

AYURVEDIC MANAGEMENT OF *EKAKUSHTA* W.S.R. TO ROLE OF *SHATADHAUTA PANCHAGAVYA GHRUTA* IN CLINICAL MANAGEMENT

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ABSTRACT

Psoriasis can be correlated with *Ek-Kushtha* that is mostly brought on by an imbalance between the *Vata* and *Kapha*. It is chronic inflammatory skin disease that is autoimmune and characterized by rounded plaques and sharply defined papules. It is primarily visible on the skin of the scalp, knees and elbows, etc. Psoriasis patients frequently experience a reduction in their quality of life due to their skin's appearance. Ayurveda described various approaches of *Shodhana* and *Shamana* therapies to relive disease symptoms. Ayurveda also suggested some topical formulation for the management of this skin ailment. *Shatadhauta Panchagavya Ghruta* is one such formulation which has *Ropana* and *Shodhana* qualities, thus helps in wound healing and skin detoxification. It's *Tvachya* and *Kusthaghna* properties promote healthy skin renewal, enhance skin texture and reduce inflammatory symptoms. This article explains Ayurvedic management of *Ekakushta* and role of *Shatadhauta Panchagavya Ghruta* in the clinical management of *Ekakushta*.

KEYWORDS: Ayurveda, *Ekakushta*, *Shatadhauta Panchagavya Ghruta*, Psoriasis, Skin.

INTRODUCTION

Ekakushta is skin disease which possesses symptomatic similarity with psoriasis; major etiologies of this condition include excessive eating of *Snigdha* and *Guru ahara*, *Vegadharana*, and other immoral deeds. *Aswedanam*, *Mahavastu* and *Matsya shakalopam* are the primary clinical characteristics of *Eka kushta*. It is the outcome of *Tridosha dushti* with *Vata* and *Kapha* predominate, which causes *Shaitilyata* of *Tvak*, *Mamsa* and *Rakta*. However *Rasa*, *Rakta* and *Mamsa Dhatus Dusti* are primarily responsible for *Ekakushtha*. *Purvarupa* includes *Rukshatvam*, *Kandu* and *Aswedana*. *Rupa* includes *Mahavastum*, *Matshyashakalopama*, *Krishna Aruna Varna* and *Srava*, etc. The *Dushyas* of *Twaka*, *Mamsa*, *Lasika* and *Rakta* as well as the vitiation of *Pitta*, *Kapha* and *Vata* brings pathological initiation of disease as depicted in Figure 1.^[1-4]

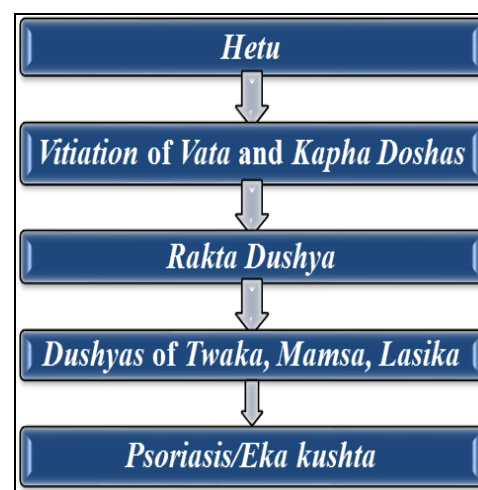


Figure 1: Pathological events of Psoriasis/*Eka kushta*.

The clinical features of psoriasis, an immune-mediated condition, are spherical plaques coated in silvery scales and erythematous, clearly defined papules. According to modern science activated T cell infiltrates in psoriatic lesions are believed to produce cytokines that cause keratinocyte hyperproliferation, which leads to the distinctive clinical manifestations. Two useful diagnostic

features are Koebner phenomenon and Auspitz's sign. Patients have mental and social distress in addition to physical issues.^[5, 6]

The therapeutic approaches limit vitiation of *Doshas*; prevents the disease from progressing further, restore *Srotoavrodha*, increase *Dhatu* level metabolic activity and nourish depleted *Dhatus*. The Ayurvedic management includes *Nidana parivarjana*, *Prakriti vighatana*, *Shodana*, *Snehana*, *Raktamokshana*, *Shamana* and *Lepana*. The topical application of *Lepa* or *Ghruta* like *Shatadhauta Panchagavya Ghruta* may play vital role in managing such types of condition by relieving prominent symptoms of disease.^[2-4]

Role of *Shatadhauta Panchagavya Ghruta*

The *Shatadhauta* composed of five cow-derived ingredients (milk, curd, ghee, pee, and dung), *Panchagavya Ghruta* is a traditional Ayurvedic composition that is made by washing it 100 times in a copper vessel. Traditional Ayurvedic method is generally used to prepare *Shatadhauta Panchagavya Ghruta*, which combines the medicinal properties of *Panchagavya*. However, owing to regional preferences or constraints, *Go-Mutra* and *Go-Gomaya* might be left out of many practical versions. In order to increase their potency, these components are first mixed in precise ratios and occasionally allowed to ferment under carefully monitored settings. *Go-Ghruta* is made by churning curd to get butter, which is then cooked to separate the pure ghee, if it isn't already available. In *Shatadhauta* procedure the *ghee* is cleaned 100 times using pure water ideally distilled or boiled and chilled. This is accomplished by repeatedly rubbing the *ghee* with water in circular motions with the palms or a wooden spatula in a *Kansya* or *Tamra Patra*. Fresh water is added once each cycle is finished and the water has been absorbed or removed, and this process is repeated until 100 washes have been done. The end result is *Shatadhauta Ghruta*, a soft, creamy emulsion with *Shita Virya*, deep moisturizing and improved transdermal absorption properties. Because of its calming and restorative properties, this formulation is mostly applied topically to illnesses including eczema, burns, wounds, and other *Pitta*-dominant skin problems, as well as *Eka-Kushta* (psoriasis).^[3, 7-9]

For skin conditions like *Ekakushta*, which is clinically connected with psoriasis due to its common symptoms of dryness, scaling, discolouration, and recurrence, this special technique boosts its therapeutic capabilities and makes it extremely beneficial for external use.

The formulation's cooling efficacy, or *Shita Virya*, helps to balance *Pitta Dosha* and reduce typical psoriatic lesions' burning, itching and redness, etc. In addition to deeply moisturizing dry, thickened skin, its *Snigdha Guna* balances *Vata Dosha*, increasing suppleness and promoting tissue regeneration. Additionally, *Shatadhauta Panchagavya Ghruta* has the qualities of

Ropana and *Shodhana*, which aid in wound healing and skin detoxification. It's *Tvachya* and *Kusthaghna* properties promote healthy skin renewal, enhance skin texture and lessen recurrence.

A fine emulsion with nano-liposomal properties is produced by the repeated washing procedure used during preparation of this formulation. These all preparatory approaches improve penetration into epidermal layers and prolong the therapeutic action. Its efficiency is further increased by adding trace elements with antioxidant and antibacterial qualities through the use of a copper vessel.

Clinical research has shown that this formulation reduces scaling, erythema, itching and plaque thickness without the negative side effects that are frequently linked to steroidal therapies. It is safe to use in conjunction with internal Ayurvedic drugs and purifying techniques such as *Virechana* and *Vamana*. The Ayurvedic properties of this formulation help in calming the *Tridosha* that is implicated in disorder. The symptoms of disease are alleviated by the pacification of *Vatadosha* involved in disease. While *Kapha dosha* pacification lowers *Kandu*, *Pitta dosha* pacification aids in lowering *Daha* and *Strava*.^[2, 7-9]

CONCLUSION

Eka Kushta, is a type of *Kshudra Kushta*, which is linked to psoriasis. Ayurvedic treatment techniques like repeated *Shamana* and *Shodhana* can help to manage *Eka kushta*. *Shatadhauta Panchagavya Ghruta*, a traditional Ayurvedic formulation can be used topically to relieves symptoms of disease. With the use of exact processing methods, its special blend of *Panchagavya* components produces a nano-liposomal emulsion that has exceptional transdermal absorption, *Shita Virya* and *Snigdha Guna*. These characteristics help in restoring skin health, encouraging tissue regeneration and soothing aggravated *Tridosha*. When used in conjunction with internal Ayurvedic treatments, the formulation's *Ropana*, *Shodhana*, *Tvachya*, and *Kusthaghna* qualities make it particularly useful in decreasing symptoms like itching, scaling, and inflammation associated with *Eka Kushta*.

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