

**ROLE OF VIRECHANA IN MANAGEMENT OF SKIN DISEASES – A
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ABSTRACT

Panchkarma is one among the purification method and Virechan is one among them. Virechan is one of the Shodhan Chikitsa quoted in ayurvedic texts. It is mostly counselled in the pitta and rakta Pradhan diseases. All skin illnesses in ayurveda have been unhurried under kustha. If we look towards the treatment perspective in Allopathy, antibiotics and antifungal medicines are advised and, it is becoming problematic day by day to cure such skin sicknesses, but in Ayurveda, Virechan karma is a very influential therapy to fight these diseases. Skin is the index of our body. Healthy skin represents a healthy body. Improper usage of foods and drinks along with unhealthy activities manifest diseases. Virechan karma is the second therapy in the sequence of panchakarmas, the most extensively used purificatory process especially for paitika and raktas illnesses. It is also valuable in the conditions in which pitta is related with vata or kapha. Ayurveda stated that sluggish liver (dysfunction of the liver) allied with doshic

inequity causes skin diseases. There are so many skin illnesses that are not curable by other procedures. According to Ayurveda Virechan karma is very much beneficial in curing the unlike obstinate skin sicknesses as leukoderma, among skin diseases, Psoriasis, eczema, acne vulgaris, vitiligo etc. Ayurveda always looks to the root cause so the patient can restore their body to a healthy state and eliminate the symptoms of skin diseases. Hence an attempt has made to recollect the matters related to the management of skin diseases with virechana.

KEYWORDS: *Panchkarma, virechana, liver, therapy.*

INTRODUCTION

Among the panchkarma, the elimination of Dosha through the 'Adhobhaga' is represented as Virechana. It is one of the Shodhana Karma as stated in the Ayurvedic texts. This definition, critic Chakrapani has elucidated 'Adhobhaga' means 'Guda' (Anal passage). By this way, the Dosha can be removed by Niruha Basti also, but Niruha Basti has no switch of 'Adhobhaga harana' and so Niruha Basti cannot be comprised under Virechana karma

1. Virechana is a supreme procedure out of all Panchkarma, especially for the elimination of Pittadosha.
2. Virechan is a very effective therapy for skin diseases. As before said that in the treatment of pitta dosha Virechan is beneficial because the skin is the place where Bhrajak pitta is situated, and good skin is the result of balanced Bhrajak pitta. Acharya Sushruta should be the first person to describe Bhrajak Pitta as a variety of Pitta. He has also used the term Bhrajaka for Bhrajja Pitta. According to Acharya Chakrapani commenting on the above states that the regulation of body heat & complexion variation is the function of Bhrajaka Pitta
3. Shodhana therapy is the most important measure for Bahudosha Vyadhi. If Doshas are depleted with Shamana therapy, there are chances to provoke that Doshas again, but if they are removed by Shodhana therapy, there are no chances to provoke again.
4. Skin diseases are almost described under the topic Kushta and Kushta is tridosajvyadhi, it is the reason that shodhan karma is best in skin diseases. Virechana cleanses sense organs i.e., improves their function, purifies body tissues, upsurges digestive power of Agni i.e., Jatharagni, Dhatvagni etc., proper practical Virechana karma acts a key role in the postponing age factors. In Malbhoota Ashayas (weakened organ) Dosha Dushya Samucchaya persists. This Samucchaya is eliminated only through means of Virechana (Shodhana). Shamana Chikitsa fails in this matter. As a result, it cannot treat any disease radically.

SKIN

In modern the skin is classified into two main parts: first is superficial, thinner portion, which is composed of epithelial tissue, is Epidermis and second is deeper, thicker connective tissue portion is Dermis. The Epidermis is avascular, and the Dermis is vascular, that's why, by cutting the layer of the epidermis is not bleed, but if we cut the dermis it bleeds. Deep to the dermis, but not part of the skin, is the subcutaneous layer, known as the Hypodermis. This layer consists of areolar and adipose tissues.

The Epidermis is further grouped into five layers

1. Stratum Corneum or Horny Layer
2. Stratum Lucidum
3. Stratum Granulosum
4. Stratum Spinosum or Malphigian Layer
5. Stratum Basale or Germinative Layer

The Dermis is further divided into two regions

- I. Papillary region
- II. Reticular region According to Ayurveda Acharya Sushruta the concept of Twacha in Shareera Sthana (Sushrutashareera Shrestha) as Twacha has seven layers,
 - a) Avabhasini is the first layer of skin that provides colour to the skin. It is Adhishthana of Sidhma (small ulcers) and Padmakantaka (Pemphigus mollaceous)
 - b) The second layer is lohita It is Adhishthana of Tilkalaka (moles), nyachchha (pimples) and vyanga (acne vulgaris).
 - c) Shveta is the third layer in which Charamdala, Ajagalli and Mashaka (taenia infection of skin and candidiasis) skin diseases are occurring.
 - d) The fourth layer of Twacha is Tamra, it is the place of different Kilasa (lepromatous) and Kustha (tubercloid leprosy).
 - e) Vedini is the fifth layer of skin, Kushtha (leprosy) and Visarpa (erysipelas) occur in this layer.
 - f) Rohini is the sixth layer of Twacha, it is Adhishthana of Granthi (varicose veins), Apachi (benign tumours), Arbuda (tumours), Shlipada (filariasis) and Galaganda (goitre) disease.
 - g) The seventh or last layer of skin is Mamsadhara, it is the site of Bhagandara (fistula-in-ano), Vidradhi (abscess) and Arsha (piles) disease.

Skin diseases are taken up as a social stigma, due to altered appearance. Among skin diseases, Psoriasis is one of the most repulsive skin diseases which may disturb patient's life. It usually runs a chronic course with remission and exacerbations. As far as treatment is concerned modern medical science has number of therapeutic measures which provide temporary relief accompanied by side effects and which make the patients to take lifelong treatment. According to Ayurveda all skin diseases are taken under generalized term Kustha. Virechana Karma is preferably selected because it is the only procedure which acts upon all three Doshas and Raktadi Dushyas which are vitiated in Kustha. After Virechana Karma, Shamana

treatment should be given to alleviate residual Doshas and to last the normal state of Dhatus.^[1-4]

DISCUSSION

Treatment Protocol of Virechana

The patient should be admitted for shodhana therapy (virechana) and internal medication for minimum 2 months. Virechana karma, one of the basic procedures of detoxification followed by oral medication haritakyadi yoga (haritaki + majistha + haridra) 3gm twice a day before food for 2 months. All other medicine patient should be taking were stopped.

Virechana Karma

1. Purva karma (pre-operative)
2. Pradhana karma (operative)
3. Paschat karma (post-operative)

Purvakarma Purvakarma

It comprises of deepana, pachana, snehana followed by abhyanga & swedaana. Deepena, pachana should be done by trikatu churna 2 gm thrice a day before food. Snehana should be done internally by pancha tikta ghrita. After obtaining of samyak snigdha lakshana (proper oleation) for 5 days patient should be advised to do abhyanga with murchita taila and swedana - sarvanga baspa sweda by dashamool decoction for three days. During the time of snehana & swedana light warm liquid diet should be given whenever patient should be hungry. On fourth day pittaja kala virechana should be performed in the morning.

Pradhana karma

At the day of administrations of virechana yoga, Abhyanga followed by swedana should be done. Vitals were noted (pulse, B.P., temperature, respiration rate). It should be recorded in regular interval during pradhana karma. Virechana yoga should be administered in morning 9 am on empty stomach. Virechana yoga should be prepared from 100ml trifala qwatha (decoction) + kutki churna 5gm + trivrit churna 5gm. Patient should be given hot water and advised to take sip by sip repeatedly when needed. The patient should be under strict observation to avoid complication. Number of vegas (motion) should be counted till the symptoms of proper purgation like passing of stool with mucus in the last two motion and later sign and symptoms.

Paschat karma

The time period in between the completion of vegas to intake of normal diet special food is designed known as Paschat karma. Mainly its duration depends upon the type of shuddhi done during the procedure. As soon as purgation completed and patient felt hungry samsarjana karma (post dietetic management) according to the type of shuddhi patient should be given thin rice gruel two times a day for 3 to 5 days. Follow up medicine should be prescribed haritakyadi yoga (Haritaki churna 1gm+ Manjistha churna 1gm+ Haridra churna 1gm).

The bulk of skin conditions are seen in Ayurveda as being within the category of *Kushtha*, or "Ayurvedic dermatology." It is listed as among the "*Ashta Mahagada*". Eczema is the most prevalent skin condition with societal repercussions. Up to 20% of children and up to 3% of adults might have eczema, and existing data reveal that it is becoming more common, especially in developing nations. The clinical picture of eczema resembles with *Vicharchika* – a variant of *Kshudra Kushtha* that Ayurvedic dermatologists frequently meet and is marked by the symptoms of *Kandu* (itching), *Srava* (discharge), *Pidaka* (vesicles), and *Shyava varna* (discoloration). Out of 11 types of kshudrakustha explained in our classic, Ekakustha is one among them which comes under vatakaphaja disorder that resembles among skin diseases, Psoriasis in conventional medical science. Among skin diseases, Psoriasis is a chronic autoimmune disease characterized by patchy skin lesion which are typically erythematous, itchy, and scaly and vary from small localized to large extensive and spread throughout the body. Among skin diseases, Psoriasis typically presents with red patches and white silver scales on the top. Among skin diseases, Psoriasis is generally thought to be genetic disease which is triggered by environmental factors other factors like trauma, general illness and stress are also involved. In allopathic medicine the cure of this disease is out of questions as the cause is unknown.

CONCLUSION

Ayurveda emphasize the holistic approaches in treating among skin diseases, Psoriasis. The line of treatment of skin diseases are shodhana and shamana therapy. Virechana karma (purgation therapy) followed by internal medications is considered as best line of management for skin disorder.^[5]

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