

**A REVIEW ARTICLE ON ROLE OF MUSTADI KWATH IN
EKAKUSTHA W. S. R. TO PSORIASIS**

**Dr. Sangita Devi*¹, Dr. Nimisha Mishra², Dr. priyaranjan Tiwari³, Prof. (Dr.) Punita
Pandey⁴ and Prof. (Dr.) D. K. Goyal⁵**

¹P.G. Scholar, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.

²Associate Professor, Dept. of Roganidan and Vikriti vigyan, Shri Lal Bhadur Shastri
Smaraka Ayurvedic College, Handia Prayagraj

³Associate Professor, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.

⁴Professor, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.

⁵H.O.D, P. G. Dept. of kayachikitsa, Gurukul Campus, U.A.U. Haridwar.

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***Corresponding Author**

Dr. Sangita Devi

P. G. Scholar, P. G. Dept. of
Kayachikitsa, Gurukul
Campus, U. A. U. Haridwar.

ABSTRACT

Psoriasis is long lasting autoimmune inflammatory papulosquamous disorder characterized by patches of abnormal skin. These skin patches are typically red, itchy scaly and often worsen during winter. In *Ayurveda* almost all skin disorder are explained under *kustha rogadhikara*. *Ekakustha* is a type of *Kshudra Kustha*. It is *vata kaphaj* disorder. It can be correlated with psoriasis as both of these have similar symptoms. Modern medical science treats psoriasis with corticosteroids, PUVA etc. But these therapies give serious side effect. Hence is the need of time to find out safe and effective medication for psoriasis. In *Ayurveda* many *shodhana* and *shaman chikitsa* are

mentioned for *kustha* which are cost effective having no side effect. Shamana therapy is also an important part of the treatment of *Kushtha*. After completing the *Shodhana karma*, *Shamana Chikitsa* is indicated to subside the remaining *Doshas*. *Acharya Charaka* has advised Shamana therapy with *Tikta* and *Kashaya Dravyas*. One such preparation might be *Mustadi Kwath* which is having *Kushthaghna*, *Kandughna*, *dahanasak*, *sothhar*, *krimighna*, *twakdoshar*, *vednahar* and *Rasayana* properties.

INTRODUCTION

Skin is the largest organ in human body. It covers entire body and acts as a protective organ. So there are much more chances of its infection or deformity. The burden due to skin disorders is enormous in both high and low income countries. Psoriasis is oldest recorded diseases. Male and female are equally affected. It is one of the most intriguing and perplexing disorder of skin. Psoriasis is chronic relapsing disease of unknown etiology characterized by sharply defined dry scaling erythematous patches, covered by with adherent silvery white scales. The eruption usually symmetrical and most commonly affectes elbows, knees, scalp, nails and the sacral regions. And is precipiting by climate, streptococcal infection, drugs like antimalarials, beta-aderenoreceptor antagonist etc.

All the skin diseases in *Ayurveda* have been discussed under the broad heading of “*Kushtha*” which are further divided in *Mahakushtha* & *Ksudra Kushtha*. *Ekakushtha* comes under *khudra kushtha*. Psoriasis clinically resembles to *Ekakushtha*. It has symptoms like *Aswednam* (anhydrosis) *mahavastu* (spreding over large area of body), *Matsyosklopam* (silvery scales lesions), *Mandal* (round and with scaling like mica).

Samprapti

According to *Acharya Charaka* ‘*Sptakodravyasangraha*’ (group of 7 factors) is responsible for formation of all kind of *Kushthas*. This group of 7 factors includes three *doshas* namely – *Vata*, *pitta*, *kapha* and four *dushyas* namely – *Twak*, *Rakta*, *Mamsa* & *Lasika*. So it is obvious that vitiation of all three *dosha* is responsible for the development of *Kushtha* (skin disorders) depends on the predominance of particular *doshas*. *Aacharya charaka* has described the involvement of *vata- kapha* in *ekakushtha*.

Treatment with mustadi kwath

In *Ayurveda* many *shodhana* and *shaman chikitsa* are mentioned for *kushtha*. Since, pathogenesis of *Ekakushtha* vitiation of *vata* and *kapha dosha* and four *dushyas twak, rakta, mamsa* and *lasika*, the treatment also should be accordingly. It should be *vatakaphashamak, kushthaghan, kandughna, sothhar* etc. The treatment is opposite in nature and is very difficult to treat so, today find the drug which is cost effective, easily available. It has been mentioned in 19th chapter of *Astanghritya chikitsasthan*. It has properties like *Kushthaghna, Kandughna, dahanasak, sothhar, krimighna, twakdoshhar, vednaha Rasayana* and *tridosha, vatakapha, kaphapitashamak* etc.

Table 1: It contains.

Contents	Latin name	Ratio	Part used
NAGARMOTHA	<i>Cyprus rotendus</i>	1 part	Tuber
AMALAKI	<i>Emblica officinalis</i>	1 parts	Fruit
HARITAKI	<i>Terminalia chebulla</i>	1 parts	Fruit
VIBHITAK	<i>Terminalia bellirica</i>	1 parts	Fruit
MADAN PHALA	<i>Randia spinosa</i>	1 parts	Fruit
KARANJ	<i>Pongamia pinnata</i>	1 parts	Seed
AMALTAS	<i>Cassia fistula</i>	1 parts	Pulp of fruit
KUTAJBEEJ (INDARYAVA)	<i>Holarrhena antidysentrica</i>	1 parts	Seed
SAPTAPARNA	<i>Alstonia scholaris</i>	1 parts	Bark
KUSTHA	<i>Saussurea lappa</i>	1 parts	Root
PRIYANGU	<i>Callicarpa macrophylla</i>	1 parts	Flower
DARUHARIDRA	<i>Berberis aristata</i>	1 parts	Root
SARSHAP	<i>Brassica campestris</i>	1 parts	Seed

Table 2: Properties of content of mustadikwath.

Drug	Ras	Guna	Virya	Vipaka	Dosha karma	Aushadh karma	Pharmacological action
Nagarmotha	<i>Tikta, kashaya, katu</i>	<i>Laghu, Ruksha</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kaph-Pitta Shamak</i>	<i>Twakdoshhara, Sothahara, Lekhan, stanya shodhan</i>	Antibacterial, anti-inflammatory, antipyretic
Aamla	<i>Panchras amla pradhana</i>	<i>Guru, sheet ruksa</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Tridosha Shamak</i>	<i>Kushthaghna, Dahaprashaman</i>	Antimicrobial, anti-inflammatory, antioxidant.
Haritaki	<i>Kashaya rasa Pradhan panchras</i>	<i>Lagha, Ruksh</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosha Shamak</i>	<i>Shothahara, Vranashodhaka</i>	Antibacterial, antifungal, antioxidant
Vibhitaka	<i>Kashaya</i>	<i>Laghu, Ruksh</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kapha shamak</i>	<i>Shothahara, Vedanasthapaka Raktastambhaka</i>	Antibacterial, anticancer, antioxidant Analgesic, Hepatoprotective
Madanphalla	<i>Kashaya, madhu, tikta, katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaph-vatasamak</i>	<i>Sothhar, Vayasthapan, Varnashodhan</i>	anti-inflammatory,
Karanj	<i>Tikta, katu, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha Shamak</i>	<i>Jantughna, kandughna, sothhar, kriminashan, varnaropan, vednasthapan</i>	Anti-inflammatory wound healing activity Analgesic Antibacterial
Amaltas	<i>Madhur</i>	<i>Guru, mridu, snigdha</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Vata-pittashamak</i>	<i>Sothhar, vednasthapan, kushthaghna</i>	anti-inflammatory, Analgesic

<i>Kutajbeej</i>	<i>Tikta, kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kaphpitta-shamak</i>	<i>Kushthaghna, kandughna, krimighna</i>	Analgesic, anti-inflammatory, antidysentric, antibacterial
<i>Saptaparna</i>	<i>Tikta, kashaya</i>	<i>Lghu, snigdha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kaphpitta-shamak</i>	<i>Kushthaghna, Varnashodhan-ropan</i>	Anti-microbial, antimalarial
<i>Kustha</i>	<i>Tikta, Katu, Madhur</i>	<i>Laghu, ruksha, Tikshana</i>	<i>Usna</i>	<i>Katu</i>	<i>Kaphvata-shamak</i>	<i>Durghandnashak jantughna, vednasthapan, kushthaghna, varnya</i>	
<i>Priyangu</i>	<i>Tikta, kashaya, madhur</i>		<i>Sheet</i>	<i>Katu</i>	<i>Vata-pittashamak</i>	<i>Dahaprashmana, vednasthapan, durghandnashan</i>	
<i>Daruharidra</i>	<i>Tikta, kashaya</i>	<i>Laghu, ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-pittashamak</i>	<i>Shothhar, vednasthapan, varnashodhan-ropan</i>	Antimicrobial, Antioxidant, Anti-inflammatory
<i>Sarshap</i>	<i>Katu, Tikta</i>	<i>Tikshna, ruksha, snigdha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-vatashamak</i>	<i>Kushthaghna, varnya</i>	

DISCUSSTION

Loking at the impact of psoriasis in society, it necessary to find out effective, safe and cheap medication in *Ayurveda*. According to *Ayurveda*, all skin diseases come under the heading *Kustha*. *Ekakustha* is considered as one of the type of *kshudra kustha*. It can be correlated with psoriasis. Both Psoriasis and *Ekakustha* keep similarity in symptoms. *Acharya Charaka* has advised *Shamana* therapy for this. All the medications indicated in various texts have content mostly *Tikta* and *Kashaya Dravyas* in *Kustha*. *mustadi kwath* is one such ideal prepration having properties like *Tridoshghna, kushthaghna, kandughna, sothhara, twakprasadhan, varnya, dahaprashman* etc. These properties seems to quite antagonise the pathogenesis of *Ekakustha*

CONCLUSTION

Ayurveda described, the events for pathological changes that occurs to the onset of disease, is known as *samprapti*; and events which break the pathogenesis including *samprapti vighatana* are preciously termed as *chikitsa* (Treatment). '*Mustadi kwath*' is the best formulation to play efficient role for *samprapti vighatana*. It may give better result after *virechana karma*

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