



Case Study

ROLE OF VIRECHANA IN PSORIASIS (KITIBHA KUSHTA) – A CASE STUDY

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ABSTRACT

Psoriasis is a common chronic, recurrent, autoimmune disease of the skin and joints. It can have a significant negative impact on the physical, emotional and psychosocial well-being of affected patients. The use of modern medicine has greatly improved psoriasis treatment by providing symptomatic relief. However, some individuals fail to respond to treatment or lose initial efficacy, and it may be difficult to find the optimal treatment for these patients. Also, modern medicines have their own side effects in long course.

The Ayurvedic diagnosis is considered as *Kitibhakushta*, which is a *Vata-kapha* predominant *Kushta*. Here, an effort was made to treat a forty-nine years old male diagnosed with long standing moderate to severe erythrodermic psoriasis who had received systemic therapies in modern medicine without sufficient response previously, by classical Ayurvedic regimen.

As the principle of treatment of all types of *Kushta* is *Samshodhana* along with *Samshamana* drugs, in this study, *Virechana* was given followed by which *Samshamana* drugs were given for 30 days. Assessment of skin lesions were done at the end of treatment.

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INTRODUCTION

Psoriasis is one of the commonest skin diseases characterized by scaly papules and plaques. Prevalence of psoriasis in different parts of the world varies from 0.1 to 3%. Onset of psoriasis is most common in the second to fourth decades of life though it can appear just after birth or in old age. A high familial occurrence of psoriasis (7-36%) suggests that genetic factors play a role in its aetiology. Psoriasis occurs with almost equal frequency in males and females.^[1] Ayurvedic diagnosis is considered as *Kitibhakushta*, a *Vata – kapha* predominant *kushta* presenting with *Shyava varna*, *Kharasparsha* and *Parushya*^[2] and the principle of treatment of all types of *Kushta* is *Samshodhana* followed by *Samshamana* drugs.^[3]

Case Report

A male patient aged 49 years, visited OPD of Karnataka Ayurveda Medical College Hospital, Mangalore, Department of Kayachikitsa, with complaints of reddish white irregular dry, scaly lesions over both lower limbs, lower back, abdomen

and forearms since 20 years. He also complains of severe itching and bleeding on itching which is more during cold season. Patient underwent allopathic treatment and was using topical steroids for the past 20 years but had only temporary relief.

History of past illness

No history of DM/HTN/other systemic disorders.

Personal history

Diet: Mixed diet, prefers spicy and dry fried food

Appetite: good

Bowel: Regular, once per day

Micturition: Normal.4-5 times per day

Sleep: Disturbed

Family history

No person in the family has similar complaints

Ashtasthanapareeksha

Nadi: 70 bpm, *Kapha pitta*

Mala: once/day

Mootra: 4-5 times/day

Jihwa: Aipta
Shabda: Prakruta
Sparsha: Anushnasheeta
Drik: Prakruta
Akruti: Madhyama

Dashavidhapareeksha

Prakruti: Kapha pitta
Vikruti: Vatakapha
Sara: Madhyama
Samhanana: Madhyama
Pramana: Madhyama
Satwa: Pravara
Satmya: Madhyama
Ahara Shakti: Madhyama
Vyayama Shakti: Madhyama
Vaya: Madhyama

General examination

Pallor: Absent
 Icterus: Absent
 Koilonychias: Absent
 Lymphadenopathy: Absent
 Edema: Absent

Systemic examination

CNS: Conscious, well oriented
 CVS: S1, S2 heard
 R.S: Normal vesicular breathing sounds heard

Skin examination

Inspection
 Lesions: Well defined erythematous papules and plaques with silvery white scales
 Surface: dry/rough
 Discharge: Absent
 Texture: Dry/rough

Exfoliation: Present
 Temperature: Normal
 Auspitz sign: Positive
 Candle grease sign: Positive
 Koebner's phenomenon: Absent

Nidanapanchaka

Nidana: Excessive intake of *Ushna, Katu, Shushkaahara*, intake of fast-food and cold drinks

Poorva Roopa: Excessive sweating

Roopa: Reddish white irregular dry, scaly lesions over both lower limbs, lower back, abdomen and forearms.

Samprapti

Intake of *Nidana* leads to vitiation of *Doshas*, especially *Vata* and *Kapha*. This causes *Dooshana* of *rasa, Rakta, Mamsa Dhatus* and *Lasika*, which reaches the *Bahyamarga* and presents with skin manifestations like *Mandala utpatti, Bahu kandu, Shyava varna, Kharasparsha* and *Parushya*.

Anupashaya: Aggravates during winter

Sampraptighataka:

Dosha: Vata, Kapha
Dooshya: Rasa, Rakta, Mamsa
Agni: Jatharagni, Dhatwagnimandya (Rasa, Rakta, Mamsa)
Ama: Agnimandyajanyaama
Srotas: Rasavaha, Raktavaha, Mamsavaha
Srotodushtiprakara: Sanga
Utbhavasthana: Koshta
Sancharasthana: Sarvashareera
Adhishtana: Twak, Rakta, Mamsa, Lasika
Vyaktasthana: Twak
Rogamarga: Bahya
Vyadhiavastha: Chirakari

Table 1: Vyavachedakanidana (Differential diagnosis)

<i>Eka kushta</i>	<i>Charmakhya</i>	<i>Kitibha</i>
<i>Aswedanam</i>	<i>Bahalam</i>	<i>Shyavam</i>
<i>Mahavastu</i>	<i>Hasticharmavat</i>	<i>Kinakharasparsham</i>
<i>Matsyashakalopamam</i>		<i>Parusham</i>

Vyadhi Vinischaya

Kitibhakushta
Sadhyasadhyata: Sadhya

Modern Diagnosis

Chronic erythrodermic psoriasis

Chikitsa Siddhanta

Shodhana – Virechana, followed by *Shaman Chikitsa*

Chikitsa Sutra

Kushta Chikitsa

Treatment given**a) Classical Virechana***Deepanapachana with Laghusutashekhara rasa**Snehapana with Guggulutiktakaghrita**Sarvanga abhyanga with Nalpamaraditaila followed by Bashpasweda**Virechana with Trivrutlehya 60g + Icchabhediras*

No: of Vegas: 17

Shuddhi: *Uttama**Peyadisamsarjana karma* was followed after *Virechana* for next 7 days.**Table 2: Treatment schedule**

Date	Treatment	Medicine	Dosage
19-04-2019 to 21-04-2019	<i>Deepanapachana</i>	<i>Laghusutashekhara rasa</i>	2BD
22-04-2019	<i>Snehapana</i>	<i>Guggulutiktakaghrita</i>	30ml
23-04-2019			60ml
24-04-2019			120ml
25-04-2019			240ml
26-04-2019 to 28-04-2019	<i>Sarvanga abhyanga,</i> <i>Bashpasweda</i>	<i>Nalpamaraditaila</i>	Q.S
29-04-2019	<i>Virechana</i>	<i>Trivrutlehya</i>	60grams
		<i>Icchabhedi rasa</i>	2 tab

b) Shamanaoushadhis*Gandhakarasyana* 2 BD with milk*Panchatiktaghritaguggulu* 2 BD with milk*Haridra khanda* 2tsp BD with milk*Nalpamaradikeram* for E/A

Six C ointment for E/A (SOS)

RESULTS**Table 3: Changes in signs and symptoms**

Signs and symptoms	Before treatment	After treatment
Dryness	Present	Absent
Itching	Present	Absent
Scaling of skin	Present	Absent
Excessive sweating	Present	Reduced
Discoloration of skin	Present	Reduced

DISCUSSION

According to Ayurveda, *Kitibha* is a *Vatakaphapradhanakushta* and the principle of treatment of all types of *Kushta* is *Samshodhana* followed by *Samshamana* drugs. There was significant increase of *Rooksha*, *Khara* and *Sheetaguna* in the patient. Therefore *Snehavirechana* was planned endowing *Snigdha* and *Ushnagunas*. As the *Vyadhitadesha* is *Anupadesha*,

due to excess humidity, increased sweating was presented by patient. The *Kleda* thus lost caused more of *Vataprakopa* and added to the *Rookshata*. There was significant reduction in skin lesions after *Virechana*. To expel the remaining *Dushti*, *Shamanoushadhis* possessing *Tikta* and *Snigdha*guna was administered. Present treatment schedule has given him good relief from the

symptoms after *Shodhana* treatment i.e. *Virechana* and he were discharged in an improved condition with *Shamana* medicines.^[4]

CONCLUSION

This case study is a documented evidence for the successful management of Psoriasis vis-à-vis *Kitibhakushta* through *Shodhana* and *Shamana chikitsa*. By nature, *Kushta* is a difficult disease to cure, hence called '*Duschikitsya*'. But by the application of *Shodhana* therapy, cure of the disease becomes easier due to removal of the root cause. Hence *Shodhana* has great importance in *Bahudoshavastha*. Acharya Sushruta opines repeated *Shodhana* for complete cure of the disease. Therefore patient is asked to undergo the same treatment after a gap of 6 months in order to avoid recurrence and to achieve complete cure.

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AFTER ADMINISTERING VIRECHANA

