



Research Article

AN EFFICACY OF VIRECHANA KARMA IN THE MANAGEMENT OF VICHARCHIKA

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ABSTRACT

Samshodhana is the bio-purification of the body which is performed in the *Bahudoshavastha* i.e. *Kushtha*, *Prameha* etc. Moreover, *Panchakarma* therapy is one of the important parts of *Chikitsa* which comes under the *Shamshodhana*. Among five *Karmas*, *Virechana* is the best line of treatment for *Pittaja* and *Rakta Pradoshaja Vikara*. *Vicharchika* i.e., *Kshudrakushtha* comes under the *Rakta Pradoshaja Vikara* with *Pitta-Kapha* dominancy. *Vicharchika* presents with symptoms of *Sakandu*, *Pidaka*, *Shyavata* and *Bahusrava* and its similar clinical presentation in modern dermatology can be traced as Eczema. The modern science has greatly advanced particularly in dermatology; few drugs are available only for symptomatic relief. For symptomatic treatments steroids are used, but they produce serious side effects like nephrotoxicity, osteoporosis, skin cancer etc. Eczema also has tendency of recurrence which pose problems to the physician. Therefore, the whole world is looking towards *Ayurveda* for this problem. Considering all the above facts and figures in mind, the present study has been planned to assess the efficacy of *Virechana Karma* in the management of *Vicharchika*. For this purpose patients were randomly selected from O.P.D. & I.P.D. of SMBT Ayurved College & Hospital, Dhamangoan and giving them *Virechana* therapy. *Virechana* therapy shows that 64.70%, 56.52%, 46.42% and 70.96% relief were observed in cardinal symptoms *Kandu*, *Pidaka*, *Shyavavarnyata* and *Bahusrava* respectively. While in associate symptoms *Shotha*, *Daha* and *Vedana* 61.53%, 55.55% and 57.14% relief were found respectively. Moreover, *Virechana* provided marked improvement, moderate and mild improvement to 20%, 50% and 30% patients respectively. Hence we can say that *Virechana Karma* gives better relief in all symptoms of *Vicharchika*. *Vicharchika* (Eczema) has tendency to recurrence. So, it should be advisable to repeat the *Virechana Karma* as per the need and at proper time to provide better result to patients.

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INTRODUCTION

Acharya Susruta has been mentioned the four types of *Chikitsa* i.e., *Samshodhana*, *Samshamana*, *Aahara* & *Aachara*.^[1] Among them *Samshodhana* is first and the supreme; because of its capacity to eliminate the excessive *Doshas* and chances of recurrence of diseases are not occur after giving *Samshodhana* therapy.^[2] *Panchakarma* therapy is vital part of *Samshodhana*.^[3] and this therapy has attracted the attention of the people worldwide as it is a unique type of treatment of various chronic, auto immune, hormonal, degenerative disorders etc. whereas other methods of treatment have no satisfactory answer for the cure of these diseases as well as equally beneficial for the promotion and preservation of health. Among five *Karmas*, *Virechana* is the best

therapy for elimination of vitiated *Pitta Dosh*, *Rakta Pradoshaja Vikara* and some extents of *Kapha Dosh*.^[4-6]

Skin is the first and largest organ of the body interacting with environmental stimuli and natural ability of body, to deal with these causative factors result in spontaneous remissions and relapses. Interaction with these factors results in specific reaction pattern producing characteristic skin lesions in different body parts. Large community prevalence studies have demonstrated that about 20-30% of the world population have various skin problems requiring attention.^[7] In 21st century, life is very fast and competitive. Everyone wants to be the best. Because of this, persons of this era compromise with their food

habits and routine life schedule. In this scenario, with its continuous changing life styles environment and dietary habits have made man as main victim of many diseases including skin diseases. Skin diseases are hazardous for physical as well as mental health because they disturb cosmetic harmony.^[8]

The study of Indian medical classics reveals that all skin diseases were included under the broad heading of *Kushtha* which means discoloration over skin region.^[9] *Kushtha* are comes under *Raktapradoshaja Vikara* and classified in two divisions i.e., *Mahakushtha* and *Kshudrakushtha*.^[10,11] *Vicharchika* is enlisted under *Kshudrakushtha*.^[12] All type of *Kushtha* is *Tridoshaja*, so *Vicharchika* is also having *Tridoshaja* origin with *Kapha-Pitta* dominancy and having specific involvement of *Rasa (Twaga)*, *Rakta*, *Mamsa* and *Lasika Dushya*.^[13,14] *Vicharchika* presents with symptoms of excess itching (*Sakandu*), papules (*Pidaka*), blackish eruption (*Shyavata*) and profuse oozing (*Bahusrava*).^[15] In the modern medical science it can be co-related with eczema. The world today is witnessing an epidemic of eczema (dermatitis). Globally and nationally it is a challenging problem, approximately 10-20% of the world population is affected by eczema.^[16]

Considering all the facts and figures present study has been planned to assess the efficacy of *Virechana Karma* in the management of *Vicharchika* with a new therapeutic approach i.e. *Navaka Kashaya Siddha Ghrita* for *Abhyantara Snehapana (Poorvakarm)*.^[17]

Aims and Objectives

To assess the efficacy of *Virechana* in the management of *Vicharchika*.

Materials and Methods

Selection of Patients

For present study patients who fulfilling the clinical criteria for diagnosis of *Vicharchika* are selected irrespective of their age, sex, religion, occupation etc. from O.P.D. & I.P.D. of SMBT Ayurved College & Hospital, Dhamangoan.

Inclusion Criteria

Patients having sign and symptoms of *Vicharchika* as per *Ayurvedic* texts are included. Patients are selected between age group 20-60 years and who gives written consent for clinical trial.

Exclusion criteria

The patients of *Vicharchika* associate with other systemic diseases like D.M., VSD, LVH, IHD etc. and Chronic diseases like AIDS, T.B etc. and Patients who are contraindicated for *Virechana Karma (Virechana-Ayogaya)* were excluded.

Diagnostic criteria

Patients with symptoms like *Kandu*, *Pidaka*, *Shyavavarna*, *Bahusrava* and *Virechanarhya* has been selected. Routine and Microscopic Haematological, Urine and Biochemical investigation were carried out.

Plan of Study

Virechana Karma is administered in selected & investigated patients. In this study *Virechana Karma* with

Pathya has been assessed. The signs and symptoms of *Poorvkarma*, *Pradhankarma* and *Pashchatakarma* have been studied on the basis of detailed proforma.

i. Poorvkarma

- a) **Deepana Pachana:** *Trikatu Churna* was given for 3-5 days till the appearance of *Samyaka Siddhi Lakshana*. It was administered up to 6gms/day in divided doses.
- b) **Abhyantara Snehapana:** *Abhyantara Snehapana* was carried out by *Navaka Kashaya Siddha Ghrita* with increasing dose starting from 30-50ml for 3-7 days as per *Agni*, *Koshtha* and *Bala* etc. of patient till the appearance of *Samyaka Siddhi Lakshana*.
- c) **Abhyanga and Swedana:** *Sarvanga Abhyanga* with *Tila Taila* was done for 45 minutes in 7 positions followed by *Sarvanga Mrudu Swedana* by *Nadi Sweda* was performed till profuse perspiration (20-25 min).

ii. Pradhankarma

- a) **Virechana Yoga:** *Trivrutta Avaleha*.
Dose: 75gm-100gm (As per *Aaturbala*).
- b) **Anupana Dravya:** *Sukoshanajala* was utilized.

iii. Pashchatkarma

- a) **Samsarjana Krama:** It was advised to patient for 3-7 days depending upon type of *Shuddhi*.

Duration of treatment: 4 weeks.

Follow-up: 4 weeks (after completion of treatment).

Assessment criteria

To assess the improvement in the clinical sign and symptoms of *Vicharchika* following scoring criteria was utilized. *Kandu*, *Pidaka*, *Vaivarnyata* and *Srava* are taking as cardinal symptoms while *Daha*, *Shotha* and *Vedana* are consider as associate symptoms of *Vicharchika*. It was designed on the basis of severity of symptoms. Specific symptom and its scoring criteria are as follows.

Table 1: Scoring criteria of *Kandu* (Pruritus)

Grade	Score
Nearly no itching	: 0
Mild or occasional itching (1-2 times in a day)	: 1
Itching on and off	: 2
Continuous itching without disturbance in routine	: 3
Continuous itching with disturbance in routine even in sleep	: 4

Table 2: Scoring criteria of *Pidaka* (Papule)

Grade	Score
Nearly no papule in the lesion	: 0
Scanty papule in few lesion	: 1
Scanty papule in at least half of the lesion	: 2
All the lesions full of papule	: 3

Table 3: Scoring criteria of Vairnyata (Discoloration)

Grade	Score
Nearly normal skin color	: 0
Brownish red discoloration (<i>Rakta</i> or <i>Aruna Varnata</i>)	: 1
Blackish red discoloration (<i>Shyava Varnata</i>)	: 2
Blackish discoloration (<i>Krushna Varnata</i>)	: 3

Table 4: Scoring criteria of Strava (Weeping)

Grade	Score
Nearly no weeping	: 0
Moisture on the skin lesion	: 1
Weeping from the skin after itching	: 2
Weeping from the skin	: 3
Profuse weeping making cloths wet	: 4

Table 5: Scoring criteria of Daha (Burning sensation)

Grade	Score
Nearly no <i>Daha</i>	: 0
Sometimes <i>Daha</i>	: 1
Often <i>Daha</i>	: 2
Continuous <i>Daha</i> without disturbing routine	: 3
Continuous <i>Daha</i> with disturbed routine	: 4

Table 6: Scoring criteria of Shotha (Swelling)

Grade	Score
Nearly no <i>Shotha</i>	: 0
Present in <25% of lesion parts	: 1
Present in 25-50% of lesion parts	: 2
Present in 50-75% of lesion parts	: 3
Present in >75% of lesion parts	: 4

Table 7: Scoring criteria of Vedana (Pain)

Grade	Score
Nearly no <i>Vedana</i>	: 0
Mild <i>Vedana</i>	: 1
Moderate <i>Vedana</i>	: 2
Severe <i>Vedana</i>	: 3

Criteria for overall effect of the therapy

- **Complete remission:** 100% relief in the signs and symptoms with plain skin surface and significant changes in color of the affected skin lesion towards normal was considered as complete remission.
- **Marked improvement:** More than 75 – below 100% relief in the signs and symptoms was recorded as marked improvement with marked improvement in pigmentation and thickening of the skin.
- **Moderate improvement:** More than 50 - 75% relief in signs and symptoms was considered as moderately

improved with moderate improvement in pigmentation and thickening of the skin.

- **Mild improvement:** 25 - 50% relief in signs and symptoms with slight improvement of pigmentation and thickening of the skin was taken as mild improvement.
- **Unchanged:** Below 25% relief in signs and symptoms were considered as unchanged.

Statistical Analysis

The informative data collected from observation at the end of treatment. They were subjected to statistical analysis in terms of mean score (x), standard deviation (S.D.), standard error (S.E.), paired and unpaired 't' test was carried out at the level of 0.05, 0.01, 0.001 of 'P' level. The results were interpreted as:

- P > 0.05 : Insignificant
- P < 0.01 : Highly Significant
- P < 0.05 : Significant
- P < 0.001: Highly Significant

Observations

In the present study 12 patients were registered, Out of 12 patients, 10 patients have completed the treatment while 2 patients have left the treatment against medical advice (LAMA).

Observation shows that (60%) patients belonged to 31- 40 years of age group, 60 % were male, 50% patients belong to lower middle class, 40% were laborer and 30% of patients were found to be engaged with their house hold work. In present study, cardinal symptoms of the disease *Vicharchika*, *Kandu*, *Pidaka*, *Vaivarnya (Shyavata)* and *Srava* were present in all the 10 patients i.e. 100%. While associate symptoms *Shotha*, *Daha* and *Vedana* were found in 60%, 30 % and 40% of patients respectively (table 09).

The analysis of 10 patients shows that 70 % of patients got *Samyaka Deepana Pachana Lakshanas* on 5th day, while 20% of patients on 4th day and 10 % on 3rd day (table 10). *Samyaka Snigdha Lakshana* like *Vatanulomana*, *Deeptagni*, *Snigdha Varchata*, *Adhastata Snehadarshana* and *Snehodwasha* etc. were seen to be maximally effected on 6th - 7th days of *Snehapana* (table no.11). With regards to the total amount of *Sneha* intake Maximum 50 % of patients belonged to 801-950 ml group followed by 20% of patients to 651-800ml group, 20 % to 1100 -1250ml group while in 501-650ml group and 951-1100ml group, each group contained 10% of patients (table no.12). The analysis of 10 patients shows that in 50 % of patients *Samyaka Snigdha Lakshanas* appear on 7th day, while in 30% and 20 % of patients on 6th and 5th day respectively (table 13). On assessing the symptoms of *Laingiki Suddhi*, *Laghuta* was found in 90 % of cases, *Indriyamarga Suddhi* and *Parshva Suddhi* was found in 70 %, *Hrudya Suddhi* and *Murdha Suddhi* was found in 60 % of them (table 14). On assessing the character of *Shuddhi* it was found that in 70 % of patients *Pravara Shuddhi* was obtained and in 20 % of patients *Madhyama Shuddhi* was obtained whereas only in 10 % of patients had *Avara Shuddhi* (figure1).

Effect of the therapy

- **Effect on Cardinal and Associate symptoms:** 64.70% relief was observed in *Kandu*, which is highly significant ($p < 0.001$). 56.52% relief was found in *Pidaka*, which is statistically highly significant ($p < 0.001$). *Shyavarnyata* was relieved up to 46.42%, which is statistically highly significant ($p < 0.001$). The relief in *Bahausrava* was observed up to 70.96% which is also highly significant ($p < 0.001$). In associate symptoms 61.53% relief was observed in *Shotha*, which is highly significant ($p < 0.001$). 55.55% relief was found in *Daha*, which is statistically highly significant ($p < 0.01$) and *Vedana* was relieved up to 57.14%, which is statistically highly significant ($p < 0.01$) (table 15 & figure 3).
- **Effect on Heamatological values:** Table no.16 shows statistical analysis of effect of *Virechana* therapy on haematological values, there was increase in

Hemoglobin level by 7.50%, which is statistically highly significant ($p > 0.001$). Erythrocyte sedimentation rate (ESR) was decreased by 50.22%, which is statistically highly significant ($p > 0.001$). Lymphocyte count of the patients was decreased by 7.54 %, which was statistically significant ($p < 0.05$). Neutrophil count was increased by 3.93%, which is also statistically significant ($p < 0.05$). Total leukocyte count (TLC) was increased by 4.26%, which is statistically highly significant ($p < 0.01$). Monocyte was increased by 10.71%, which is statistically insignificant ($p > 0.05$) and Eosinophil was increased by 22.72% which is statistically highly significant ($p < 0.01$).

- **Overall effect of *Virechana Karma* (Figure 2):** By treating with *Virechana Karma*, marked improvement was observed in 20% of patients while 50% and 30% patients reported moderate and mild improvement respectively.

Table 8: Distribution of patients according to cardinal & associate symptoms

Cardinal Symptoms	Treatment Group	Percentage
<i>Kandu</i>	10	100 %
<i>Pidaka</i>	10	100 %
<i>Vaivarnyata</i>	10	100 %
<i>Srava</i>	10	100 %
<i>Shotha</i>	06	60%
<i>Vedana</i>	03	30%
<i>Daha</i>	04	40%

Table 9: Distribution of 10 patients according to day of completion of *Deepana*

No. of days	No. of patients	Percentage
3 th day	01	10 %
4 th day	02	20 %
5 th day	07	70 %

Table 10: Distribution of 10 patients according to the *Samyaka Snigdha Lakshanas*

Symptoms	Total no. of days of <i>Snehapana</i>						
	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th
<i>Vatanulomana</i>	03	05	06	06	09	09	09
<i>Deeptagni</i>	01	01	03	05	06	06	06
<i>Snigdhavarcha</i>	00	02	03	05	09	09	09
<i>Asamhatavarcha</i>	00	00	03	05	06	08	08
<i>Mridutanga</i>	00	00	02	04	07	06	06
<i>Snigdhatanga</i>	00	00	00	02	05	08	10
<i>Laghavata</i>	00	00	00	02	05	05	06
<i>Glani</i>	00	00	00	00	02	01	01
<i>Klama</i>	00	00	02	04	05	05	06
<i>Snehodwesa</i>	00	00	04	06	07	09	10
<i>Adhastata Snehadarshana</i>	00	00	01	04	08	09	10

Table 11: Distribution of 10 patients according to total amount of *Snehapana*

Total amount of <i>Sneha</i>	No. of patients	Percentage
501-650ml	01	10 %
651-800ml	02	20 %
801-950ml	05	50 %
951-1100ml	01	10%
1101-1250ml	02	20%

Table 12: Distribution of 10 patients according to day on which appearance of *Samyaka Snigdha Lakshana*

No. of days	No. of patients	Percentage
5 th day	02	20 %
6 th day	03	30 %
7 th day	05	50 %

Table 13: Distribution of 10 patients according to *Laingiki Shudhi*

Symptoms	No. of patients	Percentage
<i>Hrudya Suddhi</i>	06	60 %
<i>Parshva Suddhi</i>	07	70 %
<i>Laghuta</i>	09	90 %
<i>Indriya Marga Suddhi</i>	07	70 %
<i>Murdha Suddhi</i>	06	60 %

Table 14: Effect of *Virechana* on cardinal & associate symptoms of *Vicharchika*

Symptoms	n	Mean score		X	% of relief	S.D. (±)	S.E. (±)	't'	'p'
		B.T.	A.T.						
<i>Kandu</i>	10	3.4	1.2	2.2	64.70	0.63	0.21	11.00	<0.001
<i>Pidaka</i>	10	2.3	1.0	1.3	56.52	0.67	0.21	06.09	<0.001
<i>Shyavavarnyata</i>	10	2.8	1.5	1.3	46.42	0.82	0.26	04.99	<0.001
<i>Bahusrava</i>	10	3.1	0.9	2.2	70.96	0.63	0.20	11.00	<0.001
<i>Shotha</i>	06	2.16	0.83	1.33	61.53	0.51	0.21	6.32	<0.001
<i>Daha</i>	04	2.25	1.00	1.25	55.55	0.50	0.25	05.0	<0.01
<i>Vedana</i>	03	2.33	1.00	1.33	57.14	0.58	0.33	4.35	<0.01

Table 15: Effect of *Virechana Karma* on Heamatological values

Parameters (n = 10)	Mean score		X	% of relief	S.D. (±)	S.E. (±)	't'	'p'
	B.T.	A.T.						
Hb%	11.60	12.47	0.87	7.50	0.59	0.19	4.67	<0.001
TLC	7730	8060	330	4.26	206.7	65.06	3.92	<0.01
Neutrophil	61.00	63.40	2.40	3.93	1.84	0.58	4.13	<0.05
Lymphocyte	33.1	34.9	1.80	5.43	2.48	0.78	2.29	<0.05
Eosinophil	2.20	2.70	0.50	22.7	0.52	0.16	3.00	<0.01
Basophil	-	-	-	-	-	-	-	-
Monocyte	2.80	3.10	0.30	10.71	0.48	0.15	0.96	>0.05
E.S.R.	22.9	11.4	11.5	50.22	8.15	2.58	4.45	<0.001

Figure1: Type of Shuddhi Wise Distribution

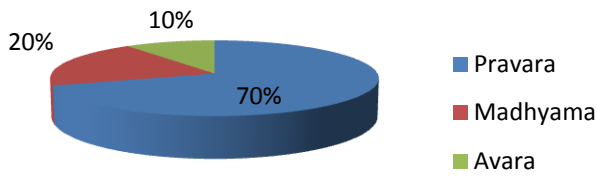


Figure2: Overall effect of therapy

- Complete cure (100%)
- Marked Improvement (>75 - <100%)
- Moderate Improvement (>50 - 75%)
- Mild Improvement (>25 - 50%)
- Unchanged (Up to 25%)

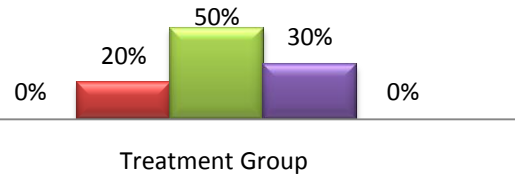
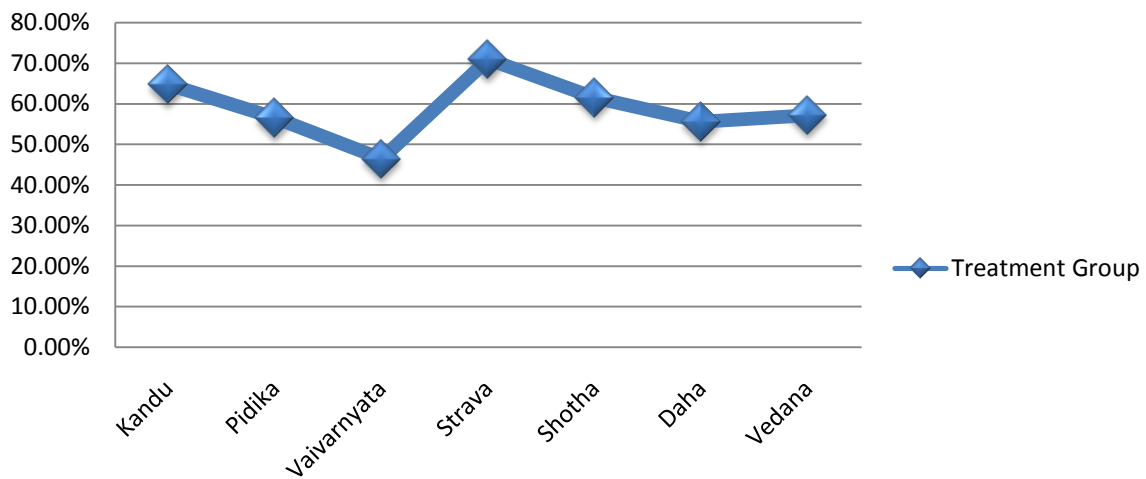


Figure3: Distribution as per % of relief in symptoms of Vicharchika



DISCUSSION

The entire *Samshodhana* procedure can be only achieved with the help of *Deepana-Pachana*, *Snehana* and *Swedana* i.e. *Poorvakarma*. Ingredients of *Trikatu* (*Deepana-Pachana* drug) are *Kushthaghna*, *Deepana*, *Amapachana*, *Kaphagna* and *Krimighna* while Ingredients of *Navaka Kashaya Siddha Ghrita* (*Abhyantara Snehapana*) have *Kushthaghna*, *Kandughna*, *Kaphaghna*, *Varnya*, *Krimighna* and *Raktadoshahara* properties. So, these all drugs can help in *Samprapti Vighatana*. *Trivruttavaheha Virechana Yoga* acts as the best purgation medicine for elimination of vitiated *Pitta-Kapha Dosha* which is crux of pathology of *Vicharchika*. *Trivruttavaheha* have possessed properties like *Kushthaghna*, *Kandughna*, *Varnya*, *Krimighna* and *Raktshodhaka*. So, these drugs can also be of considerable help in *Samprapti Vighatana*.

Virechana Karma forcibly expels out the *Vikrita Dosha* which is the root cause of *Vicharchika*. The morbid materials present in the *Rasadi Dhatu* come in the *Koshtha* and finally expelled out of the body through *Virechana Karma*. As *Koshtha* gets purified which lead to formation of *Prakruta Rasadi Dhadu*. In this way

Virechana Karma purifies the all *Dushya* of *Vicharchika* and break down the pathological complex. *Adhoamashaya* is *Udhhavasthana* of *Vicharchika*. Being the *Pitta Sthana* all morbid material is collected there and *Virechana Karma* expelled out these morbid material from *Aadhomashaya*. *Virechana Karma* removes the *Sanga* in the *Rasavaha*, *Raktavaha*, *Mamsavaha*, *Swedavaha* and *Udakavaha Srotasa* as all paths (*Srotasas*) are cleared. These cleared *Srotasa* start nourishment of the body in proper manner. *Bahyaroga Marga* (*Twachadi*) gets cleared and *Khavaigunya* which is present in the *Twacha* is removed due to *Virechana Karma*. We all know that the *Twacha* is *Indriya* and *Virechana Karma* leads to increase of the *Indriya Bala* which can be taken as the resistance power. In this way the possibility of recurrence of the disease *Vicharchika* is nullified.

The results were statistically highly significant in *Kandu* and *Bahusrava* while the results were statistically significant in *Pidaka*, *Shyavavarnyata*, *Shotha*, *Daha* and *Vedana* that means *Virechana Karma* gives better relief in all symptoms of *Vicharchika*.

CONCLUSION

Virechana Karma gives better relief in all cardinal and associate signs and symptoms of *Vicharchika*. The *Virechana* therapy provided marked improvement to 20% of patients, moderate and mild improvement to 50% and 30% patients respectively. The follow up study shows that *Kandu* (pruritus) seemed to rise after three weeks of discontinuation of the treatment in few patients thus it is proposed that the *Virechana Karma* should be repeated as per the need and at proper time to provide better result to patients.

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