

EVALUATION OF THE EFFECT OF BIOPURIFICATION ON PSORIASIS**Yashpalsinh A. Jadeja¹ Dhananjay V. Patel²**¹P.G.Scholar, Upgraded P.G. Dept. of Kayachikitsa, Govt. Akhandanad Ayurved College Ahmedabad, India.²M.D., Ph.D., Assistant Professor, Upgraded P.G. Dept. of Kayachikitsa, Govt. Akhandanad Ayurved College Ahmedabad, India.**ABSTRACT**

Psoriasis is a big issue on health. Its prevalence is around 11% worldwide. According to Ayurveda the main reason of psoriasis and its recurrence is faulty dietary habits and faulty life style. Due to these reasons Dhosha accumulates in the body and comes in contact with Dushya (Twak, Rakta, Mamsa, Ambu) and manifested as Kushtha. Ubhay Marga Shodhana by Vamana and Virachana (biopurification) is very important to expel the Dosh and purify the body. It also effective to break down Dosh-Dushya Sammurchhana of Kushtha. After break down of sammurchhana, Dosh can be treated easily. Hence, biopurification will not only provide fast and best relief in psoriatic symptoms but also reduces the chances of its recurrence. Thus, biopurification is essential part of management of Psoriasis.

KEYWORDS: Biopurification, Ekakushtha, Kushtha, Psoriasis.**INTRODUCTION:**

Skin is the envelope of internal structure which protects us from various external invasions. Now a days skin disease are very common. Though skin diseases are common at any age of the individual, they are particularly frequent in the elderly. The patients always experience physical, emotional and socioeconomic embarrassment in the society. Psoriasis is a common skin condition that changes the life cycle of skin cells. Psoriasis causes cells to build up rapidly on the surface of the skin. The extra skin cells form thick, silvery scales and itchy, dry, red patches that are sometimes painful. Psoriasis is a persistent and long-

lasting (chronic) disease. Psoriasis is an autoimmune disease. The underlying mechanism involves the immune system reacting to skin cells¹. Psoriasis is also thought to be a genetic disease which is triggered by some environmental factors. Sometimes patients family member afraid to spreading of psoriasis in other member but it is not contagious disease². In allopathic science, psoriasis is treated with long term use of steroid and only symptomatic, whereas in *Ayurveda*, there is wide range of treatment from purification (*Shodhana*) therapy to pacifying (*Shamana*).

AIM & OBJECTIVE: To evaluate the efficacy of biopurification in the management of psoriasis.

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Prevalence of Psoriasis: There is a growing number of population-based studies providing worldwide prevalence estimates of psoriasis. Prevalence of psoriasis varies in different parts of the world. Prevalence in different populations varies from 0% to 11.8%. In the USA, the prevalence of psoriasis was estimated to be around 4.6%. Prevalence studies from India are mostly hospital-based. It was found that the incidence of psoriasis among total skin patients ranged between 0.44 and 2.2%, with overall incidence of 1.02%. The ratio of male to female (2.46:1) was very high which could not be clearly accounted for. Highest incidence was noted in the age group of 20-39 years³.

Etiology of Psoriasis: The word *psoriasis* is from Greek meaning "itching condition" or "being itchy". It consists of two words *psora* means "itch" and *-iasis*, means "action, condition"⁴.

Ayurvedic View on Psoriasis: All the skin diseases in *Ayurveda* have been discussed under the broad heading of "*Kushtha*", which are further divided in *Mahakushtha* & *Kshudrakushtha*⁵. *Ekakushtha* is considered one of the *Kshudrakushtha* in *Ayurvedic texts*⁶. *Ayurvedic* classics have considered each type of *Kushtha* to be a *Tridoshaja* manifestation⁷. Their *Doshik* identity can be established on the basis of dominance of *Dosha* in the *Samprapti*. The *Ekakushtha* is *Vata-Kaphaja* phenomenon⁸. In present study psoriasis has been correlated with *Ekakushtha*.

अस्वेदनं महावास्तु यन्मत्स्यशकलोपमम् |
(Ch.Chi.7/21)⁹ The symptoms of *Ekakushtha* are *Aswedanam* (absence of sweating) *Mahavastu* (extensive lesions invading whole body), *Matsyashakalopam* (scaling resembling scales of fish).

Causes of Kushtha: Specific etiology for *Ekakushtha* has been not described in any *Ayurvedic* texts. So it can be understood by general etiology of *Kushtha*. All causes of *Kushtha* can be considered under two main cause as:

Aharaja Hetu – faulty diet and dietetic pattern: The most common *Hetu* (cause) of *Kushtha* mentioned in all the *Samhitas* is *Aharaj Hetu*. *Mithya Ahara*, *Virodhi Anna* constitutes the major cause of *Kushtha*. *Viruddha Ahara* (Dietetic incompatibilities) is described in detail as the cause of *Kushtha*¹⁰.

Viharaja Hetu – faulty lifestyle: Proper follow up of *Dincharya*, *Rutucharya*, *Aachar Rasayana*, *Aahara Vidhi Vidhana* and *Panchkarma* is important for maintenance of health. *Viharaj Hetu* results in immediate aggravation and vitiation of *Tridosha*¹⁰.

Saptako Dravya Sangraha: As per *Ayurvedic* classics, the seven important factors (*Saptako Dravya Sangraha*) are related to *Kushtha*. Three *Dosha* (*Vata, Pitta, Kapha*) and four *Dushya* (*Twak, Rakta, Mamsa, Ambu*) are involved under the pathology of skin disease¹¹.

According to *Sushruta Samhita*, due to *Nidana Sevan* vitiated *Pitta* and *Kapha Dosha* with help of vitiated *Vayu Dosha* they comes in contact with *Dushya* and they causes *Mandala* at affected part¹².

LINE OF TREATMENT: In *Ayurvedic* texts the line of treatment of *Kushtha* is mentioned as *Shodhana* and *Shamana* therapy. According to *Dosha Pradhanyata Acharya Charaka* mentioned *Sarpi Pana* in *Vata Dosha*, *Vamana Karma* in *Kapha Dosha*, *Virechana* and *Raktamoxana* in *Pitta Dosha Pradhanya*¹³.

Mode of Action of Vamana Karma: *Vamana Karma* can be performed after its *Pur-*

vakarma. By *Purvakarma*(*Snehana*, *Swedana*) *Dosha* becomes *Shithila* and ready to remove outside from body. Because of its *Prabhava*, *Vamana* removes vitiated *Kapha* from whole body through upper part of elementary canal¹⁴. *Vamana Karma* is very effective in skin disorders. According to *Dosha Pradhana Lakshana* of *Kushtha* as *Matsyashakalopamam* (Scaling, elevation and plaque formation) and *Kandu* (Itching) is due to *Kapha Dosha*. As per *Ayurvedic* texts, *Kapha* is one of the main vitiated *Dosha* in *Ekakushth*⁸. So *Vamana* is the best for excreting vitiated *Kapha* from body in *Ekakushtha*. As per literature and practical view it is noted that itching and scaling can be reduced by *Vamana Karma*. Considering the importance of *Vamana* in relieving the psoriatic symptoms, *Acharya Sushruta* has suggested to perform it every 15 days¹⁵.

Mode of Action of Virechana Karma: *Virechana* removes vitiated *Pitta Dosha* from whole body through lower part of elementary canal¹⁶. *Pitta Dosha* is reside in *Rakta Dhatu*. Therefore the purificative measures of *Pitta Dosha*, also improve the *Rakta Dhatu*. In *Charaka Samhita* it is mentioned that *Kushtha* is due to *Rakta Dushti*¹⁷. In this way, *Virechana* is effective procedure for the management of *Ekakushtha*.

The line of treatment of Raktaja Roga : This way *Virechana* can apply for *Rakta Shuddhi*(Blood purification) purpose in *Kushtha*. *Ekakushtha* is mainly *Vata-Kaphaja* dominant *Vyadhi* but *Pitta Dosha* is also involved in the pathophysiology of the disease. Thus *Virechana* will remove vitiated *Pitta* and at the same time purifies vitiated *Rakta*. So *Acharya Sushruta* has suggested to perform *Virechana* every one month¹⁹.

DISCUSSION:

Shodhana is foremost part of the management of the *Kushtha* disease. So that *Acharya* has advised to perform all the *Panchakarma* purificative procedure again and again.¹⁹ Among all the five type of *Panchakarma*, *Vamana* and *Virechana* are major purifying Karma, which excrete the elevated *Kapha*²⁰ and *Pitta Dosha*²⁰ as well do *Anulomana* of *Vayu* too²¹. Hence in this review article emphasis given to *Ubhay Shodhana* (bio purification) i.e. *Vamana* and *Virechana*.

Why Bio purification: *Acharya Charaka* mentioned *Kushtha* as “*Dirgharoganam*”²² that means it is long lasting disease and practically recurrences of psoriasis is also observed.

²³If the *Dosha* are pacified with *Langhana* or *Pachana* therapy, there may be chances of recurrences of that disease. But if they are removed with *Samshodhana*, there is not possibility of its recurrences. Similarly, if biopurification (*Vamana* and *Virechana*) is performed prior to *Shamana* therapy recurrence chance can be reduced considerably. Moreover, if the *Shamana* treatment is given after the proper *Shodhan*, it provides better effect. So that the *Ayurvedic* classics emphasize on purification with the example to colour the cloth. If the cloth is coloured without its washing, it is not properly coloured while if it is done with its proper washing, it coloured appropriately. Similarly, medicine given after the *Urdhvaga* and *Adhoga Shuddhi* or *Ubhaya Marga Shuddhi*, will provide desirable effect²⁴.

CONCLUSION:

Therefore, the conclusion can be drawn that the bio purification (*Vamana* and *Virechana*) should be performed prior to

Shamana therapy in the management of Psoriasis, for reduction of its recurrence and to obtain the optimal effect of Shamana therapy.

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