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## Virechana - A Case Study

Dr. Navin S. Banarase<sup>1</sup>, Dr. Priyadarshini Nambiar<sup>2</sup>

<sup>1</sup>Prof. & HOD Dept. of Rachana Sharir, <sup>2</sup>Associate Prof. Dept. of Rasashastra, Aarihant Ayurvedic College and Research Institute, Gandhinagar, Gujarat, INDIA.

### ABSTRACT

*Virechana Karma* is one of the *Shodhan Kriya* described in Ayurveda. It is indicated when *Pitta Dosha* is vitiated in the body. *Shitapitta* or *Koth* is a disease condition which occurs on skin as swelling and itching. According to Modern science we can compare it with urticaria (hives) in which red, raised, itchy patches and skin rash are seen that are triggered by allergens. Ayurveda says that *Virechana Karma* gives relief in these symptoms without any complications. Therefore this line of treatment is selected in this patient.

**Key words:** *Virechana, Kala, Sharirshuddhi, Koth, Urticaria.*

### INTRODUCTION

दोषा कदाचित् कुप्यन्ति जिता लघन पाचनैः ।

जिताः संशोधने ये तु न तेषा पुनरुद्भवः ॥ च.सू.१६

It shows the importance of *Panchakarma* i.e. by the treatment of *Langhana* and *Pachana*, the disease may cause recurrence but if *Shodhana Kriya* is done then disease will not reoccur.

*Virechana Karma* is one of the *Shodhana Kriya* described in Ayurveda. It is indicated when there is vitiated *Pitta Dosha* in the body.

हरेदवसन्ते श्लेष्माणं पित्तं शरदि निर्दरेत ।

वर्षासु शामयेद वायु अग्निकारसमुच्छ्रयात् ..... । सु. सू.६-३८

*Kupit Pitta* in *Sharad Ritu* is best eliminated by a process of *Virechana Karma*. If the *Kupit Pitta* is not

treated in this way it may give rise to various *Pittaj Vikara*.

अविपाकोऽरुचिः स्तौल्यं पाण्डुता गौरव क्लमः ।

पिण्डकाकोठकण्डूना सम्भवोऽरतिरेव च ॥ च.सू.१६

*Virechana* treatment is indicated in many diseases. It is best indicated in *Koth (Shitpitta)* or *Kandu* where there is alleviated *Kupit Pitta*. (Cha.Su.16)

*Shitapitta* or *Koth* is the disease which occurs on a skin which causes *Shoth*, red pathes / rash and itching.

शितमारुतसंस्पर्शन्द्रिष्टो कफमारुतौ ।

पित्तेन सह सम्भुय बहिन्तर्विसर्पल ॥१॥ (माधवनिदान)

*Vatkaph* with *Pitta* causes *Shitapitta* disease

वराट्द्विष्टसंस्थानः शोथ संजायते बहिः ।

सकण्डुस्तोदबहुलश्छर्दिज्वर्विदाहवान ॥३॥

उदरमिति तं विध्दाच्छतपित्तमथापरे ।

वाताधिकं शितपित्तमुदरस्तु कफाधिक ॥ मा.नि.५०३,४

मण्डलाण्यातिकण्डुनि रागवन्ति बहुनि च ॥ वा.उ.३१३२

Because of etiology (*Nidan*) *Pitta* vitiated will cause *Shoth, Kandu, Sthod, Vidah, Jwar, Chhardi* etc. Sometimes it shows round inflammation patches with severe itching (*Kandu*), burning sensation on skin.

### Address for correspondence:

Dr. Navin S. Banarase

Prof. & HOD Dept. of Rachana Sharir,  
Aarihant Ayurvedic College and Research Institute, Gandhinagar,  
Gujarat, INDIA.

E-mail: newbanarase@gmail.com

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In Modern science we can compare it with *Urticaria* (hives). In this condition there will be presence of red, raised itchy skin rash that sometimes are triggered by allergens. It produces allergic reaction known as wheals or netter rash. When allergic reactions appear in the body there will be the release of proteins called histamines. The blood vessels and capillaries ooze out that fluid. This fluid accumulates in skin and causes rash and itching.

Chronic urticaria may start as an autoimmune response but why it happens is not clear. Swelling look as wheels, appear as a rashes on skin. They are usually pink or red with an oval rounded shaped usually occurs as patch seen frequently on face, extremities including arms, hands, fingers, legs, feet and toes. An unknown type of antibody made by immune system to protect the body from bacteria, virus, and allergens. It is found normally in small amount in blood but higher amount can be sign that the body overreacts to allergens. This can lead to allergic reaction.

Symptoms normally disappear within hours or may continue for several days.

For this no specific treatment is available. Antihistamines can be prescribed which should be taken regularly but it causes sedating effect and drowsiness.

The investigations done in this disease are CBC, ESR, C-Reactive proteins (CRP) and IgE. In this disease, for the level of IgE and for the symptoms, the *Virechana* treatment gives excellent result.

## CASE STUDY

Name - XYZ

Age - 40 yrs

Sex - Male

*Prakruti* - Pittakapha

### Complaint of

- Severe itching over body,
- Red patches over body on and off,
- Sometimes rashes

- Hyperacidity
- Constipation
- Running nose, regular sneezing in the morning hours

### Known case of

- No major symptoms

Patient visited the clinic and presented symptoms of severe itching, red patches all over the body, inflamed face and burning sensation on the patches. These symptoms were seen on and off for the last three months. He had taken some antihistamines and steroids for temporarily relief.

He was given *Shaman Chikitsa* but was not satisfied with the results.

### Investigations

CBC, IgE was done before and after treatment

Hb - 17

TLC – 10790

Eosinophills - 16

IgE - 3109

All levels were on the higher side.

Therefore the patient was given *Virechana* with *Purvakarma* and *Paschatkarma* i.e. *Samsarjana Krama*. Once *Virechan* was complete, patient got relief from all clinical symptoms like itching, inflammation, redness or patches on skin. Symptoms of Allergic rhinitis also reduced. Patient got more than 90% relief from other symptoms of urticaria. Investigations done after *Virechana* observed the following findings.

Hb - 16

TLC – 9500

Eosinophills - 5

IgE - 1500

### CONCLUSION

Urticaria is otherwise known as *Koth (Shitapitta)* which have the same symptoms as is described in

*Samhitas*. Hence, It is confirmed that in case of *Shitapitta* (Urticaria) or *Koth, Shastrokta Virechana Karma* gives relief in symptoms. Decreases the symptoms of allergic rhinitis i.e. Running Nose and sneezing. Decreases the level of IgE and Eosinophills without any complications.

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