

EFFECT OF VIRECHANA KARMA IN SHITPITTA: A CASE STUDY

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ABSTRACT

Background: In today era changes in life style with urbanization are the main trigger factor for vitiation of *tridosha* and manifestation of disease. There is lack of knowledge about *dincharya* and *rituchrya* in common people due to which people mainly gets affected their digestive system first and then other symptoms comes subsequently. *Shitpitta* is one of the most common allergic skin disease. It manifest due to exposure to *asatmya aahara-vihara*. It mainly caused due to vitiation of *pittadosha* with *vata doshanubandha*. Symptoms includes red patches and sever itching discomfort. It is compared with urticaria in modern science. Urticaria is counted as allergic reaction due to some food and have only symptomatic treatment and anti-allergic drugs. In *Ayurveda* treatment of *shitpitta* includes *shodhan* and *shaman chikitsa*. *Virechan* is one of the *shodhan karma* among the *panchakarma* and it is effective in *pitta pradhan vyadhi*. So in present case study we are using *virechana (mrudu)* as a *shodhan chikitsa* followed by *shaman chikitsa*.

KEYWORDS: *Shitpitta*, Urticaria, *Shodhan* and *Shaman chikitsa*.

INTRODUCTION

Shitpitta is a common skin condition now-a-days. *Apathya* and various allergens are the prime causes of *shitpitta*. *Shitpitta* is derived as *shitta* and *pitta*., *shitta* means cold and *pitta* is warm. So it is dominance of *vata* and *kapha dosha* over *pitta 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 allergic reaction. Urticaria is one of them which is most common and it is characterised by red patches on skin and itching all over body. Urticaria having similar symptomatology and causative factor as *shitpitta*.

AIM: To study the effect of *Virechana* karma in *Shitpitta*.

OBJECTIVE:

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

METHODOLOGY

Case report

A 35 year male patient presented to the hospital with complains of.

Table no.1.

Complaints	Duration
1. Red patches all over body	1 year
2. Sever itching all over body	1 year

Patient was teacher by occupation. He had no past history of any other major illness or any operative. He had been taking tablet cetirizine 5mg SOS since last 1 year.

Samanya Parikshana

Table no. 2.

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

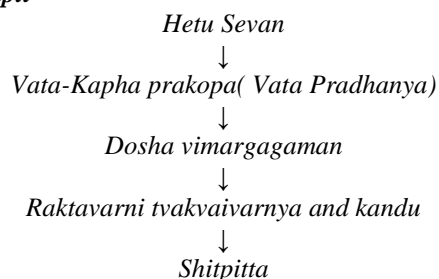
Nidana Panchaka

Hetu : *Vishamasan, Dadhi sevan* (3-4 times in a week), *Divaswapa, Atishita Jal sevan, Atikrodha*.

Purva-roopa: *Raktavarni tvakvaivarnya, alpa kandu*.

Roopa: *Sarvanga raktavarni tvakvaivarnya and kandu*.

Upshaya: *Virechana karma and Shaman Aaushadhi*.

Samprapti

Vyadhi vinichaya: Shitpitta

Treatment Protocol

Virechana karma was advised to patient. *Abhyantar snehapana* with *panchatikta ghris* is given 3 days,

Day 1 : 30 ml

Day 2 : 50 ml

Day 3 : 90 ml

Day 4 and 5, *bahya snehana* and *sarvanga swedan* was given.

Virechana Kalpa: *Triphala* + *Trivruttha kwath* 60 ml + 2 *RK* pills.

Total *virechana Veg*: 8

Shaman Chikitsa

1. *Haridra khanda* 5 gm BD
2. *Sarshapa Tail abhyanga* daily once.

Criteria for Assessment

1. 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

2. Kandu

0	No
1	Mild
2	Moderate
3	Sever
4	Unbearable

Final Assessment

Table no. 3.

Sign/symptoms	Before T/t	After T/t	Result in %
1. Araktavarnata	3	1	75%
2. Kandu	2	0	100%

RESULT

- After *virechana karma* patient was advised with *sansarjana kram* for 3 days.
- After *virechana* the frequency of appearing patches was much reduced and size of patches also reduced.
- There was significant decreased in itching.
- 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 *pitta dosha pradhan vyadhi* and *shitpitta* is mainly due to *vitiated pitta dosha* with *vata dosha*. In *purva karma* for *abhyantar snehan panchatikta ghris* is given for 3 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. *Virechana* is given with *triphala* and *trivruttha kwath* and 2 *RK* pills. Due to *rechana karma* of *triphala* and *trivruttha pitta* gets *pacified* and hence there was markedly decreased in itching and size of red patches.

Then *sansarjan kram* of 3 days given. After *sansarjan kram*, patient is shifted on *shaman chikitsa yogas* like *Haridra khanda* and *sarshapa tail abhyanga*.

Patient was having relief in his all symptoms with *virechana*, *shaman chikitsa* and *abhyanga*.

CONCLUSION

- *Shitpitta* can be successfully treated with *virechana karma* followed by *shaman chikitsa*.
- *Nidanparivarjan* is also important while treating the patient.

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