

## **A pilot study on jimutaka vamana yoga in the management of eka kushta w.s.r to psoriasis.**

**MD HOSSAIN, MAHESH MP, CHIMANDA L KAMAR, SANGEETA T, RAHUL BANIK**

*Parul University, P.O.Limda, Ta.Waghodia, Dist. Vadodara, Gujarat, 391760, India*

### **Abstract:**

*The skin is the external covering of our body and the human skin is the largest organ of the integumentary system. It is a link between the internal and external environment. Being the seat of complexion it maintains beauty and personality. Any deformity or disease condition of this leads to both physiological and psychological disturbance of the patient. Consumption of junk food, fast food, cold drinks, smoking and drinking alcohol, leads to the development of metabolic disorders like heart disease, diabetes mellitus, Renal diseases and skin diseases. Among these Skin diseases can adversely affect almost every aspect of a person's life. It may lead the person to have low-esteem, depression and embarrassment. In Ayurveda, all the skin diseases have been discussed under the "Kushta". Eka Kushta is one among Kshudra Kushta due to resemblance of Lakshana, Eka-Kushta can be correlated with Psoriasis. Psoriasis is a skin disease which affects the 0.44 - 2.8% of the Indian population. There are many treatments available for this disease, but because of its chronic reoccurrence nature, Psoriasis is a challenge to treat. The Ayurveda plays an important role to manage this disease. Shodana Chikitsa forms the mainstay of treatment for all major skin diseases in Ayurveda, which helps to remove the deep-seated Dosha from the root itself. In the present study, Vamana Karma with Jimutaka Churna is selected for the pilot study to see the effect on Vamana Karma as well as on symptoms of Eka Kushta or Psoriasis.*

### **Keywords:**

Shodhana Chikitsa, Vamana Karma, Eka Kushta, Jimutaka, Panchakarma and Psoriasis.

**Link:** <http://www.ijpronline.com/ViewArticleDetail.aspx?ID=16635>