



ISSN 2456-3110

Vol 7 · Issue 10

November 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Virechana Karma in Eczema (Kshudra Kushtha) : A Case Study

Pallavi Bhagwat Rathod¹, Seema D. Bahatkar²

¹Final Year PG Scholar, Department of Panchakarma, R.A. Podar Ayurved Medical College, Worli, Mumbai, Maharashtra, India.

²Professor and HOD, Department of Panchakarma, R.A. Podar Ayurved Medical College, Worli, Mumbai, Maharashtra, India.

ABSTRACT

Panchakarma therapy aims at the elimination of excessive *Doshas* from the body to maintain the state of health for a longer duration, while the *Shamana* therapy is for suppression of vitiated *Doshas* within the body. *Virechana* is one of the *Panchakarma* therapy. *Virechana* is the bio-purification procedure of *Ayurveda* when *Doshas* are expelled out from the body through the anal route then it is called *Virechana*. Normally, after *Virechana Karma*, patient does not complain of having any untoward like those present after diarrhea due to dehydration. Thus, *Virechana Karma* is one of the important bio-purificative method which is indicated for complete elimination of *Doshas* and thus result in eradication of diseases. Patient was treated with *Shodhana* in the form of *Virechana Karma* followed by oral medication. The patient reported symptomatic improvement.

Key words: *Panchakarma, Shodhana, Shaman*

INTRODUCTION

Skin is the largest organ of the body which acts as barrier between the internal tissue and the external environment. In *Ayurveda*, *Panchakarma Chikitsa* which has satisfactory treatment for various chronic autoimmune metabolic disorders. On one side and other hand it is gaining global recognition for its preventive and promising effect. To study the treatment of *Kushtha* systematically it is necessary to look at three principles of treatment which are described in *Krimi Chikitsa* i.e., *Samshodhana*, *Samshamana* and *Nidana Parivarjana*^[1] separately. All *Acharya's* have emphasized *Shodhana* therapy in the

management of *Kushtha*. The therapy which expels out morbid *Doshas* from the body is known as *Shodhana*. By the nature, *Kushtha* is difficult to cure disease so it is called '*Duschikitsya*'.^[2] But the application of *Shodhana* therapy; cure of the disease become easier due to removal of root cause hence, *Shodhana* has great importance. *Shodhana* may be administered based on predominance of vitiated *Dosha*. In *Ayurveda* skin diseases are considered under the entity of *Kushta*. *Kushtha* is also *Rakta-Pitta Pratoshaj Vikara*.^[3] *Virechana karma* is indicated in *Kushtha*.^[4] Hence, patient was treated with classical *Virechana Karma* followed by oral administration of *Shamana Aushadhi* such as *Kaishor Guggulu*, *Arogyavardhini Vati*, *Panchatikta Ghrita*, *Mahamanjishtadi Kwatha*, *Sukshma Triphala*.

SINGLE CASE STUDY

A male patient aged 55 years came to OPD No. 15 of Panchakarma department of M. A. Podar Hospital, Mumbai having complaints of *Ubhaya Hasta Pada Twaka Krushna Vaivarnya*, *Kandu*, dryness on affected area, skin eruption on both palms in the last 3 years. Patient gets depressed due to difficulty in doing routine work. Patient taking allopathic medicines since 6 moths but again there is a relapse of symptoms.

Address for correspondence:

Dr. Pallavi Bhagwat Rathod

Final Year PG Scholar, Department of Panchakarma, R.A. Podar Ayurved Medical College, Worli, Mumbai, Maharashtra, India.

E-mail: pallavirathod111@gmail.com

Submission Date: 13/09/2022

Accepted Date: 22/10/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license
CC-by-NC-SA

History of present illness

- *Ubhaya Hasta-Pada Twaka Krushna Vaivarnya,*
- *Kandu,*
- Dryness on affected area,
- Skin eruption on both palms.

Patient gets depressed due to difficulty in doing routine work. Patient taking allopathy medicines since 6 moths but again there is a relapse of symptoms.

Occupational history - Nil

Family History - Not significant.

General Examination

Pulse - 78/min

Blood Pressure - 120/80mm of hg

Examination

Cardiovascular System - Normal

Respiratory System - Normal

Per Abdomen- Normal

In Ayurveda

Dosha - Pitta-Kapha

Dushya - Rasa-Rakta, Mamsa, Twaka

Agni - Mandagni

Adhithana - Twaka, Rakta, Mamsa, Lasika

Vyaktasthana - Twaka

Srotas Dushti Lakshana

Rasavaha - Aruchi, Asyavairasya, Krishangata

Raktavaha - kushtha, Pidaka.

Udakavaha - Trishna, Mukhashosha.

Annavaaha - Anaannaabhilashnama, Arochaka.

Swedavaha - Twakaparushya.

Examination of Lesion

Shape - Irregular

Distribution area - Exposed area

Border - Diffused

Spreading pattern - Symmetrical

As per *Ayurveda Krushna Varna, Khara Sparsha.*

Management**Virechana Karma**

Preparation of the Patient includes *Dipana, Pachana, Snehapana Sarvanga Snehana, Swedana,* administration of *Virechana Yoga.*

a) Dipana and Pachana

Dipana Pachana was done with *Aampachaka Vati* 500 mg BD and *Triphala + Mushta + Shunthi Kwatha* for 5 days, till the *Niramalakshana* appear.

b) Abhyantar Snehapana

Snehapana was done with *Panchatikta Ghrita*, after complete digestion of previous day diet it was administered in higher dose every day in early morning depending upon *Agni* and *Koshtha* for a period 7 days, till the *Samyak Snigdha Lakshana* appears.

Table 1

Days	Dose
1	30 ml
2	60ml
3	90ml
4	120ml
5	150ml
6	180ml
7	210ml

Patient is advised to take warm water for drinking and to avoid exposure to excessive wind, sunlight, emotional exacerbation etc.

c) Sarvanga Snehana and Swedana

After *Samyak Snigdha Lakshana* appears a gap of three days was given prior to administration of *Virechana Yoga* and during these days *Sarvanga Snehana* followed by *Swedana* was carried out.

d) Diet during Vishramakala

Diet containing *Jangala Mamsa Rasa*. *Yusha* with *Snigdha, Laghu, Ushna* quality and *Kapha Avridhikara Ahara*. According to *Sushruta*, on the previous day of *Virechana Laghu Ahara, Phalamla, Ushnodaka*^[5] should be given.

Virechana Yoga

Trivritta Avaleha^[6] 70 gm

Virechanopaga Dravya - Manuka Phanta Muhurmuha.

Total 17 Vega on administration of *Virechana Yoga*, it was *Kaphant Virechana*, patient felt lightness in the body, *Kshudhapravritti*.

Paschat Karma

Samsarjana Krama specific diet schedule was followed for 5 days according to *Shuddhi*.

Shamana Aushadhi

1. *Kaishor Guggulu*^[7] 500mg BD
2. *Arogyavardhini Vati*^[8] 500mg BD
3. *Haridra Khanda* 5 gm
4. *Mahamangisthadi Kwatha* 20ml
5. *Gandhak Rasayana* 250mg BD

DISCUSSION

Kushtha is always originating due to provocation of all three *Doshas* and *Dushit Twaka, Rakta Dhatu, Mamsa Dhatu, and Sharirastha Jaliya Ansha*.^[9] *Charaka* opines at this context that most dominant symptoms of the *Dosha* should be tackled first and later the associated symptoms and their causative *dosha* should be treated.^[10] *Kushtha* has specific *Nidana* hence *Nidanparivarjan* is the first step of *Chikitsa*, the patient is master mason, had regular contact with different chemicals, during treatment patient strictly avoid contact with such chemicals, which are *Agantuj Hetu* may help to restrict basic pathogenesis of the diseases. On the basis of symptomatology, the present case is considered as *Kshudra Kushtha* with *Pitta Dosha Pradhanya* and *Kapha Dosha Anubandha*, *Virechana Karma* is indicated in *Kushtha*, *Virechana* pacify vitiated *Pitta Dosha* and also help in eliminating vitiated *Kapha*

Dosha, also corrects *Dushit Rakta Dhatu*, causes *Valanulomana, Srotoshodhana*, thus burning sensation, pus formation itching, pain were reduced. Oral administration of *Shamana Aushadhi* which are *Raktapitta Shamaka Varnaprasadak* and also work as *Rasayana* which help to cure disease and also restrict relapse of symptoms.

Eczema or dermatitis is inflammation with spongiosis. Spongiosis is intercellular oedema in the epidermis. This is accompanied by perivascular lymphatic infiltrate.^[11] *Virechana* is basically cleansing in nature it clears channels of transportation. Lots of fluid will be excreted which may help to reduce oedema by eliminating inflammatory mediator thus symptoms get reduced.

Fig. 1: Before treatment**Fig. 2: After treatment****RESULT**

1. Lesions were completely resolved
2. Marked Relief found in burning sensation and itching.

3. No pain in affected area.
4. No relapse of skin eruption on both palm and other symptoms.
5. Redness, dryness and itching on both upper limb and face was completely corrected.

CONCLUSION

It can be concluded from present case study that *Virechana Karma* followed by *Shamana Aushadhi* is highly effective in the management of chronic eczema (*Kshudra Kushtha*).

REFERENCES

1. Agnivesha, Charaka Samhita Ayurveda Dipika commentary of chakrapanidatta, by kashinath Shastri, vimanasthana 7/15. chaukhambha prakashan, Varanasi, p- 700
2. Sushruta samhita, by Ambika Datta Shastri, chikitsasthana, 9/63 chaukhambha prakashan, Varanasi, p-70
3. Agnivesha, Charaka Samhita Ayurveda Dipika commentary of chakrapanidatta, by kashinath Shastri, sutrasthana 24/18. chaukhambha prakashan, Varanasi, p- 550
4. Agnivesha, Charaka Samhita Ayurveda Dipika commentary of chakrapanidatta, by kashinath Shastri, chikitsasthana 7/40. chaukhambha prakashan, Varanasi, p- 376
5. Sushruta Samhita, by Ambika Datta Shastri, chikitsasthana, 33/19 chaukhambha prakashan, Varanasi, p-245
6. Vagbhat Samhita, Ashtanga Hrudaya, kalpasiddhisthana; virechana kalpa adhyaya.
7. Trivritshyama kalpa 2/9 edited by Brahmanand Tripathi, chaukhambha sanskrit prakashan, Delhi.
8. Sharangdharacharyavirchita, Sharangdhar Samhita, vatak- kalpana 7" addhaya (shloka No 70-81) Madhyamkhanda annotated with Dipika Hindi Commentary by Brahmananda Tripathi, Chaukhambha Surbharti Prakashana, Varanasi.
9. Sharangdharacharyavirchita, Sharangdhar Samhita, Asavarishtakalpana 10 addhaya (shloka no 62-67) Madhyamkhanda annotated with Dipika Hindi Commentary by Brahmananda Tripathi, Chaukhambha Surbharti Prakashana, Varanasi.
10. Agniveshapranita Charaka Samhita Chikitsasthana kusthachikitsa adhyaya 7/97/31-32 edited by Rajeshwardatta Shastri, Chaukhambha Bharti Academy. Varanasi.
11. Concise pathology by Geetika khanna, section First. The Skin chapter no.22. Elsevier private Limited.

How to cite this article: Pallavi Bhagwat Rathod, Seema D. Bahatkar. Virechana Karma in Eczema (Kshudra Kushtha) : A Case Study. J Ayurveda Integr Med Sci 2022;10:276-279.

Source of Support: Nil, **Conflict of Interest:** None declared.
