



**CASE STUDY: ROLE OF VIRECHANA KARMA WITH SHAMANA CHIKITSA IN THE
MANAGEMENT OF EKKUSTHA**

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ABSTRACT

Ekkustha (psoriasis) is a non communicable and an auto immune disorder which disturbs the patient at both physical and mental level. It is also a kind of chronic inflammatory disease of the skin which has affected almost 0.44 to 2.8 % population in india.^[1] *Ekakustha* is considered under *ksudra kustha* in Ayurveda, which can be compared with psoriasis in Modern medicine. In Ayurveda, the main reason behind the occurrence of this disease is due to the *Rakta dusti*. Later on this disease disturbs the balance of all three *Doshas* along with *Twaka, Rakta, Mansa* and *Lasika*.^[2] *Rakta Dusti* occurs due the *Nidana* (etiology) described in our *Samhita* like - *Virodhi Annapaan*^[3] and Past Birth Sins.^[4] It has special features like well demarcated erythematous plaque with silvery scale. As there is no proper cure of psoriasis in Modern medicine so it has become a great challenge to get rid of this disease to a desired level. To treat this disease very effectively, Ayurveda has stated to go for proper *Shodhana* and *Shamana Chikitsa*. *Shodhana Chikitsa* like *Vamana, Virechana, Raktamokshana, Nasya* are to be prescribed along with various formulations. **Method:** It is a single case study of a 34-year-old male patient having complaints of silver scaly patches all over the body since last 5 years with generalized weakness. In the case mentioned above, *Virechana* treatment was given as *Shodhana Chikitsa* to the patient. For this, *Panchtikta Ghrit*^[5] was used for *Snehan* with initial dose of 30ml in first day. Then the dose was increased gradually up to 240ml depending upon the *Kostha* of the patient. On the 6th day, *Samayak Snigdha Lakshan* was noticed. After that, two days *Sarvanga Abhyangam* and *Sarvanga Swedan* was done. Then on the 9th day, the patient was given *Virechana* with *Danti* and *Trivritt* along with *Triphala* decoction^[6] according to the *Kostha* of the patient. After the *Samayak Virechan*, patient followed the *Sansarjana karma* for next 7 days. Once the *Sansarjana karma* was done, *Shamana Aousadh* was prescribed for 21 days. **Result:** After taking the proper *Shodhana* and *Shamana Chikitsa* for 37 days, there was a marked reduction in the patches on the body. Also, the symptoms like itching and generalized weakness were effectively controlled.

KEYWORDS: *Ekakustha*, Psoriasis, *Shodhan*, *Shaman*, Silver scale.

INTRODUCTION

In Ayurveda eighteen types of *kustha* has been described by *Achaaryas*. The *Kustha* is further divided into two types - *Mahakustha* and *Ksudra kustha*. *Ekakustha* comes under the *Ksudrakustha*. The common symptoms described by *Achaaryas* are *Aswedanam, Mahavastu, Matsyasakloupnum* etc.^[7] which resembles to psoriasis in modern science. The main causative factor of *Ekakustha* mentioned in our text are *Virudh Ahara, Navanna sevan*, insulting the *Guru, Vegadhaaran* specially *Chhardi Vega*.^[8] These etiological factors Lead to vitiation of *Tridoshas*, especially *Vata* and *Kapha*. In Ayurveda, main line of treatment for this disease is *Shoadhana*, that is *Vamana, Virechana* etc. and *Shamana Aousadh*. This treatment module helps to purify the blood and also acts as an immune modulator. For our

case study we have selected *Virechana* as a *Shodhana* procedure because *Virechana* is the best therapy for the treatment of *Piittaja* and *Raktaja Vikara*. *Shamana Aousadh* like *Arogyavardhini vati*,^[9] *Talkeshwar ras*,^[10] *Manjisthadi kwatha*,^[11] *Panchtikta ghrit*, were prescribed internally and *Marichyadi oil*^[12] given for local application externally.

Case findings

A 34-year male patient was asymptomatic 5-year before. Gradually patient developed patches on the scalp then spread all over the body with generalized weakness. For this patient had taken many treatments but still patient did not get complete relief. So, patient came to the Devbhoomi medical college of Ayurveda and Hospital, Dehradun in the department of Panchakarma having

OPD No. 3497.

Past history

Patient has no past history of diabetes, tuberculosis and hypertension etc.

Family history

Patient has not any related family history.

Personal history

Ahara - Excessive *Virudh Aahara* like *paneer*, *milk* with *banana*

Kostha - *Madhyam*

Mutra pravritti - *Samayak*

Agni - *Mandagni*

Nidra - *Samyak*

Jarana shakti - *Heena*

Abhyavarana shakti - *Madhyama*

Saatmaya - *Madhyam*

Satva - *Madhyam*

Prakriti - *Vata kaphaj*

Systemic examination - General condition of patient was normal

Pulse rate - 72/minute

Temperature - Afebrile

B.P - 130/80 mmHg

Weight - 74 kg

Height - 5.5 ft

Aushadha prayoga

Shamana Chikitsa was given to the patient for 21 days as given below;

- 1) *Arogyawardhini Vati* 2 TDS
- 2) *Talkeshwar ras* 125 mg bd
- 3) *Panchtikt ghrit* 2 tsf bd
- 4) *Mahamanjisthadi kwath* 40 ml bd
- 5) *Mahamarichyadi oil* for local application

RESULT

After taking the proper *Shodhana* and *Shamana Chikitsa* for 37 days, there was a marked reduction in the patches on the body. Also, the symptoms like itching and generalized weakness were effectively controlled.

DISCUSSION AND CONCLUSION

The main etiological factors mentioned by our *Acharyaas* for *Kustha* (Psoriasis) are vitiated *Vaata*, *Kapha* & *Dushit Rakta*. So, to cure this disease, we must normalise the vitiated *Vaata*, *Kapha* & purify the *Dushit Rakta* in the body. By this way we can break the pathological chain. In our study we used those classical medicines which act as blood purifier. In *Shamana Chikitsa*, we prescribed *Arogyawardhini Vati* 2 TDS, *Talkeshwar ras* 125mg bd, *Panchtikt ghrit* 2 tsf bd, *Mahamanjisthadi kwath* 40 ml bd, *Mahamarichyadi oil* for local application. All These formulations are very potent *Raktashodhak* and *Kustha roga nashaka*. After *Shodhan* and *Shaman* the patient got good result. After finding out the result in this case, it can be concluded

that the above treatment concept can be applied to other *Kustha* patients also.

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