THERAPEUTIC EFFECT OF VIRECHANA KARMA IN PSORIASIS– A CASE REPORT

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ABSTRACT
Psoriasis is a chronic, inflammatory skin disorder which is 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 affect both sexes equally.[3] In Ayurveda, all skin diseases are comes under a broad heading of Kushtha Roga. Eka kustha is one of kshurdha kustha.[4] Due to much resemblance clinical feature psoriasis can correlated with Ek kustha. Samshodhana is one of the mainline of treatment for kustha in Ayurveda text which deals mainly with elimination of the vitiated and aggravated Doshas from the body, and Virechanasamsrana also indicated at every one month in Kushta Chikitsa.[5]

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, mictuuration – 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 chitrakadavati 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 Siddha (pure) Goghrita (cow’s butter) with the starting dose of 30ml, than in increasing order till Samyaka Snehana Siddhi Lakshanas'[17](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 Siddhi (30 veja) has been found. So according to Pravar Siddhi 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 kswath 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 Utkleshana of Dosha. It also reduces the dryness, burning sensation and itching. Ghrita also having Rasayana property may be more beneficial in management of Kastha. Sarvanga Abhayanga and Swedana removes obstruction in Srotas and brings the vitiated Dosha from Shukha to Kostha. Virechana karma does cleansing the Kostha and brings down the morbid Dosh from body and helps to maintain the Dosh 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 Sansarjana Karma of virechana procedure oral drugs are administered. Manjisthadi kwath having Tikta Rasa, Shuksama Guna and srotoshodhana property. Tikta rasa also indicated in all Kastha 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.

**REFERENCES**