

SIGNIFICANCE OF *VIRECHANA KARMA* IN *DADRU KUSHTHA* – A CASE STUDY

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ABSTRACT

Background of the study: All the skin diseases in Ayurveda has been considered under term *Kushtha*. It is one of Bahudoshjanya diseases. This is classified in two categories, Kshudra and Mahakushtha. Dadru has been considered under Kshudra Kushtha. by Charak. Shodhan is advised in Bahudoshaj condition. Dadru is Pitta-Kapha predominacy and relapsing nature, hence selected type of Shodhana was Virechan which decreases its symptomology and frequency of occurrence. **Aim:** To study role of *Virechan* in *Dadru Kushtha*. **Objective:** To understand the concept of *Dadru Kushtha* and efficacy of *Virechan* in it. **Methodology:** A female patient of age 48 years presented in skin opd of Govt. Ayurved Hospital, Nagpur with primary symptoms like red patches, itching etc. which were classified under *Pitta* and *Kaphaja*

symptoms, *Pitta Kapha pradhanata* since *Virechana* is best therapy in, was given to patient having *Madhyam Shuddhi* symptoms. **Discussion:** In this case the *Virechan* given has expelled the vitiated Dosha leading to decrease in symptoms of patient. **Conclusion:** *Virechan* therapy in this patient yield marked relief, details of which will be presented in complete paper and at the time of presentation.

KEYWORDS: *Dadru Kushtha, Virechana, Twaka Vikara, Shodhana.*

INTRODUCTION

Skin is the important organ of integumentary system. It acts as a physical barrier between internal organs and environment. All skin disorders in Ayurveda has been considered under

term Kushtha. It can be defined as “Kushnati Kushtha^[1] means the disease which distorted to human body. It is further divided into two categories- Kshudra kushtha and Mahakushtha. Due to extensively occupying nature of lesions Acharya Sushruta has included Dadru Kushtha in Mahakushtha while Charak has mentioned it under Dadru Kushtha.^[2]

On the other hand skin is prone to superficial fungal infection however superficial fungal infection are more common fungal infection. They are more common in tropical & sub-tropical countries. According to epidemiological data 297 suspected superficial fungal infection cases were identified among 15,950 patient screened.^[3] Among these Tinea Corporis was the commonest (78%). According to WHO, prevalence rate of superficial mycotic infection worldwide has been found to be (20-25%). Dermatophytosis is most important group of superficial fungal infection caused by dermatophytes. They are group of fungi capable of growing by invading keratin of skin, hair & nail for nutrition. Besides dermatophytes, non dermatophytes fungi are also important cause of superficial mycosis, where Candidiasis is commonest species of non- dermatophytes affecting nails.

In modern medicine, it is treated with topical or systemic antifungal cream, tablet. Corticosteroids which give very fast relief in such condition but there are lot of side-effects also with recurrence of disease. The systemic and local use of Ayurvedic medicine has shown considerable effects in Dadru. According to Acharya Charaka reddish coloured pidika having Kandu(itching), Raga(erythma) in the form of utsanna mandala (elevated circular lesion) is known as Dadru.^[4] Suppression of natural urges, Incompatible food, sleeping in day time, intake of excessive oily food & spicy food are some causative factor of Kushtha.^[5] All Kushthas are Tridoshaj in nature.^[6] Acharya Sushruta has described Dadru as Kapha pradhana and Acharya Vagbhatta & Charaka described it as a Pitta-Kapha pradhana Dosha.^[7] Kushtha is Bahudoshajanya vyadhi.^[8] In such condition shodhana is advised e.g Vaman, Virechana and Raktamokshana depends on doshadhikya.^[9]

The present case study was undertaken with a view to know significance of Virechana in Dadru Kushtha.

CASE REPORT

A 48 year old female patient reported to skin opd of Government Ayurved Hospital, Nagpur having OPD No. 51008 with complaints of
Severe itching over B/L axillary region (1 month)

Erythematous patches over forehead (15 days)
Erythematous patches over chest region Rt.side (2 month)
Discomfort due to itching
Aggravation of itching during night

Patient was suffering from the above complaint since 3 month. She has consulted allopathic dermatologist and was prescribed some antifungal orally and topically but there was no significant relief.

Past history

Marrietal status - Married, having 2 child
M/H – Menopause at age of 43yrs
H/O – skin disorder to patient before 7 month
No H/O- DM/HTN, Accident, Operation
F/H/O – DM to mother, No H/O any skin disorder
Ahara – 1. Daily intake of 3 glass of water in morning
Amla rasatmak ahar (pickle)
Katu rasatmak ahar(mirchi)
Vyasana- Not present

On Examination

Nadi – 90/min
Mala – Samyak
Mutra – Samyak
Jivha – Alpa sama
Nidra – Alpa
Kshudha - Samyak

Local Examination

Area : Forehead, Chest region, Axillary region
Shape : Circular patch
Colour : Reddish
Odour : Not Present
Secretion : Not Present
Elevation : Present

Pain : Absent

Loss of sensation : No

Samprapti Ghatak

Dosha : Pitta Kapha

Dushya : Twak, Rakta

Sroto dushti : Ras, Raktavah

Marga : Shakhagat

Vyakti sthan : Forehead, Chest

Prakruti : Pitta Pradhan Kapha

Management

When patient reported to skin OPD of GAC, Nagpur according to *Ashtavidha Parikshana* and detail case history *Virechan Karma* was advised. *Virechan* procedure was explained to the patient and patient got convinced for the procedure. *Deepan*, *Pachana* and *Aushadhi* were given for 7 days to achieve *Niram* symptoms. For this the decoction of *Triphala*, *Vidang*, *Musta* and *Guduchi Churna* (each 20 gm) in amount of 30 ml was given twice a day in empty stomach. For *Snehapan Panchtik Ghrith* was given.

Table 1: Showing observations of Virukshan Karma.

Days	Date	Decoction amount	Observation in Itching
1	6/9/2019	30 ml	No improvement in Itching
2	7/9/2019	30 ml	No improvement in Itching
3	8/9/2019	30 ml	No improvement in Itching
4	9/9/2019	30 ml	Itching reduced slightly
5	10/9/2019	30 ml	Itching reduced Moderately
6	11/9/2019	30 ml	Itching reduced Markedly
7	12/9/2019	30 ml	Itching reduced Markedly

Snehapan was gradually increased according to *Agni* and *Kshudha* of patient.

Table 2: Showing Details of Snehapana.

Date	Dose	Time	Time of first meal
13/9/2019	15 ml	7 am	12 pm
14/9/2019	20 ml	7 am	10 am
15/9/2019	25 ml	7 am	11 am

After 3 days of *Snehapan*, *Abhyang* was advised on 4th day with *Sarshap Tail* followed by *Atapasevana*. After *Abhyang* hot water bath was advised.

For Virechan, 2 tablets of Abhayadi Modak were given at 8 am on 17/09/2019 with lukewarm water, and advised to take same water for the day whenever required. Through that day, patient had 6 Virechan Vega (Loose stools) and felt lightness in the body. So further Virechan was not done and declared by the investigator as Madhyam Shuddhi.

Table 3: Showing details of Sansarjan Karma.

Day	Date	Dietary form
1	18/09/2019	Peya, Yavagu, Rajgira Laddu, Dal-Rice any of these forms as per the requirement
2	19/09/2019	
3	20/09/2019	
4	21/09/2019	

Shaman Drugs: 1. Gandhak Rasayan Tablet (2 BD)

JRK's AF cream for LA

OBSERVATIONS

After *Deepana- Pachana Aushadhi* patients itching was markedly decreased and *Kshudhapravartan* also noticed.

Severity of itching at night was decreased.

During Shaman Aushadhi Treatment there was 80% relief in itching.

After Virechana redness and size of spot were decreased significantly.

Table 4: Showing Duration of Diminishing Criteria of Assessment.

Sr.	Complaints	Duration
1.	Itching	After 15 days significantly decreased
2.	Redness	Reduced after 1 month
3.	Colour	Faded after 2 months
4.	Size	Decreased after 2 months

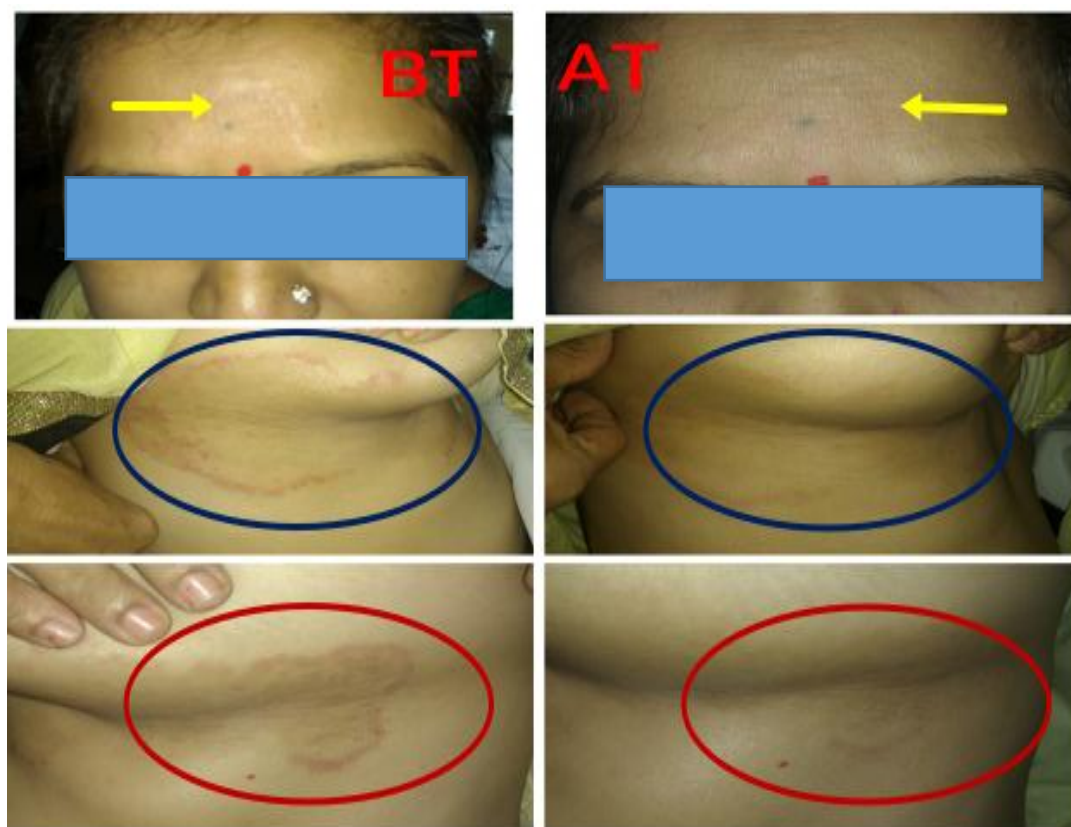


Image 1: Showing Before and After Treatment Result.

DISCUSSION

In this case study *Kushtha* is a chronic skin disorder due to environmental factors and its causes. Because of its chronicity repeated *Shodhan* treatment is advised in Ayurved. It is also mentioned in *Ashtomahagada*.^[10]

Selection of drug

1. Triphala

It is a combination of three drugs like Amalaki, Haritaki and Bibhitak which mainly acts on vitiated Kaph and Pitt Dosh. Due to this property it is Kushtghn in nature. It is also Agnidipak in nature resulting in the formation of purified forms of Dhatu^[11] (namely Ras and Rakt).

2. Guduchi

This drug is *Katu Tik*t in taste helping in the removal of toxins secreted in body thus relieving the symptoms of *Kushtha*. Toxins in the body can be classified under the term *Kleda*. The *Tikt Ras* helps to increase the cellular metabolism removing the *Kleda* (Toxins) from the

body.^[12] The dried form of Guduchi produced significant anti-inflammatory effect in both acute and subacute type of inflammation.

3. Vidang

This drug is *Katu* in taste and also *Katu* in *Vipaka* which acts as *Kledshoshak*. It also acts as *Krimighn* (Killing the worms) which helps to treat *Kushtha* as *Kushtha* is a disease in which the *Raktaj Krimi* (microorganism in blood) take part predominantly as per *Charak*.^[13]

4. Musta

This drug is also *Tikt* (Bitter) in taste which helps in *Ama Pachan* (digestion of unprocessed food). According to Ayurved, this *Ama* (Unprocessed food) is the main cause of all the diseases.^[14]

5. Panchatikta Ghrita

This contains *Attrushak*(*Vasa*), *Guduchi*, *Nimba*, *Patol*, *Kantakari*, all these drugs possess *Tikta Rasa* which absorb *Ras-Raktagat Kleda* which further reduces *Kandu*, *Kleda*. It helps to break pathogenesis of *Kushtha*. As it contains *Ghrita* which is best due to its ability to assimilate properties of these *Tikta rasa* without losing its own properties.^[15]

5. Gandhaka Rasayan

Gandhaka Rasayan of Ashtanga herbals contains *Gandhaka*, *Chaturjat*, *Guduchi*, *Triphala*, *Bhringraj* etc. It purifies blood by removing toxins & *Ama* in the blood, hence gives complexion to skin. *Gandhaka Rasayan* mainly acts on skin and blood so it can be used in various skin disorders. It is also used in *Agnimandyajanya* (Indigestion) *Vikara* as it improves liver metabolism and help in excretion of *Ama* (Unprocessed food) from body.^[16]

6. JRKs AF

It mainly consist of *Nimba* and *Prapunnad* i.e *Chakramarda*. *Nimba* is *Tikta Rasatmak* and *Katu Vipaki* which contains 0.427% sulphur^[17] (acts as a *Krimighna*). It has excellent *Kleda* (microwaste) purifying action hence useful in all skin diseases. *Chakramarda* is *Katu ras Ushna Vipaki* hence acts as a *Twakdoshahar*. It contains glycoside *Emodin* & *Chrysophanic acid* which acts as a fungicide. It is known as *Dadrughna* due to its therapeutic efficacy to treat ringworm.^[18]

CONCLUSION

The case is documented evidence for the management of *Pitta-Kapha Kushtha* through *Shodhana & Shamana Chikitsa*. Here in *Shodhana Chikitsa* vitiated *Doshas* are expelled out which play important role in lowering the strength of disease and prevent it by relapsing. Since we all know *Dadru* is relapsing type of skin disease so patient was advised to follow *Pathapathya* with respect to *Ahar* and *Vihar*, repeated *Shodhana* as per classics in accordance with *Dosha, Kala, Bala* etc. should be administered to control frequency of recurrence of disease.

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