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## Effect of classical *Virechana Karma* in the management of *Eka Kushtha* (Psoriasis) - A Case Study

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### ABSTRACT

Psoriasis is one among the most common clinical conditions encountered in day today clinical practice. *Eka-Kushtha* has greater resemblance with Psoriasis. The clinical features of *Eka-Kushtha* mentioned by *Acharya Kashyapa* represent remission, relapse and seasonal variation which are present in Psoriasis. Current treatment modalities have their own limitation and side effects, so significant result can't be expected. There is a need for safe and effective treatment for psoriasis, where Ayurveda plays an important role. The basic principles and unique treatment modalities of Ayurveda i.e. *Shodhana*, *Shamana* etc. have long lasting results and provide better life to patients. A male patient aged 28 years reported to our department OPD, with signs and symptoms of *Eka-Kushtha* since 1 years, as small round erythematous scaly patches over groin, face, both the hands and legs with burning sensation, itching and dryness over affected lesion. Patient was treated with *Shodhana* in the form of *Virechana Karma* followed by oral medication. The patient reported symptomatic improvement.

**Key words:** Psoriasis, *Ekakushtha*, *Virechana Karma*, *Shodhana*, *Shamana*.

### INTRODUCTION

Skin is the largest organ of the body which acts as a barrier between the internal tissue and the external environment. Psoriasis is a chronic, non-communicable, painful, disfiguring and disabling disease which has a great negative impact on patient quality of life. It can occur at any age and is most common in the age group between 50-60 years.<sup>[1]</sup> It is a chronic inflammatory immune-mediated proliferative skin disorder that predominantly involves the skin, nails and joints. The worldwide prevalence of

psoriasis is estimated to be approximately 2-3%.<sup>[2]</sup>

The aetiology of psoriasis remains unclear, although there is evidence for genetic predisposition.<sup>[3]</sup> Treatment of psoriasis is still based on controlling the symptoms. Topical and systemic therapies as well as phototherapy are available. In practice, a combination of these methods is often used.

*Eka-Kushtha* consists of the signs and symptoms i.e. *Aswedana*, *Mahavastu*, *Matsyashakalopama Avastha*,<sup>[4]</sup> which can be compared with psoriasis, hence it has been taken as the analogue to psoriasis. In Ayurveda, *Panchakarma Chikitsa* which has satisfactory treatment for various chronic autoimmune hormonal metabolic disorders on one side and on other hand it is gaining global recognition for its preventive and promising effect. To study the treatment of *Kushta* systematically it is necessary to look at three principles of treatment which are described in *Krimi Chikitsa* i.e. *Samshodhana*, *Samshamana* and *Nidhana Parivarjana* separately.<sup>[5]</sup> All Acharya's have emphasized on *Shodhana* therapy in the management of *Kushtha*. The therapy which

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expels out the morbid *Doshas* from the body is known as *Shodhana*. By the nature, *Kushtha* is difficult to cure disease, so it is called '*Duschikitsya*'. But the application of *Shodhana* therapy, cure of the disease becomes easier due to removal of the root cause, hence *Shodhana* has great importance. *Shodhana* may be administered based on the predominance of vitiated *Dosha*.<sup>[6]</sup> *Susruta* as advised to carried out '*Ubhayato Samshodhana*' even at the *Purvarupa* condition of *Kushtha*. In *Kushtha Raktadhatu* is considered as one of the main *Dhatu* which is responsible for *Prasara* of stage of *Kushtha Samprapti*.<sup>[7]</sup> *Pitta Dosha* and *Rakta Dhatu* have *Ashraya-Ashrayi* relationship, hence treatment modality of *Pitta Dosha* and *Rakta Dhatu* complimenting to each other. *Virechana* is most important measures of *Shodhana* for *Kushtha*. Though it is a specific modality for elimination of *Pitta Dosha* but it is also effective upon *Kapha* and *Rakta*. It is less stressful procedure than *Vamana* and has less possibilities of complications. It is widely used as a *Shodhana* therapy in routine.

## CASE REPORT

A 28 years male patient visited to GAMC Bangalore with a complaints of small reddish scaly lesions over the Groin, hands, legs and face associated with burning and itching sensation over affected area.

Patient was apparently normal 1 years back and then he gradually developed small reddish scaly lesions over the groin which spreads gradually to hands then legs and face which later turned to black in colour. He approached allopathic hospital and was treated with no satisfactory results as the symptoms getting aggravated since 1 month so visited to our hospital for further management.

### Past History

No history of any co-morbidities

### Integument Examination

Skin Colour : Normal

Lesion Character

- Size: Small.

- Colour: blackish red coloured.

- Shape: Asymmetrical.

Individual lesions

- Itching: Present
- Discharge: Absent
- Distribution of lesions: Symmetrical

1) Auspitz's sign: positive.

2) Candle grease test: Negative.

### Personal History

Diet: Non vegetarian, *Katu Rasa Pradhana* & *Abhishyandi Aharasevana*

Appetite: Normal

Micturation: 4-5 times/Day

Bowel : Once/D

Habits : Consumes Alcohol once in week, Smoking 4-5 Cigarettes/Day, Tobacco chewing .

### Samprapti Ghataka

- *Dosha* : *Kaphavata* predominant *Tridoshaja*
- *Dushya* : *Rasa, Rakta, Lasika, Mamsa*
- *Agni* : *Jataragni, Dhatwagni*
- *Ama* : *Jataragnijanya, Dhatwagnijanya*
- *Srotas* : *Rasavaha, Raktavaha, Mamsavaha*
- *Srotho Dushti Prakara* : *Atipravrutti, Vimargagamana* of *Dhatu*s carried by *Vata*
- *Udabhava Sthana* : *Amapakwashaya*
- *Vyakta Sthana* : *Shakha*
- *Sadhya-asadhyataa* : *Chirakari*

### Assessment criteria

Subjective criteria *Aswedana* (absence of sweating), *Kandu, Varna*, scaly eruption with following criteria

1) Showing grading's of *Matsyashakala*

- Non scaling - 0
- Mild scaling from all lesions - 1

- Moderate scaling from all lesions - 2
  - Severe scaling from all lesions - 3
- 2) Showing grading's of *Aswedana*
- Normal - 1
  - Mild sweating - 2
  - Mild sweating on exercise - 3
  - No sweating after exercise - 4
- 3) Showing grading of *Kandu*
- No *Kandu* - 0
  - *Kandu* present not disturbing routine activities - 1
  - *Kandu* disturbing patient attention - 2
  - Intolerable *Kandu* disturbing patient - 3
- 4) Showing grading of colour
- Normal - 0
  - Near to normal which look like normal to distant observe - 1
  - Reddish discoloration - 2
  - Blackish red discoloration - 3

## TREATMENT

### Poorva Karma

- **Deepana and Paachana**

By *Agnitundi Vati* 1-1-1 for 3 days

- *Snehapana* with *Guggulu Tiktaka Ghrita*<sup>[8]</sup> for 5 days [next day dose calculated depending upon time taken to digest *Ghrita* on that day]

1 <sup>st</sup> Day	2 <sup>nd</sup> day	3 <sup>rd</sup> day	4 <sup>th</sup> day	5 <sup>th</sup> day
30ml	50ml	70ml	95ml	120ml

After attaining *Samyak Snigdha Lakshanas* such as *Vatanulomana*, *Deeptagni* and *Varcha Snigdha* the *Snehapana* was stopped. Then patient was subjected to *Sarvanga Abhyanga* with *Moorchita Tila Taila*<sup>[9]</sup> for 3 days followed by *Ushna Jala Snana* is advised. Diet used should be *Snigdha*, *Drava*, *Ushnaahara* and which does not increase *Kapha*.

### Pradhana Karma

On the day of *Virechana* at around 6:30 am patient was advised *Sarvanga Abhyanga* with *Moorchita Tila Taila* followed by *Ushna Jala Snana*.

After offering prayers patient advised to take 90 grams of *Trivruttalehya*. (Baidyanath pharmaceutical)

### Assessment criteria

- *Antiki* - *Kaphanta*
- *Vaigiki* - 24 Vegas
- *Laingiki* - Observed
- *Maniki* - 3.5 Prastha

### Paschat Karma

*Samsarjana Karma*: Patient had *Pravara Shuddhi*, *Peyadikrama* is advised for 7 days considering 12 *Annakala*.

### Shamana Aushadhi

- Cap Derma Care (Capro Labs) 1-0-1
- *Mahamanjishtadi Kashaya*<sup>[10]</sup> 15ml-0-15ml
- Soracare Oil E/A
- Darunaka Oil (Vaidyaratnam) for E/A
- Scurfol Shampoo (Atrimed Pharmacy)

## OBSERVATION AND RESULTS

Signs and symptoms	Before treatment	After treatment (after 45 days)
<i>Matsyashakalopam</i>	2	0
<i>Aswedana</i>	3	1
<i>Kandu</i>	2	1
<i>Shyavaarunata</i>	3	0

## DISCUSSION

Psoriasis is a chronic disorder of skin of unknown etiology characterised by a chronic relapsing nature and variable clinical features. It follows an irregular course characterised by remissions and exacerbations.

Psoriasis is co-related to *Eka Kushtha*. Irregular food habits, consumption of foodstuffs that are not to be eaten together (incompatible foods like dairy products with fish), excessive intake of yogurt,

paneer, blackgram, seafood, sour and salted items etc. can activate the pathogenesis. The produced toxins accumulate in deep tissues like *Rasa*, *Rakta*, *Mamsa* and *Laseeka*. These toxins cause contamination of deeper tissues, leading to Psoriasis. Psoriasis is believed to occur due to vitiation of all three *Doshas* (*Vata*, *Pitta*, *Kapha*) in varying degree. The predominance of *Vata* causes pain, dryness and scaling of skin. *Pitta* vitiation leads to burning sensation, redness, inflammation etc. and that of *Kapha* causes rashes, itching, discharge, thickness of the skin etc. This study was designed to have review on effect of *Virechana Karma* in *Eka-Kushtha*. The line of treatment of *Eka-Kushtha* in *Purvarupa Avastha* is *Ubhayatah Samshodhanam*.<sup>[11]</sup> Specific treatment of *Eka-Kushtha*, if *Vata* predominant then *Sarpi Pana*, *Kapha* predominant then *Vamana* and *Pitta* predominant then *Raktamokshana* or *Virechana*. For *Deepana* and *Paachana Agnitundi Vati* was given for 3 days. After *Deepana* and *Paachana Snehapana* was administered with *Guggulu Tiktaka Ghrita* starting from 30ml for 5 days (30ml, 50ml, 70ml, 95ml, 120ml) which is highly beneficial in *Twak Vikara's*. *Snehapana* is *Vata Shamaka*, causes *Mrudutain Deha* (decrease scaling and dryness), *Malasanga* in *Deha* is removed<sup>[12]</sup>. *Snehapana* was stopped after appearance of *Samyak Snigdha Lakshanas* such as *Vatnulomana*, *Deeptagni*, *Varcha Snigdhatata*. On the day of *Vishrama Kala Abhyanga* was done with *Moorchita Tila Taila* and *Swedana* with *Ushnajala Snana* to facilitate the movement of *doshas* to *pakwashaya* which have been loosened due to oleation for 5 days. By *Virechana* procedure the *Pitta* and *kapha Dosh* gets eliminated from the body and reduces burning sensation, itching. *Deepana-Pachana* followed by *Virechana Karma* increases metabolic activity and helps to digest and excrete the metabolic waste products accumulated in tissues and systems of the body. The *virechana Karma* is done in morning, when the levels of *Kapha* are low. *Virechana* process stimulates the defence mechanism of body to protect further damage. These types of changes may compel body to increase cortisol secretion in large amount to achieve immediate effects of blocking most of the factors that are promoting inflammation. *Trivrut* is

considered as *Shrestha Virechaka Dravya* and also it acts on *Tridosha* (cha.ka 7/6). It is having the properties of *Laghu*, *Ruksha* and *Teekshna*. Because of these properties it removes the impurities from *Sukshma Srotas*. It is again mentioned as *Sukha Virechaka*.

Cap. Derma care has ingredients such as *Triphala Guggulu*, *Nimbhadi Churna*, *Arogyavardhini Vati* etc. so it has good response in skin diseases. *Mahamanjishtadi Kashaya* with ingredients such as *Manjishta*, *Triphala*, *Vacha*, *Amrita*, *Nimbha* etc. does the *Rakta Shodhana* especially indicated in skin disorders. Along with these oral medication, oils for external application such as Sora care oil for body.

#### Before Treatment





After Treatment



### CONCLUSION

The prevalence of Psoriasis is increasing day by day. There is need to find out treatment modality which will help in prevention and cure of the disease. Ayurveda believes in managing psoriasis through *Shodhana* and *Shamana* treatments . Among *Shodhana*, *Virechana Karma* is commonly advocated in the management of Psoriasis as it helps in correcting the basic pathogenic factors viz *Pitta*, *Rakta* and also *Virechana Karma* helps to remove the root cause of the disease along with *Shamana Aushadhis* prevents from reoccurrence.

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