

**ROLE OF VIRECHANA KARMA AND SHAMANA AUSHADHI IN THE
MANAGEMENT OF KITIBHA KUSHTHA (PSORIASIS).*****Vd. Sarita S. Pawar¹ and Vd. Narayan R. Sabu²**

^{*1}P.G. Scholar, H.O.D. Sanskrita- Samhita- Siddhant Department, R .A. Podar Medical
(Ayu) College, Worli Mumbai-18.

²Guide, Sanskrita- Samhita- Siddhant Department, R .A. Podar Medical (Ayu) College, Worli
Mumbai-18.

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Corresponding Author*Dr. Vd. Sarita S. Pawar**

P.G. Scholar, H.O.D.

Sanskrita- Samhita-

Siddhant Department , R .A.

Podar Medical (Ayu)

College, Worli Mumbai-18.

ABSTRACT

Psoriasis is one of the commonest skin disease characterised by scaly papules and plaques. Prevalence of psoriasis in different parts of the world varies from 0.1 to 3 percent. A high familial occurrence of psoriasis (7–36%) suggest that genetics factors plays a role in its aetiology. Psoriasis occurs with almost equal frequency in males and females. Psoriasis is a chronic disease marked by periods of remissions and exacerbations. Remissions may last for a few weeks to many years. Triggering factors responsible for psoriasis according to modern science is it may be local or systemic and included trauma (koebner phenomenon), season (worsens in winter), emotional stress, upper respiratory tract infections and drugs like beta blockers. withdrawal of

systemic steroids can leads to precipitation of pustular psoriasis. Psoriasis is characterised by the development of erythematous, well-defined, dry, scaly papules and plaques of size ranging from pinhead to palm- sized or larger. The scales are abundant, loose, dry and silvery white or micaceous. In Ayurveda all skin diseases explained under the “Kushtha”, 18 types of kushtha are found in samhitas. As per Ayurveda sing and symptoms of psoriasis are resembles with Eka Kushtha and Kitibha Kushtha which is included in Kshudra kushtha. Mainly vitiation of Vata- Kapha dosha is found in Eka Kushtha and kitibha kushtha. Shodhana karma is mandatory in bahudosha- avastha. In charaka sutra 24 Kushtha is included in Raktapradoshaja vyadhi^[6] and Virechana^[7] is best treatment for this.

Hence, we have given shaman chikitsa followed by virechana. In this article case study has been explained.

KEYWORDS: Kitibhakushtha, Eka Kushtha, Shodhana, Shamana, Virechana, Raktamokshna.

INTRODUCTION

In Ayurveda skin is the sthana of sparshanedriya, Skin is not only covers and protects the body, but also performs the functions like excretion and metabolism. In all types of kushtha normal function of skin is hampered and discoloration is found. The healthy state of the body reflects on the personality of a person. Personality and beauty both are major tools to present oneself in today's competitive world. A number of diseases which degrades the beauty of skin are described particularly under the heading of kushtha. The term kushtha itself denotes that, the disease which leads to cosmetic imbalance. Skin diseases not only affect physically but also gives mental stress leading this to inferiority complex.

Psoriasis is a non-infectious chronic inflammatory disease of the skin, sign and symptoms of this disease is resembles with kitibha kushtha which is a type of kshudra kushtha according to ayurvedic classics. kitibha kushtha is described as Vata-Kapha^[4] predominant disorder by charaka and vagbhata. The common sites of the lesions of psoriasis are scalp, elbows, knees, earlobes etc.

Symptoms of kitibha kushtha

Sr. no	Charak ^[3]	Vagbhat ^[9]	Sushrut ^[10]
1	Shyava (blackish)	Asita (blackish)	Krushnam
2	Kin (Vrana \ ulcer)	Kin (vrana \ ulcer)	Sravi
3	Kharasparsha (rough)	Kharasparsha (rough)	Vrutnam
4	Parusha \ (dry)	Parusha \ (dry)	Snigdha
5		Kandu (itching)	Ugra-kandu
6		Ruksha (dry)	Ghan

Symptoms of psoriasis^[1]

1. Erythematous well-defined papules and plaques.
2. Dry.
3. Scaly.
4. Scales are abundant, loose, dry and silvery white.
5. Size of plaques are ranging from a pinhead to palm or larger.

6. Itching.
7. Pain.
8. Sometime crack and bleed.

The symptoms of kitibha kushtha are due to the vitiation Vata- Kapha dosha^[4] Symptoms of kitibha kushtha and Eka kushtha, is similar up to same extent, but in this study Psoriasis is correlated with kitibha kushtha based on clinical features.

Psoriasis is a chronic skin disorder of unknown aetiology. it is characterised by well-defined papules and plaques covered with loose, silvery scales these symptoms closely resembles with kitibha kushtha. Vitiating saptako dravya sangraha^[2] are the main responsible factor of it, these are vitiated by mithya ahara like virudhashana, vihara and manasika bhavas like stress factor. Management of kitibha kushtha includes shodhana (purification), shanama (internal medication), alepana (external application), abhyanga (massage) etc.

Case history

- A 56 year old female patient having present complaints of silvery white and dry patches all over the body and head, scaling of skin, severe itching all over the body and scalp, sometime bleed after itching and pain at that site from 1 year. Associated with Aruchi, Agnimandya. She had history of above complaints in milder form over arms and legs. She had taken treatment with modern drugs 6 years back. She was relieved completely, later her husband expired due to stroke. She was under emotional stress, which aggravates her disease again since 1 year further. She approached allopathy doctor but was not relieved. Then she came to OPD No 15 in Podar Hospital for treatment.

- **Hetu^[8]**

1. Virudhahar sevan ex. Tea- chapatti, milk with fruits.
 2. Vidahi Aahar ex. pickle, papad, excessive intake of spicy food like fish fry and non-veg, Idli-wada with sambar.
 3. Abhishyandi Aahara ex. Dadhi or lassi daily in meal.
 4. Vishamashan
- Dosha- Vata- Kapha pradhana Tridosha.
 - Dushya- Raktadhatu, Mansadhatu.
 - Strotodushti- Annavaha, Rasavaha, Raktavaha, Swedavaha.

- Adhithana- Twak.
- Udbhavasthana- Aamashaya.
- Occupation – Housewife
- Prakruti – Pittakaph.
- Agni – Mandagni.
- Koshtha- Krur Koshtha.

Objective

To evaluate the efficacy of Virechana Karma and Shamana Auoshadhi in the management of Kitibha Kushtha (Psoriasis).

MATERIALS AND METHOD

Assessment criteria

Patient having classical sing and symptoms of Kitibha Kushtha (Psoriasis).

Plan of Treatment

1. Virechana (Purgation therpy)

- a. Aampachana
- b. Snehapana with Panchtiktakaghrita
- c. Vishramakala
- d. Virechana
- e. Sam-sarjanakrama

a. Aampachana

Hingwashtaka choorna 5gm twice daily before food with Panchtiktakaghrita for 7 days.

b. Snehapana

Aabhyantar snehapana started after assessing samyak pachan lakshana for 6 days with Pancha-tiktakaghrita with increasing dose from 30 ml upto 180 ml.

The initial dose was 30 ml (hrisiyasi matra) with luck warm water in early morning, after digestion of last night meal. During snehapana the patient was advised to consume little quantity of hot water in between and to follow all the restrictions like Ratrojagarana and avoid Divaswapa (day sleep).

Within six days samyak snigdha lakshana as per Charak Samhita was noted.

c. **Vishramkala:** Abhyanga with Marichadi taila then Swedana for 3days.

d. **Virechana Karma:** On 4th day Virechana planned.

- Virechana kwatha drawya

Triphala bharad 25gm

Aaragwadha bharada 25gm

Water 400ml

- Kwatha matra – 100ml
- Shunthisiddha castor oil -30ml
- After proper digestion of previous night consumed meal, above mentioned Virechana yoga was administered to patient on empty stomach in the morning hours at 9.30 AM.
- Total number of Vegas. 22

e. **Samsarjanakrama**

On the basis of shuddhi lakshana, it was started from same day evening for 7 days.

2. Shamana Auoshadhi

After 7 days Samsarjanakrama, Samana aoushadhi started.

a. Abhyantara Chikitsa

- Arogyavardhani vati - 250 mg BD. After meal for 21 days.
- Kaishorguggul vati - 250 mg BD. After meal for 21 days.
- Nimba vati - 250 mg BD. after meal for 1 month.
- Krimikuthararasa vati - 250 mg HS. After meal for 15 days.
- Mahamanjishthadi kwatha- 40 ml BD. after meal for 2 months.
- Panchtiktaghrita - 20ml for Samanartha (kshudhakale)

b. Bahya Chikitsa

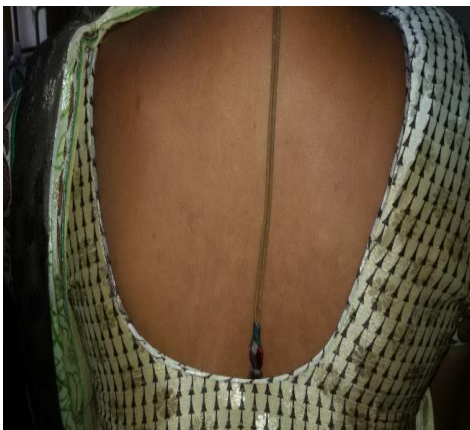
- Mahamarichadi tail for Abhyanga.
- Kushthagna-Mahakashaya dravya choorna with Dadhi or Takra for lepa.

c. Apunarbhava Chikitsa

- Rasamanikya 125 mg + Guduchi satva 375mg BD with Madhu for 45 days

RESULT**Assessment of symptoms before and after treatment**

Sr. no.	Symptoms	Before treatment	After treatment
1.	Shyava (Blackish)	Present	Reduced
2.	Kin (look like an ulcer)	Present	Absent
3.	Kharasparsha (rough)	Present	Absent
4.	Parusha (Dry)	Present	Absent
5.	Kandu (Itching)	Present	Absent
6.	Ghana (Thickening of skin)	Present	Reduced

**Before Treatment****After Treatment**

DISCUSSION

• According to charak Samhita^[5]

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Vitiating Saptako Dravya Sangraha^[2] are the main responsible factors of kushtha. as Virechana is one of the purification and detoxification process which helps the body to get rid of accumulated toxins.

- In charaka sutra 24 Kushtha is included in Raktapradoshaja vyadhi^[6] and Virechana^[7] is best treatment for this.
- Hingwashtaka choorna is useful for Aampachana and Agnideepan also.
- Ingredients of Panchtiktagritam are Patola, Nimba, guduchi etc combination of all this drugs helps to break the samprapti of Kushtha.
- Arogyavardhini Vati is mentioned in kushtha roga.
- According to Sushruta krimi is one of the most important hetu for Kushtha so krimikuthar ras takes main role in chikitsa.
- Marichadi tail and Kushthagna-Mahakashaya dravya choorna is useful for Kandu.

CONCLUSION

- In the case study after Virechana karma and 6 month oral medication reduced approximately 80 – 85%. After cure, repeated Seasonal Shodhana and Rasayan chikitsa is given to avoid the recurrence.

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