

**A REVIEW ARTICLE ON VIRECHAN KARM IN TWACHA VIKAR
WITH SPECIAL REFERENCE TO MUKHDUSHIKA AN AYURVEDIC
APPROACH**

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ABSTRACT

Ayurveda is holistic science, has a goal of healthy life. *Panchkarm* is the most vital branch of the *Ayurveda*. *Panchkarm* is included in *samshodhana* type of *chikitsa* can provide better effect. The *karm* (process) by which *dosha* and *mala* are remove from body through *adhomarg* (anus) to maintain state of life for a longer duration is called *Virechan*. *Virechan karm* is one of the most important *karm* for *pittaj vyadhi* to expel excess *pittadosha* not only from *amashaya* but also from *pakwashaya*. *Pittadhosha* and *rakta dhatu* have *ashryaashrayi* relation. If we take *pittadosha prakopak ahar* and *vihar* it leads to *raktadhatu dushti* due to *dosha-dushya samurchana*. In *mansa*

dhatuganya vikara virechan karm is most important because *twacha* (skin) is *updhatu* of *mansadhatu*. Now a days *mukhdushika* is resemble with *acne vulgaris* is most common problem in young generation. Healthy and glowing skin is big dream for every individual in young generation. It is unique and long lasting result providing treatment for better life of the patient for the *rakta dushtiganya vyadhi* like *mukhdushika* to increased skin tone.

KEYWORDS: Virechan Karm, Pittadosha, Mukhdushika, Raktadhatu, Acne Vulgaris.

INTRODUCTION

Panchkarm is the purification therapy used in ayurvedic medicine. The word panchkarm is first mention in charak samhita.^[1] Panchakarm is a Sanskrit word that means five action and refers five procedures used in detoxifying and purifying the body and restore the balance to

the body, mind and emotions.^[2] Acharya sushruta define health samadosha, samaagni, sama malkriya, prasanna atma, indriya and manaha all are in balanced state. When tridosha vata, pitta and kapha are not in balance state excess increased in dosha leads to disease formation.^[3] In shakhagat roga panchakarm chikitsa is best treatment and it reduces the chances of recurrence of diseases.^[4] In bahudoshavastha i.e when tridosha are increased excess panchkarm chikitsa is so beneficial. In hindoshavastha langhan is used. In madhyamdoshavastha dipan, pachan and vyayam is used.^[5]

Panchkarm chikitsa is divided into samshodhan chikitsa (eliminatory treatment) and samshaman chikitsa (pacificatory treatment).^[6] Virechan is the administration of the herbal purgative substances for the cleansing of pitta through the lower pathway i.e rectum.^[7] Virechan (Biopurificatory therapeutic purgation) karm is included in samshodhan chikitsa. Virechan karm is one among the five sacred healing therapy of the panchkarm. It is the best cure for treating the diseases originated from accumulation of excess pittadosha. It eliminates the toxins by cleansing the bowels. These panchakarm treatment purifies the body and mind and restoring the bodies innate balance.

AIMS AND OBJECTIVE

1. Conceptual study of *virechan* described in various *ayurved Samhita* and literatures.
2. Effect of *virechan* on the *twachavikar* with special reference to *mukhdushika*.

MATERIALS AND METHODS

Bruhatrayee along with their commentaries by different authors were referred for the study. References from the modern science books and various websites utilized to co-relate the concept.

DISCUSSION

Etiology of *mukhdushika*: According to *Acharya sushruta*, it is called *mukhdushika*. It comes under the heading of *kshudra rogas*. Boils like spines of *shalmali* appear on the face of youthful persons caused by *kapha*, *vata* and *rakta* they are known as *mukhdushika*.^[8] According to *Acharya Vagbhat medodhatu* is *dushya* instead of *raktadhatu*.^[9] *Tarunypitika* mostly affect the young generation because of dominance of pitta dosha in madhyam vaya and ahitkar ahar vihar in day to day life.

- *Dosha – kapha, vata, pitta*

- *Dushya - Twacha, rakta*
- *Agni – Jataragni, dhatwagni*

Mukhdushika have nearly equal sign and symptoms with the *acne vulgaris*. Hence it is important to study about *mukhdushika* according to modern point of view.

Acne vulgaris modern aspect: According to modern science *acne vulgaris* is the common chronic skin disease involving blockage and inflammation of the pilosebaceous units. Acne can present as non-inflammatory lesions, inflammatory lesions, or a mixture of both affecting mostly the face but also the back and chest. Whiteheads, blackheads, pimples, cysts and nodules are all types of acne.^[10]

It commonly occurs during puberty, when the sebaceous gland is activated, but it can occur in any age. It is not dangerous, but it can leave skin scars. The gland produce oil and are stimulated by male hormones produced by the adrenal glands in both males and females. Risk factors includes the genetics, the menstrual cycle, anxiety, stress, hot and humid climate, using oil base makeup and squeezing pimples. Skin cells, sebum and hair can clump together into a plug. This plug gets infected with bacteria, and swelling results. A pimple starts to develop when the plug begins to break down. *Propionibacterium acne* is the name of the bacteria that live on the skin and contributes to the infection of pimples. Research suggest that the severity and frequency of acne depend on the strain of bacteria. Not all acne bacteria trigger pimples. One strain helps to keep the skin pimple free.^[11]

Role of Virechan in Mukhdushika: *Virechan* karm is second most important therapy in *panchakarm*. It is used to expel to excess pitta out of body through nearer pathway i.e rectum. *Hetu* and the *samprapti* of the *mukhdushika* is not detailed mention in *Samhita*. Due to *pittaprakopak*, *dhatuvaishmyakar ahar vihar* are responsible for the *pittadosha dushti*.^[12] It is included under the *kshudra rogas*.^[13]

Virechan is a better cure for the skin diseases where pitta and rakta are involved because of their *ashrya ashrayi sambandh*.^[14] *Twachavikar* is included in *virechan sadhya vyadhi*.^[15] *Amashayagat pitta* and *kapha* it is best treatment. It is also used in *vataj vikar* after *snehan* and *swedana* for *anulomana gati* of *apan vayu*. *Acharya sushruta* told in *sutrasthana*, *virechan karm* is best therapy in *rakta dhatu vikar*.^[21] *Twacha* (skin) is the *updhatu* of the *mansadhatu*.^[15] *Twacha* is the site of *brajak pitta*. In *pachamanashaya adbhog* of *amashaya*

(stomach), grahani (duodenum), lagwantra (small intestine), yakrut (liver), pittashaya (gall bladder), agnyashaya (pancrease) these organs are included under functioning area of the virechan karm.^[16] Virechan drugs are ushna, tikshna, sushma, vyavayi and vikasi in nature. These drugs have a dominancy of prithvi and jala mahabhuta have a natural tendancy to go downwards and thus they can assist in induction of virechan.^[17] According to the type of drugs, virechan karm is divided into four types anulomana, strasan, bhedan and virechan.^[19] Inclusive and exclusive criteria menstioned in samhitas for virechan karm. Virechan drug matra (dose) depends on the agni, kostha, vaya, rutu. Before virechan person has undergo vaman therapy for best results. After vaman treatment, the patient undergo specific diet regimen called samsarjan then after, again snehan karm (oleation therapy). After that again three days of snehan (oil massage) and swedan (steaming) treatment is administered. Then virechan is administered. Virechan karm is again divided into purvakarm, Pradhankarm, paschatakarm. Purvakarm include snehana and swedana, Pradhankarm is a virechan procedure, paschatakarm include samsarjanakarm depending upon the type of shuddhi (purification) achived by the patient. Virechan karm is beneficial in following condition.^[18]

1. Elimination of *pittadosha* accumulation in GI tract. Maintain healthy life.
2. Cures mild and chronic skin disorders.
3. It increases the skin tone and luster of skin.

CONCLUSION

After studying literature regarding mukhdushika. It is clear that mkhadushika is a pitta and rakta pradoshaj vyadhi. Because of ashryashrayi sambandh of raktadhatu and pittadosha. Pittadoshaj samya ahar vihar cause dushti of raktadhatu. Twacha is not only the site of brajak pitta but also it is updhatu of mansadhatu. So there is direct effect on twacha leads to mukhdushika. Best treatment for pittadosha is virechan karm. It removes excess accumulate pittadosha along with mala (fecal matter) through rectum. Twacha is updhatu of mansadhatu so virechan chikitsa is best for raktadushti vikar. Skin disorders are mainly related with psychologic disturbance. Modern science also says that Stress is one of the important factor for recurrence of acne vulgaris which is already menstion in ayurved Samhita. Virechan is best treatment for manas vikar also.

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