



REVIEW ARTICLE

LITERARY STUDY OF THE HOLISTIC HEALTH EFFECTS OF VIRECHANA KARMA IN EKA-KUSHTHA

PALLAVI GUPTA¹SURENDRA M. VEDPATHAK²

ABSTRACT

Eka-kushtha (Psoriasis) is mainly *vata kapha* dominating disease. It not only affects the *sharir* (Body) but also affects the *mana* (Mind). Though modern medicine has solution but *Ayurveda* therapy not only concern about the purification of the body but also focus on the well being of the *mansik bhava* (Psychological factors) its main aim is to maintain the *swastha indriya*, (Healthy sensory perception) *swastha mana* (Healthy Mind), as *mansik hetu* (Psychological Etiology) plays important role in the disease *Eka-kushtha* (Psoriasis). Among the *panchakarm*, *virechan karma* (Purgative therapy) is selected because it has a good result in the *mana* (Mind) and *sharir* (Body) as it is given in the benefits of the *virechan karm* (Purgation Therapy) and also it is used for the treatment of *vata* and *kapha*.. So, here main Aim is to study the Holistic Health effects of *virechan karm* (Purgation Therapy) in *Eka-Kushtha* (Psoriasis). Objectives are to do literary study on the *mansik bhavas* (Psychological factors) by validated questionnaires in *Eka-Kushtha* (Psoriasis) . *Virechan* (Purgation) is given by *Abhyadimodak* as the ingredients like *trivrut*, *amalaki*, *pippali danti* etc. have *vata-kapha* alleviating properties. On the basis of mentioned discussion it is concluded that *Eka-kushtha* (Psoriasis) could be treated through *virechan* (Purgation).

Keywords: *Eka-kushtha*, *Virechana*, Holistic Effects, *Abhyadimodaka*

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INTRODUCTION

In present era number of peoples are suffering from the disease *Eka-kushtha* (Psoriasis), it not only affects them physically but also psychologically. From the available remedies such patients get temporary relief but *Ayurveda* not only cure the disease but also support the person psychologically.

Here, *virechan karm*^[1] (Purgation Therapy) is chosen in the *Eka-kushtha* (Psoriasis) as it is not only capable of eliminating *pitta dosha* but also eliminate the *vata* and *kapha dosha*. As necessity of cleansing, purification and detoxification has been understood to doctors and patients too.

Since *Eka-Kushtha* (Psoriasis) manifest on *sharir* (body) but is also affects the person psychological i.e. it affects the *mana* (mind), *indriya* (sensory perception) of the patient as *mansik hetus*^[2] (Psychological factors) also plays important role in the manifestation of the disease. So, this made us to think that how the purification i.e. *virechan karm* (Purgation Therapy) improves the *manas bhava* (Psychological features) i.e. *mana* (Mind), *indriya* (Sensory perception), and also reduces the cardinal signs and symptoms of the disease *Eka-Kushtha* (Psoriasis) after the *virechan karm* (Purgation therapy), whether the subject became strong enough to adjust with

environment which is full of people i.e. international skills, effective social support etc. So, this topic has been chosen for the literary study.

In classical text, it is found in the *Phalshruti* of the *Virechan Karm* (Purgation therapy) that it has got effects on the *mansik bhava*^[3] (Psychological factors), and also due to the aggravating stage of the *Eka-Kushtha* (Psoriasis) this *virechan* (Purgation) also reduces the signs and symptoms and *Abhyadimodak*^[4] being the purgative in nature can be used for the purgation therapy as *teekshna shodhan* is mandatory in the *Eka-Kushtha* being *bahudoshha* disease.

AIM : Study the Holistic effect of the *virechan karm* (Purgation therapy) in *Eka-kushtha* (Psoriasis) by *Abhyadimodak*.

OBJECTIVES:

- Literary study about the signs and symptoms of *Eka-kushtha* (Psoriasis).
- Literary study about the *manas bhava* (Psychological factors) with the help of validated questionnaires.

MATERIALS:

All the references regarding *Eka-kushtha* (Psoriasis) and *Abhyadimodak* and *manas bhava*, (Psychological factors) *mana* (Mind), *indriya* (Organ) are collected from

Bruhatrayi and *Laghutrayi* and compilation is done.

About Medicine:

Abhyadimodak was taken from *Sharangdhar Samhita* ^[5], is used for *kapha*, *pitta* and *vata shamak* (Pacifying properties) and does *teekshna shodhan* . So we are considering

the above drug for *Eka-kushtha* (Psoriasis). Most of the drugs content of the *Abhyadimodak* has hot and pungent properties which , mainly acted on lower part of the body and helps in facilitating the *virechan karm* (Purgation therapy).

Table no.1 Ingredients of *Abhyadimodak* (according to *Sharangdhar*)

Drug Name	Latin Name	Rasa	Guna	Virya	Vipak	Doshagnanata
Trivrut	<i>Operculina turpethum</i>	Tikta,Katu, Madhur, Kashay	Laghu, Teekshna, Rukshna	Ushna	Katu	Pittavataghna
Amalaki	<i>Emblica officinalis</i>	Pancharasa, lavan varjit	Guru, Ruksha, Sheeta	Sheeta	Madhur	Tridosahar
Pippali	<i>Piper longum</i>	Katu	Laghu, Snigdha, Tikshna	Anushna Sheeta	Madhur	Kaphavatashamak
Pippali Mula	<i>Piper longum</i>	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavatahar
Danti	<i>Belispermum montanum</i>	Katu	Tikshna, Guru, Ruksha	Ushna	Katu	Kaphapittashamak
Vidang	<i>Embelia Ribes</i>	Katu, Kashay	Laghu, Ruksha, Tikshna	Ushna	Katu	Vatakaphahar
Shunthi	<i>Zingiber officinalis</i>	Katu	Laghu, Snigdha	Ushna	Madhur	Vatakaphashamak
Maricha	<i>Piper nigram</i>	Katu	Laghu, Tikshna,	Ushna	Katu	Kaphavatashamak

			Ruksha			
Twak	<i>Cinnamomum venum</i>	Katu, Tikta, Madhur	Laghu, Tikshna, Ruksha	Ushna	Katu	Kaphavatashamak
Haritaki	<i>Terminalia chebula</i>	Kashay, Tikta, Madhur, Katu, Amla	Laghu, Ruksha	Ushna	Madhur	Tridosha shamak
Musta	<i>Cyperus rotundus</i>	Tikta, Katu, Kashay	Laghu, Ruksha	Sheeta	Katu	Kaphapittashamak
Madhu		Madhur		Sheeta	Katu	Kaphapiitahar
Sharkara		Madhur		Sheeta	Madhur	Vatapittahar

METHODS:

- Concept of *virechan karm* (Purgation) effect on the Holistic Health has been studied in detail.
- Reduction in the cardinal signs and symptoms of *Eka-kushtha* (Psoriasis) by the *virechan karm* (Purgation) has been studied in detail.
- Collection of all the references is done and correlation between the data is done logically i.e. by using Logic.

PREVIOUS WORK DONE:

- Conboy L. A Edshten I. Garivalentis H. has published the paper in Harvard Medical School Boston on Ayurveda and Panchakarma: Measuring the effects of a Holistic Health

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Patients with skin disorders undergoing *Ayurvedic Panchakarma* as management.

Following Validated Questionnaires- used to assess the *manas bhava* (Psychological factors) in disease *Eka-Kushtha* (Psoriasis) [6].

- Self Efficacy : is used to measure the subject's belief in her own ability to resolve her symptoms with *Ayurvedic* techniques.
- Interpersonal Support : is a 14- item scale that measures how sure the subject is that he/she will receive social support across a variety of circumstances.
- Sarason Social Support : was also used to measure respondent's number of social supports and the degree of satisfaction with them. This six item measure records subjects perception of the three main types of supportive social interactions: emotional informational, instrumental.
- Beck Anxiety Inventory : is a 21- item measure, each item describing a common symptom of anxiety. It is well represented in the literature and has good psychometric properties.
- Perceived Stress Scale : is a 14- item measure that asks about the frequency with which stress is felt in different

areas of the individual's life. It is well published with good psychometric properties.

- Health Promoting Life Style : is a 52- item behaviour rating scale. It uses a four point response format to record the frequency of self reported health-promoting behaviours. It taps into the domain of health responsibility, physical activity, nutrition, spiritual growth, interpersonal relations, and stress management, Questions was asked as frequencies (Never, Sometimes, Often, Routine) of behaviours. It has got good reliability and Validity.
- Quality of life SF-12 : is a self report measure of quality of life, or general health and function, with good reliability and validity.

Following literary observations found in

Ayurvedic text:

- As the main focus is on the Holistic so, *virechan karm* also has effect on the *buddhi, indriya, satva* etc. [7].
- Also *Kashyap Acharya* told about the *virechan karm* (Purgation) that it does the purification of the *indriyas*, Make *indriya* to perceive their objects and simultaneously improves the *dhatu*s or does the purification of *dhatu*s [8].

- According to *Charkacharya*, *virechan* does the purification of all the channels, also does the purification and maintain the proper functioning of all the sensory organs, initiate the *agni* (Digestive fire) which directly improves the criteria's like Quality of life, Life style, Self efficacy, stress etc^[9].
- *Virechan* (Purgation) does the purification of *buddhi* (intellect), *indriya* (sensory perception), *mana* (mind). Also does the inflamed digestive power. which improves the criteria's of the study^[10].
- For the *vataj kushtha*, ghee is described, *vaman* for *kaphaj kushtha* and *raktamokshan* for *pittaj kushtha*^[11].
- Though *vaman* is mentioned for *kaphaj kushtha* but according to *Vagbhatacharya* *virechan* also eliminate the *vyadhi* of *kapha* or *kaphaj* involved disease^[12].
- *Kushtha* is multichannel involved disease and time taking disease, so purification is mandatory so to avoid the *vataprakop* *snehapana* is mandatory^[13].
- The signs and symptoms of *Eka-Kushtha* are *aswednam* (Anhydrosis), *mahavastu* (large area),

matsyashakalopam (Scaling),
hasticharmvat^[14].

- If purification and alleviation process is done on right time of the *dosha* then *kushtha* become *sadhya* (Curable)^[15].
- *Abhyadimodak* is used as a *virechan dravya* in *Eka-Kushtha* as it is a *teekshna virechan* as it is mandatory in *Eka-Kushtha* being *vata-kaphaghna*^[16].

DISCUSSION:

Concept of Holistic: Holistic characterized by the belief that the parts of something are intimately interconnected. As far as this study is concerned Holistic means physical health along with the mental health means the well being of body along with the *mana* (Mind), *indriya*, (Sensory perception), *buddhi* (Intellect) whole is Holistic.

It deals with the whole person, not just the injury or disease.

Purification or eradication, along with alleviation of the disease and its symptoms, are the two concepts of disease management in *Ayurveda*. *panchakarm* is also believed by practitioners to have rejuvenating effect when it is subject to a healthy person.

Virechan Karm in Eka-Kushtha (Psoriasis):

On the basis of references in *Ayurvedic* texts, we can consider *virechan karm*

(Purgation) can be done in *Eka-Kushtha* (Psoriasis) as it is used in *kaphaj* as well as *vataj* condition also.

According to *Charak*, purification is necessary for *kushtha* disease due to the *bahudoshavastha* [17]. As *Eka-Kushtha* (Psoriasis) is *vata-kaphaj* condition so *virechan* (Purgation) can be given in it.

Although *Eka-Kushtha* (Psoriasis) is considered as a disease of *bahya rogamarg* (External course), the initiation of pathogenesis is from the *koshtha*. However applying the usual alleviating principles of treatment of *kushtha* according to aetiology and pathogenesis, will inevitably result in only partial cure, therefore purification is considered as the best line of effective treatment.

Virechan (Purgation) procedure is effective to absorb toxic materials so they can be easily evacuated from body. Beside eliminating *pitta* and *kapha doshas*, the main seat of *vata* is also purified thereby making *virechan karm* (Purgation) a truly *tridosahar* procedure [18].

Holistic Effect of Virechan In Eka-Kushtha (Psoriasis): *Virechan* (Purgation) comes under the five types of purification according to the *Charkacharya* which means to purify the body from inside, *virechan* (Purgation) not only cleanses the body from inside but also does the *prasadana*

(appeasement) of the *mana* (Mind), *indriya* (Sensory perception), *satva* (Will power), *atma* (Soul) which are called the tripod of the body.

As psychological factors also play a very important role in the *Eka-kushtha* (Psoriasis) i.e. *bhaya* (Scared), *chinta* (Tension), *shoka* (Depression) aggravates the *tridosha*.

In present study *virechan* procedure can be used for *Eka-kushtha* as it may do the *indriya prasada*, *buddhi prasada*, *mana shuddhi* which may improve the Quality of Life, Life Style, Efficacy of Life, Beck Anxiety, Interpersonal Support, Stress which are the main objective of the Study

Comparison of the Holistic Health with the Mānsik Bhāva (Psychological factors) :

In this, *bhaya* (Scared), *chinta* (Tension), *shoka* (Depression), *krodha* (Anger) etc comes under the *mānsik bhava* (Psychological factors) which is the backbone of the study. In all these factors *tridoshas* get vitiated according to the dominance of the *bhava* (Psychological factors) which directly hamper the Quality of Life, Social Support, Stress Scale, Beck Anxiety Inventory, Self Efficacy etc. As all these scales show the prognosis of the disease which directly shows the imbalance of the *mānsik bhavas* (Psychological factors) which further aids in the pathogenesis of the disease.

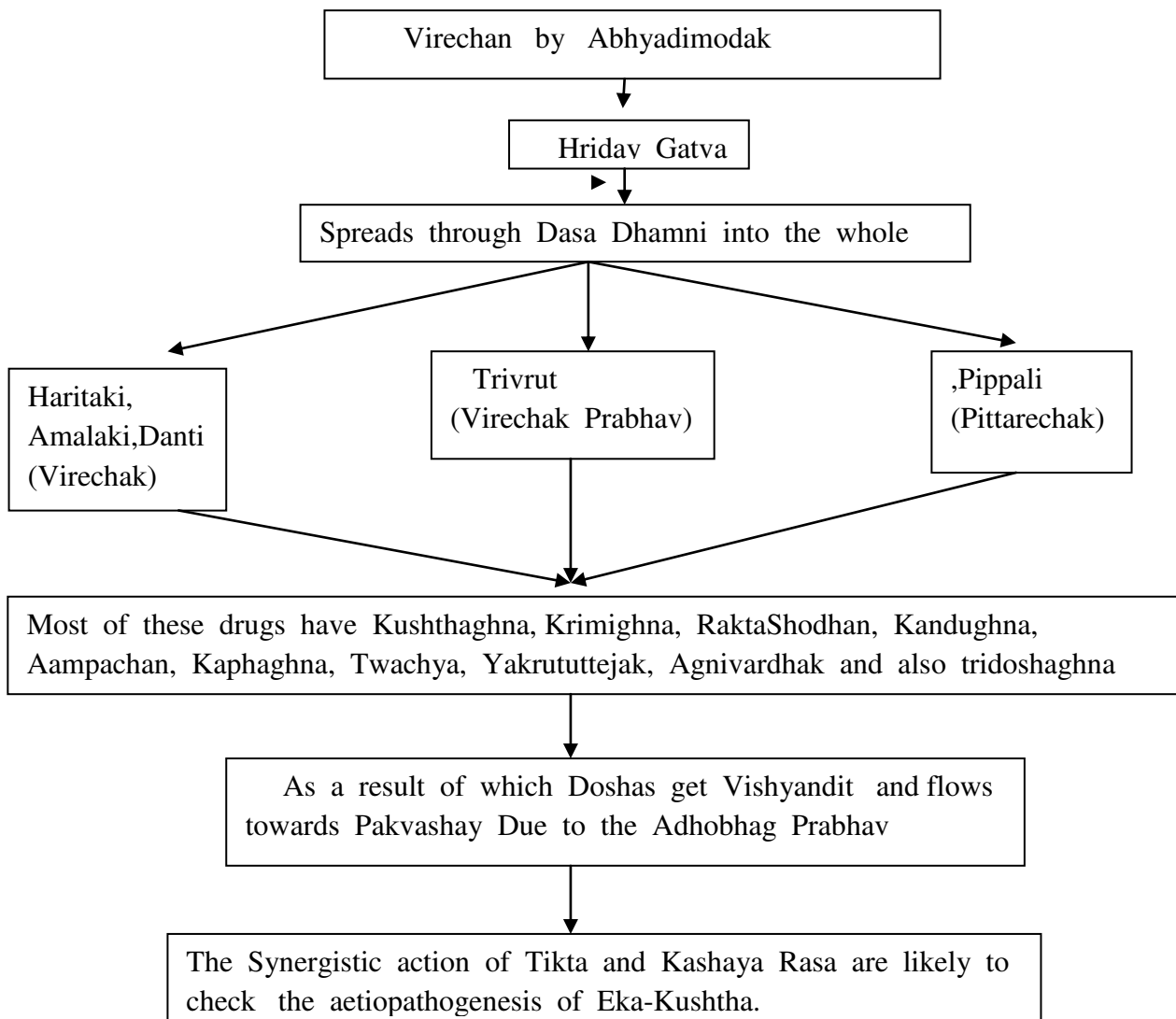
Mode of Action of Abhyadimodak in Eka-Kushtha:

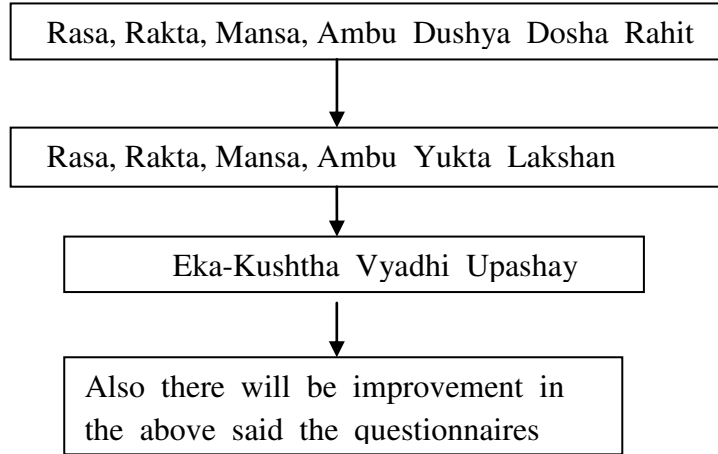
Due to the predominance of the *vata-kaphaj* pathogenesis of *Eka-Kushtha*, (Psoriasis) *teekshna virechan* is mandatory. So, in this study *Abhyadimodak* is used as a purgative drug for *Eka-kushtha* (Psoriasis) mentioned in the *Sharangdhar* [26] With the help of *virechan karm* (Purgation) by *Abhayadimodak* *doshas* (Impurities) move toward *koṣṭha* (Abdomen) from *shakha* (Extremities) due to *vichhedana* (To get separated) and *vishyandana* (fluidity) of

doshas (Impurities) which further expel out the vitiated *doshas* (Impurities) and hence improve the function of *mana* (Mind), *indriya* (Sensory perception) etc.

The synergistic action of *tikta* (Bitter) and *kashaya rasa* (Astringent) are likely to check the etiopathogenesis of *Eka-Kushtha* (Psoriasis). As a result of which cardinal signs and symptoms of disease gets reduced which balances the *mana* (Mind), *indriya* (Sensory perception) *buddhi* (Intellect) which further improves the above said questionnaires.

Samprapti Bhang





CONCLUSION

There is *buddhi*, (Intellect) *indriya* (Sensory perception), *mana* (Mind) *prasadana* can take place which further improves the Holistic Health which is the core centre of the study. *Virechan karm* (Purgation) can definitely be used in *Eka-kushtha*. The reduction in cardinal signs of *Eka-kushtha* symptoms can be effectively done.

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