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To study the efficacy of Virechana Karma in Ekakushtha – A case study.

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ABSTRACT

Ayurveda is an ancient science which deals with maintaining health of an individual and preventing the occurrence of disease. Nidanpanchaka is well known concept described in Charaksamhita. It is comprised of Etiological factor (hetu), Purvarupa (prodromal symptoms), Rupa (symptoms), Uspashaya and Anupashaya. Acharya Charaka has given 18 types of Kushtha, containing 7 Mahakushtha and 11 Kshudrakushtha. Ekakushtha is one of the Kshudrakushtha. It appears in symptoms like discolouration of skin, dryness, itching and burning sensation in any part of the body like hands, legs or back etc. Here I have presented a case study of male patient of 45 years having symptoms of Ekakushtha. She has given a Panchakarmatreatment according to Acharya Charaka. Shodhanachikitsa by virechana and ShamanaChikitsa containing Arogyavardhinivati, Aragvadhakapilavati, Krumikuthar rasa, Haridrakhandapaka and Panchatiktaghrita was given to the patients. The present study is an attempt to study clinical efficacy of Virechana and shaman Chikitsa in Ekakushtha.

Keywords: Ayurveda, Ekakushtha, Apunaravartan, Charaka.

INTRODUCTION

A 39 year male patient was in trouble due to complaints like Hasta padatwakvaivarnya, Kandu, Daha and Roukshya since last 7 years. The appearance was like Matsyashakala. So after examining thoroughly, we diagnosed it as a Ekakushtha due to Matsyakalopama. Acharya Charaka has mentioned two types of Kushtha – namely Mahakushtha and Kshudrakushtha.¹ Among 11 types of Kshudrakushtha, Ekakushtha is one of them.

Acharya Charaka described symptoms of Ekakushtha as Aswedana, Mahavastu, Matsyahakalopama.²All Kushthavyadhis are due to the vitiation of all the three doshas. In this, Rukshata symptom is due to Vatadosha, Pitta is responsible for Daha and Vaivarnya (Matsyashakalopama) and Kandu is due to Kaphadosha. Apunaravartan Chikitsa described for Sadhyakushtha.³ It contains use of Vaman Virechan karma for removal of Vitiated doshas, then use of proper blood letting process, then use of Shamana medicines by internal as well as external form and intake of proper ghrithas internally. It arrests the reoccurrence of Kushtha. In this study, treatment has been given according to Acharya Charaka, which includes Ghritapana for Vatadosha, Virechan & Raktamokshan, Vamana for Kaphadosha.⁴

Symptoms of Ekakushtha can be correlated with Psoriasis. It has prevalence of 0.4 -2.8 % in India, it appears in 3rd to 4th decade of life of human being. It affects more to males than females. Psoriasis drastically affects the well being of human in case of physical, mental and social lifestyle.⁵ It affects to the skin by an overactive immune response. Symptoms of psoriasis contains well defined area of raised thickened skin, redness, swelling, scaling, itching, burning sensation, crackling and bleeding through affected parts.

AIM

To evaluate the effect of Panchakarma Chikitsa for Ekakushtha patient.

OBJECTIVE

1. To evaluate the effect of Panchakarma Chikitsa in the management of Ekakushtha.
2. To observe any side effects of Panchakarma Chikitsa.
3. Detail study of Ekakushtha.

MATERIAL AND METHODS

Case report – Patient name – X.Y.Z., Age – 39 year, Gender – Male.

Complaints : Since 7 years

1. Twak Vaivarnya at lower back region
2. Kandu
3. Rukshata
4. Daha

Table 1 : Symptoms on the basis of doshas

Dosha	Symptoms
1)Vata	Rukshata
2)Pitta	TwakVaivarnya like Matsyashakala , daha
3)Kapha	Kandu

Table 2: On examination

Examination	Observation
Pulse	84/min
B.P.	120/70 mm of Hg
R.S.	AEBE clear
CVS	S ₁ S ₂ Normal
CNS	Conscious and Oriented
P/A	Soft

Table 3: Ashtavidha Parikshan

Examination	Observation
Nadi	Pitta Pradhan Vata
Jivha	Saam
Mala	Samyak
Mutra	Samyak

Shabda	Prakrut
Sparsha	Anushnasheeta
Druk	Prakrut
Akruti	Madhyama

Table 4 : Dashavidh Pariksha

Examination	Observation
Dushya	Rasa, Rakta
Desha	Sadharan
Bala	Madhyama
Kala	Visraga
Anala	Agnimandya
Prakruti	Pitta Pradhan kapha
Vaya	Madhyama
Satva	Madhyama
Satmya	Shadarasatmya
Ahar	Mishra Aahara

Table 5 : Srotas Parikshan

Srotas	Darshana	Sparsha	Prashna
Rasavaha Srotas	KrushnaVarniVaivarnya	Ruksha	Kandu

Raktavaha Stotas	-	Ushna	Daha
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Hetu : Diwaswap since last 11 years

Past History : H/O Pulmonary Koch's exactly 9 years back

Received allopathic treatment for Pulmonary Koch's for 1 year.

▪ **Investigations:**

All routine investigations of blood and urine were done for all the cases. Along with this, few specific investigations were also performed.

A. Blood examinations

CBC with ESR

BSL (R)

B. Urine examination : routine and Microscopic

C. Some specific Investigations

IgG for tuberculosis

Monteux test

Biopsy for fistulous tract on suspected case of tubercular fistula.

HIV for AIDS

D. Radiological investigations

X ray chest PA view

Disease History : Patient was suffering from symptoms TwakVaivarnya at lower back region, kandu, rukshata, daha since 7 years. She was first diagnosed as Psoriasis patient and got allopathic treatment for last 5 years, but had no relief in symptoms. Thus Symptoms gradually increased. So patient came for Ayurvedic treatment. Detailed history was taken and finally she was diagnosed as Ekakushtha as per Ayurveda.

❖ Treatment:

Treatment was given for 1 month.

ShodhanaChikitsa by Virechana. It contains

- DadimadiGhrita for AbhyantarSnehapana as per koshta
- Tiltaila for Snehapana
- Erandataila for virechana as per koshta

Procedure for Virechana:

- **Purvakarma** : This was accomplished in following steps :
 - DeepanPachana: Patients were subjected to deepanpachana by Trikatuchurna prior to the snehapana for three day according to kostha of the patient (3 to 5 mg)
- **Snehapana** : For this purpose dadimadyaGhrita was administered to the patient according to kostha (initially 20-30 ml)
- **Abhyana&Swedana** : After observation of samayaksnigdhalakshana the patients were subjected to abhyana&swedana of three days both the time blood pressure & pulse were monitored during before & after snehana&swedana.
- **Pradhan karma** :Virechana was given with TrivruttaAvaleha or Erandataila according to the kostha of patients. It was given in between 9.00 to 10.00 a.m. Blood pressure & pulse were monitored during Virechana & after Virechana . The patient were advised not to take any type of food except hot water. The patients were kept under observation for whole day & lakshana of samayakvirechana were looked for.

- **Paschat karma:** Sansarjankrama was given as a type of Shuddhi & in sequence mentioned by classics then the patient put under observation till a week & total course completed in 4 week.

Table 6 : Shamana Chikitsa

Kalpa	Dosage	Kala	Anupana
Arogyavardhinivati	250 mg	2 times in a day after food (2 tablets)	Luka warm water
Haridrakhandapaka	2 gm	2 times a day after food	Milk
Krumikuthar rasa	250 mg	2 times a day after food	Luke warm water
Aragvadhkapilavati	250 mg	At bed time	Luke warm water
Panchatiktaghrita (Shamanasneha)	10 ml	1 time at morning	Luke warm water

Table 7 : Observation and Results

Symptoms	Before treatment	After siravedh	After Jaloukacharan	After pottalisweda	After 1 month Shamanachikitsa
Kandu	++	++	++	+	-
Rukshata	+++	++	+	+	+
Daha	+++	++	+	-	-
Vaivarnya	+++	+++	++	+	+

DISCUSSION

The hetu of Ekakushtha was diwaswap since last 11 years, ati Santana sevena and also atinavanasevana. In the starting, patient came with symptoms of kandu and Daha in lower back region. It further aggravated and then Vaivarnya observed. Vaivarnya means discoloration. It was resembling like skin of fish. So this symptom has mentioned as Matsyashakalaas per its description in Ayurvedic texts. In this due to causative factors, Rasa and Raktadhatudushti was observed. The Virechana causes relief in the Raktadushti. It promotes the survival rate of cells and induces cytokine production. It mitigates the adverse effects of endotoxin during infection. By this, kandu and Vaivarnygets relieved. Arogyavardhinivati causes pachana. Krumikuthar rasa and Panchatiktaghrita acts as Kledanashaka and kruminashaka. Haridrakhandopaka, Arogyavardhinivati act as Raktadhatwagnivardhak. By these shamanaChikitsa, kandu, daha and vaivarny gets relieved.

CONCLUSION

Virechana karma is helpful for Ekakushtha. ShamanaChikitsa, which was comprised of Arogyavardhinivati, Aragvadhkapilavati, Krumikuthar rasa, Haridrakhandapaka and Panchatiktaghrita found very effective and alleviate symptoms of Ekakushtha.

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