Role Of Pathyapathya in The Management of Eka Kushtha W.S.R. Psoriasis

Dinesh Sahu, Aruna Ojha, Rashmi Diwan, Jeewan Lal Sahu, Devlata Nishad

ABSTRACT: A Chronic, inflammatory, auto-immune skin condition, psoriasis is non-infectious and non-contagious. etiology of psoriasis is unknown, environmental and genetic variables, including dietary and lifestyle changes, are thought to play a role. It is believed that a number of variables make psoriasis flare-ups worse. The three main causes that contribute to the disease worsening are psychological stress, physical injury, and gut dysbiosis. All skin conditions are included under the "Kushtha" in Ayurveda. Due to the striking similarities between their symptoms, psoriasis and "Ek-kushtha" can be connected.

KEYWORDS: Psoriasis, Ayurveda, Kushtha, Ek Kushtha, Pathya and Apathya.

INTRODUCTION
All skin conditions are included under Kushtha Roga in Ayurveda. The word "Kushtha" signifies "something which destroys with certainty." The seven morbidly affected materials -three doshas- Vata, Pitta, and Kapha that have been vitiated by etiological factors and four Dushya Sarira dhatus- Twak, Rakta, Mamsa, and Lasika- that have been afflicted by doshas-are the primary causes of Kushtha. These seven components are responsible for the seven different varieties of Kushtha in this manner. They affect the entire body after emerging from this source. All Kushtha roga are said to involve Tridosha in the Samhita, but the form of Kushtha depends on the preponderance of a particular Dosha, which affects both men and women equally. The Greek words "Psora" (which means "itch") and "sis" (which means "active state") are the sources of the word "psoriasis." Psoriasis is a non-infectious, long-lasting inflammatory skin condition that is characterized by well-defined erythematous plaques with a silvery-white scale that tends to affect the scalp and extensor surface. There is no unique Nidana described for Eka Kushtha in classical Ayurvedic writings. Therefore, it may be said that the general Hetu of Kushtha is the etiological element that leads to Eka Kushtha. Aharaja Nidana, Viharaja Nidana, and Sadvritta Apalana are the three etiological variables for Kushtha that have been identified. The manifestation, transmission, and development of the disease are significantly influenced by each Nidana. Ayurveda emphasizes Nidana Parivarjana as the initial course of treatment, therefore it is crucial to prevent the onset of the disease and monitor its progression through Pathya and Apathya, which are the system's distinctive contributions.

Aims and Objectives
- to research Ek Kushtha's etiology
- to determine Pathya Apathya's contribution to Ek Kushtha prevention.

Material and Methods
- Previous research paper.
- Various national or international journals or magazines.
- Different ayurveda and modern textbooks.

Aaharaj Hetu
An excessively non-vegetarian diet, chichim cha paysa, atiamla, excessive use of ksheer, Guda, Snehanam, eating uncooked or raw food, aniyanam bhojana Samaya, atyambupana, tea with roti, three to four cups of tea per day, daily curd in the summer, and two to three times a week in the other seasons. Specifically chicken and salted fish, Vishamashana, and Viruddha Aahara.

Viharaj Hetu
- Aatap, Diwahayana, Suppression of the Urge of Vomiting; excessive coitus, Vyayam.

MansiKa Hetu
- Fear, Santap, Shoka

Vishesh Hetu
- Guru Vipra- tiraskar, Paap karma

Samprapti

Nidana sevana

- Tridosha prakopa

- Spreaded in triyakgata shiras

- Twak, rakta, mamsa, lasika
Dosha - dushya as takes Sthanshanshraya in Twak

▼ Leads to mandaloutpatti
▼ Kustha

POORVA ROOPA
- Suptangata (decreased touch sensation)
- Daha (burning sensation)
- Vaivarnyaa (discoloration)
- Toda (pricking pain)
- Klama (mental fatigue)

ROOPA
- Matasyasaklopmam (look like scales of a fish)
- Aswednam (doesn't get sweat in the affected area)
- Mahavastu (extension in size)

IMPORTANCE OF DIET
Diet is an important factor in the treatment of many dermatological conditions. According to Ayurveda, our food choices have an impact on or result in our bodies. Acharya Charak stated that all living things depend on food for their survival and that everyone on the planet is hungry. All of these traits are established in food, including intelligence, clarity, a clear voice, a long life, comprehension, happiness, and fulfillment.

DISCUSSION
Ayurveda uses a comprehensive strategy to manage health. It accords food as the proper consideration in the management of sickness, both as a contributing element (Apathya) and as a component of therapy (Pathya). Nidana has been employed as a cause in Ayurveda. Nidana is the primary cause of a number of disorders in the disease-formation process. Dosha and Dushya anomalies are caused by bad eating habits and lifestyle choices. As a component of Chikitsa, Ayurveda emphasizes food and exercise. In the treatment of illnesses, Pathya and Apathya play a crucial supporting role. Following Pathya and avoiding Apathya is sufficient to treat the illness in some stages of Vyadhi.

In Ayurveda, Kushtha is the term used to describe all skin conditions. Chronic illness kustha has a significant negative psychological and social influence on the patient's life. Even though psoriasis is challenging to control, a correct diagnosis done at the right time can provide significant relief. While Aharaja Nidana is described in the Kushtha, current science has discovered that nutrition also contributes to the etiopathogenesis of psoriasis.

Table showing the pathya aahara of ek kushtha according to various Ayurveda text books

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<th>Pathya Ahara</th>
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The primary methods of disease prevention and management in Ayurveda are Ahara (food) and Vihara (lifestyle). The fact that nutrition is referred to in the Kashyapa Samhita as Mahabhaishajya (the great medicine), speaks volumes about how important it is. To reduce psoriasis symptoms, drink at least 2 liters of water each day. For symptom control, consume a lot of veggies, especially green leafy vegetables. Although the symptoms may be lessened, this does not treat the illness. People’s skin may be affected by bad eating. When used daily, some vitamin tablets, such as zinc tablets, can help reduce psoriasis. Because the white blood cells, particularly the T cells, release on dilatation, drinking alcohol increases one’s risk of developing psoriasis.

CONCLUSION

- The development, exacerbation (triggering factors), and therapy of psoriasis are all influenced by diet.
- The diet consumed according to power of Jatharagni, at proper time with full concentration will help to be healthy if not, it will cause diseases. Ayurveda advocates proper use of diet and regulation of lifestyle from very early life.

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