



PREVENTIVE AND HEALTH PROMOTIVE LIFESTYLE IN EKAKUSHTA (PSORIASIS)

Dr.Nagarajnaik Chayhan¹ and Dr.S.N.Belavadi²

Assistant Professor¹ and Professor and HOD²

¹Department of Samhita and Siddhanta and ²Department of Kayachikitsa

^{1&2}D.G.M. Ayurvedic Medical College Hospital and Research Centre, Gadag, Karnataka, India

Abstract

Aim of the Ayurveda is to cure the diseased one and to maintain health of the healthy one. There is no particular cause for the autoimmune disorders even though they affect all the systems of the body. Ekakushta (Psoriasis) is also one of the burning issues that affect with immune system of the individual. Treatment for this disease depends on the type and severity of the condition. To maintain the immune system of the human being properly planned PathyaAhara and Pathya Vihara plays an important role. Become conscious the key lifestyle changes that can open the path to an energetic in good health to balance the immune system of the person. Healthy regimen takes into account every aspect of living being and every life style factor to connect the physiological pathways along with those disorders develop. With a proper understanding of deep rooted causes of poor health overcomes the auto immune diseases to avoid the further complications.

Keywords: Ekakushta, Auto Immune Disorders, Treatment, Pathya, Ahara, Healthy Regimen.

Introduction

Ayurveda by means of KaryaKaarana Sidhanta¹ the Karya doesn't happen without the Kaarana. It means that there must be a cause for any disease to occur among the many diseases. Autoimmune disorders are one in that first we have to look over the cause for Auto immune disorders hence we can overcome these disorders. In Auto immune disease the body's immune system attacks the healthy cells. The exact cause of Auto immune disorders is unknown. The human body is conditioned by evolution to identify and deal with external threats. According to Ayurveda this is done by Smriti when it becomes misaligned it targets harmless cells. One theory is that some microorganisms (such as bacteria or viruses) or drugs may trigger changes that confuse the immune system. This may happen more often in people who have gene that make them prone to Auto immune disorders. Among the list of Auto immune disorders Psoriasis also one which is burning issue in the present scenario. Ayurveda is having unique references about this disease and its treatment protocol, so in this article an effort is made to frame a protocol with Ayurvedic life style modifications and treatment modalities to prevent Ekakushta (Psoriasis).

Ekakushta (Psoriasis)

The skin is one of the five 'Gyanendriya-adhithana' as described in Ayurvedic texts, which is responsible for 'Sparshagyanam' or touch sensation, it plays a great role in physical and mental wellbeing of any individual. The unbroken skin is the nature's dressing over the body. It acts as an effective barrier against the entry of diseases and its damage results in whole host problems. Psoriasis is one of the most common dermatologic diseases determined by immune mediated inflammatory disease mediated by T- helper1/ Th17 cells, affecting 0.44-02.8 per cent in Indian population.

The rate of Psoriasis varies according to age, gender, region and ethnicity. A combination of environmental and genetic factors is thought to be responsible for these differences. It usually occurs before the age of 40 most commonly between the ages of 15 to 25 years and affects equally in men and women. The aetiology of psoriasis is still poorly understood, but there is clearly a genetic predisposition. It has been found in large surveys that one third of patients have a positive family history. Evidence has accumulated and clearly indicating a role of T-cells in the patho physiology of Psoriasis. Psoriasis can be a very persistent complaint. It does not kill but it is responsible for great deal of unhappiness feeling of depression in Patients.

Ekakushta as per Ayurvedic Perspective

1. **Nidana:** The Kushta (Skin diseases) is caused by vitiation of Doshasect. Some of the main cause of Kushta are as follows:

- Virodhi Anna Pana(intake of wrong food combination like fish with milk).
- Intake of Snigdha (unctuous) and Guru(heavy to digest) foods.
- Suppression of natural urges.
- Doing exercise in excess hot and after heavy meals.
- Improper administration of Panchakarma therapies.
- Use of Sheeta and Ushna things one after the another in irregular order.
- Intake of food prepared from Hayanaka, Yavaka, Chinaka, Uddalaka, and Koradushaka along with Ksheera, Dadhi, Takra, Kola, Masha, added with sneha oil of Atasi and Kusumba.
- AtiVyavaya



- AtiVyayama
- Entering into cold water after one is afflicted with Bhaya, Shrama, Santapa.
- Suppression of the urge For Vomiting
- Ati Snehapana²

1. **Samprapti:** By the above said NidanaTridosha become aggravated simultaneously, bring about looseness in Dhatu (Mainly in Twak) which causes looseness and produce Kushta. Vata, Pitta, Kapha, Twak, Mamsa, Lasika and Shonita are the SaptaDushyas were contributing in the disease manifestations³.

2. **Purvarupa:** The pre monitory causes of Kushta are as follows:

- ❖ Sparshaajana (lack of touch sensation in the lesion area).
- ❖ Aswedana and Atisweda (Less and excessive sweating)
- ❖ Loma Harsha (Horripulation).
- ❖ Discoloration and elevation of patches in skin.
- ❖ Daha (Burning sensation)
- ❖ Gauravata (Heaviness)
- ❖ Khandu (Itching)
- ❖ Vaivarnya (Discolouration)⁴

3. **Rupa:** The symptoms of Kushta are as follows:

1. **Aswedana**(Absence of sweating).
2. **YatmatsyaShakalopamam**(Skin resemblance the scales of fish) it is due to increase of vata and kaphadosha.
3. **Mahavastu** (More Spreading in nature) ⁵

4. **Upashaya:** PathyaAhara, Dinacharya, Rutucharya, medical therapies. It is observed by the signs and symptoms of improvement signifying relief or alleviation of the disease.

Treatment principles

NidanaParivarjana

It is important principal of management means eradication of the cause of the disease any treatment is not successful without avoiding of cause. This means avoidance of etiological factors like MithyaAhara-Vihara and ViruddhaAhara. NidanaParivarjana stops the further progression of the disease, by restricting vitiation ofDoshas. Hence main objective of treatment is to improve metabolic activities in Dhatu level, to rectify SrotoAvrodha and to provide nourishment to depleted Dhatu.

Shodhana: Shodhana means the elimination of PrakupitaDosha from the Sharira, it is Planned based on the DoshaPradhanata and where the Dosha accumulated. Based on nearer root we have to remove the Dosha.

1. **Snehapana:** MahatiktakaGhrita, PanchatiktakaGugguluGhrita, TiktaShatphalaGhrita, NimbaGhrita, DarviGhritaetc can be used for the Snehapana.

2. **Vamana:** Vamana Karma is the best therapy for elimination of vitiated Kaphadosha from all over the body through Amashaya by means of vomiting. As Amashaya is Mulasthana of Kapha and its diseases hence Vamana Karma can treat all Kapha predominant disorders. By using Dravyas like Madanaphala, Madhuka, Lamba, Nimba, Bimbi, Trapusa, Kutaja, etc Vamana can be conducted.

3. **Virechana:** Both Amashaya and PakvashayagataDoshas can be removed with this procedure by using Drugs like Trivrit, bark of Tilvaka, fruit of Haritaki, Erandataila, juice of Karavellaka and latex of SnuhiDarvi, Brihati, Patola and Kutaja, etc.

4. **Raktamokshana:** It helps to remove the DushitaRakta which is responsible for the manifestation of the Ekakushta. By using Jalauka, ShringaAlabu, etc we can remove the Dushita Rakta⁶.

5. **Nasya Karma:** Nose is the root for expelling the Dosha from Shira so by this Procedure with the help of ShirovirechanaGanaDravyas we can remove the Dosha.

Shamana: Shamana means the Palliative procedure conducted when the mild symptoms are seen. Many ShamanaAushada are there like by intake of Rasanjana with cow urine, Abhaya with Trikatu, Guda and sesame oil for 1 month cures the Kushta. Some other drugs used in Shamana are Patolamuladikashaya, Mustadichurna and Triphaladichurna, etc.



Table showing Pathya and Apathya

| PathyaAhara: | Pathya Vihara: | ApathyaAhara: | Apathya Vihara: |
|---|---|--|--|
| The indication of the food in Kushta patients are the diets prepared with Shali, Godhooma, Priyangu, Koradoosha, Mudga, Masura, Tuvvari, Bitter vegetables, JangalaMamsa, Patola, Khadira, Nimba, Lashuna, Kesari, Tila, Khadirodaka, Snana, Pana, Jatiphala, Ksheera, Ghrita Madhu and Fruits etc. | Bhramhacharyapalana, IndriyaNigraha, Vrata, Dana, Yama, Thyagasheela, Dwidasura pooja, Worshipping of God, Pranayama, Yoga, Dhyana are thePathya Vihara to be done. | Anupamamsa, Kandamula, Dadhi, Amla (sour), Lavana(salty) and Katu (pungent), Dadhi (curd), Guda (Jaggery), Anupamamsa, Tila (gingili oil), Masha (green gram) are the foods contraindicated for the Kushta patients. | More exposure to hot sun, Divaswapna Ati Maithuna Akrutagnata Gurunindana Mithya Vachana Papakarma More intakes of contraindicated foods daily. Doing the unspiritual activities. Improper lifestyle, etc. |

Importance of healthy lifestyle to prevent Ekakushta (Psoriasis)

To prevent the Auto immune disorders, one should follow the healthy and good lifestyle and diet. In Ayurveda, Rasayanaare considered very important for the management of dermatological disorders including Ekakushta. Skin health is restored and maintained by directly targeting the different layers of skin. Diet modification or dietary supplementation is also very much emphasized in Ayurvedic system of medicine for prevention as well as management. The lifestyle modalities which are to be followed to prevent the Auto immune disorders are as follows

1. Dinacharya(daily regimen):The Dinavharya includes the following activities which help to improve the health.

- Brahma Muhurta** (Wakeup time): waking up in the Brahma Muhurta (b/w 4:00 am to 5:30 am) keeps the person healthy.
- Saucha Vidhi** (Cleansing): elimination of toxic waste and washing the body parts.
- Dantadhavana**(Cleaning the teeth): brush the teeth with soft brush made out of twigs of Khadira, Karanja. After brushing teeth one should clean the tongue with tongue cleaner made up of metals like gold, silver, copper, etc. This helps to remove the bad taste and foul smell of tongue, mouth and teeth.
- Anjana** (Collyrium): eyes should be cleaned with the fresh water and should apply the collyrium to prevent the eye diseases and promote the vision.
- Tambulasevana**(Betel leaf chewing): chewing the betel leaves with piece of areca nut and fragrant substances like cardamom, cloves, etc. refreshes the mouth and enhances the digestion.
- Abhyanga** (Oil massage): doing the whole body massage with the coconut or sesame oil everyday ensure softness and unctuousness of skin, free movement of joints and muscles, peripheral circulation and elimination of metabolic wastes.
- Vyayama**(Exercise): regular exercise is essential for perfect health. It builds up the stamina and resistance against disease, clears channels of body (srotas) an increase the blood circulation. It enhances efficiency of body organs, promotes appetite and digestion and prevents obesity.
- Snana**(Bath): bathing improves enthusiasm, strength, appetite, sexual vigour, increases life span, removes sweat and other impurities from the body. After bath one should wear clean clothes and smear the body with perfume⁷.

2. Rutucharya (Seasonal regimen):To keep the health in proper way Rutucharya is also important tool. In this a whole year is divided into six seasons and detailed dietetic regimen for each season is prescribed and are as follows

- In VasantaRitu**(spring season): Tikta (bitter), Ushna (hot), Kashaya (astringent) diet is advised and Lavana (salty), Amla (sour), Madhura (sweet) food is avoided.
- In GreeshmaRitu**(summer season): due to hot climate Pitta gets aggravated. Hence to pacify it Shita (cold), Drava (liquid), Madhura (sweet), Snigdha (oily) diet is advised.
- In Varsha Ritu**(rainy season): In this season the Vata gets aggravated, so vataShamaka Madhura (sweet), Amla (sour), Lavana (salty) food and drinks are advised.
- In Hemanta and ShishiraRitu**(winter and late winter season): in these seasons Vata gets aggravated due to cold, dry, chilly atmosphere, hence the diet which decreases Vata and increase Pitta is advised.
- In the Sharad Ritu**(Autumn): Ushna (hot), Madhura (sweet), Amla (sour), Lavana (salty) food, milk, sugarcane, rice, oils and fats are indicated in this season aggravation of Pitta occurs⁸.



3. Sadvritta(regimen of good conduct): To maintain positive health one must have the wholesome and limited diet after the digestion of food consumed before, Natural urges should not be expelled forcefully. At the time of urge one should not do any other works, etc⁹.

4. Dharaniya and Adharaniya Vegas (Preventive regimen): Certain prescriptions and prohibitions are given by Ayurveda ensure physical, mental and spiritual well being.

a. **Adharaniya Vegas** (non suppressible urges): there are thirteen Adharaniyavegas like Mutra (urine), Sakrut (faeces), Vata (flatus), Udgara (belching), Kshavathu (sneezing), Trsna (thirst), Ksudha (hunger), Nidra (sleep), Kasa (cough), Sramaswasa(dyspnea), Jrumba (yawning), Ashru (tears), Chardi (vomiting). These are the urges which should not be suppressed, if done it leads to diseased condition.

b. **Dharaniya Vegas** (suppressible urges): Lobha (greed), Shoka (grief), Bhaya (fear), Krodha (anger), Maana (vanity), Nirlajja (shamelessness), Irsya (jealousy), Atiraga (too much of attachment), Parusavacana (extremely harsh words), Anrtavacana (lying), Parapida (physical handling), these activities should be very carefully restrained mentally, orally and physically¹⁰.

c. **Different activities to stay fit physically and mentally**

- Morning walk
- Yogic Asana
- Aerobics
- Running
- Pranayama
- Meditation
- Different Vyayama
- Stress reliving factors like Abhyanga and Snana
- Swadhyaya with moral preaching's
- Relaxation with meditation

Discussion

- Aim of the Ayurveda is not only curing the disease of the patient but also the maintenance of health of healthy person is also the important goal of Ayurveda.
- So, to maintain the health of healthy person one should follow the PathyaAhara and Vihara as explained in the classics. Not only the physical health but also the mental health have an impact on our body, so maintaining the mental health is also important. We can maintain our mental health by doing Yoga, Pranayama, Meditation, etc.

Conclusion

- Auto immune diseases are the conditions where once own immune system gets affect erroneously.
- Ekakushta is one of the Auto immune diseases which are caused due the vitiation of the Doshas and Dushya with particular causes.
- So, to overcome this disease one should follow PathyaAhara and Vihara.
- RituShodhana is a best Remedy to protect the Life style disorders.
- By adopting Panchakarma therapies one can get rid of the Dosha and maintains the healthy life.
- Life style modifications are very essential implements to protect life style disorders so everyone must adopt these tools.

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