



IJAPC

Volume 11 Issue 2,
2019

www.ijapc.com

2350-0204

GREENTREE GROUP PUBLISHERS



An Analysis of *Virechana Karma* with *Trivrutadi Yoga* in the Management of Psoriasis

Shruthi K S^{1*} and Niranjana Rao²

¹⁻²Department of PG Studies in Panchakarma, Shree Dharmasthala Manjunatheshwara College of Ayurveda, Udipi, Karnataka, India

ABSTRACT

Virechana is one of the Shodhana procedures explained in *Ayurveda* Classics for the expulsion of vitiated *Pitta Dosha*, where morbid *Doshas* are expelled out through *Adhomarga*. Psoriasis is defined as chronic skin disorder in which red scaly plaques, with sharply defined borders appear on the body surface. It is a very common disease which affects 1-2% of population in all geographical regions. Most of the skin disorders are explained in *Ayurveda* under the title of *Kushta*. Psoriasis can be correlated to any type of *Kushta* based on its presenting symptom like – *Kitibha*, *Mandala* or *Eka Kushta*. Since *Kushta* is a *Tridoshaja Vyadhi* and a *Twak Vikara*, *Virechana* is said to be one of the best lines of management. In this clinical study, 20 patients diagnosed with Psoriasis were subjected to *Virechana Karma* with *Trivrutadi Yoga* as per classics with all the necessary *Purva Karma* and *Paschat Karma*. The outcome was found to be statistically significant when assessed by PASI score before treatment and after follow up.

KEYWORDS

Kushta, *Psoriasis*, *Virechana*, *PASI Score*,



Greentree Group Publishers

Received 20/06/19 Accepted 04/09/19 Published 10/09/19



INTRODUCTION

Psoriasis is a common, genetically determined, inflammatory skin disorder of unknown cause which in its most usual form, is characterized by well demarcated, raised red scaling patches that preferentially localize to the extensor surfaces¹. It may or may not be life threatening, but it definitely harms patients physically and mentally due to the social stigma surrounding it.

In *Ayurveda Kushta* is considered as one of *Bahudoshajanya Vyadhi*, with involvement of all the *Tridoshas*, affecting the *Sapta Dushyas*. It is also said to be *Dheergakaleena Roga*. Psoriasis can be considered as *Kitibha*, *Sidhma*, *Mandala* or *Ekakushta* based on the type of psoriasis and *Lakshana* of the presenting *Kushta*. *Shodhana* is the treatment modality advised in such chronic diseases because it eliminates *Doshas* from its root. *Virechana* is one such *Shodhana* procedure which is primarily advised in *Pitta Dosh* vitiation where *Doshas* are eliminated through *Adhomarga*².

Here a Single blind clinical study consisting of 20 diagnosed patients of psoriasis was conducted. Patients were administered *Deepana*, *Pachana* with *Panchakola Phanta* and *Abhyantara Snehapana* was done with *Mahatiktaka*

Ghrita followed by *Parisheka* as *Purvakarma*. *Pradhana Karma* of *Virechana* was administered with *Trivrutadi Yoga* which is mentioned in *Virechana Adhikara* of *Gada Nigraha* by *Acharya Sodhala*. Dosage of the *Yoga* was decided based on the *Rogi Bala*, *Roga Bala*, *Desha*, *Agni Koshta* etc. Depending upon the *Shuddhi Paschat Karma* was advised.

MATERIALS AND METHODS

Ethical Committee Approval No 03_A009_77113

Source of Data

20 patients diagnosed with Psoriasis were randomly selected for study from IPD/OPD of S.D.M Ayurveda Hospital Kuthpady, Udupi.

Method of collection of data

It was an open clinical study to evaluate the efficacy of *Virechana Karma* with *Trivrutadi Yoga* in the management of Psoriasis. A detailed proforma was prepared considering all the points pertaining to history, signs, symptoms and examinations as mentioned in Ayurvedic Classics and allied sciences to confirm diagnosis. Patients of either sex who were *Virechana Yogya*, with the age group between 16-70 years were selected.

Purva Karma :



A. Deepana, Pachana

Panchakola Phanta was given 50ml BD before food for 3-7 days until there was *Amapachana* and *Agnideepana*.

B. Snehapana

Abhyantara Snehapana was given with *Mahatiktaka Ghrita*³ with *Ushnajala* as *Anupana* until *Samyag Snigdha Lakshana* appeared. (3-7 days.)

C. Swedana

*Dashamula*⁴*Qwatha Parisheka* for 4 days including the morning of *Virechana* day.

Pradhana Karma :

Patients were administered with *Trivruttadi Yoga*⁵ at around 9.30 am, with *Anupana* of milk. Dose was decided on the basis of *Koshtha*, *Agni* of the patient, as well as *Roga Bala* and *Rogi Bala*. Patients were instructed with dos and don'ts to be followed on the day of *Virechana*.

Paschat karma:

Samsarjana Krama depending upon the nature of *Shuddhi Lakshanas* (3-7 days) was advised along with *Parihara Vishayas*.

Assessments were done based on PASI Score (Psoriasis Area and Severity Index- which takes into account – erythema, thickness and scaling). Before and after treatment and after follow up score of each patient and total study were calculated. Routine haematological investigations were carried out before treatment to assess fitness and avoid complications during procedure.

RESULTS

20 patients were subjected to *Virechana Karma* and there were no drop outs.

In the study a maximum portion of 65% of patients attained *Samyag Snigdha Lakshana* on 4th day followed by 25% on 3 days and 10% on 5 days of *Snehapana*. Highest portion of 60% of patients had *Madhyama Vegas* followed by 25% of patients having *Avara* and 15% of patients having *Pravara Vegas*.

The affect was evaluated using PASI score as explained in Table No 1 :

Table 1 Result on Psoriasis (PASI Score) before and after *Virechana*, and after followup.

PASI	MEAN	S.D	S.E	M.D	% change	t	p	INFERENCE
BT	20.87	12.12	2.71	1.07	5.12%	4.10	0.001	H.S
AT	19.79	11.69	2.61					
AT	19.79	11.69	2.61	7.04	35.57%	7.23	0.000	H.S
AF	12.75	8.62	1.92					
BT	20.87	12.12	2.71	8.11	38.85%	5.03	0.000	H.S
AF	12.75	8.62	1.92					



The results showed that the changes seen after *Virechana* as well as after follow up both were statistically highly significant.

DISCUSSION

Virechana is explained by *Acharyas* as prime treatment modality for *Pitta* and also in cases such as - *Kaphasamsrushta Pitta* or *Pittasthanagata Kapha*⁶. And moreover on cases of *Vatasyopakrama*, *Mridu Shodhanais* indicated which refers to *Mridu Virechana Karma*. Thus action of *Virechana* can be seen on all *Tridoshas*.

Psoriasis is defined as chronic skin disorder in which red scaly plaques, with sharply defined borders appear on the body surface. It is very common disease and it is estimated that there are more than 10 million cases per year in India alone. Most of the skin disorders are explained in *Ayurveda* under the title of *Kushta*. It is a *Deergakaaleena Vyadhi*, *Bahudoshavastha* and *Tridoshaja Vyadhi* also effecting the *Dushyas* like *Twak*, *Rakta*, *Mamsa* and *Lasika* as said in *Saptako Dravya Sangraha* of *Kushta*. *Shodhana* is the preferable line of management in such cases because there is requirement to eliminate *Doshas* from its root. Since it is a *Twak Vikara* and *Rakta* is one of the factor which is effected and results in further spreading of the disease, which has

Ashraya Ashrayi Sambandha with Pitta, *Virechana* is considered as best treatment modality in *Kushta*. *Virechana* was conducted in every patient adopting the classical methods. *Pachana Deepana* was done as *Purvakarma* with *Panchakola Phanta*, followed by *Abhyantara Snehapana* in *ArohanaKrama* with *MahatiktakaGhrita* until the attainment of *Samyak Snigdha Lakshana*. *Mahatiktaka Ghrita* was opted for *Snehapana* since it is one of the highly effective *Ghrita Yogas* mentioned by *Acharyas* in *Kushta* management. This was followed by *Dashamula Parisheka* as *SwedanaVidhi* for 4 days with the 3 days in between as *Vishramakala*. *Dashamula* was selected for its *Tridoshaghna* action. *Trivrutadi Yoga* was selected as the *Yoga* for the *Pradhana Karma- Virechana*, which is one of the *Yogas* from the *Gada Nigraha*, *Virechanadhikara*. *Trivrutadi Yoga* is formed with a combination of *Trivrut*, *Danti*, *Vidanga* and *Haritaki*. It is mentioned by *Acharyas* that *Trivrut* and *Danti* are the best drugs to administer *Virechana* in any form of *Kushta*. Here along with *Trivrut* and *Danti* the *Yoga* also has *Haritaki* and *Vidanga* which are known for their *Anulomana* and *Krimighna* actions respectively, both of which are required in the management of



Kushta. Based on *ShuddhiSamsarjanaKrama* was advised.

Probable Mode of Action :

Virechana Dravyas are said to have *Ushna, Teekshna, Sukshma, Vyavayi* and *Vikasi Gunas* which reach *Hridaya* by virtue of their *Viryas* and circulate throughout the body through *Sthula* and *Sukshma Srotas* due to *Sukshma* and *Vyavayi* properties. Because of their *Agneya* and *Tikshnatva*, they do the liquefaction of *Doshas*. Similar to honey which does not adhere to the unctuous wall, these liquefied and crumbled mass lose their contact with the walls of channels in the unctuous body and move towards *Koshta* by virtue of *Anu Pravana Bhava* and ultimately reaches *Amashaya*. Due to the predominance of *Jala* and *Prithvi Mahabhuta* and due to *Adhobhaga Prabhavain Virechana Aushadha*, the *Doshas* are then expelled out through *Guda Marga*⁷.

significant with 38.85% change in mean PASI score from before treatment to after follow up.

CONCLUSION

Thus in this study, it was found that *Virechana* with *Trivrutadi Yoga* is effective in the management of psoriasis and the results calculated on the basis of PASI scores, *Lakshanas* of disease before treatment, after treatment and after follow up were found to be statistically



REFERENCES

1. R Marks, 2016, Roxburghs's Common Skin Diseases, 17th edition, Arnold Publishers, Chapter-9, Page no-128.
2. Agnivesha "Charaka Smahita", Revised by Charaka and Dhridabala with Ayurveda Dipika Commentary of Chakrapanidatta, Reprint 2004, Chaukhamba Samskrit Samsthana, Page no-651.
3. Agnivesha "Charaka Smahita", Revised by Charaka and Dhridabala with Ayurveda Dipika Commentary of Chakrapanidatta, Reprint 2004, Chaukhamba Samskrit Samsthana, Varanasi UP, pp-738, page no-651.
4. Acharya Trikamji Yadavji, "Ayurveda Deepika" of Chakrapanidatta on "Charaka Samhita" Chaukhamba Surabharati Prakashana, Page no-34.
5. Vaidya Sodhala, "Gadanigraha", with Vidyotini Hindi Commentary by Sri Indradeva Tripathi, Vol 3, Reprint 2011, Chaukhamba Samskrit Samsthana, Varanasi UP, pp-807, page no-774.
6. Vagbhatacharya "Ashtanga Sangraha" with Shashilekha Commentary of Indu, 1991, CCRAS Publication, New Delhi, pp-659, page no-203.
7. Dr Kajaria Divya, 2012, "Text Book of Panchakarma with Illustrated Pictures", Chaukhamba Samskrit Bhavan, Varanasi, pp-403, page no-216-19.