

A SINGLE CASE STUDY ROLE OF VIRECHANA KARMA ALONG WITH SHAMAN YOGA IN EKAKUSHTHA W.S.R. PSORIASIS: A SINGLE CASE STUDY

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ABSTRACT

Psoriasis is long lasting autoimmune inflammatory papulosquamous disorder characterized by patches of abnormal skin. These skin patches are typically red, itchy and scaly its often worsen during winter. Psychological stress can also play a role in manifestation of psoriasis. Both males and females are equally affected by this disease. Approximately 1-2% of World's total population is affected by psoriasis. In *Ayurveda* almost all skin disorder are explained under *Kustha Rogadhikara*. *Ekakushtha* is a type of *Kshudra Kustha*. It is *Vata Kaphaj* disorder. It can be correlated with psoriasis both of these have similar sign and symptomatology. Modern medical science treats psoriasis with corticosteroids, PUVA etc. But these therapies give serious side effect. Hence is the need of time to out safe and effective medication for psoriasis. In *Ayurveda* many *shodhana* and *shaman*

chikitsa are mention for *kustha* which are cost effective having no side effect. In this case study first *Deepan-pachan* then *Virechana* as *Shodhan Chikitsa* and *Shaman yoga* were given, which showed good result in *Ekakushtha*.

KEYWORDS: *Ekakushtha*, Psoriasis, *Virechana Karma*, *Shaman yoga*.

INTRODUCTION

In *Ayurveda*, almost all skin diseases can be taken under generalized term *Kushtha*. According to *Acharya Charaka*, vitiation of *Vata* & *Kapha* is responsible for the development of *Ekakushtha*. *Ekakushtha* can be correlated with psoriasis in modern medical

science, because both of these have similar signs and symptoms, as *Aswedanam* (Psoriatic lesions are dry and rough *Mahavastam* (Lesions are spreaded over large area of body), *Matsyashakalopamam*^[1] (Lesions are covered with silvery scales which resembles skin of fish), *Krishnaaruna varnata*^[2] (Lesions are erythematous and blackish in colour).

Psoriasis is a common dermatologic disease, affecting up to 1% of the World's population, both males and females suffering equally.^[3] The word Psoriasis is derived from Greek word 'Psora' means 'itch' and 'sis' meaning 'acting condition'. Psoriasis is a non-infectious, chronic inflammatory disease of skin, characterized by well-defined erythematous plaques with silvery white scale with a predilection for the extensor surface and scalp, and a chronic fluctuating course.^[4] Its symptoms often worsen during winter and with certain medication, such as beta blockers etc. Psychological stress can also play a role in manifestation of psoriasis. In Ayurveda both *Shodhan* and *Shaman Chikitsa* are mentioned for *Kushtha*, which are cost effective having no side-effects. So we can hope for a holistic Ayurvedic treatment in this disease.

The case study is as follow

A 27 years old male patient came to OPD of kayachikitsa with chief complaint of -

1. Reddish scaly patches on
2. Itching on the patches
3. Erythma
4. Dryness on the patches

Patient had above complains since 2 years.

Presenting Concern

A 27 years male patient was apparently asymptomatic 2 years ago. He developed very small rash on his abdomen then slowly it turned into a patch (Red colour) with Scaling, itching and dryness.

The *Ayurvedic* diagnosis is considered *Ekakustha* which is a *Vata* and *Kapha* Predominant *Kshudra Kustha*. Here an effort was made to treat a twenty seven years old male patient, well diagnosed case of *Ekakustha* (psoriasis), by Ayurvedic regimen. As the principle of treatment of all types of *Kustha* is *Sanshodhan* along with *Sanshamana* drugs. In this study initially *Virechana Karma* was performed. After *virechan*, *Sanshamana* drugs were given for 1 month.

No H/O HTN, DM, Asthma, no any other

Name- xxxxxxxx

Age – 27

OPD/COPD No- 5238/24110

Date – 3/10/2023

Address – Jwalapur, Haridwar.

Occupation – student

Religion – Hindu

Marital status- Unmarried

Personal history

Addiction- No addiction

Bowel- regular

Appetite – good

Sleep Disturbed sleep

Urine- rest micturation

General examination

Pallor- Not present

Icterus- - Not present

Oedema- Not present

Clubbing - Not present

Blood pressure- 120/80 mmhg

Systemic examination

Gastrointestinal- NAD

Respiratory – B/L Equal air entry

Central nervous- NAD

Cardiovascular -NAD

O/E

Dashvidha Pariksha

Ashtavidha Pariksha

1. *Nadi*=78/min. Regular

1. *Prakriti*= Vata Kaphaj

2. *Mala*= Samanya

2. *Vikriti*=Kapha Vata

3. *Mutra*=Samanya

3. *Sara*=Masasara

4. *Jihva*=Ishathasaam/Niram

4. *Samhanan*=Madhyama

5. *Shabda*=Samanya

5. *Pramana*=Madhyama

6. *Sparsha*=Ruksha

6. *Satva*=Pravra

7. *Drika*=Samanya

7. *Satmaya*=Madhyama

8. *Akriti*=Madhyama

8. *Aharashakti*= Madhyama

9. *Vyayamashakti*=Madhyama

10. *Vaya*=*Yuvaavstha*

INVESTIGATION

Table 1: Blood investigation reports.

Parameter	Values
Hb%	12
ESR	26
TLC (/cu mm)	8900
Neutrophils (%)	68
Lymphocytes (%)	26
Eosinophils(%)	05
Basophils (%)	0
Monocytes (%)	01
RBS	64.69

MATERIAL AND METHODS

- ❖ As the patient was having *Mahavastu*, *Matsyashaklopamam*, *Kandu*, *Rukshata*, *Raga* etc. from last 2 years. He was registered for present study in OPD of Gurukul Campus, Uttarakhand Ayurveda University, Haridwar in Kayachikitsa Department on 3/10/2023. Depending upon signs and Symptoms the patient was diagnosed as *Ekakushtha* (Psoriasis). *Virechana Karma* Was given to the patient and followed by *Shamanaushdhis* for 1 month.
- ❖ Simple single case study

ASSESSMENT CRITERIA

Subjective parameter

Mahavastu

Matsyashaklopamam (Scaling)

Raga(Erythma)

Rukshata(Dryness)

Kandu(itching)

Table 2.

Mahavastu	Grade	Matsyashaklopamam (Scaling)	Grade
No lesions	0	No scaling	0
Lesion on partial parts of hand, leg, neck, scalp, back	1	Mild scaling by rubbing/by itching (scaling from some lesions)	1
Lesion on most parts of hand, leg, neck, scalp, back	2	Moderate scaling by rubbing/by itching (from all lesions)	2
Lesion on whole parts of	3	Severe scaling by rubbing / by	3

hand, leg, neck, scalp, back		itching (from all lesions)	
Whole	4	Scaling without rubbing / by itching (from all lesions)	4

Table 3.

Raga(Erythma)	Grade	Rukshata(Dryness)	Grade	Kandu	Grade
Normal skin	0	No line on scrubbing with nail	0	No itching	0
Very faint erythema	1	Faint line on scrubbing by nail	1	Mild/occasional itching	1
Faint erythema	2	Lining & even words can be written on scrubbing by nail	2	Moderate (tolerable) infrequent	2
Bright erythema	3	Excessive Rukshata leading to kandu	3	Very severe itching disturbing sleep and other activity	3
Very bright	4	Rukshata leading to crack formation	4		

OBJECTIVE PARAMETER**PASI SCORE****Treatment**

1. Nidhana Parivarjana
2. Sodhana Karma
 - A) Deepan-Pachana
 - B) Virechana Karma
 - C) Shaman Chikitsa (Two follow-up)

Table 4: Showing the Drugs used for Deepan–Pachana for 3 days.

S.N.	Darvya	Dose	Duration	Anupana
1.	Ajmodadi Churna	3gm	BD	Luke warm water

Table 5: Showing Snehapana for Virechana Karma.

S.N. & Days	Procedure	Medicine	Date	Dose	Observation
1.	Snehapana	Panchtiktaghrita	6/10/2023	25 ml	Felt good
2.			7/10/2023	50 ml	Itching Reduce
3.			8/10/2023	100 ML	Itching reduced
4.			9/10/2023	150 ml	Itching completely absent Bowel clear Scaling, dryness reduced
5.			10/10/2023	200ml	Redness reduced and

					Snigdha Varchas observed
6.	<i>Sarvanga</i>	<i>Abhyang(Tila</i>	11, 12, 13	Redness	Reduced
7.	<i>Abhyanga(45minute)&</i>	<i>taila) & swedana</i>	OF oct	Sleep	Sound
8.	<i>Swedana (20 minutes)</i>	<i>(Triphala kwatha)</i>	2023		

Table 6. Showing Virechana karma and Samsarjana Karma.

S.N.	Procedure	Medicine	Vega
1.	Virechana karma	Trivrita avleha 60 gm at 9:00 AM	21
2.	Samsarjana Karma advised for 5 days		

SHAMANA CHIKITSA

Table 7: Showing Drugs used for Shamana chikitsa.

S.N.	Mdicines	Duration
1.	<i>Panchnimbhadi choorna</i> 3gm + <i>Shudh Swarnagairik</i> 250mg BD + <i>Shudh gandhak</i> 250 mg <i>Anupana</i> - luke warm water	1 month
2.	<i>Brahmi Vatti</i> 2BD <i>Panchtiktaghrita guggulu</i> 2BD	1 month
4.	<i>Mahamanjishthadi Kashayam</i> 40ml	1 month

RESULT

With above mentioned line of treatment patient got complete relief from the symptom of *Ekakushtha* (psoriasis).

Table 8: Comparing the symptoms before after treatment of *Ekakushtha* (psoriasis).

Symptoms	Before TT	After TT
<i>Mahavastu</i>	3	1
<i>Matsyashaklopamam</i> (Scaling)	3	0
<i>Raga</i> (Erythma)	3	0
<i>Rukshata</i> (Dryness)	3	0
<i>Kandu</i> (Itching)	2	0

Table 9: Pasi score assessment before treatment.

	Head	Upper limb	Trunk	Lower limb
Erythema	0	0	4	0
Thickness	0	0	2	0
Scaling	0	0	3	0
Lesion score (A)	0	0	8	0
%of area involvement (B)	0	0	4	0
Subtotal © A X B	0	0	4x8=33	0
Body surface area (D)	C X 0.1	C X 0.2	C X 0.3	C X 0.4
D	0 X 0.1 = 0	0 X 0.2 = 6	33 X 0.3 = 9.9	0X 0.4 = 0

PASI SCORE = 9.9

Table 10: Pasi score assessment after treatment.

	Head	Upper limb	Trunk	Lower limb
Erythema	0		1	0
Thickness	0	0	0	0
Scaling	0	0	1	0
Lesion score (A)	0	0	2	0
% of area involvement (B)	0	0	1	0
Subtotal © A X B	0	0	1x2=2	0
Body surface area (D)	C X 0.1	C X 0.2	C X 0.3	C X 0.4
D	0 X 0.1 = 0	1 X 0.2 =	2X 0.3 = 0.6	0X 0.4 = 0

PASI SCORE = 0.6**Picture 1: Before the treatment.****Picture 2: After treatment.**

DISCUSSION

Virechana Karma is taken as it acts on all *Dosha* in general and *Pitta* and *Rakta* in particular. All *Acharya* mentioned that *Kushtha* is the *Raktaj Vyadhi*. *Deepana*, *Pachana*, *Snehapana* followed by *Virechana* is the sequential order which was followed. *Deepana* and *Pachana* was administered with *Ajmodadi Churna* which had enhanced the digestive power and also facilitated for the early digestion of *Sneha*. *Panchatikta Ghrita* was administered in *Vardhamana krama*. During the *Snehapana kala* itself, some of the symptoms were deteriorating. *Virechana* was performed by *Trivrit avhlehya*. Due to *Vata Kaphaghna* property it reduces symptoms of *Ekakushtha*. Due to the *Manaprasadana* property it reduces stress and stress related symptoms.^[5] *Shaman yoga* has *Kushthaghna* as well as *Rasayana* effect on skin. **Panchnimbhadi Choorna**- *Nimba* has *Tikta* and *Kashaya rasa*, *Laghu*, *Ruksha guna*, *Sheeta veerya*, *Pitta kapha hara*, *Kandugna*, *Kusthagna*, *Krimihara* and *Rakta shodaka*. **Shudh gandhak**-is very usefull in all type of skin disease. **Panchtikta ghrita guggulu** – This is very potent drug indicated exclusively by *Chakradutta* in *Kustha Adhikar*. **Brahmi vati**-*brahmi vati* has Antioxidant, anti inflammatory and *kusthahara* properties. It also help in cell regeneration and skin allergy can also be managed brahmi with its anti inflammatory action.

Maha Manjistadi Kwatha has properties like *Agnidipaka*, *Raktashodaka*, *Samsrana*, *Pitta Kaphahara*, *Kustthaghna*, *Kashaya*, *Tikta*, *Katu Rasa*, *Laghu Ruksha Guna*, *Usna Virya*, *Pittakapha Shamaka*, *Kustthaghna* etc.

CONCLUSION

Ekakushtha is a type of *Kshudra Kustha* can be correlated with psoriasis. From the above case study, it can be concluded that Ayurvedic treatment methods like repeated *Shodhana* and *Shamana* are useful in the managing *Ekakushtha* and prevents the disease from recurring. Since this is a single case study. In this case study we got good result of *Virechana karma* and *Ayurvedic medicine*.^[6]

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