



www.ijapc.com

IJAPC

E ISSN 2350 0204

Vol 12 Iss 2 2020

GREENTREE GROUP PUBLISHERS (ggp)



Effect of *Virechana Karma* Management of Psoriasis - A Case Study

Dahikar Minal Gajananrao*

*Panchakarma Dept. Dr. D.Y. Patil college of Ayurveda and Research Centre, Pimpri, Pune, MS, India

ABSTRACT

Psoriasis is one of the critical and fast growing problems in society which has no complete and truthful cure in different medical faculties. We come across several patients of psoriasis which have no expected treatment response from many specialist and pathies since 2-13 years. By blessings of classical *Ayurveda* text, we can treat psoriasis by *Ayurveda* treatment like *Panchakarma* therapy in better way. *Ayurveda* has a holistic treatment approach for psoriasis. As per *Ayurveda*, vitiation of *Tridosha* is the main pathological factor in the body. Acharyas have already mentioned Shodhana and Shamana Chikitsa as the line of treatment of skin diseases including Psoriasis. *Virechana Karma* (purgation) is the Shodana Chikitsa among Panchakarma therapy widely used for psoriasis. A case of 38 year old male having symptoms like well outlined, raised, red scaling silvery spots on back region and itching & burning sensations over upper limbs will be discussed here.

KEYWORDS

Ekakushtha, Psoriasis, Virechana



Greentree Group Publishers

Received 21/06/19 Accepted 06/02/2020 Published 10/03/2020



INTRODUCTION

In *Ayurvedic* texts, all skin diseases are mentioned under *Kushtha* (Ayurvedic Dermatology). According to *Acharya Kashyap*, skin having developed erysipelas, spreading constantly, associated with discharges, pain and parasites is *Ekkustha*.¹ According to *Charaka*, *Kushtha* is which does not sweat, which is extensively spreading and seems like fish scale is known as *Ekakushtha*.² According to *Sushruta*, where the skin becomes black and pink color is known as *Ekakushtha*.³ Psoriasis is a commonly found, deep rooted, reappearing inflammatory disease of the skin of unknown origin, known by well circumscribed erythematous, dry plaques of various sized with mica like scale.⁴

Psoriasis is a kind of *Kushtha* and can be mentioned as *Ekakushtha* and *Mandala Kushtha* as they have similar signs and symptoms, in which both hereditary factors and environmental factors have a critical role. Due to recurrence nature of Psoriasis, its challenge to treat this disease though is having multiple treatment available. Ayurved treatment is safe and effective medicine for Psoriasis.

CASE PRESENTATION

A 38-year old male patient residing in Nehru Nagar, Pimpri, Pune Maharashtra

visited OPD of Panchakarma department in Dr. D. Y. Patil college of Ayurveda & Research Centre Pimpri, Pune on February 2019 with erythematous plaques on back region, both hands and scalp. The affected skin was red and the surface was covered by large silvery scales. He complained of itching and burning over body especially over upper limb. On history, patient had above complaints since 2 year. Patient took allopathic treatment for long time & also used steroids but had no relief. His general health was good and both physical examination and blood tests (routine test) were within normal range. A proper *Virechana* karma stated in classics (purgation therapy) with internal medication were given to the patient. The treatment in detail is as under.

PERSONAL HISTORY

Occupation: IT Servant.

O/E:

Nadi (Pulse) = 76/min.

Mala (Stool) = Vibandh

Mutra (Urine) = Normal

Jivha (Tongue) = Saam

Agni = Kshudha mandya

Shabda (Speech) = Normal

Sparsh (Skin) = Khar, Raktavarniya

Druka (Eyes) = Normal

Akruti = Madhyam

Bala = Madhyam

Raktadaab (B.P.) = 130/80mm Of Hg



Method of Virechana-

PURVA KARMA-

Purva Karma of *Virechan* described by *Acharyas* are *Deepana*– *Pachana*, *Snehana* and *Abhyanga* -*Svedana*. *Deepana* and *pachana* was done by administration of *Sutshekharras* 250mg BD, *Guduchighanvati* 500mg BD and *Araghvadhkapila* at night for 3days.

Snehapana (internal oleation therapy) was done by *Panchatiktaghrita* for 5days with increasing quantity of *panchatiktaghrita* with *anupanakoshnajala*. *Snehapana* was advised to take in morning after complete digestion of food.

Day	Snehapana
Day 1	30ml
Day 2	60ml
Day 3	90ml
Day 4	140ml
Day 5	180ml

After obtaining of ‘*SamyakaSnigdhaLakshana*’ like *vatanulomyam* (proper flatulence), *Diptagni* (proper hunger), *varchsnighdha-ahanhatam* (soft loose stool), *angamardavam* (softness of body), *angasnighdhata* (oiliness of body)⁵, *glani* (no interest in taking food), *angalaghava* (lightness) and *adhahstatsneha darshanam*.⁶ Patient was subjected to perform

Abhyanga(oleation and massage) with *Bala oil* and *Swedana* by *SarvanganadiSwedabyDashamoola* decoction since first day of *snehapana*. During *snehapana*&*snehan-svedana*, easy to digest and liquid warm diet was advised. *Pitta prakopakaahar* was advised on second *snehavirama* day (evening of day before *virechana karma*). Thereafter, on the eighth day morning, *Virechana* was performed.

2) PRADHANA KARMA -

Before administration of *Virechan* drug, *Abhyanga* (massage) by *Bala oil* and *Svedana* by *Dashamooladecoction* was done. On *Virechana* day general examinations like pulse, blood pressure, respiration and temperature were recorded. They were recorded at regular intervals during the *Pradhana Karma*. As mentioned in classics, *Virechana* drug was administered after passing stool of morning time. Accordingly, the appropriate time for administration of *Virechana* drug was 9.00 am empty stomach. ‘*Virechan drug*’ was *Trivruttaleha* and it’s dose was 80gms. *Triphala* decoction 100ml and *Mrudvikafant* 100ml were given as *Virechanopakdravya*.

After that, the patient was observed carefully to avoid complications. Number of motions after administration of *Virechana* drug were counted, till the



symptoms of proper purgation like stopping of purgation on its own, passing of stool with mucus in the last one or two motions, feeling of lightness in the body and later improvement in signs and symptoms of the disease appeared.

1) PASHCHAT KARMA-

After the completion of *Virechana*(purgation), the patient was given *SamsarjanaKrama*^{7,8} of considering the *Shuddhi* as *Madhya* type of *Shuddhi* (moderate purification). The patient was advised to take rest and advice to take *sansarjana karma* for 5days.

Table 1 *Sansarjanakrama* for *Madhyam Shuddhi*

Days	<i>Annakala</i>	<i>Madhyamshuddhi</i>
1	-	-
	Evening	<i>Peya</i>
2	Morning	<i>Peya</i>
	Evening	<i>Vilepi</i>
3	Morning	<i>Vilepi</i>
	Evening	<i>Akrityush</i>
4	Morning	<i>Krityush</i>
	Evening	<i>Akritmansrasa</i>
5	Morning	<i>Kritmansrasa</i>
	Evening	Normal diet.

RESULTS

During *Snehapan* patient got relief from symptoms. After purgation therapy, the red silvery patches all over body and scalings were disappeared. Itching and burning were completely relieved. Then he was prescribed some oral medication.

Arogyavardhini Rasa -125mg BD

Avipatikarchurna- 250mg BD

Sukshmatriphala- 250mg BD

Manjisthadikwath- 10ml BD

Along with the above medicines, he was advised to follow *Patyapalan*. Avoid intake of junk food, spicy, deep fried food, sour food items (curd & citrus fruits) and salty food, day-sleep and advised to take simple dietary & lifestyle modifications. With a follow up for a period of 3months, till today the patient has shown no signs of recurrence.

The results of above medication are shown in figure 1 and 2.



Figure 1

Figure 2

Before Treatment



Figure 3

Figure 4

After Treatment

MODE OF ACTION

Dipana and *Pachana* Drugs-

After *Dipan*, *Pachan*, *Snehan* and *Swedana*, the *Dosha* should be expelled from the nearest route at proper time according to the strength of *Roga* and *Rogi*.



Acharya Hemadri commenting on it says that *Pachana* does digestion of *Ama*, *Dipana* does separation of *Dosha* from *Dhatu*, *Snehana* does *Utkleshana* (excitation) of *Dosha* and *Swedana* brings the *Dosha* from *Shakha* to *Koshata*.

Virechana (Purgation)-

Virechan yoga gets absorbed and it reaches to the *Hridaya* due to the effect of drug *Virya*, then to the *Das-dhamani* and then after it reaches to macro and micro channels of the body. The *Vyavayi guna* of drug causes quick absorption. The *Vikasi Guna* is responsible for softening and loosening of the bond by *Dhatu Shaitilya karma*. Due to *Ushana Guna dosha sanghata*(compactness) is liquefied (*Vishyandanta*). Action of *Tikshana Guna* is to break the *mala* and *Dosha* in micro form. According to *Dalhana* this action is due to quick excretion (*Doshasravanakaratra*). Due to *Sukshama Guna* drug enters, disintegrates endogenic toxic, which are then excreted through micro channels. Mainly due to *Prabhava*, *Prithvi* and *Jala* constitution and presence of *Sara guna virechana* occurs.^{9,10}

CONCLUSION

Psoriasis is difficult to treat, but if proper diagnosis is made at proper time, it can give significant relief. In present case, the

treatment was found very effective in treating Psoriasis. There was 50-70% relief in signs and symptoms after Virechana Therapy and almost 90% relief after Oral medications and Nidan parivarjana.



REFERENCES

1. Tiwari P.V., KasyapSamhita, English translation and commentary, ChaukhambhaVishvabharti, Varanasi (India), reprint 2008, Chikitsashtan, verse no.2, chapter no.9, page no.198.
2. Sharma P.V., Agnivesha, CharakSamhita, Chukhambha Sanskrit Pratisthan Delhi (India) ,reprint 2012, Volume 2, Chikitsashtan, verse no.21, chapter no.7, page no.184.
3. Sharma Anantram, Shushrut samhita, Chaukhambha Surbharti Prakashan, Varanasi (India), reprint 2012, nidanshtan, verse no.9, chapter no.5, page no.495.
4. Aspi F. Golwalla and Sharukh A Golwalla, Golwalla's medicine, aspiGolwalla, Empress court, Church gate Mumbai 400020 (India), 23rd edition 2011, chapter14, page no.805.
5. Sharma P. V., CarakaSamhita of Agnivesha, Chaukhamba Sanskrit Pratishthan Delhi, Reprint 2011, Volume 1, Sutrasthan, Verse no. 58, Chapter no. 13, page no.206.
6. Sharma Anantram, Shushrutsamhita, ChaukhambhaSurbhartiPrakashan, Varanasi (India), Reprint 2012, Volume 2, Chikitsashtan, verse no.53, chapter no.31, page no.414.
7. Sharma P. V., CarakaSamhita of Agnivesha, Chaukhamba Sanskrit Pratishthan Delhi, Reprint 2012, Volume 2, Siddhistan, Verse no. 11, Chapter no. 1, page no.877.
8. Sharma P V, Agnivesha, CharakSamhita, Chaukhamba Sanskrit Pratishthan Delhi (India), Reprint 2011, Volume 1, Sutrasthan, verse no.16, chapter no.15, page no.245.
9. PatilVasant, Principles and Practice of Panchakarma, Chaukhmabha Publications, New Delhi (India), 4thEdition, chapter 12, page no.377
10. PatilVasant, Principles and Practice of Panchakarma, Chaukhmabha Publications, New Delhi (India), 4thEdition, chapter 12, page no.381