

A Comparative Study of Vamana & Virechana karma in Ekakushtha w.s.r to Psoriasis

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ABSTRACT : Psoriasis is a disease which affects the skin and joints. It commonly causes red scaly patches to appear on the skin. Psoriasis is a papulo squamous disorder of the skin, characterized by sharply defined erythematous squamous lesions. They vary in size from pinpoint to large plaques. The scaly patches caused by Psoriasis are called Psoriatic plaque. Psoriasis is hypothesized to be immune-mediated and is not contagious. The disorder is a chronic recurring condition which varies in severity from minor localized patches to complete body coverage. The cause of Psoriasis is not known, but it is believed to have a genetic component. Several factors are thought to aggravate psoriasis. These include stress, excessive alcohol consumption and smoking. Individuals with psoriasis may suffer from depression and loss of self-esteem. Due to chronic recurrent nature Psoriasis is a challenge to treat. Ekakushtha (Psoriasis) is a kshudra kushtha, Vata-Kapha predominant disease, Aswedanam, Mahavastum, Matsya shakalopamam, Krishna Aruna Varna are the typical sign & symptoms described under Kushtha Rogas. The study is carried out as a comparative study of Vamana & Virechana. The study was done on 35 patients of Ekakushtha (Psoriasis), where 30 patients were completed divided into two groups. In group-A Vamana was given to the patients and after Sansarjana karma, shamana yoga & Jivantyadi yamaka was given for 28 days. Total 18 patients were registered in Group A out of which 3 were dropped out. In group-B Virechana was given to the patients and after Sansarjana karma, Shamana yoga & Jivantyadi yamaka have given for 28 days. Total 17 patients were registered in Group B, out of which 2 were dropped out.

Key words : Ekakushtha, Psoriasis, Vamana, Virechana and Comparative Study.

INTRODUCTION

The word Kushtha means that which destroys with certainty. Only in Bhayprakash, it has been commented that Ekakushtha has been named so, to stress its importance among kshudra kushtha¹. All kushtha have Tridoshika involvement. Ekakushtha is Vata-Kapha predominant disease. So the etiology of Ekakushtha can be understood on the basis of general etiology of Kushtha. Ayurvedic texts have described samanya nidana for all types of Kushtha instead of specific nidanas for any particular type of Kushtha. Thus nidanas can be categorized as follows:-

1. Aharaja - diet and dietetic pattern.
2. Viharaja - faulty lifestyle.
3. Miscellaneous.

In the present study Ekakushtha is compared with psoriasis due to its maximum resemblance with it. Psoriasis is the oldest recorded skin disease. It is one of the most intriguing and perplexing disorder of skin. It is a papulosquamous disorder of the skin, characterized by sharply defined erythematous squamous lesions. It is

notoriously chronic and is well known for its course of remission and exacerbation. The exact etiology is still unknown. It tends to run in families and is precipitated by climate, Streptococcal infections, etc. Psoriasis appears to be largely a disorder of keratinization. Males & females are equally predisposed & all age groups are affected. Psychological stress is emphasized as one of the major triggering factor in the exacerbation of the disease. Modern medical science treats psoriasis with PUVA and corticosteroids. These therapies have serious side effects like liver & kidney failure, bone marrow depletion etc². Hence it is the need of time to find out safe and effective medicine for Psoriasis and here comes the role of Ayurveda. Acharya Charaka highlights the role of Panchakarma therapy by stating that the disease treated by Shodhana will never recur, whereas the treatment with Shamana therapy may recur in due course of time³. In addition if the Shamana Yoga & External Application (Jivantyadi Yamaka) of drugs is administered after taking the proper course of Shodhana, then it provides additional relief and thus helps in eradicating the diseases (psoriasis) completely.

Ekakushtha is a Vata- Kapha predominant Pittanubandhi disorder. To eliminate Kapha, Vata & Pitta Dosh, Vamana, Sarpi pana & Virechana are the measures of choice. The present research is a comparative study of Vamana & Virechana.

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Aims and Objectives :

The study was designed with the following aims and objectives:

1. To assess the efficacy of Vamana in Ekakushtha.
2. To assess the efficacy of Virechana in Ekakushtha.
3. To compare the efficacy of Vamana & Virechana in Ekakushtha.

MATERIAL AND METHODS

The patients having classical signs and symptoms of Ekakushtha (psoriasis) were selected from the O.P.D. of Dept. of Panchakarma of I.P.G.T. & R.A., G.A.U., Jamnagar hospital. A special Performa including all the aetiological factors of Kushtha with dushti laskhanas of Dosha, Dushya, and Srotas etc. were made for assessing all the patients. The patients were thoroughly questioned and examined on the basis of proforma and clinical tests like Auspitz sign, Candle grease signs etc. were carried out to confirm the diagnosis.

Grouping :

Group A : In this group, Vamana was given to the patients. After Sansarjana karma, Shamana Yoga & Jivantyadi Yamaka were given for 28 days. Total 18 patients were registered in Group A, out of which 15 patients completed treatment schedule.

Group B : In this group, patients were given Virechana. After Sansarjana karma, Shamana Yoga & Jivantyadi Yamaka were given for 28 days.

Criteria for Assessment : The assessment was done on improvement in signs and symptoms with the help of suitable scoring method.

Criteria for the assessment of overall effect of the therapies : The total effect of the therapy was assessed considering to the over all improvement in signs and symptoms. For this purpose, following categories were maintained.

- 1) Complete remission: 76%-100% relief in the signs and symptoms were considered as complete remission.
- 2) Marked improvement: 51%- 75% relief in the signs and symptoms were considered as marked improvement.
- 3) Improved: 26%-50 % relief in the signs & symptoms.
- 4) Unchanged: Below 25% relief in the signs and symptoms were considered as unchanged.

OBSERVATIONS

General observations : Maximum number of patients belonged to age group of 31-40 years (31.42%) and were Male (77.14%). Most of the patients were Hindu (97.14%) and Married (80%). Maximum number of patients were housewives & farmers (22.86%), and have suffered palque variety of psoriasis (45.70%). Maximum numbers of patients were having the addiction of tea (85.71%), Manasika Prakriti (77.14%) and having Kapha pitta Prakriti (40%), Maximum numbers of patients of this series were having Krura Koshtha (42.86%), sleep disturbed (62.86%) and Manasika Nidana (77.14%) was noted. Maximum numbers of patients have been observed tensile nature (45.71%). Maximum patients i.e 71.42% were suffering from the disease in chronic condition (> 1 year).

The aggravating season in maximum patients i.e. 94.28% was winter. Most prominent precipitating factors reported by the patients were emotional stress (54.28%). Almost all the patients (100%) have lesion in lower extremities. Maximum numbers of patients i.e. 45.71% were having an area involvement of 91-100%. Most of the patients i.e. 62.85% were red colour in psoriatic plaques. In 58.82% patients Pravar Shuddhi of Vamana was noticed and in 47.05% patients, Avar Shuddhi in Virechana was observed. Pravar Shuddhi of Vamana and Virechana was exhibited in 40% patients of both groups; Kandu was relieved by 89.47% and candle grease sign was relieved by 81.48 % in group A. There was 100% and 90.90% relief in Srava and Auspitz sign in Virechana group.

RESULT

In Group A, 60 % relief was found, whereas in Group B (84.09%) relief was found in Mandala symptom. Matsyashakolpamam was relieved by 88.88% in Group A followed by 65 % in Group B. In Group-A Rukshata was relieved by 76.66 %, but in Group B Rukshata relief found was 83.33%. In Group A, Aswedanam was relieved by 76.92%, whereas in Group B by 65.11%. In Group A, Daha symptom was relieved by 80%, while in Group B it was relieved by 87.5%. In Group-A, Bahalatva was reduced by 71.42% & in Group B it was reduced by 86.66 %. In Group-A, Srava was reduced by 75 %, whereas in Group B it was relieved by 100%. In Group A, Unnati was reduced by 60%; whereas in Group B Unnati was relieved by 86%. Kandu was relieved by 89.47% in Group A, and by 70.27 % in Group B. Improvement in Auspitz sign was found by 90.90% in Group B,

followed by 66.66% in Group A. In Candle grease sign, 81.48% relief was found in Group A, followed by 77.27% in Group B. In Koebner Phenomenon 70% relief was found in Group A, followed by 66.66% relief in Group B. Complete remission was found in 53.33% in group A Vamana group, while 80% was found in Group B. Marked improvement was found in 46.67 % patients in group A, whereas 33.33% patients in group B.

DISCUSSION

Ekakushtha is a type of kshudra kushtha which comes under umbrella of kushtha. All acharya obeys that it is a verity Kshudrakushtha. Ekakushtha is Vata-Kapha predominance Tridoshaja Vyadhi according to Charaka. Ekakushtha is compared with psoriasis because most of the symptoms of Ekakushtha like Matschyashakolopamam (Scaling), Mandala (plaque) Aswedana⁵ resemble with psoriasis. Many Acharya & some researchers opine that Kitibha is psoriasis. But most of cardinal symptoms of psoriasis are not as similar as Kitibha symptoms. So here Ekakushtha is compared as psoriasis.

Psoriasis is a disease which affects the skin and joints. Psoriasis is hypothesized to be immune-mediated and is not contagious. The cause of psoriasis is not known, but it is believed to have a genetic component. Several factors are thought to aggravate psoriasis. These include stress, excessive alcohol consumption, and smoking. Individuals with psoriasis may suffer from depression and loss of self-esteem. The prevalence of psoriasis in Western populations is estimated to be around 2-3%. A survey conducted by the National Psoriasis Foundation found a prevalence of 2.1% among adult Americans⁶.

Vamana, Virechana Karma & Drug under trial :

The study was designed to have comparative review of Vamana & Virechana in Ekakushtha. First line of treatment of Ekakushtha in Purvarupa Avastha is Ubhayatah Samshodhanam⁷. Specific treatment of Ekakushtha is : If Kushtha is Vata predominant then Sarpipana, Kapha predominant then Vamana & Pitta predominant then Rakta Mokshana or Virechana⁸.

Purva karma (Amadosha Nashaka) :

Dipana Pachana (Chitrakadi vati, Trikatu churna) are mainly Amadosha nashaka & agni vardhaka⁹. Snehapana is Vata shamaka, daha shamaka, decreases scaling & dryness¹⁰. Abhyanga mainly decrease

dryness & scaling. Sarvanga sweda decreases obstruction & increases swedana (Srotashodhaka)¹¹.

Pradhana karma (Kapha - Pittanashaka) :

*Vamana*¹² : Vamana mainly is Kaphadoshanashaka and increases Agni.

*Virechana*¹³ : Virechana has Pitta dosha nashaka property and it also suppress Vata & Kapha dosha.

Pashchata karma (Agni Dipana & increase immunity) :

Sansarjan karma is mainly Agni Dipaka¹⁴. Rasayana therapy increases immunity.

*External application with Jivantyadi yamaka*¹⁵ :

The drugs of Jivantyadi Yamaka are having :

Manjishtha & Daruharidra have Rakta shodhaka & prasadaka property; Jivanti has Rasayana & immunomodulator property; Tuttha, Kampillaka & Sarshapa has kushthaghna & kandunashaka properties; Goghrita is having the good properties of immunomodulator, Rasayana, Mridukara, Varnya and Agnivridhikara.

Most of the drugs of Jivantyadi Yamaka¹⁶ are having the properties viz,

Rasa : Katu, Tikta, Kashaya-Kapha Shamaka
Decrease itching,

Guna : Laghu, Snigdha - Decreases Scaling,

Virya : Ushna - Swedana increases, bahalatwa nashaka,

Vipaka : Katu,

Doshagnata : Vata-Kapha Nashaka,

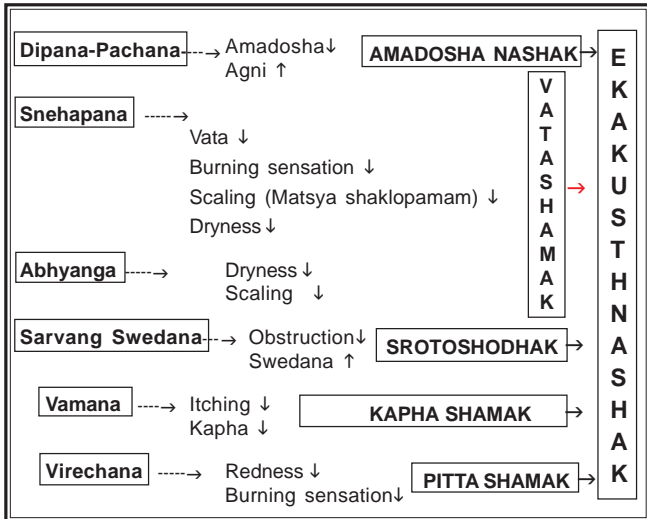
By these properties, Jivantyadi Yamaka has better effects for the patients of Psoriasis.

Internal administration (Shamana yoga) :

The drugs of Shamana yoga are having following properties :

Guduchi has Rasayana, immunomodulator & Tridoshanasaka properties. Arogyavardhini acts on all types of kushtha, mainly on Vata-Kaphaj Kushtha. It is hepato protective & Ama dosha nashak property. Rasamanikya has Vata Kapha nasak & Kandughna property.

FIG. NO. 1 : OVER ALL EFFECT OF VAMANA & VIRECHANA :



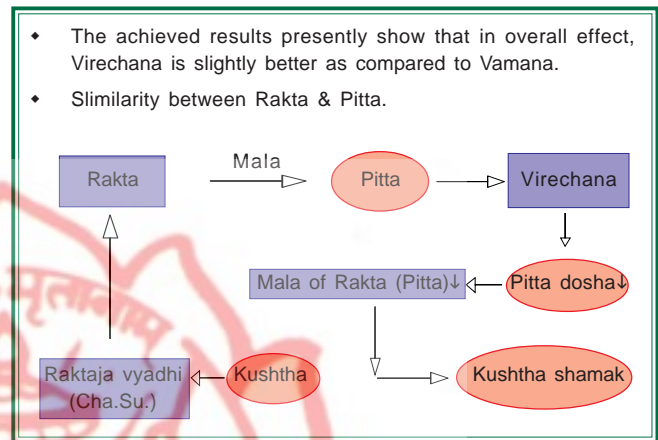
Clinical study :

Due to more stressful life and life style and dietary disturbances in young age incidence is found more in age Group of 31-40 years. Mental stress, disturbance in Ahara & Vihara it may be a cause of psoriasis. The results of the present study showed that 45.70% patients have suffered Plaque variety because it is a commonest variety. The 85.71 % patients were addicted to tea, it is due to addiction triggers of psoriasis. Maximum numbers of patients of this series were complaining disturbed sleep & also dreams (62.86%). A dream is the most peculiar sign found in psoriasis patient. Due to itching, burning sensation & mental stress it may be causes disturb sleep & dreams. Chinta i.e. anxiety was the Manasika Nidana reported by 88.57% patients. According to modern science mental stress, anxiety, & depression are the causative factor of psoriasis. The aggravating season of the maximum patients i.e. 94.28% was winter. In this season, there is aggravation of Kapha dosha & accumulation of Vata dosha. The 85.72% patients of this series reported gradual onset of their disease. Maximum patients i.e. 71.42% were suffering from the disease in chronic condition (> 1 year). According to modern science, it is a chronic disease. All patients had previously undergone allopathic therapy it shows the chronic, relapsing & life long nature of the disease.

Effect of Therapies :

- ◆ Complete remission was found in 53.33 % patients of group A (Vamana group) and 80% of group B (Virechana group).
- ◆ Marked improvement was found in 46.67 % patients in group A, in 33.33% patients in group B.
- ◆ No patients remained unchanged in group A & group B.

FIG. NO. 2 : EFFECT OF VIRECHANA :



According to Charaka, Sushruta & Vagbhata Kushtha is Raktaja Vyadhi. Pitta is Mala of Rakta¹⁷. So Virechana is specifically indicated for Pitta.

Jivadana was seen in two patients in Vamana groups. Both patients were observed with highly Mridu Koshtha. Among them one patient was suffering from gastric ulcer. It may be due to esophageal erosion. Both Gastric ulcer & Mridu koshtha patient, Vamana should not be done.

CONCLUSION

Ekakushtha being a Kshudra Kustha has Vata Kapha dominance & even involvement of Tridosha. Ekakushtha in modern parlance has similarity with Psoriasis. Chinta i.e. anxiety & mental stress were the manasika nidana of psoriasis. This observation clearly shows the psychosomatic nature of the disease. The disease aggravates during winter season and in dry

TABLE NO. 1 : OVERALL EFFECT OF THERAPIES ON 30 PATIENTS OF PSORIASIS :

Result	Vamana Group	%	Virechana Group	%	Total No. of patients	Total %
Complete remission	08	53.33	12	80	20	66.66
Marked improvement	07	46.67	3	20	10	33.33
Improvement	--	--	--	--	--	----

weather. Rasa, Rakta, Mamsa and Swedavaha Srotodushti were found chiefly and Kapha and Vata were main Dosha. Highly significant results were found in Group A (Vamana group) & Group B (Virechana group). but much better results were found in Virechana Group (Group-B) than Vamana Group (Group A). Thus, it can be concluded that Virechana (Group B) have better result than Vamana (Group A).

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हिन्दी सारांश

एककुष्ठ (सोरिआसिस) पर वमन एवं विरेचन के प्रभाव का तुलनात्मक अध्ययन

अखिल एन. परीदा, एन.एन. भट्ट, ए.आर. दवे एवं वी.डी. शुक्ला

आयुर्वेदानुसार एककुष्ठ क्षुद्रकुष्ठ का एक भेद है, जिसमें वात-कफ दोषों का प्राधान्य होता है। लक्षण साधर्म्य के आधार पर इसे Psoriasis माना जा सकता है। प्रस्तुत अध्ययन में इस व्याधि पर वमन एवं विरेचन के प्रभाव का तुलनात्मक अध्ययन किया गया। कुल ३५ रुग्णों को दो समूहों में बाँटा गया। प्रथम समूह में वमन कर्म पश्चात् शमन योग एवं बाह्य लेपनार्थ जीवन्त्यादि यमक २८ दिनों तक दिया गया। तथा द्वितीय समूह में विरेचन कर्म पश्चात् शमन योग एवं बाह्य लेपनार्थ जीवन्त्यादि यमक २८ दिनों तक दिया गया। चिकित्सा पश्चात् द्वितीय समूह में विरेचन कर्म से अधिक लाभ पाया गया।