



## Review Article

**ROLE OF *PATHYAPATHYA* IN THE MANAGEMENT OF *EKA KUSHTHA* (PSORIASIS)****Chandrakar Srishti<sup>1\*</sup>, Diwan Rashmi<sup>2</sup>, Sahu Jeevan Lal<sup>2</sup>**<sup>1</sup>MD Scholar, <sup>2</sup>Lecturer, Department of Kaya Chikitsa Shri N.P.A. Government Ayurved College, Raipur, C.G., India.**KEYWORDS:** *Ayurveda, Kushtha, Eka Kushtha, Psoriasis, Pathya and Apathya.***ABSTRACT**

Ayurveda is not merely a medical science. It is a complete life science. In Ayurveda all skin diseases are described under the *Kushtha*, which are further divided into *Maha Kushtha* and *Kshudra Kushtha*. *Eka Kushtha* is one of the *Kshudra Kushtha* described in different Ayurvedic classics. It is *Vata-Kaphaj* disorder. *Ekakushtha* has signs and symptoms i.e., *Aswedanam* (absence of sweating), *Mahavastu* (big size lesions) and *Matsyasha kalopamam* (scaling) which can be compared with Psoriasis. The exact etiology of Psoriasis is not known but many precipitating factors like genetic, dietary, immunological and psychological has been found. It is spreading fast because of unsuitable lifestyle changes such as dietary pattern, busy schedule and stress. The aim is to find out safe and effective treatment for psoriasis. Ayurveda plays an important role. There are three basic principles to treat any disease in Ayurveda i.e., *Shodhana, Shamana* and *Nidana Parivarjana*. *Nidana Parivarjana* is considered as the first line of treatment in most of the diseases. In Ayurveda diet plays a major role in the prevention and management of the disease. Sometimes *Pathya* and *Apathya* are the complete treatment of any diseases. So the main aim of this article is to focus on etiological factors of *Ekakushtha* and its management by various dietary regimens described in different Ayurvedic texts.

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**INTRODUCTION**

In *Ayurveda* all the skin diseases are described under *Kushtha Roga*. The word *Kushtha* means that which destroys with certainty. Seven materials affected morbidly are the causative source of *Kushtha* such as three *Doshas-Vata, Pitta, Kapha* - vitiated by etiological factors and four *Dushya Sariradhatu-Twak, Rakta, Mamsa* and *Lasika* - affected with affliction by *Doshas*. These seven materials in this way are causative factors of seven types of *Kushtha*. Arising from this source they afflict the whole body<sup>[1]</sup>. In *Samhita*, it is described that all *Kushthas* to have involvement of *Tridosha* but the type of *Kushtha* depends on the predominance of particular *Dosha*. *Kushtha* is considered to be under *Ashtamahagada Rogas*<sup>[2]</sup> and *Aupsargika Rogas* (communicable disease). *Acharya Charaka* has mentioned seven types of *Kushthas* in *Nidanasthan* based on *Doshic* predominance<sup>[3]</sup> and eighteen types of *Kushthas* described in *Chikitsasthan*. These eighteen types

again subdivided into *Maha Kushtha* and *Kshudra Kushtha*.<sup>[4]</sup> *Eka Kushtha* is one of the *Kshudra Kushtha* with the dominance of *Vata-Kapha Dosha* (*Acharya Charaka*)<sup>[5]</sup> and *Kapha Dosha* (*Acharya Susrut*)<sup>[6]</sup>. The sign and symptom of *Eka Kushtha* are similar to that of psoriasis explained in modern science.

Psoriasis is one of the most common dermatological problems with unknown etiology. It is a Chronic, genetically determined, inflammatory and proliferative disease characterized by dry, well circumscribed, silvery scaling papules and plaques, present over extensor surfaces and scalp of various sizes with spontaneous remission, relapse and seasonal variation.<sup>[7]</sup> In day to day life, person consumes an incompatible diet and faulty food habits which lead to most of the diseases among which skin diseases are most common. In modern medical science skin diseases are treated with

systemic steroids and other therapeutics to give symptomatic relief.

In classical Ayurvedic texts no specific *Nidana* has been explained for *Eka Kushtha*. Therefore, general *Hetu* of *Kushtha* can be considered as etiological factors responsible for causing *Eka Kushtha*. The etiological factors explained for *Kushtha* can be classified as *Aharaja Nidana*, *Viharaja Nidana* and *Sadvritta Apalana*. Each *Nidana* plays an important role in the manifestation, transmission and progression of the disease. *Ayurveda* focus on *Nidana Parivarjana* as the first line of treatment to treat a disease, so it is essential to prevent the manifestation of the disease and to check the progression of the disease through *Pathya* and *Apathya* which are the unique contributions of *Ayurveda*.

#### AIMS AND OBJECTIVES

- To study the etiology of *Eka Kushtha*.
- To establish the role of *Pathyapathya* in prevention of *Eka Kushtha*.

#### MATERIALS AND METHOD

- Relevant *Ayurvedic* and modern textbooks.
- Previous research papers.
- Various national or international journals or magazines.
- Internet surfing.

The etiological factors of *Kushtha* is classified in following groups [8,9]

- *Aharaja Nidana* – Food related causes
- *Viharaja Nidana* – Regimen related causes
- *Manasika Nidana* – Psychological causes
- *Visesha Nidana* – An etiology that is not common in all disease, but specifically act as *Hetu* in this disease
- *Sahaja Nidaan* – Those factors which causes disease due to *Beeja Avayava Dushti*.

**Aharaja Nidana:** *Viruddha Ahara, Drava Ahara, Snigdha Ahara, Guru Ahara, Sheet Ushna Vyatyas, Madhu-Fanita-Matsya-Lakucha-Mulaka-Kakmachi, Chilchim cha Paysa, Ajeerna Adhyashana, Navanna, Dadhi, Til, Atilavana, Atiamla, Masha, Pishtanna, Ksheer, Guda, Snehansh cha aticharatah.*

**Viharaja Nidana:** *Chhardi vega pratighata, Vyayam, Atisantap, Diwashayana, Vyavay, Santap, Vegadharan, Panchakarma apchar.*

**Mansika Nidana:** *Bhaya, Shoka, Santap*

**Vishesha Nidana:** *Vipra-Guru tiraskar, Paap Karma.*

Due to the listed factors, the three *Doshas* vitiated the *Twak, Rakta, Mamsa* and *Lasika* and cause different types of skin diseases. Thus there

are seven types of involved tissues, forming seven major types and eleven minor types of *Kushthas*.<sup>[10]</sup>

#### Poorvarupa<sup>[11]</sup>

- *Sparshajnatva* – Lack of touch sensation in the skin lesion area
- *Atiswedo Na Va* – Excessive sweating or absence of sweating
- *Loma harsha* – Horripilation
- *Kandu* – Itching
- *Toda* – Pricking pain
- *Shrama* – Physical exhaustion
- *Klama* – Mental fatigue
- *Vaivarnya* – Discolouration of skin
- *Kotha* – Elevation of the patches in the skin
- *Shoolam* – Excessive pain in the ulcerated part
- *Vrananamadhikam* – Instantaneous appearance and continued persistence of these ulcers
- *Daha* – Burning sensation
- *Suptangata* – Numbness.

#### Rupa<sup>[12]</sup>

- *Aswedana* – Absence of sweating
- *Mahavastu* – Big size lesions
- *Matsyashaklopamam* - Resembles the scales of fish

#### Importance of Diet

*Ayurveda* has recognized that the body is the result or an outcome of the food we eat. Showing the importance of food *Acharya Charaka* has described that the life of all living things is food and the entire world seeks food. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence are all established in food.<sup>[13]</sup>

*Acharya Susrut* described that the food which nourishes and delights the heart and directly increases the body strength. It improves memory, digestive power, energy, strengthen mind, increases 'Ojas' and increases the longevity of life.<sup>[14]</sup>

#### DISCUSSION

*Ayurveda* has a holistic approach in health management. It gives due importance to food in the management of disease both as a causative factor (*Apathya*) and as a part of therapy (*Pathya*). In *Ayurveda Nidana* has been used for cause. In disease formation *Nidana* is main culprit of many diseases. Faulty dietary habit and lifestyle brings about abnormalities of *Dosha* and *Dushya*. *Ayurveda* gives importance to diet and regimen as a part of *Chikitsa*. *Pathya* and *Apathya* have a major supportive role in the management of diseases. In some stages of *Vyadhi*, following *Pathya* and avoiding *Apathya* is enough to cure the disease. The Human beings are

falling prey to various life style disorders, in which the defects in food play a major role. One among such disorder is *Kushtha*. All the skin diseases in Ayurveda have been described under the heading of *Kushtha*. *Kushtha* is a chronic disease that has substantial psychological and social impact on patient's life. *Eka kushtha* (Psoriasis) though difficult to manage, but if proper diagnosis is made at proper time, it can give significant relief. *Aharaja Nidana* is mentioned in *Kushtha* whereas as per modern science also diet plays a role in the etiopathogenesis of psoriasis.

**Importance of Pathya** – The importance of *Pathya* (wholesome) and *Apathya* (unwholesome) in

*Ayurveda* can be deduced from the fact that *Charaka* had stated *Pathya* as a synonym for treatment.<sup>[15]</sup> *Charaka* had elaborately described the concept of *Pathya* (wholesome) and *Apathya* (unwholesome). For the person who follows *Pathya* which is good for him, then there is no need of any medicine, for the person who does not follow *Pathya*, then what is the need of medicine for him?<sup>[16]</sup> Diseases can be cured by following only *Pathya* without taking any medicine but if the person not following *Pathya* will not be cured instead taking Hundred's of medicaments.<sup>[17]</sup>

**Table showing the Pathya Ahara of Eka Kushtha according to various Acharyas**

<i>Pathya Ahara</i>	<i>Ch.S.</i> <sup>[18]</sup>	<i>Su.S.</i> <sup>[19]</sup>	<i>A.H.</i> <sup>[20]</sup>	<i>Y.R.</i> <sup>[21]</sup>	<i>Bh.R.</i> <sup>[22]</sup>	<i>Bhe.S.</i> <sup>[23]</sup>	<i>Cha.D.</i> <sup>[24]</sup>
<i>Laghu Anna</i>	+	-	-	+	-	-	-
<i>Tikta Rasa Shaka</i>	+	+	+	-	-	-	+
<i>Bhallatak</i>	+	+	+	-	-	-	-
<i>Triphala</i>	+	-	-	-	-	-	-
<i>Nimba yukta Anna</i>	+	+	+	-	-	-	-
<i>Ghrita</i>	+	-	-	-	+	-	-
<i>Puran Dhanya</i>	+	-	-	-	+	-	+
<i>Jangala Mamsa</i>	+	+	+	-	+	+	+
<i>Moong</i>	+	+	+	-	+	-	-
<i>Patol</i>	+	+	+	-	+	-	-
<i>Shali dhanya</i>	-	+	+	-	+	+	-
<i>Shashtik dhanya</i>	-	+	-	-	-	+	-
<i>Yava</i>	-	+	+	-	+	+	+
<i>Godhuma</i>	-	+	+	-	-	-	-
<i>Kodrava</i>	-	+	+	-	-	-	-
<i>Shyamak</i>	-	+	+	-	-	-	-
<i>Masoora</i>	-	+	+	-	+	-	-
<i>Arahara</i>	-	+	-	-	+	-	-
<i>Priyangu</i>	-	-	-	-	-	-	-
<i>Khadira</i>	-	+	+	-	-	-	-
<i>Mathita</i>	-	-	+	-	-	-	-
<i>Bakuchi</i>	-	+	+	-	-	-	-

**Table showing the Apathya Ahara of Eka Kushtha according to various Acharyas-**

<i>Apathya Ahara</i>	<i>Ch.S.</i> <sup>[18]</sup>	<i>Su.S.</i> <sup>[19]</sup>	<i>A.H.</i> <sup>[20]</sup>	<i>Y.R.</i> <sup>[21]</sup>	<i>Bh.R.</i> <sup>[22]</sup>	<i>Bhe.S.</i> <sup>[23]</sup>	<i>Cha.D.</i> <sup>[24]</sup>
<i>Guru Anna</i>	+	-	-	-	+	-	-
<i>Amla Rasa</i>	+	-	+	+	+	-	-
<i>Dudha</i>	+	-	+	+	+	+	-
<i>Dadhi</i>	+	-	+	+	+	+	-
<i>Anupmamsa</i>	+	-	+	+	-	+	+
<i>Matsya</i>	+	-	-	-	-	-	-
<i>Guda</i>	+	-	-	+	+	-	-
<i>Tila</i>	+	-	+	+	+	-	-

<i>Lavana Rasa</i>	-	-	+	+	-	-	-
<i>Katu Rasa</i>	-	-	+	-	-	-	-
<i>Masha</i>	-	-	+	+	+	-	-
<i>Mulaka</i>	-	-	-	-	+	+	-
<i>Divaswapna</i>	-	-	-	-	+	+	-
<i>Ikshu</i>	-	-	-	-	+	+	-
<i>Sura</i>	-	-	-	-	+	+	+

*Ahara* (diet) and *Vihara* (lifestyle) are the key modalities of prevention and management of diseases in *Ayurveda*. The importance of diet can be understood with the fact that it has been called as *Mahabhaishajya* (the super medicine) in the *Kashyapa Samhita*.<sup>[25]</sup>

Take minimum 2 litres of water per day to control the symptoms of psoriasis. Eat a lot of vegetables and green leafy vegetables to control the symptoms. This does not cure the disease but it may reduce the symptoms. Peoples having the poor diet it may affect the skin. Some vitamin tablets like zinc tablets are taken daily can help reduce psoriasis. Drinking alcohol is the risk factor for psoriasis because the white blood cells, including the T cells will release on dilation of blood vessels due to alcohol intake. Some cool drinks, dairy products, condiments and fried dishes affect the skin. On the other hand, Omega-3 fatty acids containing fish oils are thought to reduce inflammation and help to boost the immune system.<sup>[26]</sup>

## CONCLUSION

*Pathya* is the one which keeps the person healthy, maintains normal body functions leads to proper functioning of the organs, nourishes the mind and intellect, prevents diseases and at the same time corrects the irregularities that may occur in the body. *Ayurveda* advocates proper use of diet and regulation of lifestyle from very early life. The diet consumed according to power of *Jatharagni*, at proper time with full concentration will help to be healthy if not will cause diseases. Less quantity causes malnutrition and more quantity causes obesity and faulty food habits are one of the root causes of the life style disorders. Hence to live healthy life one should follow *Pathyapathya* described in *Ayurveda*. With this knowledge, one should avoid unhealthy *Ahara & Vihara (Apathya)* and adopt suitable *Ahara & Vihara (Pathya)* to prevent and to control *Eka Kushtha*. *Pathya* is basic but most important concept on *Ayurveda* which seems to be useful and must be practiced clinically in today's era.

We have a lot of treatment options for psoriasis but no cure for psoriasis has been found till date. The available therapies only give the

symptomatic relief. The choice of treatment is absolutely based on the type and severity of the disease. Psoriasis may substantially affect quality of life. Diet has been suggested to play a role in the etiology and pathogenesis of psoriasis. Diet has been equally linked with the treatment of psoriasis. It has been observed that psoriasis has been improved in 60% of the patients who changed their dietary habits.

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