

## MANAGEMENT OF PSORIASIS WITH VIRECHANA THERAPY: A CASE STUDY

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### ABSTRACT

Psoriasis is a common autoimmune dermatological disorder in India with prevalence varies from 0.44 to 2.8 %. Allopathy has no concrete solution to this problem. They treat the disease with steroids. Psoriasis can correlate with *Kshudra kushtha* (skin diseases) described in Ayurvedic classics. The treatment for *kushtha* is mainly *raktamokshana* and *virechana*. The case of newly diagnosed psoriasis having severe itching, reddish patches, burning was managed with *Virechana*, one of the *panchakarma* therapy of detoxification by inducing purgation. Patient was on ayurvedic palliative treatment since one month. Internal oleation with *Mahatiktaka Ghrita* in increasing order for seven days was given. Oleation stopped after achieving the symptoms of proper oleation. Daily assessment for symptoms of oleation was done. External oleation and sudation was done with *Sarshapa Oil* for three days. On the fourth day *virechana* was given on empty stomach with *Abhayadi Modaka* 1 gm with 100 ml *Triphala decoction*. There was 90% relief in symptoms on the day of *virechana*. After completion of 7 days diet regimen the relief of symptoms were same except itching which occurs sometimes. The PASI score was 32.6 before *virechana* which comes down 1.8 after *virechana* therapy. This suggests that the *virechana* therapy gives significant results in Psoriasis.

**Keywords:** Psoriasis, *Virechana*, *Kshudra kushtha*

### INTRODUCTION

Psoriasis is a common autoimmune dermatological disorder in India with prevalence varies from 0.44 to 2.8 %.<sup>[1]</sup> The process begins when a person's immune system fights against an infection, but the antibodies it makes continue to attack normal cells. A type of white blood cell that is supposed to regulate immune response fails to do its job, triggering inflammation and abnormal skin growth. There are five types of

psoriasis: plaque, guttate, inverse, pustular and erythrodermic psoriasis. Plaque psoriasis is the most common form of psoriasis, affecting 80 % of people. Having psoriasis can be embarrassing and many people avoid the situations where patches can show. Stress, anxiety and over exposure to sunlight can cause psoriasis to appear suddenly or can make symptoms worse. Psoriasis treatments divided into three main types: topical

treatments, light therapy and systemic medications. Even though there is no cure, many treatments exist to ease the symptoms. In ayurveda, all skin diseases are described as *Kushtha*. There are two types of *kushtha*: *Maha kushtha* and *Kshudra kushtha*, where *kshudra kushtha* means all other skin diseases except leprosy.<sup>[2]</sup> In this case, plaque psoriasis can correlate with *Dadru* type of *kshudra kushtha*. Symptoms of *dadru* are *kandu* (itching), *raga* (burning), *pidaka* (patches), *mandala* (patches).<sup>[3]</sup> These symptoms are similar to symptoms of plaque psoriasis. In treatment of *kushtha*, first we have to do treatment of that *dosha* whose dominant symptoms are there and after that treatment of *anubandha dosha*.<sup>[4]</sup> In *dadru kushtha*, dominance of *pitta dosha* and *anubandha* of *kapha dosha* is there. *Virechana* is the supreme treatment of vitiated *pitta dosha*.<sup>[5]</sup> *Virechana* is also indicated in *kapha dosha*. Hence here, *virechana* therapy has given.

### CASE REPORT

A 54 years old male patient, PT teacher in higher secondary school, came with raised, red patches on the skin which is very itchy and painful from 1 month. Patient was diagnosed as severe type of Plaque Psoriasis by dermatologist. Hence he went to Ayurvedic physician who prescribed Ayurvedic palliative treatment for it. Patient took all medicines for 15 days, but didn't get any relief. Hence he came to our hospital where I planned *virechana* therapy for him which is supreme detoxifying treatment for diseases of *pitta dosha*. Out of five types of *pitta*, *Sadhaka pitta* is located in the skin. Hence pacifying *pitta* in *aamashaya* (stomach) by *virechana* will pacify all five types of *pitta*.<sup>[6]</sup>

### VIRECHANA

It is one of the *Panchakarma* treatments of Ayurveda, which means induction of purgation for therapeutic purpose. It is mainly advised in *Pitta* and *Rakta* vitiated diseases.<sup>[7]</sup> It is systematically carried out in three steps. Preparatory procedure comprise of, *Pachana*<sup>[8]</sup> means internal medicines to facilitate proper digestion for four to seven days followed by internal oleation for three to seven days followed by external oleation (oil massage) and sudation which aims at bringing the vitiated disease causing *dosha* (basic elements) into alimentary canal.<sup>[9]</sup> Main procedure is only oral medicines inducing purgation while in post procedure there is special diet regimen to follow for three to seven days.

### MANAGEMENT

- Patient was described the whole treatment procedure in detail.
- Written informed consent and Physicians fitness for *virechana* was taken.
- *Pachana* (internal medicines to facilitate proper digestion) – As patient was came from another doctor, taking internal medicines prescribed by that doctor, Tab. *Aarogyavardhini* 500 mg BD with *Mahamanjishthadi kadha* 15 ml. These medicines were continued as a *pachana* treatment for seven days. Patient was mentally disturbed and didn't get sleep properly from one month back. Hence With *pachana* treatment *Shirodhara* with *Jatamamsi* oil was given for seven days.
- Internal oleation with *Mahatiktaka Ghrita* in increasing order for six days (internal oleation stopped, as symptoms of proper oleation achieved) was followed. Daily assessment for symptoms of oleation was done. *Vatanulomana* ( proper

evacuation of flatus and stool), *deep-tagni* (enhanced digestive function), *snigdha varchas* (oily stool), *asanhata varchas* (unformed stool), *mrudvangata* (suppleness of skin), *snigdhatata* (oily skin), *snehodvega* (revulsion for sneha), *glani* (exhausted), *vimalendriya* (feeling fresh) these are symptoms of proper oleation,<sup>[10]</sup> which were assessed daily during internal oleation. Oleation was discontinued as soon as oily stools were observed in patient.

- External oleation and sudation on *vi-shram din* (next three days after completion of oleation) and on the day of *virechana* with sarshapa oil.
- On the day of *virechana* pulse, BP and systemic examination was done along with *ashtavidha parikshana*. P – 70/min; BP – 130/80 mm of Hg, RS – AEBE, CVS – S1S2 normal, Stool/Urine – normal, Tongue – niram (uncoated).
- *Virechana* drug – Abhayadi modak 1gm with decoction of Triphala 100 ml was given on empty stomach in the morning.
- Patient was asked to take rest till *virechana vegas* (frequency of purgation) starts.
- *Virechana vegas* were assessed subjectively. Total 28 vegas occurred in which last stools were sticky indicating *kaphanta virechana*.
- Patients pulse, BP was recorded during *virechana* which was normal throughout the procedure.

- *Samsarjana karma* (special diet regimen) was advised for seven days.
- During internal oleation, *virechana* and during *samsarjana karma*, patient was asked to stop all medicines.
- After *samsarjana karma*, all previous medicines were started.

## DISCUSSION

In Ayurvedic classics, it is described that *virechana* is the supreme treatment for *pitta dosha*. It is supreme detoxifying treatment for diseases of *pitta dosha*. Mainly *virechana* acts on *Aamashaya* (stomach) which is the main seat of *pitta*. Out of five types of *pitta*, *Sadhaka pitta* is located in the skin. Hence pacifying *pitta* in *aamashaya* (stomach), all five types of *pitta* also pacifies by *virechana* therapy.<sup>[11]</sup>

*Pitta dosha* and *rakta dhatu* are functionally related with each other<sup>[12]</sup> means diseases occurred due to vitiation of *pitta* and *rakta dhatu* are similar. *Virechana* acts on *pitta dosha*, it pacifies the functions and properties of *pitta dosha*. Ultimately it pacifies the properties and functions of *rakta dhatu*. Thus *virechana* acts on skin diseases. In this case, there was 90% relief in symptoms on the day of *virechana*. After completion of 7 days diet regimen the relief of symptoms were same except itching which occurs sometimes.

To assess the results of *virechana* therapy on psoriasis PASI score was noted before and after *virechana* which gives significant results. Before treatment it was 32.6 turns 1.8 after treatment means within seven days.



**Before Virechana**



**After Virechana**

### CONCLUSION

From all above observations it can be conclude that *virechana* therapy is significantly effective in an acute stage of psoriasis.

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