



THERAPEUTIC EFFECT OF VIRECHANA KARMA IN PSORIASIS– A CASE REPORT

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Article Received on 12/02/2018

Article Revised on 05/03/2018

Article Accepted on 26/03/2018

ABSTRACT

Psoriasis is a chronic, inflammatory skin disorder which affects the skin. Psoriasis or other disease can have a significant depressing impact on the physical, emotional, and psychosomatic health of the patients. According to *Ayurveda*, it is considered in *Ek-kustha* and in the case of *Kustha Samshodhana Chikitsa* has been described. So *Virechana* can be considered as blessings for the psoriatic patient. In this study 46 years, male patient, presented with the complaints of dry scaly patches with deep cracks and itching on the bilateral lower limbs. The patient was treated with *Virechana karma* followed by oral medicine. After the treatment patient's skin condition is improved, and find the significant result in itching and dryness of the patches. By this single case study we can say that *Virechana karma* followed by oral medicine play an important role in psoriasis, improved the quality of life.

KEYWORDS: *Virechana karma*, *Ayurveda*, psoriasis, *Ek-kustha*.

INTRODUCTION

Psoriasis is a noncontagious, chronic skin condition that produces plaques of thickened, scaling skin. The dry flakes of skin scales result from the excessively rapid proliferation of skin cells.^[1] Psoriasis is estimated to affect 2–4% of the population of the western world.^[2] It can occur at any age, although it most commonly appears for the first time between the ages of 15 and 25 years. Approximately one third of people with psoriasis report being diagnosed before age 20.^[3] Psoriasis affect both sexes equally.^[4] In *Ayurveda*, all skin diseases are comes under a broad heading of *Kushtha Roga*. *Eka kushtha* is one of *kshurda kushtha*.^[5] Due to much resemblance clinical feature psoriasis can correlated with *Ek kushtha*. *Samshodhana* is one of the mainline of treatment for *kushtha* in *Ayurveda* text which deals mainly with elimination of the vitiated and aggravated *Doshas* from the body, and *Virechana(samsrna)* also indicated at every one month in *Kustha Chikitsa*.^[6]

CASE REPORT

This 46 years old male patient presented in the hospital of Rishikul Campus, Haridwar in the department of panchakarma with the complaints of dry, scaly patches with itching and cracks on the lower limbs since 6 months.

H/O present illness

Patient was healthy 2 year back as per his own opinion, and then he developed dryness and hardness of skin of bilateral lower limbs. Later on the dryness of affected area increased day by day and developed deep cracks, which bleed sometime. After that patient took allopathic treatment and got temporary relief and weight put on after treatment, before 4 months ago, patient suffered from same complaints. Now he came in Rishikul campus, panchakarma OPD for better management.

Family history: Not significant.

Past history: No relevant past history.

Examinations

General condition of patient was fair; appetite of the patient is decreased. Bowel- irregular, micturition – Normal, Sleep – Sound, pallor & icterus – not present, lymph nodes- not enlarged, tongue – Non coated, pulse rate- 80/min. Cranial nerve examinations are normal.

Examination of the *Rogi* (patient) according to *Ayurveda*

- **Prakriti:** - *Pitta-kapha*.
- **Vaya:** - *Madhyama*
- **Bala:** - *Madhyama*
- **Agni:** - - *Madhyama*
- **Koshta:** - *Madhyama*

- *Abhyavarana Shakti- Madhyama*
- *Jarana Shakti - Avara*
- *Nadi- Pitta kaphaj*

Treatment

After the proper examination and analysis of the patient has been prescribed for *Virechana* (medicated purgation) karma.

Virechana Karma- Deepana (appetizer) and *Pachana* (digestive) done by *chitrakadi vati- 2 T.D.S.* with Luke warm water for 3 days. after *samyaka Deepana* and *Pachana* the patient was administered for *Snehapana* (oral administration of ghee) with *Suddha* (pure) *Goghrita* (cow's butter) with the starting dose of 30ml, than in increasing order till *Samyaka Snehana Siddhi Lakshanas*⁽⁷⁾ (adequate oleation according to text) occur. This *Snehana* karma further followed by *Abhyanga* (massage) and *Swedana* (sedation) for next 3 days. Thereafter, on the fourth day, *Virechana* was performed.

Virechana Yoga (formulation for purgation) - 150ml decoction of *Trivarita with 50 mg trivarita Avaleha*. By this *Virechana Yoga Pravara Suddhi* (30 vega) has been found. So according to *Pravar Suddhi Samserjana Karma* has been advised for 12 *Annakala*.

Result of therapy: - patient felt relief in signs and symptoms from *Snehapana* procedure like in itching and dryness. After *Virechana* process the dry, scaly patches and deep cracks are diminished and after the course of oral medicine *manjistha kwath 50 ml B.D. Kaishor guggulu 2tab B.D.* patient felt highly significant results in all sign and symptoms.

DISCUSSION

Probable mode of action of *Virechana* karma

Virechana karma is a method of bio-purification, process of *Virechana* proceeds with *Deepana* and *Pachana* which reduce the *Aam* and normalize the *Agni* or metabolic activity. After that in *Snehapana* procedure, which lubricates the all micro and macro channels and responsible for *Uttkleshana* of *Dosha*. It also reduces the dryness, burning sensation and itching. *Ghritha* also having *Rasayana* property may be more beneficial in management of *Kustha*. *Sarvanga Abhayanga* and *Swedana* removes obstruction in *Srotas* and brings the vitiated *Dosha* from *Shakha* to *Kostha*. *Virechana* karma does cleansing the *Kostha* and brings down the morbid *Dosha* from body and helps to maintain the *Dosha* and *Dhatu Samya* or keep up the homeostasis and leads to the refurbish and rejuvenation of body tissues and also boost the body immunity and cleanses the *Srotas* (micro-channels). Therefore, *virechana* is very important therapeutic measure for psoriasis.

Probable mode of action of Oral Medicine

After the *Samsarjana Karma* of *virechana* procedure oral drugs are administered. *Manjisthadi kwath* having *Tikta Rasa, Shuksama Guna* and *srotoshodhana* property. *Tikta rasa* also indicated in all *Kustha Roga* (skin disorders) due to these properties. *Kaishor Guggulu* is a drug of choice in the condition of *Srotoshodhana* (obstruction in blood vessels) because *Guduchi* is the main contain which is straight the immunity.

CONCLUSION

Although Psoriasis (*Ekakushtha*) is not so easy to treat but if right diagnosis is made at right time, various complications can be avoided. Various *Panchakarma* therapies can be plays an important role in the management of psoriasis.

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