**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.

**Keywords:** *Ekakushta, Tuvaraka Rasayana, Virechana, Psoriasis*

**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 47 years 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: 8 years

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- 78 bpm
BP- 140/70 mmhg
Weight- 74 kgs
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 Chitrikadi Vati with ushnajala 4-4-4 B/f for 3 days.
2. Snehapana with Guggu Tiktaka Gritha for 3 days.
   1st day – 50 ml
   2nd, 150 ml
   3rd, 150 ml
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 1 day
5. Peydi Samsarjana and Rasa Samsarjana Krama for 3 days
6. Tuvaraka Rasayana 5 ml 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 hematological 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 Adhikarya has the indication in all types of Kushta (skin diseases)1.

For the present study, beginning from the Deepana (appetizer) till the Rasayana six different formulations were used. For the purpose of attaining Deepana, Chitrakadi vat was used. Later for the purpose of snehapan Guggulu tikta Gritiha was selected, which has been mentioned under the context of Kushta. The drugs used in the preparation are having the Rakshoshdaka (blood purifier), Vranaropaka (wound healer), and certain drugs have the specific action on the disease Kushta. After the snehapan (internal oleation) for the Bahya Snehana & Svedana, Streetutaja Taila was used for the purpose of Abhyanga. Several research works have been carried out on the use of oil in the disease psoriasis. Also the drug, has the indication in disease Kushta. Siddarthissana choorna mentioned in Kushta Adhikara was prepared into Kwatha form and was used for the purpose of Parishesha (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 Dosh 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), Rakshaprasadana (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

<table>
<thead>
<tr>
<th>SL NO</th>
<th>PARAMETERS</th>
<th>Before treatment</th>
<th>After treatment</th>
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<tbody>
<tr>
<td>1</td>
<td>Erythema</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Infiltration</td>
<td>1</td>
<td>0</td>
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<tr>
<td>3</td>
<td>Desquamation</td>
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<td>Anhydrosis</td>
<td>4</td>
<td>1</td>
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<tr>
<td>5</td>
<td>Itching</td>
<td>4</td>
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Fig 1- BEFORE TREATMENT

Fig 2- AFTER TREATMENT