EVALUATION OF THE EFFECT OF BIOPURIFICATION ON PSORIASIS

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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 Dhōsha accumulates in the body and comes in contact with Dushya (Twak, Rakta, Mamsa, Ambu) and manifested as Kushtha. Ubhay Marga Shodhana by Yamana and Virachana (biopurification) is very important to expel the Dosha and purify the body. It also effective to break down Dosh-Dushya Sammurchhana of Kushtha. After break down of sammurchhana, Dosa 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. Nowadays 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.

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 years.

Etymology of Psoriasis: The word psoriasis is from Greek meaning "itching condition" or "being itchy". It consist of two wards psora means "itch" and -iasis, means "action, condition".

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. Ekakushtha is considered one of the Kshudrakushtha in Ayurvedic texts. Ayurvedic classics have considered each type of Kushtha to be a Tridoshaja manifestation. Their Doshik identity can be established on the basis of dominance of Dosha in the Samprapti. The Ekakushtha is Vata-Kaphaja phenomenon. In present study psoriasis has been correlated with Ekakushtha.

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 Aahara (Dietetic incompatibilities) is described in detail as the cause of Kushtha.

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.

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

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 part.

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, Vanama Karma in Kapha Dosha, Virechana and Raktamoxana in Pitta Dosha Pradhanya.

Mode of Action of Yamana Karma: Yamana 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 canal\textsuperscript{14}. Vamana Karma is very effective in skin disorders. According to Dosha Pradhana Lakshana of Kushtha as Matsyashakalopanam (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 Ekakushta\textsuperscript{8}. So Vamana is the best for excreting vitiated Kapha from body in Ekakushta. 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 days\textsuperscript{15}.

**Mode of Action of Virechana Karma:**
Virechana removes vitiated Pitta Dosha from whole body through lower part of elementary canal\textsuperscript{16}. 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\textsuperscript{17}. In this way, Virechana is effective procedure for the management of Ekakushta.

**The line of treatment of Raktaja Roga :**
This way Virechana can apply for Rakta Shuddhi( Blood purification) purpose in Kushtha. Ekakushta 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 month\textsuperscript{19}.

**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.\textsuperscript{19} Among all the five type of Panchakarma, Vamana and Virechana are major purifying Karma, which excrete the elevated Kapha\textsuperscript{20} and Pitta Dosha\textsuperscript{20} as well do Anulomana of Vayu too\textsuperscript{21}. Hence in this review article emphasis given to Udbhay Shodhana (bio purification) i.e. Vamana and Virechana.

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

\textsuperscript{23}If 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 no 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 Shudhi or Udbhaya Marga Shuddhi, will provide desirable effect\textsuperscript{24}.

**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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