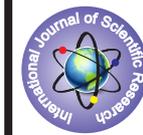


A Role of Verechan and Shaman Chikitsa in Ekkushta-A Case Study



Ayurveda

KEYWORDS:

Eakkushta, Verechan, Shaman therapy.

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ABSTRACT

The Ayurvedic management of diseases in general, can be broadly grouped in to Shodhana and Shamana treatments. With the administration of Samshodhana therapy attempts are made to purify or cleanse all the body tissues and to bring about the harmony of Tridosha i.e. Vata, Pitta, Kapha and Manasa Doshha i.e. Satva, Raja and Tama in such a way that vitiated Doshas are removed from the body and long lasting beneficial effects of long duration are produced in the body. Shamana therapy is conservative or palliative in nature. In this study shodhan is verechan panchkarma.

INTRODUCTION

Vedas are the actual origin of knowing the literature of the traditional medicines and Ayurveda is the Upaveda of Atharva veda. It is said in Vedas that it is the first step in regard of knowledge which was compiled for the welfare of the humanity, for the first time, in all over the world. Ancient importance of any reference is rooted in Vedas. Ayurveda has discussed all skin disease under the umbrella of Kushtha, in other word it can be listed as 'Ayurvedic dermatology'. It is not a vis-à-vis correlation but one can cover up all dermatological manifestations under 18 subtypes of Kushtha Ekakushta is considered as one of the Kshudrakushta, it can be correlated with psoriasis which has the symptoms of Matsyasaklopam well defined raised marks, papules and plaques of erythema covered with silverscales. Mahavastum (lesion all over the body) Aswedanam (rough and dry lesion) and Krishna Arunavarnam (raised erythematous non indurate, thick lesions, black colored) commonest features of them. Disease pink or dull red colored lesions of a surrounded by a typical silvery scaling. Its pathogenesis is based on defect of keratinization and is characterized by well circumscribed erythematous dry plaques covered with mica like scales. Ekakushta (Psoriasis) one of the chronic skin ailment suffering population world wide. Skin is the envelope of the internal structure which protects us from the external invasions. A number of body system come together in synergy. Skin forms about 1/8th of total body mass. It carried out biochemical, immunological and endocrinal etc. it provides individual identity in the society

Acharya Charaka has described 18 types of Kushta, amongst them 7 are regarded as Mahakushta and 11 as Kshudra Kushta. (Ch. Ni.5/4). But in this chapter only Mahakushta are dealt with in detail. However, in Chikitsa Sthana remaining 11 types of Kshudra Kushta have been discussed. Kushta is coming under the Kshudra Kushta available in Chikitsa Sthana - 7 and also in the trace form in Sutra Sthana (Ch. Su. 3/10-11; Ch. Su. 26/42-43). Twak dosha and Sparshaghna are used as synonym of Kushta by Charaka (Ch. Su. 23/5-6). Acharya Sushruta of samhita kala has been described Kushta as a Anuvanshika (hereditary) and Krimija (infectious) diseases and also mention Nidana separately in the etiogenesis of Kushta (Su.Ni.5/27) Explanation regarding Dhatugatatva of Kushta (Uttara Dhatu Pravesha of Kushta) was also placed by sushruta first time (Su. Ni.5/21-26). According to Sharangadhara all types of Kushta are seated in the 4th layer of skin named as Tamra (Sa. Sam. Pu. Kh. 5/19-22).

CASE REPORT :

A 22 yr male patient having
c/o -dull red color red lesions of a surrounded by a typical silvery scaling near back side of ear.
-Itching,
-redness,
-watery discharge from lesion

This symptoms séance 6 months

• Following treatment was started for 7 day for pachan

1. shunthi dhanyak sidha kwath 30ml BD

2. arogyawardhini vati 1BD

3. panchtikta grutha for local application.

4. Haritaki choorna 5gm hs

- After 7 day panchtikth gruth for snehapan in increasing matra up to shehasidhi lakshana. after 2 days rest patient Purvakarma- shehan swedhan done

Pradhan karma- virechana

virechan yog :

Nishotar + Triphala + dhraksha kwath 40ml

Yeranda tail-10ml

1tb of Ichhabedi

Virechan shudhi madham

Pashath karma- sansarjan karma for 7 day

- After 7 day shaman chikitsa

1. panchatikta gruth gugul vati 2tb bd

2. panchtikta grutha for local application

3. Amruta + Yeranda mul + Vasa + Bakuchi + Haritaki kwath 30 ml bd { BHA.R, Kushta }

4. cappalsineuron 1tb bd

5. ladghumanjishthadi kwath 30 ml bd

Above medication were continued for 1mth

Symptoms of ekakushta are decreased

Discussion : Verechan is one type of Shodhana Karma. It is less stressful procedure than Vamana, has less possibility of complications and could be done easily, so it is widely used as Sodhana therapy in routine. It is more acceptable to all classes of patients. In addition to the acceptability and popularity, the Verechan Karma, is considered the best treatment form morbid and increased Pitta Doshha and it is more useful in eradicating the diseases originated from the vitiated Pitta (Ch. Su. 25/40); A. H. Su. 1/25). Pitta is closely related with Agni, which is responsible for the digestive and metabolic processes in the body. It is thus, an important measure of "Kayachikitsa" which may also be defined as the treatment of Kayagni.

Shamana therapy is conservative or palliative in nature. In this study shodhan is verechan panchkarma. . Shamana therapy is much effective after Shodhana Karma. In this therapy, efforts are made to bring Tridosha and Manasa Doshha in a state of equilibrium

VERECHAN KARMUKTA: This can be explained on the basis of its effect on Doshha, Dushya, Srotas, Agni & Ama.

Doshha: Verechana is said to be beneficial for Pitta Doshha, since it eliminates vitiated Pitta from its root. According to Vagbhata, Verechana is helpful even in Pitta combined with Kapha or Kapha in Pitta sthana (A.S.Su.27). But Bhela mentions Verechana in Sannipata conditions also.

Dushya: Verechana is mentioned as Shodhana procedure in Dusthi of Rasa, Rakta, Mamsa, Asthi, Majja & Shukra Dhatus. Hence in majority of the Dhatupradoshaja Vikaras Verechana is the better

option (Ch.Su.28/25-28).

Srotas: Since on the above mentioned Dushyas Verechana is helpful, we can say that it is beneficial in Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha & Shukravaha Srotodushti also.

Agni: In the Samyak Virikta Lakshana, Deeptagni is mentioned. Hence Verechana improves the Mandagni state also.

Ama: It is indicated in the state of Ama but before that Langhana-Pachana should be done (Ch.Su.22).

Conclusion: Eakkushta being a Kshudra Kustha is mentioned under Rakta Pradoshaja Vikara by Charaka & under Rakta Vriddhi by Vagbhata (A.H.Su.) & Rakta & Pitta are having ashrayashrayi sambandha & hence useful - Anumana & yuktipramana.

□ In Eekushta, vitiation of Twak, Rakta, Mamsa, Lasika are found & Verechana is indicated in all these vitiated conditions. Verechana even produces Indrihya Prasadata & Dhatu Sthirata, hence can be deduced that Dhatu Dusthi is cleared & twagindriya is nourished Shamana therapy is much effective after Shodhana Karma, Charaka has said that the doshas controlled by Samshamana are having the possibility of reprovocation while there is no such probability in case of the control of the doshas by Samshodhana Benefits of Shodhana

Before treatment:



after 7 day pachan:



After verechan:



After sashaman chikitsa:



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