

**EFFECT OF SHODHAN AND SHAMAN CHIKITSA IN EK-KUSTHA
W.S.R.TO PLAQUE PSORIASIS – A CASE STUDY****Swati Nagpal¹, Urvashi Chandrol^{2*}, Ratnesh Kumar Shukla³ and Seema Jamra⁴**

¹Reader, Department of Kayachikitsa, pt. Khushilal Sharma Gov. Ayurvedic College, Bhopal
(M.P.) India.

^{2,3,4}PG Scholar, Department of Kayachikitsa, pt. Khushilal Sharma Gov. Ayurvedic College,
Bhopal (M.P.) India.

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***Corresponding Author**

Dr. Urvashi Chandrol

PG Scholar, Department of
Kayachikitsa, pt. Khushilal
Sharma Gov. Ayurvedic
College, Bhopal (M.P.)
India.

ABSTRACT

Introduction- Psoriasis is a chronic inflammatory, hyperproliferative skin disease. It is characterised by well defined, erythematous scaly plaques, particularly affecting extensor surfaces, scalp and nails, and usually follows a relapsing and remitting course. Psoriasis affects approximately 0.44 to 2.8% in India. It occurs equally in both sexes and at any age. The age of onset follows a bimodal distribution. **Objective -** To evaluate the effect of shodhan and shaman chikitsa in ek -kustha in Psoriasis. **Materials and Methods-** A 51 year old female pt. visited our hospital with complaint of whitish scaly lesion with blackish spots on scalp, both upper limbs, both lower limbs since 19 year along with associated complaint of hypothyroidism since 25 year. For that virechan karm was planned along with Sarvang takradhara of Amla and Musta. Lahsunadi vati was given for 1 day after that Tiktak ghrita were administered for 7 days, followed by 2 days resting period in

which Sarvang abhyanga Swedan with Marichyadi tail were done. On 10th day Sarvang abhyanga Swedan with Marichyadi tail followed by Virechan karma with 19 vegas (madhyam sudhi) were done. After that 5 days sansrajan karma was planned. After that 15 days of shaman ausadh was administered. **Result-** Better relief was found in symptoms of psoriasis and significant decreased in value of PASI score before Virechan was 5.2 and after Virechan was 2.6 noted and after sham ausadh PASI score became 0. **Conclusion-** It was found that shodhan followed by shaman chikitsa is significant effective in Psoriasis.

KEYWORDS:- Psoriasis, Tiktak ghrita, Marichyadi tail, Virechan karma.

INTRODUCTION

Psoriasis is a chronic inflammatory, hyperproliferative skin disease. It is characterised by well defined, erythematous scaly plaques, particularly affecting extensor surfaces, scalp and nails, and usually follows a relapsing and remitting course. Psoriasis affects approximately 0.44 to 2.8% in India. It occurs equally in both sexes and at any age. The age of onset follows a bimodal distribution.^[1] In Ayurveda, skin diseases are described under kushthroga which is classified into two groups mahakushta and kshudrakushta. Ekkushta is included under kshudrakushta group. It is a Vata- kapha predominant kushta presenting with aswedanam, mahavastu and matsyashakalopamam.^[2] First shanshodhana followed by samshamama chikitishta is treatment of kushta.^[3]

A CASE REPORT

A 51-year-old female pt. visited our hospital with complaint of whitish scaly lesion with blackish spots on scalp, both upper limbs, both lower limbs since 19 years along with associated complaint of hypothyroidism since 25 years.

Past history - pt. has taken naturopathy treatment along with nitya virechan but not get significant relief. No history of DM/HTN/Other systemic disorders.

Personal history

- Diet- mixed
- Appetite- good
- Bowel- irregular

Micturition- normal

- Sleep- disturbed

Family History NAD

Dashavidhapareeksha

- Prakriti- Vata Pitta
- Vikriti – Kapha Rakta
- Sara- Madhyama
- Pramana – Madhyama
- Satwa – Pravara

- Satmya – Madhyama
- Ahara Shakti – Madhyama
- Vyayama Shakti – Madhyama
- Vaya – Madhyama

Ashta vidha pareeksha:

- 1) Nadi (Pulse): Kapha-vata;
- 2) Mutra (Urine): Prakruta;
- 3) Mala (Stool): Vibandha;
- 4) Jihva (Tongue): Lipta;
- 5) Shabda (Auditory sensation): Prakruta;
- 6) Sparsha (Tactile sensation): Khara;
- 7) Druk (Visual acuity): Prakruta;
- 8) Aarkruti (Built): Madhyam

General examination

- Pallor – Absent
- Icterus – Absent
- Koilonychias – Absent
- Lymphadenopathy – Absent
- Edema – Absent

Systemic examination

- CNS – conscious, Well oriented
- CVS – S1, S2 heard normal
- R.S – normal vesicular breathing sounds heard

Skin examination

- Lesions – well defined erythematous papules and plaques with silvery white scales
- Surface – dry/rough
- Discharge – Absent
- Temperature – normal
- Auspitz sign – Positive
- Koebner's phenomenon – absent Investigation

Investigations

Hb%- 12.1 gm%

HBA1C- 5.7%

ESR- 25mm/hr

Serum uric acid – 4.8 mg/dl

LFT- serum bilirubin (Total)- 0.5mmg%

Direct conjugated -0.2mmg%

Indirect conjugated bilirubin- 0.3mmg%

Lipid profile- cholesterol- 179mg%

Triglyceride- 112.0 mg%

USG of whole abdomen- mild hepatomegaly with fatty infiltration is noted.

Nidana -Excessive intake of Kshira, Dadhi, Kulatha, Masha, Katu Rasa Ahara, Virudha Ahara, Shoka, Chinta and Ratri Jagarana.^[4]

Samprapti - According to Acharya Charaka seven Dravyas are involved in the Samprapti. It includes all the three Doshas (Vata, Pitta, Kapha) along with four Dushyas i.e. Twaka, Rakta, Mamsa and Lasika. Acharya Charaka has stressed upon the dual part played by Nidana i.e., simultaneous vitiation of Tridosha and disturbance of normal configuration i.e., 'Shaithiya' in Dhatus. This leads to the final manifestation of Kushtha.^[5]

Samprapti ghataka^[6]

Dosha	Vata- Kapha pradhaha
Dusya	Twaka, Rakta, Mamsa, Lasika
Srotas	Ras, Rakta, Mamsa, Meda
Srotodusti	Sanga and vimargagamana
Agni	Jatharagni and dhatwagnimandhya
Udhhavsthana	Amashya, pakwashaya
Sncharsthana	Tiryag sira
Adhistan	Twak
Vyadhimarga	Bhaya
Swanhava	Chirkalaj

RESULT

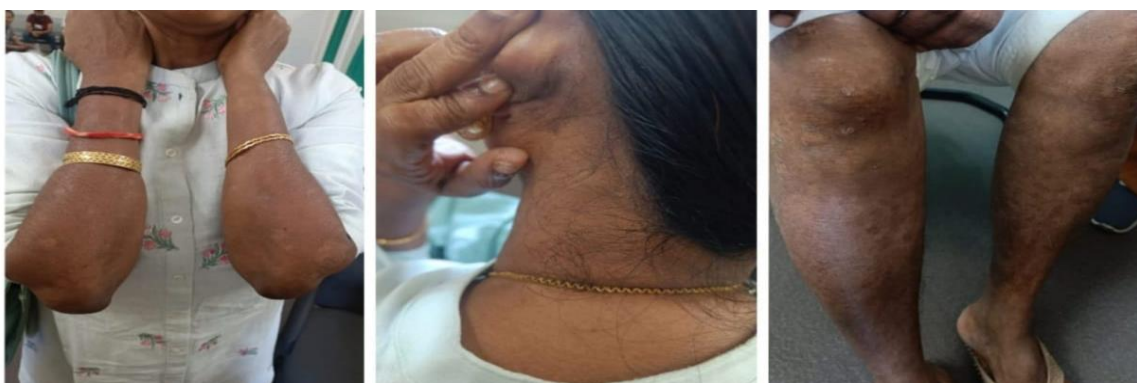
There was considerable reduction in symptoms like itching and peeling off of greyish skin over the scalp, lower and upper limbs. Patient was advised pathyahara (Specific diet) and to avoid non-vegetarian diet, junk food, fried food items and milk products.

Sign and Symptoms	Before virechan	After virechan	After shaman chikitsa
Dryness	Present	Absent	Absent
Scaling	Present	Absent	Absent
Itching	Present	Absent	Absent
Discolouration of skin	Present	Reduced	Absent
PASI Score	5.2	2.6	0.0

Images of before shodhan (Virechan) and After shodhan (Virechan)



Images after shaman chikitsa for 15 days



Treatment

1) Shodhan chikitsa (Virechana)

Deepana pachana

Drug	Dose	Days
Laahsunadi vati	1 bd	1 day

Bahirparimarjana chikitsa (External therapeutic procedures)

Name of procedure	Medication with days
Sarvang takrdhara	with Amlalki churna and musta for 7 days

Shodhanath Snehapana (Medicated ghee) in arohana karma (Increasing dose) with Tiktak Ghrita for 7 days.

Procedure	Dose	Days
Snehpaan	30ml	1 st
	50ml	2 nd
	70ml	3 rd
	100ml	4 th
	130ml	5 th
	200ml	6 th
	280ml	7 th

Panchkaram

Procedure	Medication	Days
Sarvang abhyanga swedan	Marichyadi oil for abhyang	3 days
Virechan	Kwath of aragwada ,haritkai, kutki and trivart (200ml) with erand oil (100ml)	3 rd day
Sansarajan karam	Peyadi	For 5 days

Virechan No. of vegas^[18]

Shuddhi – Madhyam

Antiki shuddhi – Kaphanta

Peyadisamsarjana karma was followed after Virechana for next 5days

Shaman chikitsa for 15 days after sansarjanakaram-

Name of Drug	Dose	Days
Arogyavardhani Vati	2BD	15
Panchtikta ghrita guggulu	2 BD	15
Cream of combination of Bkuchi, Haidra, Daruharidra, Jivanti, Mnjistha, Kutaj, Mandukparni, Shudh Gandak, Yasad Basam, Hartal, oils of Neem, Aloe, Karanja	Local Application for twice in a day	15
Syrup of combination of Bhringraj, Kalmegh, Punarnava, Vividang, Makoy, Rohitak, Kutki, Amla, Sounth, Gokharu, Ashwagandha, Ghritkumari	10ml BD	15
Tablet of combination of Navakarshika guggulu, Nimb, Khadirashtak, Manjistha, Gandhaka rasayana, Anantmool	1BD	15

DISCUSSION

Lahsunadi vati- It contains Lahsuna, Shweta jeeraka, saindhava lavana. It work as deepan pachan and increase digestive fire.^[7]

Sarvang takrdhara- It reduces klama(Stress), twakchranaparispotana (Cracks in hand and legs), increases digestive fire.^[8]

Snehpaan- Snehan give purification of bowel, nourishment of Dhatu, increases Bala, increases Varna, sturdiness of sense organs, delayed aging.^[9] If it gives for shodhan purpose it is to bring the vitiated Dosha to a suitable state, so that they can be expelled out easily.in this pt. tikatak ghrita administrated. It balace pitta dosha. And by tikta ras balances kaph dosha. Ghrita has snigdh, Sukshma, mand, guru property which balances vata dosha. Thus tiktak ghrita is effective in ekkustha (Vata kaph dominate).^[10]

Sarvang abhyanga swedan

sarvang abhayang sweadan done with marichayadi tail. Abhyanga is the widely practiced measure to treat various disorders related to skin and hair. Massage in specific direction improves blood circulation, facilitates removal of toxins from the tissues and recuperates the body tissues.^[11] According to Acharya Charaka^[12] it prevents wear and tear viz., it prevents degenerative changes of the body. Marichyadi taila has antiseptic and antifungal properties. So probable mode of action can be proper moisture balance (Kapha in balance), effective functioning of the metabolic mechanisms that coordinate all the various chemical and hormonal reactions of the skin (Pitta in balance) and efficient circulation of blood and nutrients to different layers of the skin (Vata in balance). It also depends on the health of three Dhatus (Body tissues) viz. nutritional fluid (Rasa), blood (Rakta) and muscle (Mamsa). Rasa supports all the Dhatus and keeps the skin healthy. Rakta, in association with liver function, helps detoxify the skin of toxins, while Mamsa provides firmness to the skin.^[13]

Virechana- kwath of Aragwadh, Haritaki, Tivart, Kutki, Draksha with Erand oil given to patient.^[14] Virechana medications bring out the therapeutic purgation due to its Prabhava (potency). These medications can aid in the induction of purgation because they have a natural inclination to go downhill due to the dominance of Jala and Prithvi Mahabhuta. The waste products can be brought into the intestine to maintain homogeneity from where they can be eliminated out of the body by the action of the intestine, which is induced by the Virechana drug, as has already been mentioned. This process can occur wherever the waste

products are present in the body, whether they are extracellular, intracellular, or in plasma. The supplied medication's active ingredients will activate the mucosal membrane and momentarily alter the normal permeability of the mucosal lining, causing morbid pollutants that were transported from the cellular to the gut levels via Snehana and Swedana Karma to exude through the anal pathway.^[15] The patient got 18 vegas so madhyam sudhi occurred.

Sansrajan krama – After virechan agni is not capable to digest heavy foods. For agni Vardhan pathayadi sansaranjan krama followed.

Arogyavardhani Vati- It works on skin problems by enhances the digestive ability of the body. It improving metabolism and expelling waste products from the body because of its shodhan nature.^[16]

Panchtiktaghrita gugglu- It contents nimba, giloy, kantakari etc. it is a good blood purifier and helps in treating skin disorders.^[17]

Cream of combination- It relieves inflammation, itching and significantly reduces erythema, scaling and induration of lesions.

Syrup – This syrup improves digestive fire by work on metabolism of body.

CONCLUSION

Most cases of psoriasis appear to be related to keratinization. The main issue with a psoriatic lesion is quick epidermal displacement, which occurs in 3–4 days as opposed to 28 days in normal skin. Because Virechana Karma helps address the basic pathogenic aspects of Pitta, Rakta, Agni, and Twak, it is often advised in the treatment of psoriasis.

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