



Case Report

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Efficacy of Virechana Karma Along with Shaman Yoga in Ekakushtha W.S.R. Psoriasis: A Single Case Study

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ABSTRACT

Skin is vital organ of human body. It is the largest organ of the integumentary system guards the underlying muscles, bones, ligaments and internal organs, seat of complexion, conscientious for ones personality, which maintains beauty, provides identity in society, envelopes internal vital organs, protect us from exterior invasion. 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. Psoriasis is long lasting autoimmune inflammatory papulosquamous disorder characterized by patches of abnormal skin. These skin patches are typically red, itchy and scaly. 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. Both males and females are equally affected by this disease. Approximately 1-2% of World's total population is affected by psoriasis. Due to its chronic recurrent nature. It is a challenge to treat this disease. In Ayurveda both Shodhan and Shaman Chikitsa are mentioned for Kushtha. 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, Shodhan, Shaman yoga, Panchkarma.

INTRODUCTION

Psoriasis is a common dermatologic disease, affecting up to 1% of the World's population, both males and females suffering equally [2]. 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 [3]. 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, almost all the skin disorders are explained under *Kushtha Rogadhikara*. The term *Kushtha* can be defined as the state in which disfigurement of body occurs. *Ekakushtha* is a type of *Kshudra Kustha*. It is *Vata Kaphaj* disorder [4]. It can be correlated with psoriasis both of these have similar symptoms. It has symptom like *Aswednam* (anhidrosis) *Mahavastu* (spreading over large area of body), *Matsyosklopam* (silvery scales lesions), *Mandal* (round and with scaling like mica) [5]. In Ayurveda both *Shodhan* and *Shaman Chikitsa* are mentioned for *Kushtha* [6], 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 30 years old male patient came to OPD of *Panchkarma* with chief complaint of -

1. Reddish scally patches on right elbow and right leg
2. Itching on the patches
3. Erythma
4. Dryness on the patches

Patient had above complains since 5 years.

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Presenting Concern

A 30 years male patient was apparently asymptomatic before 5 years. He got very small papule on right hand then slowly it converted into a patch (Red colour) with Scaling, itching and dryness. After that similar patches appeared on right leg. Scaling was more in Winter session.

The Ayurvedic diagnosis is considered as *Ekakustha* which is a *Vata* and *Kapha* Predominant *Kshudra Kustha*. Here an effort was made to treat a thirty 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- xxxxxxx

Age – 30

OPD/COPD No- 5415/26649

Date – 15/11/2019

Address – Jwalapur, Haridwar.

Occupation – Pharmacist

Religion – Hindu

Marital status- Married

Personal history

Addiction- No addiction

Bowel- regular

Appetite – good

Sleep Sound 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

Respiratory – B/L Equal air entry

Gastrointestinal- NAD

Cardiovascular -NAD

Central nervous- NAD

O/E

Ashtavidha Pariksha

1. **Nadi**=74/min. Regular

2. **Mala**= *Samanya*

Dashvidha Pariksha

1. **Prakriti**= *Vata Kaphaj*

2. **Vikriti**=*Kapha Vata*

3. **Mutra**=*Samanya*

4. **Jihva**=*Ishathasaam/Niram*

5. **Shabda**=*Samanya*

6. **Sparsha**=*Snigdha*

7. **Drika**=*Samanya*

8. **Akriti**=*Madhyama*

3. **Sara**=*Medasara*

4. **Samhanan**=*Madhyama*

5. **Pramana**=*Madhyama*

6. **Satva**=*Pravra*

7. **Satmaya**=*Madhyama*

8. **Aharashakti**= *Madhyama*

9. **Vyayamashakti**=*Madhyama*

10. **Vaya**=*Yuvaavstha*

Investigation –

Table 1: Blood investigation reports

Parameter	Values
Hb%	15.4
ESR	27
TLC (/cu mm)	8800
Neutrophils (%)	71
Lymphocytes (%)	24
Eosinophils(%)	04
Basophils (%)	0
Monocytes (%)	01
RBS	99.04

MATERIAL AND METHODS

- As the patient was having *Mahavastu*, *Matsyashaklopamam*, *Kandu*, *Rukshata*, *Raga* etc. from last 5 years. He was registered for present study in OPD of Gurukul Campus, Uttarakhand Ayurveda University, Haridwar in Panchkarma Department on 15/11/2019. Depending upon signs and Symptoms the patient was diagnosed as *Ekakushtha* (Psoriasis). *Virechana Karma* Was given to the patient and followed by *Shamanaushdis* for 1 month.
- Simple single case study

Assesment Criteria

Subjective parameter

Mahavastu

Matsyashaklopamam (Scaling)

Raga(Erythma)

Rukshata(Dryness)

Kandu(itching)

Table 2: Grading of Mahavastu

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 hand, leg, neck, scalp, back	3	Severe scaling by rubbing / by itching (from all lesions)	3
Whole	4	Scaling without rubbing / by itching (from all lesions)	4

Table 3: Grading of Raga (Erythma), Rukshata (Dryness) and Kandu

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****Table 4:** Nidan Panchak

Nidana	Virudh aahar, Snigdha aahar, Seeta-usna ahara kramam muktva sevana, Vegadharna,
Purvarupa	Rukshata, Kandu, Raga.
Rupa	Mahavastu, Matsyashaklopamam, Raga, Rukshata, Kandu.
Upasaya	Symptoms that relief in Grishma ritu
Samprapti	Due to Nidana sevana there was some Khaviguna and Prakupita dosha Are came and vitiates Tridosha, Twak, Rakta and Lasika and create Ekakushtha symptom like (Mahavastu, Matsyashaklopamam, Raga, Rukshata, Kandu)

Table 5: Samprapti Ghatak

Nidan	Virudh aahar, Snigdha aahar, Seeta-usna ahara kramam muktva sevana, Vegadharna,
Doshas	Tridosha (Vata kapha pradhan)
Dushya	Twak, Rakta, Lasika(Ambu), Sweda
Srotas	Rasa, Rakta, Mamsavaha, Svedhvaha
Adhishthana	Twacha
Rogamarga	Abhayantra

Vyadhi Vinischaya (Diagnosis)

Ekakushtha

Treatment

1. Nidhana Parivarjana
2. Sodhana Karma
 - A. Deepan-Pachana
 - B. VirechanaKarma

C. *ShamanChikitsa* (Two follow-up)

Table 6: Showing the Drugs used for *Deepan–Pachana* for 3 days.

S.N.	Darvya	Dose	Duration	Anupana
1.	Chitrakadi vati	2 tab	BD	Luke warm water
2.	Ajmodadi Churna	3gm	BD	Luke warm water

Table 7: Showing *Snehapana* for *VirechanaKarma*

S.N. & Days	Procedure	Medicine	Date	Dose	Observation
1.	<i>Snehapana</i>	<i>Panchtiktaghrita</i>	19/11/19	50 ml	Felt good
2.			20/11/19	100 ml	Itching Reduce
3.			21/11/19	150 ml	Itching completely absent
4.			22/11/19	200 ml	Bowel clear Scaling, dryness reduced
5.			23/11/19	250 ml	Redness reduced and Snigdha Varchas observed
6.	<i>Sarvanga Abhyanga</i> (45minute)& <i>Swedana</i> (20 minutes)	<i>Abhyang</i> (<i>Tila taila</i>) & <i>swedana</i> (<i>Dasmoola kwatha</i>)	24, 25, 26 OF Nov 2019	Itching Redness Sleep	Reduced
7.					Reduced
8.					Sound

Table 8: Showing *Virechana karma* and *Samsarjana Karma*

S.N.	Procedure	Medicine	Vega
1.	<i>Virechana karma</i>	<i>Trivrita avleha</i> 40gm + 1 tab. of <i>Itchabhedhi Ras</i> given at 10:00 AM	20
2.	<i>Samsarjana Karma</i> advised for 5 days		

Shamana Chikitsa:

Table 9: Showing Drugs used for 1st follow

S.N.	Mdicines	Duration
1.	<i>Panchnimbhadi choorna</i> 3gm + <i>Shudh Gandhak</i> 250mg BD + <i>Giloy satva</i> 250 mg <i>Anupana</i> - luke warm water	1month
2.	<i>Aarogyavradhini Vatti</i> 2BD <i>Panchghrita guggulu</i> 2BD	1 month
4.	<i>Mahamanjishthadi Kashayam</i> 40ml	1month

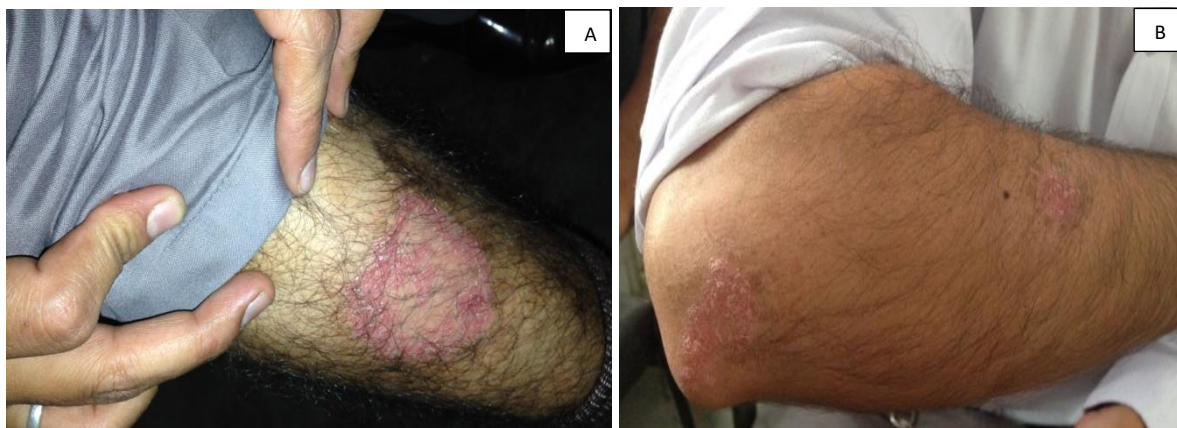


Fig 1: Before the treatment (A, B)

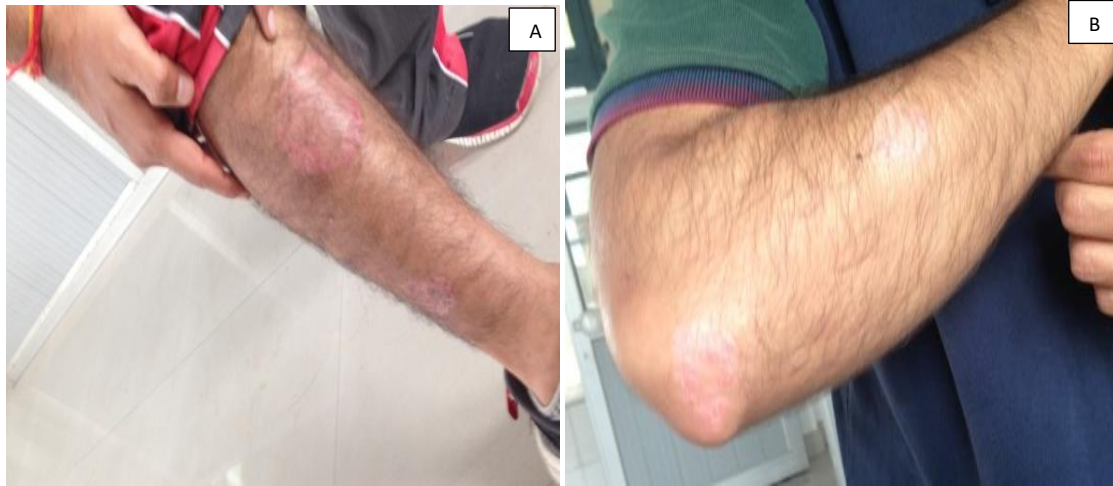


Fig 2: After *Virechana Karma* and after 1st follow-up (A, B)

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

Table 10: 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)	2	0
<i>Rukshata</i> (Dryness)	3	0
<i>Kandu</i> (Itching)	2	0

Table 11: Pasi score assessment before treatment

	Head	Upper limb	Trunk	Lower limb
Erythema	0	4	0	4
Thickness	0	3	0	3
Scaling	0	3	0	2
Lesion score (A)	0	10	0	9
%of area involvement (B)	0	3	0	3
Subtotal © A X B	0	10 X 3= 30	0	9 X 3= 27
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	30 X 0.2 = 6	0 X 0.3 = 0	27 X 0.4 = 10.8

PASI SCORE = 16. 8

Table 12: Pasi score assessment after treatment

	Head	Upper limb	Trunk	Lower limb
Erythema	0	1	0	1
Thickness	0	0	0	0
Scaling	0	0	0	0
Lesion score (A)	0	1	0	1
%of area involvement (B)	0	1	0	1
Subtotal © A X B	0	1 X 1= 1	0	1 X 1= 1
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 = 2	0 X 0.3 = 0	1 X 0.4 = 4

PASI SCORE = 6

DISCUSSION

All *Acharya* mentioned that *Kushtha* is the *Rakta Vyadhi*. In all the *Twaka Vikara*, the vitiation of *Rakta* and *Pitta* is mentioned. *Virechana Karma* is taken as it acts on all *Dosha* in general and *Pitta* and *Rakta* in particular. *Deepana*, *Pachana*, *Snehapana* followed by *Virechana* is the sequential order which was followed. *Deepana* and *Pachana* was administered with *Chitrakadi vati* and *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 avhleha*. Due to *Vata Kaphaghna* property it reduces symptoms of *Ekakushtha*. All skin disorders there is accumulation of *Kleda*. *Virechana* has *Pitta Shodhana* and *Rakta Prasadana* property lead to *Kleda Harana*. Due to the *Manaprasadana* property it reduces stress and stress related symptoms [10]. *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*, *Vruna hara*, *Krimihara* and *Rakta shodaka*. The ingredients of *Maha Manjistadi Kwatha* are *Manjistha*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Katuki*, *Vacha*, *Devadaru*, *Haidra* and *Nimba Twak* which have the properties like *Agnidipaka*, *Raktashodaka*, *Samsrana*, *Pitta Kaphahara*, *Kusthaghna*, *Kashaya*, *Tikta*, *Katu Rasa*, *Laghu Ruksha Guna*, *Usna Virya*, *Pittakapha Shamaka*, *Kusthaghna* etc. *Panchatikta ghrita guggulu* – This is very potent drug indicated exclusively by *Chakradutta* in *Kushtha Adhikar*. *Giloy satva- Giloy* specially acts on micro circulation and helps in homeostasis of all the three *doshas* which are the prime culprits in any skin disease. *Aarogyavardhini vati- Aarogyavardhini vati* is herbomineral formulation primarily advised in *Kushtha vikaar*. Its primary site of action is *Grahani* and *Pakwashaya*. It is very important ingredient to correct the multiple *dusya* levels in *Kushtha*. *Shudh gandhak*-is very usefull in all type of skin disease.

CONCLUSION

In this case study we got good result of *Virechana karma* and *Ayurvedic* medicine. The treatment given for *Ekakushtha* (psoriasis) was *Deepan-Paachan*, *Shodhan*, *Shaman* yoga; which helped an *Aampachan*, removal of vitiated *dosha* from body and to bring *Samyavastha* (balanced condition) of *Doshas*. So above treatment help to relieve symptoms of disease and also an attempt to provide safe and effective treatment of the patient [11].

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