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Effect of Virechana Karma in Ek-Kushtha (Psoriasis) – A case study

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Abstract - Your skin acts as a barrier against everything that makes you who you are, so the condition of your skin says a lot about you. Any skin condition affects a person's social life and sense of self. Psoriasis is one of the major issues facing people in the present era when it comes to skin illnesses. The WHO estimates that 2-3% of people worldwide have psoriasis (April, 2013). Psoriasis is twice as common in men as in women in India, where the frequency ranges from 0.44 to 2.88%. The majority of patients are in their third or fourth decade, and there are 2.46 men for every female in India[1], based on similarities in etio-pathogenesis and symptomatology, *Ek-Kushtha* and Psoriasis can be correlated. Since *Ek-Kushtha* and *Kushtha* in general are *Bahu-Doshaja vyadhi* in nature, the primary line of treatment for *Ek-Kushtha* is *Shodhana. Virechana* is a special remedy for *Samsrista Kapha*, *Pitta-sansargaja Dosha*, and also helps with *Vata Dosha. Ek-Kushtha* benefits greatly from *Virechana karma* because *Kushtha* is *Tri-Doshaja vyadhi*[2].

Key words: Ek-kushtha, Psoriasis, Shodhana, Virechana.

INTRODUCTION –

One of the priceless gifts that India has given the world is *Ayurveda*. Every issue can be solved with *Ayurveda*. "TREATING THE PATIENT RATHER THAN THE DISEASE" is the motto of *Ayurveda*, which is more than just a medical system. The two main goals of *Ayurveda* are to cure a person's discomfort and support a healthy lifestyle.

स्वस्थस्य स्वास्थ्य रक्षणम् आतुरस्य विकर प्रशमनम् ॥

In Ayurveda, Acharyas explained various skin disorders under the heading of Kustha Roga. *Kushtha* includes various spectra of skin diseases. *Ek-kushtha* can be correlated with psoriasis on the basis of similarity in Etio-pathogenesis & symptomatology "It produces severe psychological impact and badly hampers the quality of life.

In *Brihatrayi, Acharyas mentioned* total 18 types of *Kushtha* as per the various *dosha's* dominancy and *Ek-Kushtha* is one amongst eleven *Kshudra Kushtha*.

DEFINITION: -

त्वचः कुर्वन्ति वैवर्ण्य दुष्टाः कुष्ठमुशन्ति तत् ।

कालेनापेक्षितं यस्मातसर्वं कुष्णाति तद्वपु ।।[3]

The condition which causes discoloration over the skin is called *Kushtha*. Over time, it has an impact on the entire body.

***EK-KUSHTHA* SYMPTOMS-**

अस्वेदनं महावास्तु यन्मत्स्यकलोपमम् तदेककुष्ठं...[4]

Aswedanam: Absences of sweating.

Mahavastu: Chakrapani defines Mahavastum as Mahasthanam, or a large region of involvement for the lesion.[5]

Matshya shakalopomam: Abhrakapatramsama (B.P.) - Acharya Charaka, Madhava, and Vagbhata describe a lesion resembling fish scales, while Bhavprakash claims that a lesion resembling Abhrakapatrasama is created. This symptom is similar to scaling which is also known as Hyperkeratinisation in psoriasis.

The Greek words "Psora," which means "itch" or "scale," and "Iasis," which means "condition," are the roots of the English word "psoriasis[6]". A non-infectious inflammatory skin disease, psoriasis is typified by large adherent, silvery scales and well-defined erythematous plaques[7].

Psoriasis is a common autoimmune disease that affects the skin and joints. Excessive immune system activity causes excessive skin cell proliferation. Psoriasis has a high heritability, believed to be between 60 and 90 percent.

CASE REPORT

A 28- year-old male patient came to consult in OPD of Panchakarma (OPD Reg. No. 1821/11296) in Rishikul Ayurvedic Medical College with complaints of Silvery scales on B/L lower limbs and B/L Palms with excessive dry lesions and severe itching from last 4 years. The patients also consulted in allopathic hospital and took allopathic medications but did not get satisfactory relief then he came to Rishikul campus for better management.

PATIENT PROFILE

Name: XYZ

Age/Sex: 28 year/ M

OPD No.: PK 1821/11296

Occupation: Student

Religion: Hindu

Marital Status- Unmarried

Address: Sambhal, (U.P.)

ENVIRONMENTAL HISTORY: -

Patient shifted from Bangalore to Haridwar 17 years back and found his symptoms aggravates since then.

Patient shifted from Sambhal to delhi for his study and live in delhi for 3 years, then come back to his hometown, after 6-7 from returning he slowly develop some lesions in his palm and later on legs.

PERSONAL HISTORY

Appetite: Reduced

Thirst: Normal

Bowel: Irregular

Koshtha- Krura

Micturition: Normal

Sleep: Reduced (4-5 hours)

Diet: Mixed

VITAL EXAMINATION

Blood Pressure: 120/80mmHg

Pulse rate: 84 bpm

Respiratory rate: 18cpm

Weight: 61kg

Temperature: 98.8 F

ASHTAVIDHA PARIKSHA

Table-1

1	*Nadi*	*Vata-kaphaja*
2	*Mala*	*Malabadhta* (Constipated On/Off)
3	*Mutra*	*Prakrit*
4	*Jihva*	*Sama* (Coated)
5	*Shabda*	*Prakrit*
6	*Sprasha*	*Ruksha* (Dry skin)
7	*Drika*	*Prakrit* (No icterus & palor)
8	*Aakriti*	*Madhyama Shareer*

DASHVIDHA PARIKSHA

Table-2

1	*Prakriti*	*Vata-pittaja*
2	*Vikriti*	*Madhyama*
3	*Sara*	*Raktasara*
4	*Samhanana*	*Madhyama*
5	*Pramana*	*Madhyama*
6	*Satva*	*Madhyama*
7	*Satmya*	*Madhyama*
8	*Ahara shakti*	*Avara*
9	*Vyayama shakti*	*Avara*
10	*Vaya*	*Bala (Charaka)*

SKIN EXAMINATION

Site of lesion: bilateral lower limbs, B/L Palms.

Distribution: Symmetrical

Colour of Lesions: Silver (Whitish Appearance)

Margin: Irregular

Surface: Dry

Type of Psoriasis: Plaque type

SAMPRAPTI GHTAKA

Table-3

Nidana	*Ahitkara Aahara-Vihara, Chinta, Nidrakshya*
Dosha	*Vibandhata*
Dushya	*Twaka, Rakta, lasika,*
Srotas	*Rasa, Rakta*
Adhisthana	*Twacha*
Rogamarga	*Bahya*

MANAGEMENT:

1. By *Shodhana chikitsa:*

IMPORTANCE OF *SHODHANA*:

दोषाः कदचित् कुप्यन्ति जिता लङ्धन् पाचनैः ।

जिताः संशोधनैर्ये तु न तेषां पुनरूद्भवम् ॥ (Ch. Su. 16/20.)

According to *Acharya Charaka, doshas* under *Samshamana chikitsha* have the potential for revocation, but doshas under *Samshodhana* they do not have such likelihood.

***Virechana Karma*:**

Virechana is a specific treatment for *Pitta samsargaja doshas, Kapha samsrista doshas &* also for *Pitta sthanagata Kapha.* Hence Virechana is beneficial in tridosha states and *Kushtha* has the Involvement of All three *doshas*.

"*Virechanam Pittaharanam*"[8].

So, in this study we choose *Virechana* for the *Shodhana* of the body along with *Shamana Chikitsha.*

Table-4

Karma	**Medication**	**Dose**	**Route**	**Duration**
Deepana-Pachana	Ajmodadi Churna, Chitakadi vati	6-gm BD*5 days 2-tab BD* 7 days	Oral	12 days
Snehapana* in *Arohanakarma	Panchtikta Ghrita	(30ml, 50ml, 80 ml, 110 ml, 130ml, 160ml, 180ml) With Lukewarm Water	Oral	Morning Empty Stomach for 7 days

Snehana and Swedana	Sarvanga Abhyanga with Coconut oil and 777oil. Sarvanga Swedana with Dashmoola Kwatha	Q.S	External application	For 3 Days
Virechana	Trivrita Avleha with Anupana of Draksha Kashaya	– 80 gm -150 ml	Oral	1 day

No. of *Vegas*: 23

***Shuddhi*:** *Pravara suddhi*

Antiki Shuddhi: *Kaphanta.*

Peyadi Sansarjana: was followed after *Virechana for 7 days.*

2. NIDANA PARIVARJANA:

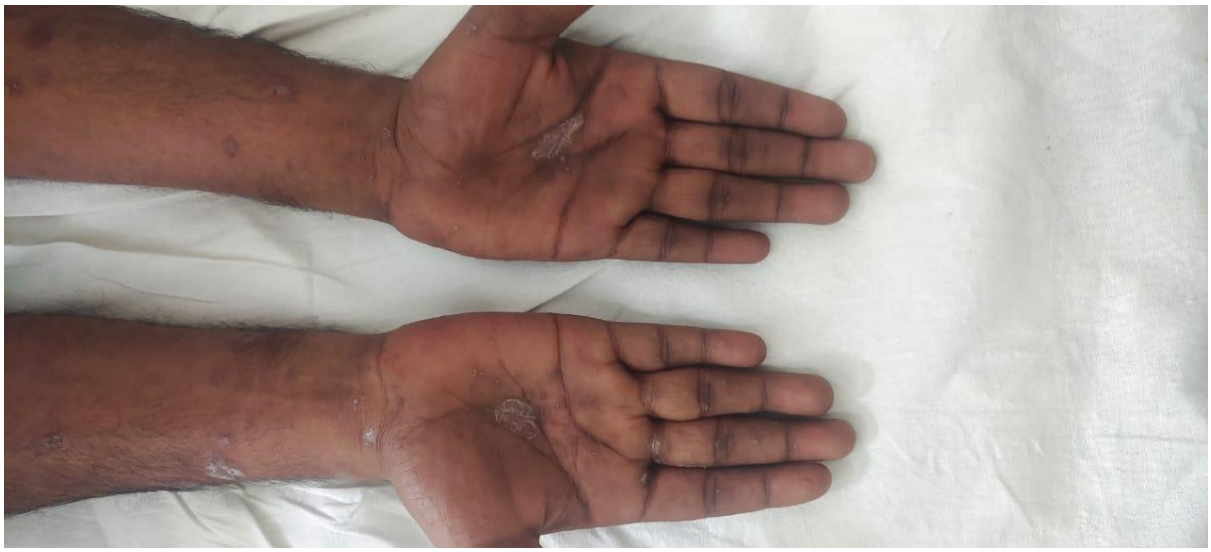
Nidana is the starting point of the disease's manifestation. The first line of treatment is to prevent *Nidana Sevana*, since this would limit the disease's ability to worsen by vitiate *Dosha*. Therefore, improving *Dhatu*-level metabolic activity, addressing *Srotoavrodha*, and nourishing deficient *Dhatu* are the key goals of treatment.

3. RESULT:

It has been noted that symptoms such as erythema, scaling, and itching have significantly improved. Additionally, the patient's bowel habits and sleep quality have improved. Dryness (*Rukshta*) of the lesions decreases after *virechana karma*. Colour of lesions which was Silvery before treatment turned into Similar to skin colour. Very good improvement has been seen in palm lesions. (As shown in BT, AT image below).

BEFORE TREATMENT:

AFTER TREATMENT:



DISCUSSION:

Faulty eating habits and lifestyle choices aggravate the *kapha dosha*, which produces toxins to build up in the body and impairs digestion, resulting in *ek-kushtha*, also known as psoriasis. In this case Patient's condition was too severe, so we can assume on the basis on symptoms and disease condition that there was the accumulation of *doshsas* in large scale (*Bahudoshavstha*), To treat the vitiated and aggravated doshas, Sanshodhana karma is the suitable remedy. So, in this situation *Virechana* was selected for *shodhana karma*, after *virchana* we found significant improvement in Sign symptoms of disease. Preliminary therapies like *Deepana, Pachana, Snehana*, and *Swedana* are utilized to repair faulty metabolism before starting the main treatment.

The patient was first given *Ajmodadi Churna* and *Chitrakaadi vati* for 12 days, which promotes *Jatharagni*. Next, *Panchtikta ghrita* were administered as *snehapana* in increasing sequence for 7 days, till the appearance of *Samyaka snehana Lakshana*. To break the link between dosha and *dushya* and so aid in breraking the pathophysiology.

Following the conclusion of *abhyantara Snehapana*, a three-day *Sarvanga Abhyanga Swedana* is scheduled. It facilitates the removal of blockages in *Srotas* and the transfer of vitiated *doshas* from *Shaka* to *Koshtha*.

The role of *Virechana*:

Virechana Karma is a biopurification technique that detoxifies the body, removes morbid *Dosha* from it, maintains *Dosha* and *Dhatu Satmaya*, or homeostasis, and promotes the renewal and renovation of bodily tissues. It also strengthens immunity and purifies the *Srotas* (microchannels). Consequently, *virechana* is a really helpful treatment for psoriasis.

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