REVIEW ARTICLE

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

PALLAVI GUPTA¹ SURENDRRA 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 (Senssory 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 bahudosha 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 Samhita⁴, is used for kapha, pitta and vata shamak (Pacifying properties) and does teeksha shodhan. So we are considering the above drug for Eka-kushtha (Psoriasis). Most of the drugs content of Abhyadimodak has hot and pungent properties which, mainly acted on lower part of the body and helps in facilitating the virechana karm (Purgation therapy).

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

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Latin Name</th>
<th>Rasa</th>
<th>Guna</th>
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<td>Trivrut</td>
<td>Operculina turpethum</td>
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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:

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 dhatus or does the purification of dhatus [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, stres 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 kaphai involved disease [12].

• Kushtha is multichannel involved disease and time taking disease, so purification is mandatory so to avoid the vataprapak snehapaan is mandatory [13].

• The signs and symptoms of Eka-Kushtha are aswednam (Anhydrosis), mohavastu (large area), masyashakalopam (Scaling), hasticharmvat [14].

• If purification and alleviation process is done on right time of the dosha then kushtha become sadhya (Curalbe) [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 roga marg* (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 *prasadan* (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 plays 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 does the *indriya prasadan, buddhi prasadan, mana shuddhi* which may improves 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 *mansik 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 shows the prognosis of the disease which directly shows the imbalance of the *mansik 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) teeksha 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 (Purrgation) by Abhayadimodak doṣhas (Impurities) move toward koṣṭha (Abdomen) from shakha (Extremities) due to vichhedana (To get separated) and vishyandana (fluidity) of doṣhas (Impurities) which further expel out the vitiated doṣhas (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**

Virechan by Abhyadimodak

Hriday Gatva

Spreads through Dasa Dhamni into the whole

Haritaki, Amalaki,Danti (Virechak)

Trivrut (Virechak Prabhav)

,Pippali (Pittarechak)

Most of these drugs have Kushthaghna, Krimighna, RaktaShodhan, Kandughna, Aampachan, Kaphaghna, Twachya, Yakrututtejak, Agnivardhak and also tridoshaghna

As a result of which Doshas get Vishyandit and flows towards Pakvashay Due to the Adhobhag Prabhav

The Synergistic action of Tikta and Kashaya Rasa are likely to check the aetiopathogenesis of Eka-Kushtha.
CONCLUSION
There is buddhi, (Intellect) indriya (Sensory perception), mana (Mind) prasadan can takes place which further improves the Holistic Health which is the core centre of the study. Virechan karm (Purgation) can definitely used in Eka-kushtha. The reduction in cardinal signs of Eka-kushtha symptoms can be effectively done.

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