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. Ekakushtha is considered under ksudra kushtha 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 dushti. Later on this disease disturbs the balance of all three Doshas along with Twaka, Rakta, Mansa and Lasika. Rakta Dushti occurs due the Nidana (etioloogy) described in our Samhita like - Virodhhi Annapaana and Past Birth Sins. 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 Yamana, 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 was used for Snehana with initial dose of 30ml in first day. Then the dose was increased gradually up to 240ml depending upon the Kosta of the patient. On the 6th day, Samayak Snigdha Lakshan was noticed. After that, two days Sarvanga Abhyangam and Sarvago Swedan was done. Then on the 9th day, the patient was given Virechana with Danti and Trivrit along with Triphala decoction according to the Kosta 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: Ekakushtha, Psoriasis, Shodhan, Shamani, Silver scale.

INTRODUCTION
In Ayurveda eighteen types of kushtha has been described by Acharyaas. The Kushtha is further divided into two types - Mahakushtha and Ksudra kushtha. Ekakushtha comes under the Ksudrakushtha. The common symptoms described by Acharyaas are Asvedanam, Mahavastu, Mitsyasakloupumam etc. which resembles to psoriasis in modern science. The main causative factor of Ekakushtha mentioned in our text are Virudh Ahara, Navanna sevan, insulting the Guru, Vegadhaaran specially Chhardi Vega. These etiological factors Lead to vitiation of Tridoshas, especially Vata and Kapha. In Ayurveda, main line of treatment for this disease is Shadvhana, that is Yamana, 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 Piitatta and Raktaja Vikara. Shamana Aousadh like Arogavyardhini vati, Talkeshwar ras, Manjisthadi kwatha, Panchchikta ghrir, were prescribed internally and Marichyadi oil 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...
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**Past history**
Patient has no past history of diabetes, tuberculosis and hypertension etc.

**Family history**
Patient has not any related family history.

**Personal history**

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<thead>
<tr>
<th>Ahara</th>
<th>Excessive Virudh Aahara like paneer, milk with banana</th>
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<tbody>
<tr>
<td>Kostha</td>
<td>Madhyam</td>
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<td>Mutra pravritti</td>
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<td>Agni</td>
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<td>Satva</td>
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**Prakriti - Vata kaphaj**

**Systemic examination - General condition of patient**

- 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. Arogayawardhini 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 Acharyas 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 Arogayawardhini Vati 2 TDS, Talkeshwar ras 125 mg bd, Panchtikt ghrit 2 tsf bd, Mahamanjisthadi kwath 40 ml bd, Mahamarichyadi oil for local application. All these formulations are very potent Raktashodhak and Kushta 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 Kushta patients also.

**REFERENCES**