



## A Conceptual Study To Evaluate The Effect Of *Virechana Karma*, *Raktamokshan*, And *Shaman Aushadha* In The Management Of *Ekakushtha* w.s.r To Psoriasis

Dr.Himanshu Sharma<sup>1</sup>, Prof.Pushpinder Singh<sup>2</sup>, Dr.Rajesh Kumar Sood<sup>3</sup>

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1. PG scholar, PG department of Panchkarma, R.G.G.P.G.Ayurvedic College Paprola Distt. Kangra H.P India.
2. Professor &HOD PG Dept. of Panchkarma, R.G.G.P.G.Ayurvedic College Paprola, Distt. Kangra H.P India.
3. HOD PG Dept. of Samhita & Siddhanta, I/C of Skin Care Unit & Derma Research lab R.G.G.P.G.Ayurvedic College Paprola, Distt. Kangra H.P India.

**Corresponding Author:-** Dr.Himanshu Sharma PG scholar, PG department of Panchkarma, R.G.G.P.G.Ayurvedic College Paprola Distt. Kangra H.P India.

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### ABSTRACT: -

**Introduction-** In Ayurveda all the skin diseases has been discussed under the broad term “*Kushtha*”. It can be classified into *Mahakushtha* (major skin diseases) and *Kshudrakushtha* (minor skin diseases). *Ekakushtha* is one among the *Kshudra Kushtha* presenting clinical features – *Aswedanam* (loss of sweating), *Mahavastu* (larger area of involvement), *Matsya Shaklopamam* (scaling)<sup>1</sup>. *Ekakushtha* can be correlated with psoriasis on the basis of similarity in etiopathogenesis & symptomatology. Psoriasis is a chronic autoimmune, frequently recurring disease that vary in severity from the merely annoying to life threatening. Although no treatment can completely cure this disease. Acharya has highlighted the role of *Panchkarma* therapy by stating that the disease treated by *Shodhan* (Purification treatment) will never recur whereas the treatment with shaman therapy may recur in due course of time. This research work was conducted with the aim to establish an effective therapy under *Panchkarma Chikitsa* for the management of disease.

**Method:** In this trial 10 patients of *Ekakushtha* (Psoriasis) were selected from the O.P.D of *Panchkarma* Dept. RGGPGAC Ayurvedic college & hospital, Paprola, Distt-Kangra H.P. *Virechana*, *Raktmokshana* followed by *Shaman Aushadha* were chosen for the study.

**Results:** The therapy used in this clinical study were found significantly effective in all symptoms of the disease, which were taken for the study.

**Discussion:** *Ekakushtha* (Psoriasis) is a *Kshudrakustha* (minor skin diseases), which have *Vata Kapha Dosha* dominancy. Single *dosha* cannot cause *Kushtha* (skin diseases)., we can say it is a *Tridoshaja Vyadhi*. Acharya indicates *Shodhana Chikitsa* (Purification) in *Bahu Doshaja* state of *Kustha* <sup>2</sup>. As per our observation, *Virechana* (Purgation) and *Raktmokshana* (bloodletting) followed by *Shaman Aushadha* (Pacification treatment) are best line of treatment in *Ekakushtha* (Psoriasis).

**Key words:** *Ekakushtha*, Psoriasis, *Panchkarma*, *Virechana*, *Raktmokshan*, *Samshodhana*.



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## INTRODUCTION:

In present scenario, continuous changing life styles, environment and dietary habits have made man as main victim of many diseases including skin diseases.

All the skin diseases in *Ayurveda* have been discussed under the broad heading "*Kushtha*", which are further divided in to *Mahakushtha* (major skin diseases) and *Kshudrakushtha* (minor skin diseases).

All *Acharyas* have described that all *Kushtha* (skin diseases) have *Tridoshika* involvement. *Ekakushtha* (Psoriasis) is one among the *Kshudrakushtha* (minor skin diseases).which has dominance of *Kapha & Vata Dosha* in particular and *Rakta* (blood) in general which is main cause for its pathogenesis. *Ekakushtha* (Psoriasis) can be correlated with psoriasis on the basis of similarity in etiopathogenesis & symptomatology. Symptoms as per Ayurvedic aspect of *Ekakushtha* are *Aswedanam, Mahavastum, Matasyashklopamam, Karishana Aruna Varana* can be correlated to anhidrosis, extent of lesion, scaling, erythema of psoriasis respectively. Psoriasis is a chronic autoimmune condition, characterized by an exaggerated proliferation of keratinocytes secondary to an activated immune system.

The autoimmune diseases are mysterious set of conditions that vary in severity and has negative impact on quality of life, requires long term treatment, which usually has a high social and economic impact and is also associated with a decreased life span. The unique treatment modality of *Ayurveda* provides long lasting results and a better life to patients through its three basic principles of treatment i.e. – *Shodhana* (Purification), *Shamana*

(Pacification)and *Nidana Parivarjana* (Avoidance of causative factor)<sup>3</sup>.

All *Acharyas* mentioned that *Kushtha* (Skin diseases) is *Raktaj vayadhi*. In *Kushta Rakta Dhatu* (Blood) which is responsible for *Prasara* (Stage of Spreading) stage of *Kushta Samprapti* (Pathogenesis) *Pitta Dosha* and *Rakta Dhatu* have *Ashraya-Ashrayi Relationship* (Between Tissues And *Doshas*) relationship hence treatment modality of *Pitta Dosha* and *Rakta Dhatu* complimenting to each other.

Therefore for the eliminations of vitiated *Pitta Dosha Virechana* (purgation) and *Raktmokshana* (bloodletting) <sup>4</sup>followed with *Shamana Aushadha* (pacification) can play significant role in management of *Ekakushtha* (psoriasis).

## AIMS AND OBJECTIVES

1. To assess the efficacy of *Virechan Karma* (purgation) in *Ekakushtha*.
2. To assess the efficacy of *Raktmokshan* (bloodletting) in *Ekakushtha*.
3. To develop effective *Ayurvedic* treatment for *Ekakushtha*.

## MATERIAL AND METHODS

Patients with classical signs & symptoms of the *Ekakushtha*, according to *Ayurvedic* classics as well as modern science were selected from the O.P.D. & I.P.D. of R.G.G.P.G.Ayu.College & Hospital, Paprola (Kangra) H.P. 10 patients who fulfilled the inclusion criteria of diagnosis were selected . All patients completed the trial. Duration of study – 30 days

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### SELECTION OF PATIENTS:

#### Inclusion Criteria

1. Patient willing for clinical study.
2. Age group 20 – 70 years irrespective of sex, education, religion, socioeconomic status etc.
3. Patient showing signs and symptoms of *Ekakushtha* and “Psoriasis”.

#### Exclusion Criteria

1. Patients not willing for the study.
2. Patients below 20 and above 70 years.
3. Patients suffering from peptic ulcers, cardiac disease and any infectious diseases were not included in the study.
4. Malignancy.
5. Patients already taking chemotherapy, radiotherapy.
6. Pregnant and lactating women.
7. Allergy to the research drugs.

**PLAN OF STUDY:** Study was carried out in single group of 10 patients with treatment schedule as follow –

1. *Snehpana (Abhyantra Snehana)* – *Darvi Ghrita*<sup>5</sup> Dose starting from 30–50ml as per *Koshta* and *Agni* of the patient in increasing dose till the appearance of *Samayak Snehana Lakshana*.
2. *Sarvang Abhayanga Sarshpa tail*–As per requirement of the *Sarvang Abhyanga* for three days (Ch.Chi 7/119)  
*Swedana – Nadi Swedana (Mridu)*
3. *Virechan Karma* –  
*Virechana yoga*<sup>6</sup>. –*Trivrit* – 5–10 gm  
*Triphala* – 50–100ml  
Followed by *Samsarjana Krama* as mentioned in *Shodhana* process.
4. *Raktmokshan –Siravedha Snehpana–Darvi Ghrita* for 3 days. On the 9<sup>th</sup> day of *Virechana Karma*.  
*Siravedha –Siravedha* done after *Snehan*, *Swedan* and *Yavagu Pana*.  
Followed by local application of *Karveer Mool Lepa*<sup>7</sup> on affected areas and *Argvadh Patra Kwatha*<sup>8</sup> 20 ml BD for 10 days.

**Table 1- Grading for Assessment Aswedanam (Anhidrosis)**

Symptom	N.S.	B.T.	A.T.
Normal Sweating	0		
Mild Sweating	1		
Mild Sweating after exercise	2		
No Sweating after exercise	3		
No Sweating	4		

#### **Mahavastum (Extent of lesion)**

Symptom	N.S.	B.T.	A.T.
No Lesions on body	0		
Lesions on elbow, knee, lumbosacral, scalp	1		
Lesions on forearm, leg, neck, scalp, trunk, back	2		
Lesions on most parts of body	3		
Lesions on whole body	4		

**Matsyashaklopamam (Scaling)**

Symptom	N.S.	B.T.	A.T.
No Scaling	0		
Mild scaling by rubbing or itching from lesion	1		
Moderate scaling by rubbing or itching from lesion	2		
Severe scaling by rubbing or itching from lesion	3		
Severe scaling without itching	4		

**Krishna Aruna Varna (Erythema)**

Symptom	N.S.	B.T.	A.T.
Normal color	0		
Faint or near to normal	1		
Light reddish color	2		
Moderate red color	3		
Bright red color	4		

**Kandu (Itching)**

Symptom	N.S.	B.T.	A.T.
No Itching	0		
Mild/Occasional Itching	1		
Moderate(tolerable)Infrequent	2		
Severe Itching Frequently	3		
Very severe Itching Disturbing	4		

**Candle Grease sign:**

Sign	N.S.	B.T.	A.T.
Absent	0		
Present	1		

**Auspitz's sign**

Sign	N.S.	B.T.	A.T.
Absent	0		
Present	1		

**Koebner phenomena**

Sign	N.S.	B.T.	A.T.
Absent	0		
Present	1		

**Psoriasis Area and Severity Index (PASI)**

It combines the assessment of the severity of lesions and the area affected in to a single score.

**Calculation**

**Area of Involvement**– The body is divided in to four sections –Head (10% of a person's skin), arms (20%), trunk (30%) and legs (40%). Each

of these areas is scored and then four scores are combined in to final PASI score.

Within each area the severity is estimated by three clinical signs: Erythema, induration and desquamation.

## OBSERVATION & RESULTS:

**Table 2- Cardinal symptoms wise distribution of *Ekakushtha* of 10 patients :**

Cardinal symptoms	No. of Patients	%age
<i>Kandu</i>	10	100
<i>Mahavastum</i>	10	100
<i>Matsyashakalopamam</i>	10	100
<i>Krishna Aruna Varna</i>	08	80
<i>Asvedanama</i>	09	90

**Table 3-Signs of Psoriasis Wise Distribution:**

Signs of Psoriasis	No. of Patients	%age
Candle Grease sign	9	90
Auspitz's sign	9	90
Koebner's phenomenon	8	80

**Table 4-Effect of therapy on Subjective Criteria:**

Parameters	N	Mean		D	%age Relief	SD ±	SE±	T	P
		BT	AT						
<i>Kandu</i>	10	3.8	0.9	2.9	76.3	0.87	0.27	10.4	<0.001
<i>Mahavastum</i>	10	3.4	1.4	2.0	58.82	1.52	0.48	4.35	<0.05
<i>Matsyashak-lopamam</i>	10	3.0	0.5	2.5	83.3	0.85	0.26	9.30	<0.001
<i>Krishna Aruna Varna</i>	08	2.3	0.5	1.8	78.26	0.88	0.31	7.18	<0.001
<i>Aswedanam</i>	09	3.6	0.9	2.7	75	1.02	0.33	9.00	<0.001

**Table 5-Effect of therapy on Objective Criteria:**

Parameters	N	Mean		D	%age Relief	SD ±	SE±	T	P
		BT	AT						
Candle Grease Sign	09	0.9	0.1	0.8	88.8	0.3	0.11	8.00	<0.001
Auspitz's Sign	09	0.9	0.1	0.8	88.8	0.33	0.11	8.00	<0.001
Koebner's Phenomenon	08	0.8	0.1	0.7	87.5	0.35	0.12	7.00	<0.001
PASI Score	10	13	4.32	8.68	66.76	6.909	2.185	4.412	<0.001

### Effect of Therapy on Clinical Features

- ❖ *Kandu*: The mean score of 3.8 came down to 0.9 after treatment. The reduction being 2.9, showing 76.3% relief which is highly significant with p value ( $p < 0.001$ ).
- ❖ *Mahavastum*: The mean score of 3.4 came down to 1.4 after treatment. The reduction being 2.0 showing 58.82% relief which is significant with p value ( $p < 0.05$ ).
- ❖ *Matsyashaklopamam*: The mean score of 3.0 came down to 0.5 after treatment. The reduction being 2.5 showing 83.3% relief which is highly significant with p value ( $p < 0.001$ ).
- ❖ *Krishna Aruna Varna*: The mean score of 2.3 came down to 0.5 after treatment. The reduction being 1.8 showing 78.26% relief which is highly significant with p value ( $p < 0.001$ ).
- ❖ *Aswedanam*: The mean score of 3.6 came down to 0.9 after treatment. The reduction being 2.7 showing 75% relief which is highly significant



with p value ( $p < 0.001$ )

- ❖ Candle Grease Sign: The mean score of 0.9 came down to 0.1 after treatment. The reduction being 0.8 showing 88.8% relief which is highly significant with p value ( $p < 0.001$ )
- ❖ Auspitz's Sign: The mean score of 0.9 came down to 0.1 after treatment. The reduction being 0.8 showing 88.8% relief which is highly significant with p value ( $p < 0.001$ )

- ❖ Koebner's Phenomenon: The mean score of 0.8 came down to 0.1 after treatment. The reduction being 0.7 showing 87.5% relief which is highly significant with p value ( $p < 0.001$ )

PASI Score– The mean score of 13 came down to 4.32 after treatment. The reduction being 8.68 showing 66.76% relief which is highly significant with p value ( $p < 0.001$ )

### Figure no 1& 2: Showing results before and after treatment

#### Before Treatment



Figure 1.A



Figure 1.B



Figure 1.C

#### After Treatment



Figure 2.A



Figure 2. B



Figure 2.C

## DISCUSSION:

### Probable Mode Of Action

**Snehpana (internal oleation):** *Snehpana* and *Swedana* (Sudation) has efficacy to remove *Srotobandhana* (blockage of channels) and liquify the morbid *Dosha*. In present study *Darvi Ghrita* was given for *Abhyantra Snehana*. *Darvighrta* reaches up to the cell due to its *Ushna* (hot), *Laghu* (light) and *Sukshma Guna* (sharp). And subsides the symptom like itching and scaling due to its *Kanduhara* (Antipruritic), *Vranshodhan* (wound cleaner) properties.

Berberine present in *Daruharidra* plays important role in the treatment of skin diseases due to its anti-inflammatory & wound healing properties. It also has immunomodulatory and antioxidative effects.

### **Virechana (Purgation) :**

*Virechana yoga* because of its *Vyavayi Guna* gets absorbed quickly by cell and tissue and due to its *Virya* (potency), it reaches to *Hridaya* (heart), *Dhammani* (arteries) and all of the macro and micro channels of the body. Its *Vikasi Guna* (spreads all over the body) causes softening and loosening of the bond by *Dhatu Shaithilya Karma*. *Ushna guna* (hot) causes liquefactions of *Dosha Sanghata*. It breaks the *Mala* (waste product) and *Doshas* in micro form due to its *Tikshana Guna* (sharp). Due to *Sukshma Guna* by reaching in micro channels, disintegrates endogenic toxins, which are then excreted through micro channels *Virechana* (purgation) occurs mainly due to *Prabhava*, *Prithvi* (earth) and *Jala* (water) constitution and presence of *Sara Guna*.

Regulation of *Virechana* process:

The process of *Virechana* (purgation) is regulated & controlled by a special center situated near *Medulla oblongata* in the brain. When *Virechana* (purgation) drugs stimulate

purgation center, indirectly vomiting center is relaxed. Sacral plexus of the spinal cord also helps in controlling & regulating the act of purgation.

*Virechana* (purgation) is a *Vyadhi pratyanyika Chikitsa* (disease specific treatment) *Pitta* is *Mala of Rakta* (blood). *Virechana* (purgation) expels *Pitta*, hence decreases *Mala* of *rakta* (*Pitta*) so ultimately it decreases the symptom of *Kushtha* (skin diseases). As we know that *Ekakushtha* is *Vata kapha* dominant disease with vitiation of *Rakta Dosha* (blood) & psychosomatic nature of the disease.

Among the *Panchkarma* therapy by *Virechana* (purgation), *Pitta Dosha* clears not only from the *Amashaya* (stomach) but from all over the body i.e., from cellular level. Apart from *Pitta* it is also useful in disorders in which *Pitta* is associated with *Vata* or *Kapha*.<sup>9</sup>

Due to *Vata Kaphaghna* properties it reduces symptoms of *Ekakushtha*. Due to the *Manaprasadana* property it also reduces stress & stress related symptoms.

### **Raktmokshana (Bloodletting):**

1. *Raktmokshan* (Bloodletting) comes under the *Panchshudhi* according to the *Sushruta* which means to purify the body from inside.
2. According to *Acharya Charaka and Sushruta*, *Shodhana* is necessary for disease due to *Bahudosha Avastha* (Multiple *dosha*). *Ayurveda* consider *Rakta Dusti* (blood) as one of the mainly due to *Pitta Doshas*. *Siravedha* (Bloodletting) removes vitiated *Rakta* thus Symptoms like *Rukshta* (dryness), *Kandu* (itching), *Daha* (burning sensation) and the extent of lesion will reduce after *Siravedha karma* (Bloodletting) due to *Prabhut Dosha Niraharn* by *Siravedha* and *Rakta Shudhi*.
3. *Siravedha* (Bloodletting) is effective to remove toxic materials so they can easily evacuate from body. Besides eliminating *Pitta* and *Kapha Doshas*, the main seat of *Vata* is also purified

thereby making *Siravedha Karma* (Bloodletting) a *Tridosahara* procedure.

4. *Siravedha karma* (Bloodletting) not only cleanses the body from inside but also does the *Prasadan* of the *Mana* (heart), *Indriya* (senses), *Satva*, *Atma* (soul) which are the tripod of life. It improves the quality life, life style, efficacy of life.
5. Psoriasis activated T cells migrates from lymph nodes and the blood stream into skin and release cytokines (INF $\gamma$ , IL-2) which induce pathological changes. Bloodletting therapy leads to reduction in IL-2,1. Hence it is effective in adjusting disorders of immune function like psoriasis.
6. As histamine are responsible for allergy, the symptoms like itching, patches diminish by bloodletting. Due to liberation of histamine through bloodletting.
7. HSP -70 (heat shock protein) has been proven to promote the survival rate of cells. Blood therapy leads to remarkable increase of local HSP70.

#### **Lepa:**

1. With topical application, the active principle of the *Karveer Lepa* reaches to the deeper tissues through *Siramukha* (opening of the vessels) & *Swedavahi Srotas*(channels carrying sweat)<sup>10</sup>.
2. Due to its *Ushna*(hot), *Tikshna*(sharp), & *Sukshma* properties it deblocks the obstruction in *Swedavahisrotas* & allows the local toxins to flow out through the *Sweda* (Sweat), thus clearing out the micro channels.
3. *Tikta Rasa* (Astringent) has properties like *Lekhana*(emaciation), *Deepana* (appetizer), *Pachana* (digestive) by which it can remove obstruction (*Sanga*) of *Kapha*<sup>11</sup>. In most of the patients *Kandu* (itching) was relieved significantly, this may be due to the *Kandughna* (anti-pruritic) property of *Karveer mool*.

#### **Kashyapana:**

*Argvadha Patra Kashya* is effective for reliving signs and symptoms of *Ekakushtha* and have *Kushthghana*, *Kandughna* (anti-pruritic), and *Kapha Pitta Shamak* properties.

#### **CONCLUSION:**

*Ekakushtha* (Psoriasis) can be successfully managed by repetitive *Shodhana* therapy (Purification) followed by specific *Shamana Yoga* (*Antaha and Bahya*). Symptoms like *Kandu* (Itching) and *Matsyashaklopamam* starts receding /relieved with *Snehapana* (Oleation). *Virechana karma* (Purgation) acts on all *Doshas* and is effective in treating Psoriasis. *Virechana yoga* (Purgation yogas) mentioned in *Kushtha Chikitsa* (skin diseases) in *Charaka Samhita* was proved as an effective drug for *Virechana Karma* & has *Kaphapittahara* and *Kushthahara* action. *Rakta dushti* (vitiation of blood) is one of the prime causes of skin diseases. After letting out the vitiated *Rakta* (blood) it provides better relief in the symptoms.

In the present study maximum no. of patients 50% were moderately improved followed by 40% patients who showed marked improvement, followed by 10% patients with mild improvement.

On the basis of above findings, it can be concluded the *Virechana Karma* (purgation) *Raktmokshana* (bloodletting) followed by *Shaman Aushadh* (Pacification) is effective for the treatment of *Ekakushtha* (Psoriasis).

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