



Clinical Study of Vamana Karma in the Management of Ekkushtha with special reference to Psoriasis

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INTRODUCTION

It is a condition in which skin cells build up and form scales and itchy dry patches.

1. Psoriasis is the papulosquamous disorder of the skin.
2. Equally in both sex
3. Common in age group 15-60 years
4. May appear in any age and site
5. Not contagious
6. Caused by faulty signal of Immune System and improper dietary habits

TYPES OF PSORIASIS

Plaque Psoriasis- Most common about 80% raised patches, reddish skin covered by silvery white scale. Common site- elbow, knees, lower back and scalp.

Guttate Psoriasis- Small red spot on skin. Commonly in trunk, palm and sole, more common in children.

Pustular Psoriasis- White pustular surrounded by red skin, may present in pregnancy.

Flexular Psoriasis- Erythematous plaques covered with fine moist scales. Common sites are axillae, groin, submammary.

Inverse Psoriasis- smooth, red, lesions found in skin folds.

Erythematous Psoriasis- wide spread redness severe itching, pain may affect system of the body.

Palmoplantar Psoriasis- small pustuler on digits and middle portions of the palm and sole.

Aim & Objects

Effect of vamana karma in Ekkushtha

Effect of oral treatment in Ekkushtha

MATERIALS AND METHODS

Selection of Patients- 20 randomly selected patients in each group from OPD and IPD

Group A- Vamana karma

Group B- Oral medication

Symptoms-

Kandu (itching)

Rukshta (dryness of skin)

Twaksputan (scaling)

Kharsparshata (roughness of skin)

Silvery white patches

Red spots

Skin Crack and bleed

Pain

Exclusion Criteria- T.B., D.M., hemophilia, severe anemia, leprosy, malignant disorders, AIDS

Observations-

Results were observed and noted according to clinic improvement in signs & symptoms on every follow-up.

Follow-up was done after 7 & 15 days of completion of treatment.

Criteria for Assessment-

1. Excellent relief- complete cure of symptoms and signs
2. Moderate relief- more than 75% cure of symptoms and signs
3. Mild relief- more than 50% cure of symptoms and signs
4. No relief- no changes in symptoms and signs

Treatment-

Group A

Snehapana was done for 5 days with Panchatikta Ghrita till samyak snehana lakshanas were observed like agnidepti, varchasneha and vatanuloman.

Days	Dose
Day 1	30ml
Day 2	60ml
Day 3	90ml
Day 4	120ml
Day 5	150ml

Bahya snehana was done with a Nimba taila

Kaphotkleshak ahar- urad+rice+curd+jaggery+salt +fish was given

Vamana was done after 1 day of snehpana with 'Madanphal+Vacha+ Saindhav'

Sansarjan karma was done for 3 days.

Group B-

Manjishthadi Kwath- 20ml bd with kosha Jala

Gandhak vati – 2 bd with kosha jala

Nimba taila for local application (for 15 days)

RESULTS & DISCUSSION

Sex wise distribution-

Sr.No.	Sex	Group-A	Group-B
1	Male	10(50%)	11(55%)
2	Female	10(50%)	9(45%)

Age wise distribution-

Sr.no	Age	Group A	Group B
1	10-20	5(25%)	6(30%)
2	21-30	9(45%)	8(40%)
3	31-40	3(15%)	4(20%)
4	41-50	1(5%)	1(5%)
5	51-60	1(5%)	1(5%)

Occupation wise distribution-

Sr.No.	Occupation	Group A	Group B
1	Labour	2(10%)	3(15%)
2	Farmer	4(20%)	3(15%)
3	Businessman	3(15%)	4(20%)
4	Housewife	5(25%)	4(20%)
5	Student	3(15%)	2(10%)
6	serviceman	3(15%)	4(20%)

Disease period distribution-

Sr.No	Year	Group-A	Group-B
1	0-4	6(30%)	8(40%)
2	5-8	5(25%)	4(20%)
3	9-12	4(20%)	3(15%)
4	13-16	3(15%)	4(20%)
5	17-20	2(10%)	1(5%)

Cure rate & disease status Classification of Results

Sr.No.	Group	Excellent relief	Moderate relief	Mild relief	No relief
1	A	12(60%)	5(25%)	2(10%)	1(5%)
2	B	5(25%)	7(35%)	4(20%)	4(20%)

DISCUSSION ON STATISTICAL GROUND

In group-A- 95% patients showed relief and in group-B-80% patient showed relief in kandu
 In group-A- 90% patients showed relief and in group-B-78% patient showed relief in twaksputan
 In group-A- 92% patients showed relief and in group-B-90% patient showed relief in rukshata.
 After analyzing the data following facts were revealed in Group A- 95% patient showed relief after receiving Vamana karma and in group B-80% patient showed relief after receiving oral treatment.

RESULTS & CONCLUSION

The symptomatic relief by vamana is excellent when compared with oral medications.
 Whole body psoriasis with more than five year old is cured by Panchakarma with oral medications.

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