

THE EFFECT OF VIRECHANA BY ARAGWADHA PHALA MAJJA ON KITIBH KUSHTHA (PSORIASIS) – A SINGLE CASE STUDY

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ABSTRACT

Ayurveda, the science of life is practiced since ages to lead a disease-free life. The current lifestyle trend & sedentary life result in rise to many Autoimmune disorders/ Metabolic disorders. Kitibh kushtha is one such type of Kshudra kushtha which is similar to psoriasis (an Autoimmune disorder). Virechana, is considered as one of the best remedies for Pitta-Kapha predominant vyadhi & Aragwadha being Kushthagana, Rakta shodhak & elite Mrudu Rechaka. Possessing all such qualities it's indeed a promising remedy for kitibh kushtha to avoid further damage or relapse of the disease. If the patient has a history of Ati- Abhishyandi and Samashana ahara-vihara, Virechana is ideal procedure to perform shodhana in Pitta-Kapha dushti Koshtha

considering its beneficiary elements on skin disorders.

KEYWORDS: Ayurveda, Shodhana chikitsa, Autoimmune Disorder, Psoriasis.

1) INTRODUCTION

Kushtha is a term broadly divided into Mahakushtha and Kshudrakushtha. Kitibh Kushtha, is a type of Kshudra kushtha^[1] being Sukhsadhya, which is commonly referred as Psoriasis. This accounts for increased proliferation of keratinocytes and endothelial cells in conjunction with APC/T cell/monocyte/macrophage inflammation leads to the distinct epidermal and vascular hyperplasia, characteristic of lesional psoriatic skin. Though many remedies are available today to treat it, but they don't meet the demand to resolve the disease accurately. Here is our attempt in achieving one such modality to prevent relapse and reduce signs and symptoms of Kitibh kushtha, the dosha aadhikyta i.e. dominant Doshas are Tridosha in

Kitibh Kushth but Vata- Kapha adhikya is predominating.^[2] In the study, patient's prominent dosha were Pitta-Kapha, which is the major reason behind choosing Aragwadha Phala majja Phant for Virechan.

Rationale of the study

In the study, patient was 57-year-old male had history of faulty diet practices like Samashana & Adhyashana with excessive abhishyandi ahara. Considering the Pitta- Kapha Dosha Vikruti and Ras-Rakt–Maamsa Dhaatu dushti, we first addressed the Shodhana of Bahu Dosha and Balwan rogi with Argawadha phala majja.

2) AIM

To evaluate the efficacy of Virechana by Aragwadha phala majja in Kitibh Kushtha.

3) METHODOLOGY

1. A clinical case study was conducted in IPD of the hospital
2. Post Snehpaan (Panchatikta ghrith) and Samyak snigdha lakshana patient was given Virechana^[3] with Aragwadha phala majja (20gm) which was prepared as Phanta kalpana (60ml) along with erand tail 30 ml
3. Samyak- Madhyam Virechana vega were observed in the patient profile.
4. The Patient was observed during the inward stay for snehpaan and virechana and till 14th day from virechana procedure.

Samprapti^[4]

Hetu Sevan (Abhishyandi Padarth (Dadhi-Guda), Guru, Snigdha, Ratrijagaran- Tridosh Dushti- Twak, Rakta Maamsa, Meda Sroto Dushti- Twak, (Hasta-Pada, Udar, Prishtha, Kapaal) sthanikandu, Rukshta, Vaivarnya, Mandal utpatti. -Kitibh Kushtha.^[4]

Virechana with Aragwadha phala majja -Mode of action^[5]

1. **Rasa:** - Madhur– works on Gunatah, Vikriti of Ras Rakta Maamsa Dhatu, & with its Snigdha mrudu guna reduces Twakagat Rukshta.
2. **Vipaka:** - Madhur works on Gunatah, Vikriti of Pachak and Bharjak Pitta, helps in eliminating Mala from Ras and Rakta dhatu reduces Kanduta, Vaivarnyata & aids in virechana with its rasa-vipaka and guna.
3. **Veerya:** - Sheet works on Ushna guna of Vikrit Pitta Dosha relieves in Raktim-Shyam Varna mandala and daah.

4. **Karma:** - Kushthaghana, Kandughana, Virechana (Koshthagata kapha-Pitta Shodhaniya), Raktshodhak, excellent Mrudu virechaka.
5. **Active principles:** - The efficacy of the Aragwadha in skin diseases may be attributed to the presence of anthraquinone derivatives specially chrysopherol.
6. **Virechana:** - In Pitta-Kapha Dosha prominent disorders, Virechana (Adhomarga Dhoshaharna) is considered as elixir.

4) OBSERVATION

| Sr. No. | Lakshana | Before Virechana | After 7 th day | After 14 th day |
|---------|----------------------|------------------|---------------------------|----------------------------|
| 1 | Raktim Shyaav Mandal | +++ | + | Negative |
| 2 | Kandu | +++ | Negative | Negative |
| 3 | Parush Sparshi | +++ | + | + |
| 4 | Twak Rukshata | +++ | + | + |

Table showing observation of signs and symptoms before and after the treatment

5) RESULT

During the course of our study, the lesions of Kitibh Kushtha were significantly reduced after Virechana with Aragwadha phala majja.

6) DISCUSSION

As patient's Vata-Pittaja prominence in the body, had aggravated Vikrut Pitta and Raktha Dhatu Dushti presence. This is majorly attributed to chronic faulty dietary intake. During the course of our study, we observed that Aragwadha phala majja being Pittavirechak worked effectively in the patient and improved hepatic function. A larger group study on this virechana dravya is needed to further process and analyze the research work.

7) CONCLUSION

Virechana with Aragwadha phala majja has significant role in reducing the current signs and symptoms as well as stopping lapse of signs and symptoms in Kitibh Kushtha.

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