / Kiṭibha)

#### Complete Ayurvedic Approach & Therapy Protocol

##### 1 Quick Identity Card

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

##### 2 Etiology (Nidāna)

Domain	Triggers	Doṣa Impact
<b>Food</b>	Heavy dairy, red meat + curd combo, reheated oils, excess jaggery	Kapha ↑, Āma formation
<b>Lifestyle</b>	Night shifts, irregular meals, cold dry climate, alcohol, smoking	Vāta ↑, Agni weak
<b>Mind</b>	Chronic stress, suppressed grief	Both Vāta & Pitta spike
<b>Genetic / bīja-doṣa</b>	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
<b>Śyāva varṇa</b> – dark/grey hue	Ashy background of plaques	Vāta
<b>Utsannā śyāvā</b> – elevated patch	Well-demarcated plaque	Kapha
<b>Paruṣa sparśa</b> – rough touch	Coarse scale	Vāta
<b>Kandu</b> – itching	Pruritus	Vāta
<b>Śyāva śarkarā sadṛśa śyāva</b> – 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 <b>Tikta-Ghṛita snehapāna</b> (30 → 60 ml) + full-body sesame oil abhyanga + mild steam
Śodhana (Twin Purge)	Expel Kapha + Pitta + Āma	<b>Vamana</b> on day 4 (Kapha unload) → 3 days rest → <b>Virechana</b> on day 7 (Pitta-Rakta flush)
Śamana	Pacify residue	① <b>Mahā-Tikta Ghṛita</b> 10 ml HS ② <b>Sarivādi Kwātha</b> 20 ml BID
Local Therapy	Soften plaque, reduce itch	<b>Mahāmarichyādi Taila</b> rub AM *10 min sun Neem-manjishtha lepa alt-days
Rasāyana	Rebuild tissues, prevent relapse	<b>Gudūcī Satva</b> 500 mg BID • <b>Āmla</b> 3 g AM • <b>Gotu Kola</b> 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	<b>VAMANA</b> (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	<b>VIRECHANA</b> (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	<b>Mahā-Manjiṣṭhādi Kwātha</b>	20 ml × 2
Anti-inflammatory	<b>Sarivādi Kwātha</b>	20 ml × 2
Keratolytic topical	5 % <b>Mahāmarichyādi Taila</b> + sunlight	10 min AM
Itch-soothe	<b>Chandana-Ghṛita</b>	External smear 15 min
Rasāyana	<b>Gudūcī Satva, Āmla Chūrṇa</b>	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
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.”

## 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)** vitiated 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.”

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