

**CASE REPORT – ROLE OF VIRECHANA KARMA IN KITIBH W.S.R.
PSORIASIS****Arti Gond^{1*}, Rajesh Meshram² and Shraddha Sharma³**¹M.D. Scholar, PG Department of Kaya Chikitsa.²H.O.D, Department of Kaya Chikitsa.³Assistant professor, Department of Kaya Chikitsa.Article Received on
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Psoriasis is a commonest skin disease. It is a non-contagious autoimmune and papulo-squamous disorder of the skin characterized by raised red silvery scales with severe itching, dryness. There is no specific treatment over it in modern science and so its management is a very challenging task. Psoriasis are similar to the Kitibha. It is a type of vata-kaphapredominating skin disorder with involvement of Ras, Lashika, Twakaand RaktDas an important Dusyas. A 32 yrs old female patient complaint with reddish itchy silvery scales associated with dryness and burning sensation on effective area. patient consulted in the opd of dept. kaya chikitsha, pt. khushilal Sharma govt. Ayurvedic

hospital Bhopal(MP) she was clinically diagnosed as case of Kithba that can be correlated with psoriasis. This clinical study is carried out to evaluate the effect of Virechankarma followed by administration of Ayurvedic drugs.

KEYWORDS: Psoriasis, Kitbha Vireachnkarma, Deepan, Pachan, Shodhan.**INTRODUCTION**

Psoriasis is a non-contagious autoimmune and papulo-squamous disorder of the skin characterized by severe itching, dryness of the skin with red silvery scales. It effect males and females equally and can affect all races. The psoriatic lesion is produced due to rapid skin cells reproduction which is influenced by variety of etiological factors. The etiology of psoriasis is still poorly understood, but there is clearly a genetic component to psoriasis and faulty life style play a significant role in the genesis of this disease. In modern medicine corticosteroids are the main drug in its management but the therapy gives serious side effects

like liver and kidney failure, bone marrow depletion etc. Ayurvedic treatment is safe effective. The features of psoriasis are similar to the Kitibha (A type of Kshudrakustha) as described in Ayurvedic medicine science. It is a type of vata-kaphapredominating skin disorder with involvement of Ras, Lasika, Twaka and Raktas an important Dushyas, which is described in the context of Kustha Roga. Ayurveda believes that shodhanchikitsa virechan (therapeutic purgation) are important one for removal of toxic metabolite and accumulated metabolic waste products. This clinical study is carried out to evaluate the effect of virechan karma followed by administration of Ayurvedic drugs.

Case details

A 32 yrs old female patient presented on 16/1/2021 with reddish itchy silvery scales with dryness of skin on both hands. She complained of itching and burning sensation on affected area. On history patient had above complaints since 3 yrs. Patient took allopathic treatment but no relief and also no reduction of recurrence her general health was good and physical examination and all blood test were within normal range. The patient was administered classical Virechan (purgation therapy). All oral and local modern medicine was stopped for Virechankarma.

Laboratory parameters

1. Hb %
2. LFT
3. KFT
4. Vit D
5. TLC
6. DLC
7. Lipid Profile

General examination

Blood pressure=126/70mmhg Pulse= 74/min.

R.R= 18/min.

Wt.=73kg Ht.=156cm. Pallor=absent Icterus = Absent Cyanosis=Absent

After complete examination and blood test pt. were admitted in pt. Khushilal Sharma hospital Bhopal for Virechankaram.

Method of Virechanprocedure (Purgation therapy) this process comprises of three stages which are as follows.

1. Purva Karma (Initial procedure)
2. Pradhana karma (Main procedure)
3. Pashacatkarama (Post procedure)

Patient are advised for Deepan-Pachana (For improved digestion) for 3 Days

Deepan Pachanadrugs-Chitrakadivati-2 times (before meal)

Panchcolfant-15 ml -2 times

Shenhapaan: Early morning pt. is given ghrita is given till proper oliation symptoms appear.

Day 1: 30ml (23\1\21) Day 2: 60ml (24\1\21) Day 3: 90ml (25\1\21) Day 4: 120ml (26\1\21)

Day 6: 140ml (27\1\21)

Patient has found oliation symptoms within sixth day of ghritapaan.

Purv Karma: Abhyang Swedana

After internal oliation patients is given full body massage with psoriasis oil for 45 mintues than given steam for 10- 15 minutes. Abhyangswedanagiven for 3 days.

Pradhankarma: Vireachnkarma

In this detoxification therapy, allvitiated Doshasand toxins are eliminated through the rectum. It includes intake of Ayurvedic medicine which reduce toxins form the body and collect them to the abdomen. Mainly Pittais situated at the level of intestine. So it is the best way to expel it through the anal route. The Ayurvedic medicine which are used are.

Virechand rugs

Aragwadhalmajja– 20 gm

Balharitiki– 20gm Kutki– 20 gm Nishoth-20 gm Munnaka– 20gm Triphala-20gm

After patient Pravarshuddhithrough Virechanakarmanow we will proceed further for samsarjanakrama.

Pashchatkarma: (Post procedure)

Samsarjana krama: Samsarjan as a part of Paschatkarmasamsarjanakarama

Strengthens digestive power which has been weakened after virechanakarma.

| Nambers of days | Time | Pravara suddhi | Madhyama suddhi | Avara suddhi |
|-----------------|--------------------|-----------------------|---------------------------|--------------------------|
| 1 st | Morning Evening | Nothing Peya | Nothing Peya | Nothing Peya |
| 2 nd | Morning Evening | Peya Peya | Peya Vilepi | Vilepi Yusha |
| 3 rd | Morning Evening | Vilepi Vilepi | Vilepi Akritayusha | Mamsarasa Normal Diet |
| 4 th | Morning Evening | Vilepi Akritayusha | KritaYusha AkritaYusha | Normal Diet |

Before treatment



After treatment



DISSCUSSION

In psoriasis condition Virechankarma is very effective. Acharya Hemadri commenting on it says that Pachana does digestion of Ama and Deepana does separation of Dosha from Dhatu, snehana does utkleshana (excitation) of Dosha and Swedana brings the Dosha from shakata koshata and expelled from nearest route. Virechana Karma is a therapeutic procedure by which the Doshas are eliminated through the Adhomargaie guda. The virechana Dravya possesses the qualities of Ushna, tikshna, sukshma, vyavayi, Vikasi having predominance of Prithvi, Aap Mahabhuta and Adhobhaghar Prabhava by which it produces Virechana. Virya of the drug initially reaches to the heart and spreads all over the body from the heart. By virtue of the sukshma Guna, Virechanadruks can pass through minute channels of the body and reach at cellular level to act at the site of pathogenesis of psoriasis. Due to Vikasi guna, Virechanadruks are dispersed in the whole body without their digestion and help to loosening of Dosh Dushya sanghatan. Due to Ushnaguna the dosha sanghatan (Compactness) is liquefied (Vishyandana). Due to tikshnaguna is to break mala and dosha in micro form.

CONCLUSION

Psoriasis is a commonest dermatological problem. Modern medicine corticosteroids are the main drug in its management long term use of corticosteroids causes serious side effects and modern medicine has no satisfactory management for it.

In Ayurveda Virechanakarma is commonly advocated in the management of psoriasis it helps in correcting the basic pathogenic factors viz Pitta, Rakta. So Virechan is a better option for curative aspect as well as of preventive aspect for psoriasis.

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