



ORIGINAL RESEARCH PAPER

Ayurveda

Clinical Effect of Virechana Karma in Lichen Planus- A Case Study

KEY WORDS: Lichen Planus, Snehana, Virechana, Kushtha, Shodhan Snehapana

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ABSTRACT

A 29 years old female patient complaining of blackish brownish spots on both Arms and Legs associated with itching diagnosed as a case of Lichen Planus was managed with various Ayurvedic internal medicine, Snehana followed with Virechana. In Ayurveda this disease explained under the Kushtha. In Present Study internal medicine formed the first line of treatment to pacify the vitiated doshas and virechana after shodhan snehapana helped in purification of body and reducing the disease.

INTRODUCTION

Lichen Planus¹ is a disease characterized by itchy reddish –Purple Polygonal Shaped Skin –lesions on the lower back, wrist and ankle. It may also present with a burning sensation in the mouth and lattice line network of white lines near site of lesion (Wickham Striae). It presents itself with “6Ps”- Planer, Purple, Polygonal, Psoriatic, Papules and Plaques. After regression it is likely to leave an area of hyperpigmentation of slow fading nature. In modern medical science, there is no cure for Lichen Planus and only symptomatic relief with retinoids such as acitrectin or sulfasalazine and PUVA therapy.

Lichen Planus can be correlated to Kitibha Kushtha described in Ayurveda under Kshudra Kushtha². In present study the patient was initially managed with internal medicine and then it was planned for Virechana chikitsa after Shodhan Snehapana. All Kushtha are Tridoshaj³ in nature as described in Charak Samhita but Vatajaphaja⁴ is predominant and Pitta is associated dosha. For elimination of Pitta Dosha Virechana chikitsa⁵ formed the line of treatment and in this study it was treatment of choice as the patient had Pitta Vataja Prakriti.

CASE REPORT

A 29 year old female patient from Najafgarh, New Delhi visited the OPD of Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh on 16 September 2016 with the following chief complaint:

Patient Name-ABC

Age and Sex-29, Female

Built – Medium

Date of first visit-16 September 2016

OPD No- 46604

Address- Najafgarh, New Delhi

Chief Complaint-

1. Blackish Brownish rashes on Both Arms and Legs
2. Itching

H/O Present illness-

Patient was asymptomatic till 12 years ago then gradually she developed Skin rashes associated with itching on soles of both foot and Ankle region. Gradually, these rashes spread on the flexor surface of thigh region and both upper limb which aggravated during rainy and summer season. She was on steroidal therapy for 1 year. She was well until noticed swelling on face. Then she took homeopathy treatment for Past 7 year but did not get relief. So for better treatment she came to the OPD of Ch. Brahm Prakash Ayurved Charak Sansthan Hospital.

DIAGNOSIS

The Patient Was a Pre –Diagnosed case Lichen Planus. According to Ayurveda Patient was diagnosed as a case of Kitibha kushtha.

Total Treatment Schedule-

Shamana Chikitsa-

1. Avipattikara churna 3gm + Shankh Bhasma 250 mg + Gandhak Rasayana 250 mg – twice a day before meals
2. Khadiraristha 3Tsf BD
3. Br. Marichyadi oil LA
4. Kaishor Guggulu 2 - 2

Shodhana Chikitsa

1. Snehapana-

Drug- Mhatiktaghrita⁷

Dose- Initial dose 25 ml which was increased daily and reaches to 175 ml on last day of snehapana

Time Duration-7 Days

Diet Regimen - Light and Liquid warm diet.

Anupana - Luke warm water.

Table 1. Lakshana during Snehapana-

Lakshana	1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
1.Vatanulomana	+	+	+	+	+	+	+
2.Agni Dipti	-	-	+	+	+	+	+
3.Anga Laghava	-	-	-	+	+	+	+
4.Varcha Snigdhamasamhata	-	-	-	-	+	+	+
5.Mardva Snigdghata cha ange	-	-	-	-	+	+	+
6.Klama	-	-	-	-	-	+	+
7.Snehodvega	-	-	-	-	+	+	+
8.Shaithilya	-	-	-	-	-	-	+

Vishrama kala (For Three days after completion of shodhana snehapana) –

Bahya snehana with Br. Marichyadi oil⁸ (30-35 min) for 3 days, followed by Sarvanga Vashpa Sweda for 3 Days (10-15 minutes).

Diet Regimen - Light and Liquid warm diet.

1. Virechana- Drug And Dose-2 Abhyadimodak⁶ with 150 ml Phaltrikadi Kwath

RESULT

Table2. Improvement in complaints of Lichen planus patient after Shaman chikitsa¹⁰

Complaint	Improvement		
	After one month	After three months	
Papules	Multiple	No change	No change
Size	2-3mm	No change	No change
Shape	Flat topped polygonal	No change	Slightly reduced

Site	B/L Arm and Leg	Same Site	Same site
Color	Black to Purple	Slightly faint	Slightly faint
Itching	+ + + + + +	+ + + +	+ + +
Scaling	+ +	+	+
New Papule Formation	2-5papules/ week	2-4papules/ week	1-2 Papules/week

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Table 3. Improvement in complaints of Lichen planus patient after Virechana¹⁰

Complaint	Improvement (After Virechana)	
Papules	Multiple	Markedly Reduced
Size	2-3mm	1-2mm
Shape	Slightly Reduced	Flattened
Site	B/L Arm and Leg	Same Site
Color	Slightly Faint	More Faint
Itching	+ + +	+
Scaling	+	Nil
New Papule Formation	1-2papules/ week	Nil

Discussion-

Internal medicine and Bahya snehana formed the first line of treatment. All the doshas and dhatus are affected in the case of kushtha leading to dhatu daurbalya (weakness of all body layers). The dhatu daurbalya was reduced and pacification of vitiated doshas achieved by giving internal medication and Bahya Sneha. The main line of treatment described for Kushtha is to perform repeated Shodhana, so that the disease can be eradicated from the root. Virechana is better for the skin diseases where Pitta and Rakta are mainly involved. So in this case shodhana (virechana) was included in general principle of treatment.

Internal Snehana was done by Mahatikta Ghrita given in a single dose in the morning on empty stomach with warm water for 7 days. The initial dose of Ghrita was 25 ml, which was increased daily by 25 ml to reach 175 ml on 7th day. Vatanulomana, Agnidipti, Varchasnigdhasamshata & Angha Laghavama Symptoms were observed in initial days of snehapana. Klama, Snehodvega and shaithilya are the symptoms which were found in later days of snehapana . During Snehapana itching increased in initial 4 days then suppressed in later days. Patient was subjected to Abhyanga with Br. Marichyadi oil and Vashpa Sveda for the three rest days. During all these days, light and liquid warm diet was given. Thereafter, on the fourth day morning (9.30 AM) Virechana was performed by giving Abhyadi modak with Phalatrikadi kwatha (having the qualities like very effective in eliminating the pitta and also normalizes vitiated vata dosha and is rasayana as well).

At the end of the treatment patient had improved significantly with more than 80% relief in itching. Also all the eruptions were became flat and overall quality of life improved in the patient.

Conclusion

Based on the findings of the present case study, it can be concluded that virechana was found to be very effective in the treatment of Lichen Planus without any adverse effects; also it was successful in achieving the greater degree of relief in symptoms. Quality of life of patient was improved. The result was encouraging; hence, further studies may be conducted including large population in this direction.

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