

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

### Psoriasis (Ekakuṣṭha / Kitibha)

#### Complete Ayurvedic Approach & Therapy Protocol

##### 1 Quick Identity Card

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

##### 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 / bija-doṣa</b> | Family history noted in 30-40 % cases                             | Doṣa baseline unstable  |

##### 3 Pathogenesis Snapshot

1. Wrong diet/lifestyle → Weak **Jatharāgni**
2. **Āma + Kapha** mix → sticky toxin
3. Enters **Rakta Dhātu** → obstructs skin micro-channels
4. 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 sparṣa</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   |
|---------------------------|-------------------|--|
| <b>Nidāna-Parivarjana</b> | Stop new insults  | No incompatible foods, avoid alcohol & smoking, manage stress                                    |
| <b>Poorva-Karma</b>       | Prepare for detox | 3-5 days <b>Tikta-Ghrita snehapāna</b> (30 → 60 ml) + full-body sesame oil abhyanga + mild steam |

| Stage                       | Purpose                          | Core Actions  |
|-----------------------------|----------------------------------|---|
| <b>Sodhana (Twin Purge)</b> | Expel Kapha + Pitta + Āma        | <b>Vamana</b> on day 4 (Kapha unload) → 3 days rest → <b>Virechana</b> on day 7 (Pitta-Rakta flush) |
| <b>Samana</b>               | Pacify residue                   | ① <b>Mahā-Tikta Ghṛita</b> 10 ml HS<br>② <b>Sarivādi Kwātha</b> 20 ml BID                           |
| <b>Local Therapy</b>        | Soften plaque, reduce itch       | <b>Mahāmarichyādi Taila</b> rub AM *10 min sun<br>Neem-manjishta lepa alt-days                      |
| <b>Rasāyana</b>             | 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        |
| <b>Lifestyle Locks</b>      | 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-manjishta 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                                |

| 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.*”

## 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.*”