A CLINICAL EVALUATION OF THE EFFECT OF VIRECHANA IN THE MANAGEMENT OF EK-KUSHTA (PSORIASIS).

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Received on: 11/09/18; Revised on: 31/10/18; Accepted on: 01/11/18

ABSTRACT
Psoriasis is one of the inflammatory skin diseases progressively increasing and having unknown etiology. It characterized by dry scaly erythematous patches and with white scales on it. In Ayurveda samhitas, Psoriasis can be correlated with Ek-kushta i.e. one of the Kshudra-Kushta due to very much similarity of symptoms. The spread of psoriasis all over the world were increasing day by day to majority of peoples. Various treatment modalities are there for Ek-kushta (Psoriasis) in Ayurveda classics i.e. Shodhana, Shaman, Pachana. Rakta Dushti plays an important role in pathogenesis of ek-kushta. Virechana is one of the best treatments amongst Shodhana for vitiated Rakta- Pitta dushti in body. Present study was done to evaluate effect of Virechana amongst 20 individuals had diagnosed with Psoriasis. Virechana therapy with proper Snehapan provided significant result in all symptoms of the Ek-kushta (Psoriasis) without any side effects. Virechana (Shodhana) treatment provided better results by acting on vitiated Dosha which are deeply rooted. In the present study, out of these symptoms Daha (64.8%) and Kandu (58.1%) have got maximum relief. Whereas overall relief in all symptoms was 35.52% i.e. Mild improvement observed.

Keywords: Ek-kushta, Kshudrakushta, Psoriasis, Snehapan, Virechana.

1. INTRODUCTION
Acharya Sushruta explained 7 layers of skin and disease related with particular layer explained in detailed.1 In Ayurveda classics, almost all the skin diseases are explained under the single term Kusha and it was classified as 7 types of Mahakusha and 11 types of Kshudra kushta.2 Ayurveda considers skin diseases are innumerable and having variety of types.3 Ek-kushta is one amongst the 11 types of Kshudra Kusha described in Ayurvedic samhitas.2 Acharya Charaka briefly explains the sign and symptoms of Ekakushtha like Aswedanam (lack of sweating / anhidrotic), Mahavastu (covering of large surface area), Matsuishakalopam (looks like scales of fish), which may be correled with psoriasis.4 And Acharya Sushruta explain symptoms as Krishna Arun Varnata.4 Psoriasis is the most common skin disorder seen in day today clinical practice characterized by erythematous, circumscribed and silvery- white skin lesions.5

Sign and symptoms produced in Kushta are depending upon the predominance of the dosha in them. It is considered under Ashtaumahagad Roga.6 As per Acharyas the vitiation of Dosha (Vata, Pitta and Kapha) with Twak, Mamsa, Rakta and Lasika have the major role in pathogenesis of Kushta.7 Kushta had many Dushyas with vitiation of all the Doshas in the body. Shodhana treatment has very much importance in skin diseases because it removes the vitiated Doshas from the body which are main cause of diseases.8 Shodhana therapy has very much importance in todays practice.

So, the present topic had taken to study to evaluate the clinical effect of Virechana in Ek- Kushta (Psoriasis).

2. MATERIALS AND METHODS
2.1. Study design
Single Arm Open Labeled Clinical Study in which patients were randomly selected from OPD or IPD department of Kayachikitsa. Total 20 patients fulfilling the inclusion criteria were selected for the study with fully informed written consent.

2.2. Selection of study subjects

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M.D. (Kayachikitsa), Professor, Dept. of Kayachikitsa, Professor, Nitishwar Ayurveda Medical College, Muzaffarpur, Bihar, India. Email – drswapnilchaudhari@yahoo.co.in.
2.2.1. Inclusion Criteria
- Patients in the age group 16 to 60 years age.
- Clinically diagnosed patients of Ek-kushta.
- Patients were selected irrespective of gender, occupation, socio-economic status, religion etc.

2.2.2. Exclusion Criteria
- Patients below the age of 16 years and above 60 years were excluded.
- Patients with Hypertension, Hridroga (Cardiac disorders), Diabetes Mellitus and major systemic diseases.
- Patient having other skin disorders like Chronic fungal infection, Tuberculosis, SLE, Allergic dermatitis etc.

2.2.3. Withdrawal Criteria
- Patients not attend regular follow-up.
- If any other adverse symptom appears during course.

2.3. Intervention details (Shodhan Chikitsa)
- Pachana with Triphala 1 part, Musta 1 part, Shunthi ½ part - 3gm BD with lukewarm water before meal for 3 days given.
- Snehasana was given with Panchatikta Ghrita given in incremental doses. Its initial dose was 30 ml given once in the morning. From the next day on ward the dose was increased by 30 ml depending upon the response of the patients until snehasiddhi lakshana were seen.
- It was continued minimum for 3 days and maximum for 7 days as per snehasiddhi lakshana.
- After proper Snehana and two days with sarvang snehana, swedana given.
- On third day Virechana was performed by administration of Triphala Kvatha (100 ml), Eranda taila (20 ml) and Abhayadi Modak tablet (according to bala of patients), Manuka Phant 100 ml in the doses depending on Koshtha and Agni.

2.4. Criteria of Assessment
Signs and symptoms were given appropriate scores and were assessed before and the treatment. The lesion involvement body surface area was measured by using the Lund-Brower method. Overall effect of the therapy was assessed by the following criteria as below:
- Complete remission- 100% relief in signs and symptoms and clinical tests,
- Marked improvement- more than 75% relief,
- Moderate improvement- 51 to 75% relief,
- Mild improvement- 25 to 50% relief and
- Unchanged- below 25%.

3. RESULTS AND DISCUSSION
3.1. Changes in symptoms
In this study the results were assessed after Samsarjana Krama of Virechana to evaluate the effect of Shodhana (Virechana) therapies on the patients of psoriasis. Significant relief in all the signs and symptoms seen after Virechana were Daha (64.8%) and Kandu (58.1%); moderate in Scaling (32.4%) and Rukshata (28.5%) and minimum in Asvedanam (16.5%), Mandal (12.8%). (Table no 1) (Graph no 1)

3.2. Mode of Action
Shodhan Chikitsa has shown good results. Shodhan Chikitsa helped in elimination of vitiated Dosha from the body and to reduce the symptoms of the disease. Virechana is given by using Abhayadi modak. Dose is decided by Agni (Digestive power), Vaya (Age) and Bala of the patient. Virechana dravyas possesses properties like Saratva (Laxation), Sukshmatva (Finitness), Tikshna (Strong potency), Ushna (Hotness) and Vikasi (Dispersibility). With these properties Virechana dravya carries the melted Doshas to the gut and expelled them out through alimentary canal by the process of Virechana.

3.3. Scope and Limitations of study
- Present study is on small sample size to evaluate effect of Virechana on Psoriasis.
- Further study done on large population with large sample size may be more appropriate.
- In present study only effect of Shodhan Karma was observed. Shodhane with Shamana Chikitsa may yield more fruitful results.

4. CONCLUSION
- All the symptoms Daha, Kandu, Scaling, Rukshata, Asvedanam and Mandala had reduced significantly after Virechana Karma.
- Among all symptoms Daha (64.8%) and Kandu (58.1%) have got maximum relief.
- Overall relief in all symptoms is 35.52% i.e. Mild improvement.
- We finally concluded that Ayurvedic Shodhana Chikitsa relieves the symptoms of Ekakushtha (Psoriasis) significantly.

REFERENCES
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GRAPH

Graph No. 1. Shows Average % Relief in symptoms
### TABLE

<table>
<thead>
<tr>
<th>Sign &amp; Symptoms</th>
<th>Mean Score</th>
<th>SD</th>
<th>SE</th>
<th>T</th>
<th>P</th>
<th>% Relief</th>
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<tbody>
<tr>
<td></td>
<td>BT</td>
<td>AT</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Size of erythema (Mandala)</td>
<td>3.36</td>
<td>3.0</td>
<td>0.49</td>
<td>0.10</td>
<td>3.46</td>
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<tr>
<td>Scaling</td>
<td>3.59</td>
<td>2.63</td>
<td>0.48</td>
<td>0.10</td>
<td>9.21</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td><em>Rukshta</em> (Dryness)</td>
<td>3.09</td>
<td>2.27</td>
<td>0.39</td>
<td>0.08</td>
<td>9.72</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td><em>Kandu</em> (Itching)</td>
<td>2.63</td>
<td>1.18</td>
<td>0.91</td>
<td>0.19</td>
<td>7.48</td>
<td>&lt; 0.001</td>
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<tr>
<td><em>Daha</em> (Burning)</td>
<td>1.27</td>
<td>0.41</td>
<td>0.99</td>
<td>0.21</td>
<td>4.09</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td><em>Asvedanam</em> (Absence of sweating)</td>
<td>2.0</td>
<td>1.68</td>
<td>0.48</td>
<td>0.10</td>
<td>3.13</td>
<td>&lt; 0.01</td>
</tr>
</tbody>
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Table No 1. Effect of *Virechana* on chief complaints of *Ek-kushta* (Psoriasis)

Cite this article as:

Source of Support: Nil;   Conflict of Interest: None declared.