



## RESEARCH ARTICLE

### THE EFFECT OF VIRECHANA KARMA AND SHIROBASTI IN SCALP PSORIASIS – A CASE REPORT.

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#### Abstract

Scalp Psoriasis is a chronic dermatosis characterized by an unpredictable course of remission and relapse. It is characterized by well defined dried, erythematous plaques with silvery scale which have a predilection for scalp. The disease not only affects the patient physically but also disturbs mental and social health of the patient. According to W.H.O., it is one of the most common dermatological disease affecting upto 2.5% of the World's population and in India, prevalence of Psoriasis varies from 0.44 to 2.88%. Kitibha Kushta is described as Vata-Kaphaj disease. Kitibha Kushta has signs and symptoms :Shyava, Krushna / aruna varna kina (Erythrema)Khara/Parushata of the Kina (Dryness and scaling)Srava (flow of exudates in early stage)Vrutta (Rounded plaques), Ghana (Stable plaque) Ugra Kandu (Severe Itching)Vartate cha samutpannam (Flare up of psoriasis)Which can be compared with psoriasis. The intrinsic nature of psoriasis posed an ultimate challenge to the skill and humanity of the medicinal world. Ayurveda provides maximum relief to such disease with Panchakarma. In this case study first Rukshana-Pachana, Virechana Karma as shodhan chikitsa, shirobasti as bahi parimarjan chikitsa and shaman oushadhi were given. At the end of 60-days treatment in virechana, shrobasti and shamana oushadhi showed good results in scalp psoriasis as the overall effect of therapy.

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#### Introduction:-

Scalp psoriasis is a chronic and one of the most common dermatological disease affected to 2.5% of the World's population. In India, prevalence of psoriasis varies from 0.44 to 2.88%.

In Ayurveda, all skin diseases are described under the umbrella of kushta <sup>1</sup>Kitibha Kushta – is one of the Kshudra Kushta described in Ayurvedic text. <sup>2</sup>Kitibha Kushta is described as vata-kaphaja disease. <sup>3</sup>Kitibha Kushta has signs and symptoms shyava, Kina, Khara, Parush, Sparsha, Srava, Vrutta, Ghana, ugra kandu, vartate che Samutpannam etc. which can be compared with symptoms of scalp psoriasis. <sup>4</sup>Psoriasis is common chronic, immune mediated, inflammatory, proliferative, non contagious disease of the skin. <sup>5</sup>Scalp psoriasis consist of itching, erythematous, silvery scaly patches on scalp. <sup>6</sup>Affected person faces a lot of problem in the society which hampers their social as well as psychological condition which creates social stigma.Till yet satisfactory treatment has not been established.

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Modern science treat this condition with PUVA and cortico steroids but these drugs having local and systemic side effects. The intrinsic nature of psoriasis posed an ultimate challenge to the skill and humanly of the medicinal world.

In this condition, Ayurveda provides maximum relief through Panchakarma. The main line of treatment for Kushta, considering the elimination of vitiated dosha shodhan chikitsa (Virechan karma), Bahi parimarjan chikitsa(shirobasti) and shaman oushadhi to bring samyavastha (balanced condition) showed good results in this case study.

### Case Report:

A 27 yr. old male patient came to Panchakarma OPD of Government Ayurved College, Nanded, Maharashtra, India presented with dried, rounded well defined, silvery plaque with thick scaly (Since 6 months) itchy lesions on scalp (since 6 months) with constipation (since 6 months) and hair fall (since 3 month) and weight gain (since 1 year).

Patient was diagnosed as Scalp psoriasis by dermatologist 6 years back. Patient had taken allopathic treatment before coming to our hospital but not relieved.

Patient was thoroughly examined and detailed history was taken. Patient was bank manager by occupation. Patient did not have history of any other major illness.

### On examination:-

General condition – moderate, afebrile

Pulse rate - 74 / min, Regular

Patient had H/o scalp psoriasis since 6 years No pallor.

### Routine Investigation:-

Such as complete blood count, random blood sugar, urine routine and microscopic were in normal range.

Patient has – 72 kg weight

1. O/E Patient has dry scaling (Parushta and rukshata)
2. Itching (Kandu)
3. Erythrema (Krushna and shyava varna)
4. Thickened skin (ghanata) are found in present study as the leading symptoms.
5. weight gain and
6. hair fall as associated symptoms.

### Sign and Symptoms:-

- |                       |   |          |
|-----------------------|---|----------|
| 1. Itching            | - | present  |
| 2. Erythrema          | - | present  |
| 3. Scaling(dry)       | - | present  |
| 4. Thickness          | - | present  |
| 5. Candle grease sign | - | present  |
| 6. Auspitz sign       | - | present. |

**Diagnosis -** Kitibha Kushta (Scalp psoriasis)

### Assesment Criteria:-

#### Subjective criteria

- |              |   |   |                                    |
|--------------|---|---|------------------------------------|
| a) Itching   | 0 | - | No itching                         |
|              | 1 | - | Mild or occasional                 |
|              | 2 | - | Moderate (Tolerable) Frequent      |
|              | 3 | - | Severe itching, frequent.          |
|              | 4 | - | Very severe with disturbing sleep. |
| b) Erythrema | 0 | - | No erythrema                       |
|              | 1 | - | Minimally percentile               |
|              | 2 | - | Marked but no edema                |
|              | 3 | - | Fiery with edema                   |

c)	Scaling	4	-	Fiery with edema and blistering.
		0	-	No scaling
		1	-	Mild scaling from some lesions.
		2	-	Moderate from some lesions
		3	-	severe scaling from some lesions.
		4	-	very severe scaling from all lesions
4.	Thickness	0	-	No thickness
		1	-	Mild thickness
		2	-	Moderate thickness
		3	-	Very thick
		4	-	Very thick with induration.
5.	Candle grase sign			

When a psoriatic lesion is scratched with the point of a dissecting forceps, a candle grease like scale can be repeatedly produced.

5.	Auspitz sign. : On complete removal of the scales, ared, moist surface is seen. On further scarping, punctute bleeding points are seen.	0	-	Absent
		1	-	improved
		2	-	present
		0	-	Absent
		1	-	present
		2	-	improved

### Treatment Given:-

- 1) Rukshan/Pachan : given with triphala (*Terminalia chebula*, *Emblia officinalis* and *terminalia belirica*) + Musta (*Cyperus rotundus*) and Shunti (*Zingiber officinale* -> Kwatha (Decoction) given – 40ml BID before meal for 5 days, prepared as per procedure mentioned in Sharangdhar samhita and Nirama Lakshanas observed.
- 2) Snehapana with guggulu tiktaka ghrita given for 5 – days with increasing quantity every day with kosha Jala (luke warm) water as Anupana.

Day	Quantity	Time given	Time of Appetite
1 <sup>st</sup>	30 ml	9.00 a.m.	12.00 noon
2 <sup>nd</sup>	60 ml	7.30 a.m.	12.30 noon
3 <sup>rd</sup>	90 ml	7.30 a.m.	2.00 p.m.
4 <sup>th</sup>	120 ml	8.00 a.m.	5.30 p.m.
5 <sup>th</sup>	150 ml	8.00 a.m.	7.30 p.m.

After 5 days samyak snigdha lakshanas observed.

- 3) 3 days sarvang Abhyanga (with murchita tilataila) and Peti sweda (Bashpa) was given. Samyak singdha and samyak swinna lakshanas observed. .
- 4) Virechana : On 3<sup>rd</sup> day at 9.30 a.m. in the morning after snehana and swedana.
- 5) Virechana with Nimbamritadi castor oil – 100 ml with Triphala Kwatha – 50 ml was given. After 1 hour, virechana vega started. Total – 11 vega passed in 12 hours. Pulse rate and blood pressure are within normal limits.
- 6) In Paschat Karma – Samsarjana Krama with Peyadi Krama advised for 5 days.
- 7) Shirobasti – with Ksheerabala taila and Brahmi taila for 25 min to 30 minutes given at 11.00 a.m. for 7 days.
- 8) Shaman Oushadhi : Combination of Arogya vardhini Rasa (20 gm) + Guduchi satwa 2 gm + Rasamanikya rasa – 200 mg + shataputi abhrak bhasma + Raktapachak – 100 mg + chopachini churna (*Smilax china*) + Avipittakar choorna – 20 gm was given twice a day after meal and khadirarishta m 15 ml BID was given for 30 days and Nimba taila was used for external application for 30 days With above mentioned line of treatment patient got relief from the symptoms of psoriasis.

Signs and symptoms	BT	AT
Itching	4	0
Erythrema	3	0
Scaling	4	0
Thickness	2	0
Constipation	3	0
Hair fall	Present	Absent
Weight	75 kg	69 kg

Prakruti - Kapha vataja Diet - Non-vegetarian  
 Bala - Madhyama Rasa-Satmyata - Avara

<b>Roga Prakruti</b>	Samprapti Ghataka	Samprapti Vighatana
<b>Dosha</b>	Kapha Vataja	Virechana
<b>Dushya</b>	Rasa,Rakta,Mamsa, Meda,Twak	Virechana and Shirobasti
<b>Agni</b>	Manda	PachanaDeopan
<b>Srotas</b>	Raktavahaq	Virechana
<b>Uddhbhavasthana</b>	Amashaya	Virechana
<b>Vyakristhana</b>	Shiras & Keshas	Shirobasti
<b>Roga</b>	Kitibha Kushta] (Scalp Psoriasis)	Kushta Chikitsa Medavritta Rukshana Snehapana with GTG Virechana and shaman
<b>Upadrava</b>	Rasavaha Indigestion Rakta vaha Psoriatic lesions Purishava Constipation	Manovaha depression Madovaha Obesity

Photograph BT



During Treatment



Photograph AT



### Discussion:-

In above case study, patient was suffering with scalp psoriasis i.e. Kitibha Kushta at Shiras. Considering Kapha-vataja Prakruti and medopradoshaja vikara (Sthoulya), Rukshana Kwatha was selected and Snehapana was planned with Guggulu tiktaka ghrita

Considering lesions on scalp i.e. shiras and hair fall, shirobasti was selected from masthishyaka / Bahi parimarjan chikitsa. Kitiba Kushta is raktapradoshaja vikara and patient was suffering with constipation so – virechan karma was selected as shodhana.

Shama oushadhi has kushtaghna as well as Rasayana effect on skin.

By overall effect of therapy, patient got complete relief from the symptoms of Kitibha Kushtas i.e. scalp psoriasis and patients weight was reduced by 6 kgs and hair were found differ in texture were found and long hairs are found.

**Conclusion:-**

In this case study, we got good results of Panchkarma and Shaman oushadhi.

The treatment given for Kitibha Kushta (Scalp psoriasis) was Rukshani Pachana, Shodhan i.e. virechana, shirobasti and shaman oushadhi helped for removing sanga and sroto vishodhana, amapachana and removal of vitiated doshas to bring equilibrium i.e. balanced condition of doshas. So above treatment helped to relieve symptoms of disease and an attempt was made to provide safe and effective treatment to the patient.

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