



Case Study

ROLE OF VIRECHANA KARMA AND SHAMANA AUSHADHI IN THE MANAGEMENT OF MANDAL KUSTHA

Pooja<sup>1\*</sup>, Abhinav Singh<sup>1</sup>, Shalini<sup>2</sup>

\*1PG Scholar, <sup>2</sup>Assistant Professor, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India.

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ABSTRACT

Skin disorders are major health issues in the present era. It is a multifaceted concept that includes the emotional, social, and economic impacts on individuals, their families, and society as a whole. As per Ayurveda, all skin disorders come under the broad term "Kushta" which is further divided into *Mahakushta* and *Kshudra kushta*. *Mandala kushta* which is described as one of the *Mahakushtha* finds similarity with psoriasis. **Aim:** The aim was to evaluate the efficacy of *Virechana karma* (purgation) and *Shaman aushadhi* in *Mandal kustha*. **Material and Method:** A 20-year-old female patient was presented with complaints of reddish-white lesion on behind left ear, bilateral upper and lower limbs and back region associated with including severe itching, sometimes bleeding from lesions on itching, burning sensation and white silvery scaling. She was treated with *Shodhanartha Snehapana* with *Panchatikta Ghrita* followed by *Sarvanga Abhyanga* with *Neem taila* and *Sarvanga Swedana*. She was given *Virechana* with *Triphala Kwatha*, *Trivrita avaleha* and *Draksha kwatha*. The *Shamana Chikitsa* included *Gandhak rasyana* - 250mg, *Kaishor guggulu* - 1gm, *Panchtikta ghrita guggulu* 1gm, *Brihat dantaphala taila* for L/A for 1 month. **Result:** The results of the treatment are recorded as a photographic document. As per the result lesions of the skin became lighter in colour and scaling was completely gone. **Conclusion:** With the help of Ayurvedic treatment we can completely cure this disease with proper medication and diet management.

INTRODUCTION

The greatest bodily organ that is exposed to the environment outside is the skin. It guards against biological, mechanical, chemical, and physical harm to the internal organ. Numerous illnesses may have an impact on the health of the skin or present themselves through the skin and one of them is psoriasis. Psoriasis is a chronic, non-contagious autoimmune disease that causes raised generally red, dry, itchy, scaly patches. Most frequently, patches appear on the knees, elbows, trunk, and scalp. Psoriasis is generally thought to be a genetic disease that is triggered by environmental factors<sup>[1]</sup>. Evidence indicates that the global prevalence of psoriasis varies from 0.14% to 1.99%.<sup>[2]</sup>

Psoriasis is thought to afflict 3.59 million persons in India, according to the global psoriasis atlas (GPA). Variable prevalence of between 0.44 and 2.8%<sup>[3]</sup> It is a disease of unknown etiology with multifactorial causes like stress, lifestyle changes, and dietary habits. Available medications like topical and oral steroids, PUVA therapy<sup>[4]</sup>, etc are associated with several adverse effects and do not provide long-lasting relief.

All skin disorders in Ayurveda comes under the broad heading "Kushta," which is further divided into *Mahakushta* and *Kshudra kushta*. The vitiated three *Doshas vata, Pitta, Kapha* along with impaired *Tvak, Rakta, Mamsa* and *Ambu* together constitute seven essential entities which play role in pathogenesis of *Kushtha, Mandal kushta* which is described as one of the *Mahakushtha* finds similarity with psoriasis, which is a *Kapha*-dominant *Kushta* characterized by symptoms such as *Sthira, Staynalghana, Snigdha*, elevated round patches, reddish-white in colour associated with itching. The present study can be co-

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related with *Mandal Kustha* due to its similar symptomatology. As per our *Samhitas Kustha* is a *Bahudoshavasthavyadhi* in this repeated *Shodhana* and *Shaman Chikitsa* is indicated. In this case *Mandal Kustha* was successfully treated with *Virechana Karma* and *Shaman Ausudhi*.

### Case Study

A 20 year old female patient with MRD no - 5136983 visited the Kaya chikitsa OPD of Sir Sundar Lal hospital, institute of Medical Science, Banaras Hindu University with the complaints of reddish white lesion on behind left ear, bilateral upper and lower limbs and back region since 1 years associated with severe itching and watery discharge. During scraping, the patient complained that a silvery white powder was coming off and left little bleeding areas.

### History of Present Illness

The patient was asymptomatic before 1 year back. After that she complained of a small red circular patch on lower back area. Gradually such patches were developed on behind the left ear, bilateral upper and lower limb with severe itching and watery discharge. The patient also complained that during scraping, a silvery white powder was falling off and leaving little bleeding spots. She consulted a local allopathic doctor and after taking medicines symptoms subside. After stopping medicine, symptoms aggravated again. For better treatment, she came to Ayurveda OPD.

**Past history:** No history of DM/HTN/ Thyroid disorder etc

**Family history:** No significant history

**Personal history**

Diet: Mixed

Bowel: Irregular constipated bowel

Micturition: 7-8 times/day

Sleep: Disturbed due to excessive itching at night

Occupation: Student

Addiction: Not any

### General Examination

Patient was fair and afebrile. Vitals were normal. Pallor, icterus, clubbing, cyanosis, and lymphadenopathy were absent. Examination of cardiovascular, respiratory, urinary, and central nervous systems revealed no abnormality

### Dermatological Examination

Examination of skin revealed reddish scaly over on behind left ear, bilateral upper and lower limbs and back region. Presentation was asymmetrical. The patches were well demarcated. Auspitz sign, and candle grease sign were present. Patches were dry with rough surface, firm, and slightly elevated.

### MATERIALS AND METHODS

**Centre of Study:** This study was carried out in *Kayachikitsa* and *Panchakarma* Department of Sir Sundarlal hospital, Institute of Medical Science, Banaras Hindu University, Varanasi.

### Treatment

The patient was advised for *Virechana Karma* and internal medication for 1 month. The details of the therapy are given below:

1. *Purva karma*
2. *Pradhana karma*
3. *Paschat karma*

### Purvakarma

*Purvakarma* comprises of *Deepana*, *Pachana*, *Snehana* followed by *Abhyanga* and *Swedaana*.

**Table 1: Table showing *Purva karma***

Sr. no	Karma	Formulation	Dose, Frequency and Time	Duration
1	<i>Deepana Pachana</i>	<i>Panchkola churna</i>	3gm before food twice a day for 5 days	3/07/2022 to 7/07/2022
2	<i>Snehapana</i>	<i>Panchatikta ghrita</i>	30ml at 6.30 am with lukewarm water	8/07/2022
			60ml at 6:30am with lukewarm water	9/07/2022
			90ml at 6:40am with lukewarm water	10/07/2022
			120ml at 6:30am with lukewarm water	11/07/2022
			150ml at 6:20am with lukewarm water	12/07/2022
			180ml at 6:30am with lukewarm water	13/07/2022
			210ml at 6:30am with lukewarm water	14/07/2022
3	<i>Sarvanga Abhyanga</i>	<i>Neem taila</i>	Between 9am to 10am for minimum 10 minute for 3 days	15/07/2022 to 17/07/2022
4	<i>Sarvanga Swedana</i>	<i>Dashmoola Kwatha</i>	Between 9am to 10 am for minimum 10 minute for 3 days	15/07/2022 to 17/07/2022

### Pradhana karma

At the day of administrations of *Virechana yoga* (18/07/2022), *Abhyanga* followed by *Swedana* was done. Vitals were noted (pulse, B.P., temperature,

respiration rate). It was recorded in regular interval during *Pradhana karma*. *Virechana yoga* was administered in morning 9 am on empty stomach.

Virechana yoga was prepared from 100ml *Trifala kwatha* (decoction) + *Trivrita Avaleha* 60gm+ *Draksha kwatha*. Patient was given hot water and advised to take sip by sip repeatedly when needed. The patient was under strict observation to avoid complication. Number of *Vegas* (motion) was 22 i.e., counted till the symptoms of proper *Virechana* like passing of stool with mucus in the last two motion and later sign and symptoms. Type of *Suddhi* was *Madhyama*.

**Paschat karma**

After *Samyaka Virechana Samsarjana krama* was planned for 7 days from 18/07/2022 to 24/07/2022 with 2 *Annakala* was explained to the patient in the form of *Peya, Vilepi, Yusha, Krut -akruta Yusha* followed by normal diet. Considering involved *Dosha* and *Dushyas*, patient was given *Shamana Chikitsa* along with dietary restriction of excessive salty, spicy, junk, packaged food, curd, etc. Medicines for oral and topical application were advised.

**Table 2: Table showing Therapeutic intervention (*Shaman aushadhi*)**

S.no.	Route	Formulations and dosage	Duration
1	Oral	<i>Gandhaka rasyana</i> -250mg <i>Kaishor guggulu</i> - 1gm <i>Panchtikta ghrita guggulu</i> - 1gm	1 month
2	External	<i>Winsoria oil</i>	

**RESULTS**

After five days of *Snehapana* therapy, the patient had relief from the itching, and silvery scale symptoms. After ten days of therapy, the size and colour of the lesion also significantly improved. After *Shodhana* treatment, symptoms improved by 50%, and by 80% after using an oral medication for one month.

**Table 3: Table Showing Grading- PASI**

Nature of plaque	Lesion score	Neck	Trunk	Upper limb	Lower limb
Erythema	0 – None	E 2	4	2	3
Itching	1 – Slight	I 3	4	3	4
Scaling	2 – Moderate 3 – Severe 4–Very severe	S 1	1	1	1
Total Lesion Score (A)		6	9	6	8

**Table 4: Table Showing Grading on the Basis of Area Involved**

Area affected %	Involved Area %	Grade	Neck	Trunk	Upper limb	Lower limb
Area Score (B)	0 %	0	1	2	2	3
	<10 %	1				
	10-29 %	2				
	30-49 %	3				
	50-69 %	4				
	70-89 %	5				
	90-100 %	6				

**Table 5: Table Showing assessment criteria**

Assessment Criteria	Before treatment				After treatment			
	Neck	Trunk	Upper limb	Lower limb	Neck	Trunk	Upper limb	Lower limb
Erythema	2	4	2	3	0	1	0	1
Itching	3	4	3	4	0	0	0	0
Scaling	1	1	1	1	0	0	0	0
Total Lesion Score (A)	6	9	6	8	0	1	0	1
Area Score (B)	1	2	2	3	0	1	0	1
Total A×B	6	18	12	24	0	1	0	1
Total body surface area	6 × 0.1	18 × 0.3	12 × 0.2	24 × 0.4	0 × 0.1	1 × 0.3	0 × 0.2	1 × 0.4
Total PASI Score	0.6	5.4	2.4	9.6	0	0.3	0	0.4

**Table 6: Showing images of before and after Treatment**

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## DISCUSSION

The main causative factors in manifestation of pathology of *Mandal Kushtha* are *Kapha pradhana tridosha* that vitiates *Tvak, Rakta, Mamsa* and *Lasika*. *Nidana* consumption triggers simultaneous *Dosha* vitiation and *Shaithilyata* in the *Dhatus (Tvak, Rakta, Mamsa, and Lasika)*. *Shithila dhatus* are further impacted by vitiated *Doshas*, which result in the emergence of *Kushta*. For *Kushtha*, Ayurveda suggests *Shodhan* and *Shaman chikitsa*<sup>[5]</sup>. In this case, patient was diagnosed with *Mandal Kushtha* according to sign and symptoms. *Virechana* is the most popular *Shodhana* therapy because it is easy to do, effectively eliminate the *Doshas* in a large number of people, causes less stress, and has less consequence than *Vamana*.

*Deepana* and *Pachana* drugs should be taken before to *snehapana* to aid with *Ama pachana*. For the *Snehapana*, *Panchatikta ghrita* was taken. The ingredients of *Panchatikta Ghrita* include *Nimba, Patola, Vyagri, Guduchi, and Trifala*. The drugs possess *Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tikta rasatmaka* and *Katu vipaka*. It was observed that the action of drugs was mainly due to properties of these drugs which have *Deepan, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna, Kushthaghna* and *Varnya* mechanisms of actions. They acted primarily to remove the *Doshas* from the entire body and bring them into *Koshtha*.<sup>[6]</sup>

The blockage in *Srotas* is removed by *Sarvanga Abhayanga* and *Swedana*, which further brings the vitiated *Dosha* from *Shakha* to *Koshtha*.

The main components of *Virechana* 100ml *Trifala qwatha* (decoction) + *Trivrita avaleha* 60gm+ *Draksha kwatha* and their actions are anti-inflammatory, blood purifier and laxatives. Probable mode of action of *Virechana karma* is a method of bio-purification, *Virechana Karma* cleanses the *Koshtha*, eliminates the morbid *Dosha* from the body, aids in maintaining the *Dosha* and *Dhatu Samya*, or

homeostasis, and promotes the refurbishment and rejuvenation of bodily tissues as well as boosting body immunity and cleaning the *Srotas* (microchannels). *Virechana* is hence an fundamental approach for treating *Mandal kushtha*.

By giving 12 *Bhavanas* of herbal medications to *Shuddha Gandhaka*, the *Gandhak rasayan*, a classic Ayurvedic concoction, was formed. In Ayurveda, *Gandhak* (sulfur) possesses *Kushthaghna* properties<sup>[7]</sup> It's anti-poisonous and rejuvenating, *Garavishahar* and *Rasayana* characteristics aid in the treatment and elimination of the root causes of skin problems. It has antifungal and antibacterial qualities. It also purifies the blood. Additionally, as *Rasayana* it aids in enhancing both the complexion and digestion. Through the properties of *Rakta shodhak, Vranaropak, Krumighna, and Kushthaghna*, it reduces the *Kandu, Pidika, Raaga, and Daha*.

*Kaisore guggulu* help purify the blood, remove toxins that may be present in it. It helps in bringing balance to the production of uric acid in the body. It has anti-inflammatory properties<sup>[8]</sup>.

*Neem (Azadirachta indica), Guduchi (Tinospora cordifolia), Vidanga (Embelia ribes), Patola (Trichosanthes dioica), and Guggulu (Commiphora mukul)* are the key components of *Panchatikta Ghrita Guggulu*. Since all of the contents have *Tikta rasa, Laghu, and Ruksh guna*, as well as *Kled* and *Vikrut Meda Upashoshan* and *Vranashodhak*, they each possess anti-itching properties. Other health benefits of *Panchatikta Ghrita Guggulu* include anti-oxidant, anti-pruritic, demulcent, depurative (purifies blood), neuro-protective, anti-rheumatic, anti-arthritis, anti-inflammatory, and analgesic properties<sup>[9]</sup>.

*Ananthamoola, Manjishtha, Sariva, and Coconut oil* are the primary ingredients of *Winsoria Oil*. *Winsoria oil* carries all the active pharmaceutical ingredients from these herbs and helps to cure psoriasis by enhancing their permeation across the

skin. Due to its moisturizing, soothing, and emollient properties, coconut oil assists in alleviating the symptoms of skin disorders. It has anti-inflammatory properties. By enhancing skin barrier function, it protects the skin by inhibiting inflammatory markers such as cytokines, prostaglandins, and leukotrienes. It slows down the formation of silvery scales, inflammatory reactions, hyperkeratinization, exfoliation, and skin discoloration. It is anti-inflammatory and has anti-psoriatic properties<sup>[10,11]</sup>.

## CONCLUSION

The term "*Kustha roga*" is used in Ayurveda to describe all skin disorders. *Kustha* has been divided into *Mahakustha* and *Kshudra kustha* by all Ayurvedic scholars. While describing the treatment of diseases, all *Acharayas* have considered *Shodhan chikitsa* as the primary treatment modality over *Shaman chikitsa*. *Virechana karma* is often recommended in the treatment of psoriasis because it assists in addressing the fundamental pathogenic causes with *Pitta*, *Rakta*, *Agni*, and *Twak*. In this particular case, the symptoms improved by 50% during *Shodhana* treatment and by 80% following a month of oral medication. *Virechana karma* followed by internal drugs is therefore seen as the optimum course of treatment for *Kustha*.

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### \*Address for correspondence

**Dr. Pooja**

PG Scholar

Department of Kayachikitsa,

Faculty of Ayurveda,

Institute of Medical Sciences,

Banaras Hindu University,

Varanasi.

Email: [rana44682@gmail.com](mailto:rana44682@gmail.com)

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