

**EFFECT OF VIRECHANA KARMA IN DADRU KUSTHA: A
CASE STUDY****Laxmi Rajanna Nagarthawar^{1*} and Jayant D. Gulhane²**

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ABSTRACT

Background: In today era changes in life style with urbanization, pollution daily life style virrudh Ahara and viharaj are the main trigger factor for manifestation of disease.^[1] There is lack of knowledge about dincharya and rituchrya virrudh ahar in common people due to which people suffered by disease. Among which skin disease is one of the most common, and skin is the largest oragan of human body.^[2] In Ayurveda all skin diseases are broadly included in kustha. The symptoms which includes redness due to itching, sever itching discomfort and small boils on body is called as Dadru kustha in Ayurveda^[3] It manifest due to exposure to asatmya and apathya aahara-vihara virrudh ahar vihar etc.it mainly caused due to vitiation of

pittadosha with kapha.^[4] It is compared with Tinea corporis in modern science. Tinea having only symptomatic antifungal treatment in modern.and it always has recurrence. So in ayurveda any diseases treated by rulling out the cause and prevent recuurence of the diseases and make dhatusatmya.^[5] The treatment of Dadru kustha includes shodhan and shaman chikitsa.^[6] Virechan is one of the shodhan karma among the panchakarma^[7] and it is effective in Kustha, So in present case study we are using virechana as a shodhan chikitsa followedby shaman chikitsa.

KEYWORDS: Dadru kustha, Shodhan and Shaman chikitsa.

INTRODUCTION

Skin interfaces wirh environment and it play an important role in protecting the body against

pathogens. In Ayurveda all skin diseases classified into into saptavidha Mahakustha and yekadash kshudra kustha^[8] According to charakacharya Dadru kustha included in kshudrakustha^[9] and according to sushrutacharya Dadru kustha included in Mahakustha.^[10] it is a common skin condition. The word Kustha is derived from "Kushu"^[11] Now-a-days apathya, viruddha ahar and various allergens are the prime causes of Dadru Kustha. It is due to Dominance of pitta, kapha dosha. In present busy and fast life we can't follow rules of dincharya and rituchrya described in Ayurveda due to changes in life style and heavy industrialization, these are ultimately result into dhatu daurballya i.e. lowers immunity. Which causes sensitization towards different allergens and produces various types of skin diseases. Dadru kustha is one of them which is most common and it is characterised by redness on skin, itching and small red boils on skin.

AIM

To study the effect of Virechana karma in Dadru Kustha.

OBJECTIVE

1. To study the effect of Virechana karma.
2. To study the Hetu of presented disease.

METHODOLOGY

Case report

A 51 year female patient presented to the hospital with following complaints

Complaints	Duration
1. Redness all over body 1 year	1 year
2. Sever itching all over body 1 year	1 year

Patient is house wife. She had no past history of any other major illness or any operative except TL. She had been taking tablet cetirizine 5mg SOS since last 6 month.

Samanya parikshana

Table no. 2

1. Nadi : 80/min regular	5. Shabda : Spashta, mruudu
2. Mala : Asamyaka	6. Sparsha : Samshitoshna.
3. Mutra : Samyaka	7. Druk : Aspastha
4. Jivha : Sama	8. Akriti : Madhyam

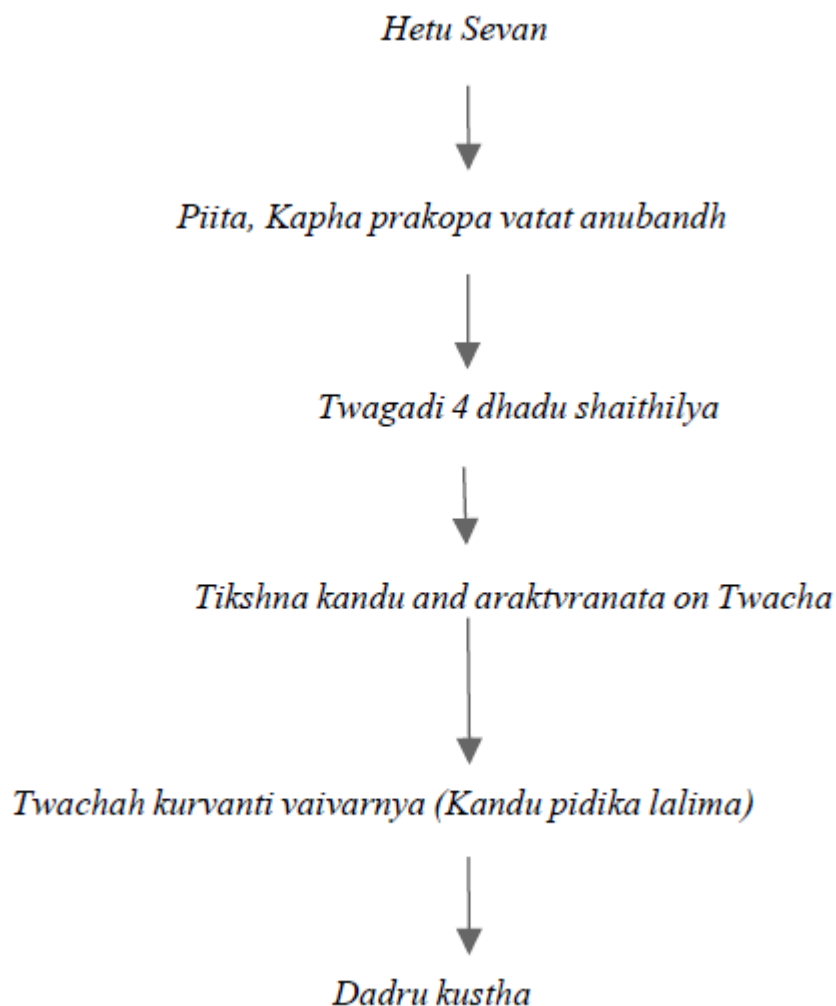
Nidanpanchak

Hetu: Vishamasan Divaswapa viruddhashana

Purva-roopa: Tikshna kandu, Ati swedan, alpa Raktavarni tvakvaivarnya.^[12]

Roopa: Tikshna kandu and Sarvanga raktavarni tvakvaivarnya alpa tanuraktavarnipidika.

Upshaya: Virechana karma and Shaman Aaushadhi.

Samprapti^[13]

Vyadhi vinishchaya: Dadru kustha

Treatment protocol

Virechna karma was advised to patient.

Abhyantar snehapana with Goghrita siddha Manjistha churna^[14] Sarivachurna^[15] Trifala churna Nimb churna^[16] was given for 5 days

Trifala churna, Vidanga churna, Musta churna, Guduchi Kwath 20 ml BD was given for 5 days

before virechan. following are the snehapan days

Day 1: 30 ml

Day 2: 60 ml

Day 3: 90 ml

Day 4: 120 ml

Day 5: 120 ml

Day 6 and 7 bahya snehana and sarvanga swedan was given.

Virechana kalpa: Trivrutta Avleha^[17] 20 gm with Krishna manuka 250 mg *muhrumuhur*.

Total virechana Veg: 30 (Pravar shodhan)^[18]

Shaman chikitsa

1. Sukhshma trifala 120 mg BD with leukwarm water
2. Karanj taila and Nimba taila abhyanga daily once.
3. Sarivadyasav 20 ml BD with 1 cup of leukwarm water
4. Mahamanjisthadi kwath 20 ml BD with 1 cup of leukwarm water
5. Arogyavardhini vati 120 mg BD with 1 cup of leukwarm water

Criteria for assessment

Kandu

0	No
1	Mild
2	Moderate
3	Severe
4	Unbearable

Araktavarnata

0	No
1	<25% of skin involvement
2	26-50% of skin involvement
3	51-75% of skin involvement
4	>75% of skin involvement

Final assessment

Table no. 3.

Sign/symptoms	Before Treatment	After treatment	Result in %
Kandu	3	1	80%
Araktavranata	1	0	100%

RESULT

1. After virechana karma patient was advised with sansarjana kram for 5 days.
2. After virechana the frequency of kandu and appearing redness was much reduced.
3. There was significant decreased in itching.
4. After sansarjan kram, patient was shifted on shaman chikitsa

DISCUSSION

The basic principle of treatment in Ayurveda involves Hetuvipirit and vyadhivipirit chikitsa. Firstly the disease causing element need to be eliminated following which remaining vyadhi bhavas treated with appropriate modality. Virechana is the best shodhan karma for Kustha and Dadru kustha is mainly due to vitiated pitta dosha with kapha dosha. In purva karma for abhyantar snehan Goghrita siddha with Manjistha churna sariiva churna nimba churna trifala churna was given for 5 days. after appearance of samyaka snehapana lakshanas, vishram kala of 2 days given and during 2 days of vishram kala bahya snehan and sravang swedan was given. Virechanais given with Krushnmanuka and trivrutta avaleha. Due to rechana karma of krushnmanuka and trivrutta pitta gets pacified and reamaining kapha expelled out in virechan hence there was markedly decreased in itching and redness. Then sansarjan kram of 5 days was given. After sansarjan kram, patient is shifted on shaman chikitsa yogas like sukhmatrithala, Sarivadyasav, Mahamanjisthadi kwath, and nimba taila and karanj taial abhyanga. Patient was having relief in her all symptoms with Virechan and shaman chikitsa.

CONCLUSION

1. Dadru Kustha Can be successfully treated with virechana karma followed by shaman chikitsa.
2. Nidanparivarjan is also important while treating the patient.

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