

The Effect of Virechana Karma in Psoriasis - A Case Report**Dr. Vandana Raval¹**

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Abstract

Psoriasis is a very critical disease to treat which cannot be cure completely. Modern medicine gives symptomatic relief for a short time and also there may be recurrences of symptoms are common. As per Ayurvedic point of view, psoriasis is treated as a Ekkushtha. Tridosha are main contributing factors in it. Contrary to the available medical treatment; Ayurvedic Virechana Karma responds a systemic holistic treatment approach in the treatment of psoriasis. It gives effective results in psoriasis without any side effects. This treatment also prolongs the duration of recurrence of symptoms. A patient of known psoriasis was treated with Virechana Karma is presented as a case study in this article.

Keywords: Psoriasis, Ayurveda, Virechana Karma

1. Introduction

Psoriasis is long lasting autoimmune dermatological disorder which affects skin, nails, joints and having various systemic associations. There is evidence that the disease is associated with a high impact on the health-related quality of life and considerable cost. In India the prevalence of psoriasis varies from 0.44 to 2.8%, it is twice more common in males compared to females.¹ Relapses are common and the patterns of relapses are also varies in different individuals. Some have early and frequent relapses and others have long-term remissions of their disease process with infrequent relapses.

Psoriasis produces significant adverse effects on the psychological and social aspects of life mainly because of its visibility. Individuals with psoriasis may feel self-conscious about their appearance and have a poor self-image that stems from fear of public rejection. The disorder is a chronic recurring condition that varies in severity from minor localized patches to complete body coverage. There are many treatments available, but because of its chronic recurrent nature, psoriasis is a challenge to treat. Modern medicines give symptomatic relief for short time.

As per Ayurvedic point of view, this condition was diagnosed as Ekkushtha.² Tridosha are main causative factors.³ so, contrary to the available medical treatment/management, Virechana Karma which is the specialty of Ayurveda, respond a systemic systematic and holistic treatment approach in the treatment of early psoriasis. So, a known patient of early psoriasis was treated with such treatment protocol is presented as a case study in this article.

2. Materials & Methods

A 32 years Hindu male patient residing in Ranip (Ahmedabad) came to OPD of Kayachikitsa Dept., Govt. Akhandanand Ayurveda hospital on the date 18 October 2016 ; with the following complains:

- Chief Complaints: Well demarcated Plaque with erythematous silvery scales and itching on face, back, both hand and leg since last 2 years. Itching and dandruff present on scalp.
- Aggravated in winter.

- On Examination: Multiple pin point pits in the nail plate. Sama Avastha found by Jihva Darshana Pariksha
- Associated complaints: Symptoms of Psoriatic arthritis present, constipation, anorexia, mental stress, disturbed sleep
- Past History: Prior patient took allopathic treatment for this complaints for 1 year
- Family History: Nil
- No addiction
- Non-vegetarian diet



As per provisional diagnosis & treatment for Ekkushtha, decided to give Shodhana Karma.

3. Virechana Karma

Step 1- Deepan-Pachana Chikitsa for 5 days. Karanja tail for local application.

Step 2 - Snehpana with Mahatikta Ghrita⁴ till Samyaka Snehpana Lakshana⁵

Step 3 - Virechana with Ichhabhedi as⁶ 4 tab (125mg each) Followed by Purvakarma (Sarvang Abhyanga and Swedana 3 day) and Pachyat karma (Samsarjan karma for 5 days)

Shamana Chikitsa: Shamana Chikitsa for pacification of rest Dosha followed by Pathya-Apathya for 4 months.

1)Manjisthadi Kwath⁷ 20ml twice a day empty stomach

2)Arogyavardhini Vati⁸ 2 tab twice a day

3)Rasayan Churna -1gm

Kalmegha Churna-1gm

Khadir Churna⁹ -1gm

Sudarshan Churna¹⁰-1gm

} twice a day

4)Karanj tail¹¹ for locally application twice a day

Diet –plain diet, avoidance of spicy, oily foods, fermented foods, curd, pickles.

Meditation for mental stress.

4. Results

Effect of Virechana Karma followed by 4 month Shamana Chikitsa and Pathya Palana:



- Red plaque removed
- No Scaling
- No itching
- Dandruff removed,

- Appetite improved
- Mild Hypo pigmentation present on prior lesion site
- No complaints till date as per regular follow up.

Symptoms	After Virechana Karma	After 4 month Shamana Chikitsa and Pathya Palana	In May 2017
Erythematous Plaque on face, back, both hand and leg	Moderate Relief	Completely removed all plaque, only hypo-pigmentation present on prior plaque site.	No Recurrence till date
Silvery Scaling	Mild Relief	Complete Relief	
Itching	Moderated Relief	Complete Relief	
Dandruff and Itching in Scalp	Mild Relief	Complete Relief	

5. Discussion

In Ayurveda, Panchakarma is the main Shodhana Chikitsa which purifies all Dhatus, balances Tridoshas and removes all impurities from the body. So Shodhana Karma is indicated in diseases like Kushtha, Prameha, Visarpa etc. in which vitiated Dosha vitiates Dhatus afterwards. In Charak Samhita Siddhi Sthana Acharya Charak told Virechana Yogya Rogi. Kushtha Rogi is included in that. It is proved by this case study of Psoriasis which was successfully treated as a Ekakushtha.

After Virechana Karma followed by Shamana Chikitsa and Pathya Palana, effective results were seen decreasing all symptoms like itching, scaling redness of skin. No other side effects were seen after Virechana Karma. It proves that the effect of Virechana Karma in Psoriasis is over than modern medicines.

6. Conclusion

Ayurvedic traditional method of treatment gives better result in a critical disease like psoriasis. Virechana Karma followed by Shamana Chikitsa and Pathya Palana gives complete relief to the patient from psoriasis symptoms. And also prolongs recurrence of symptoms without any side effect.

7. Acknowledgement

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8. References

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