



A Clinical Case Report of *Virechana Karma* and *Tuvaraka Rasayana* in *Ekakushta w.s.r Psoriasis*

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ABSTRACT:

The skin is the boundary between human being and the world surrounding him. This is an important sense organ, the largest organ, and plays a major role in controlling the heat and water loss. Psoriasis is an autoimmune disease in which scaling and itching in the papulo squamous lesion of skin disturbs the daily routine of the patients. Because of its recurrent nature the disease has remained a great problem. There is no certain cure for this disease. Modern medicine provides symptomatic relief but also has side effects in long course. The ayurvedic diagnosis is considered as *Ekakushta* (Psoriasis) which is *Vata Kapha* predominant. This is best treated with panchakarma procedures, as the principle of treatment of all types of *Kushta* is *Samshodhana* (Purification) along with *Samshamana* (Pacification) drugs. Hence here an attempt made to analyse best treatment for psoriasis in ayurveda with well documented results. The present case shown significant result.

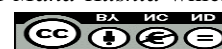
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INTRODUCTION

The internal changes in the body are reflected through skin and it reacts to the external ones. *Tvak* (skin) is the *Upadhatu* of *Mamsa Dhatu*, and is in direct relation with the *Rasa Dhatu* for its *Poshana* (nutrition). Accordingly, the *Tvak Sara* has been mentioned instead of *Rasa Sara* in the context of *Sara Purusha Lakshana*. Under *Rakta Pradoshaja Vikara* (blood disorders), most of the symptoms are the *Tvakgata Vikara*, which explains the relation of *Rakta* (blood) with *Tvak* (skin) and hence

healthy *Rasa Dhatu* with *Rakta Dhatu* is most essential for the maintenance of normal structure and function of *Tvak* (skin).

Tvak dhatu gets afflicted with various skin manifestations such as *Visarpa, Kaksha, Nyacha, Vyanga* etc. *Kushta* is one among such various skin manifestations. The chronic, lingering nature and difficulty to cure differentiates *Kushta* from various other skin diseases. *Kushta* is further classified into *Maha Kushta* and *Kshudra Kushta*. The presence of the premonitory symptoms and involvement of the deeper *Dhatu* is the symptom of *Maha Kushta* which



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differentiates it from the *Kshudra Kushta*.

“Psoriasis is a non-infectious, chronic inflammatory disease of the skin, characterized by well-defined erythematous plaques with silvery scale, with a predilection for the extensor surfaces and scalp, and a chronic fluctuating course”¹. Definite cause of which is still unknown. However, there is often a genetic predisposition, and sometimes an obvious environmental trigger¹.

As per the research carried out in various institutions, the illness Psoriasis has been compared to *Ekakushta* or *Kitibha Kushta*. The excessive morbid condition has been given importance and various treatment procedures have been planned with some improvement seen in the treatment. Complete curability has not been attained. *Ekakushta* is a disease with predominance of *Vata* and *Kapha Dosha* according to various authors. Reduced perspiration/ an hydrosis, large sized lesion, scales simulating the scales as that of fishes, with blackish and pinkish discoloration of the lesions are the symptoms explained in texts.

Case history:

Main complaints : A male patient aged 47years was apparently alright 8-10 years back, not a K/C/O DM/HTN or any systemic illness. Later slowly observed the blackish maculopapular lesions over both hands and legs, scalp and face along with severe itching.

Duration: 8years

Past history/treatment history: Patient has been diagnosed with psoriasis and treated with conservative treatment

Personal history:

Appetite- good

Bowel-constipated

Micturition- NAD

Sleep- disturbed

Habits- alcoholic

General Examination:

Built & nourishment- moderate

Pallor- absent

Cyanosis/icterus/clubbing/oedema/lymphadenopathy- absent

Pulse rate- 78bpm

BP- 140/70mmhg

Weight- 74kgs

Temperature-98° F

Tongue- non coated

Diagnostic criteria:

PASI Scoring System for Psoriasis:

Elements:

1. Body regions as percentage of body surface areas.
2. Extent of body region affected
3. Extent of psoriatic changes

Changes in Psoriasis Code Extent

Erythema (E) 0 – 4

Infiltration (I) 0 – 4

Desquamation (D) 0 – 4

ASSESSMENT CRITERIA:

Subjective Parameters:

The improvement in the patients was assessed on the basis of relief in the signs & symptoms of the disease *Aswedana*, *Mahavastu*, *Matsyashakalopamam*, *Krishna Varna*, *Aruna Varna*.

Objective Parameters:

1. *Samyak Virechana Lakshana* (to assess the amount of *Shodhana* achieved).
2. P.A.S.I (Psoriasis Area and Severity Index)

Treatment given:

Intervention:

1. *Poorvakarma*: - *Deepana-Pachana* with *Chitrakadi Vati* with *ushnajala* 4-4-4 B/f for 3 days.
2. *Snehapana* with *Guggulu Tiktaka Gritha* for 3 days.
1st day – 50ml
2nd- 150ml
3rd- 150ml
3. *Abhyanga* with *Brihat Dantapala thaila* followed by *Parisheka* with *Siddhartaka Snana Choorna Kvatha Parisheka* for 4 days.
4. *Pradhana Karma*: - *Virechana* with *Trivrit Leha* 40gms with milk for 1day
5. *Peyadi Samsarjana* and *Rasa Samsarjana Krama* for 3 days
6. *Tuvaraka Rasayana* 5ml in empty stomach morning od after *Samsarjana* for 5 days.

Duration of the study: 25-30 days.

Follow up: 30 days.

Brihat dantapala thaila after *virechana* as given for local application.

Investigations:

CBC

LFT

RFT

Fasting Lipid profile

Serum electrolytes

All routine haematological investigations done.

RESULTS (Table 1)

DISCUSSION

Ekakushta (Psoriasis) is having the predominance of the *Vata and Kapha Dosha*. That presents with the elevated skin patches with pinkish, reddish or blackish discoloration which is excessively dry and rough to touch that is covered with scales that simulate the scales of fish or like the flakes of mica, and that which itches. The disease does not have a predilected site, can occur in the whole body or may be limited to a site.

Though the disease *Ekakushta* (Psoriasis) is not a life threatening condition, but is considered as an incurable disease and also causes an immense bodily discomfort as well as cosmetic problems with psychological disturbance. Invariably all the types of *Kushta* are a *Bahudoshavastha* condition which needs a vigorous management. Both *Antahparimarjana* and *Bahirparimarjana* has to be followed in such cases. Literature emphasizes the use of *Rasayana* therapy in the chronic lingering perpetuating diseases. Among the various research studies carried out in different institutions on the disease *Ekakushta/psoriasis*, the disease was managed with either *Shodhana* (Purification) along with *Shamana* (Pacification) or *Shodhana and Shamana* alone..

Literature while explaining the management of the disease has mentioned repeated *Shodhana* along with the *Shamana* medications both for oral intake and for external application has to be given. In the chronic, lingering and perpetuating diseases like *Kushta*, literature signifies the *Rasayana* therapy (Rejuvenation). Certain *Rasayana* like *Bhallataka*, *Bakuchi*, *Khadira* etc have been mentioned. *Tuvaraka Kalpa* mentioned in the *Rasayana Adhayaya* has the indication in all types of *Kushta* (skin diseases)³.

For the present study, beginning from the *Deepana*(appetizer) till the *Rasayana* six different formulations was used. For the purpose of attaining *Deepana*, *Chitrakadi vati* was used. Later for the purpose of *snehapana Guggulu tiktaka Gritha* was selected, which has been mentioned under the context of *Kushta*. The drugs used in the preparation are having the *Raktashodhaka* (blood purifier), *Vranaropaka* (wound healer), and certain drugs have the specific action on the disease *Kushta*. After

the *snehapana* (internal oleation) for the *Bahya Snehana & Svedana, Streekutaja Taila* was used for the purpose of *Abhyanga*. Several research works has been carried out on the use of oil in the disease psoriasis. Also the drug, has the indication in disease *Kushta*. *Siddarthakasnana choorna* mentioned in *Kushta Adhikara* was prepared into *Kwatha* form and was used for the purpose of *Parisheka* (examination). The drugs in the formulation have specific action on *Kushta* disease. Later on the fourth day *Virechana* (Purgation) was given with *Trivrt Leha*. *Trivrt* has the property of *Dosha Shodhana* and also has the action on *Vranaropana* (wound healer). After the *Samsarjana krama* for the purpose of *Rasayana*, *Tuvaraka Rasayana* was prescribed. The drug has the action of *Ubhayabhaga Shodhana* and has the specific indication in the disease of *Kushta* (skin diseases). Maximum of the drugs in the formulations had the *Vranaropana* (wound healer), *Raktaprasadana*(blood purifier) property. And most of the drugs had the specific *Kushtaghna* property. Hence the case has shown result in remission of symptoms and framed standard treatment of *Virechana* (Purgation) and *Rasayana* (Rejuvenation) in the management of disease *Ekakushta* (Psoriasis). Difference before and after treatment is shown in Fig 1 and Fig 2.

CONCLUSION

The present case is treated with all precautions and limitations including strict *pathya pathya* (wholesome-unwholesome) still a marked improvement is sought based on biochemical parameters in further follow up. Based on treatment principle of *Kushta*, it can be better treated with safe ayurvedic treatment on regular basis. Hence *panchakarma* therapy with effective drugs comprises a well form of treatment for the disease *Ekakushta*.

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Table 1 Showing results

SL NO	PARAMETERS	Before treatment	After treatment
1	Erythema	3	1
2	Infiltration	1	0
3	Desquamation	1	0
4	Anhydrosis	4	1
5	Itching	4	0



Fig 1- BEFORE TREATMENT



Fig 2- AFTER TREATMENT