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**ROLE OF NITYA MRIDU VIRECHANA & SHAMAN CHIKITSA FOLLOWED BY  
RAKTAMOKSHANA IN EKA KUSHTA- A CASE STUDY**

**Dr. Apeksha Gund<sup>1</sup>, Dr. Manohar Khankhane<sup>2</sup>**

<sup>1</sup>PG Scholar Agadtantra, <sup>2</sup>PG Diploma in Agadtantra, Head of Department Of Agadtantra

**ABSTRACT**

**Introduction:** - In Ayurveda, all skin disorders are included under *Kushta Roga*, which again divided as *Mahakushta* and *Kshudra Kushta*. *Eka Kushta* is described under *Kshudra Kushta* and it is almost similar to psoriasis in modern dermatology. *Eka Kushta* is characterized by blackish, rough skin. **Objective:** - The aim of this study was to determine how beneficial *Shaman Chikitsa* and *Nitya Virechana* were at treating *Eka Kushta*. **Materials and Methods:-** A single case study of 35 years old female, was diagnosed by *Eka Kushta*. **Signs and Symptoms:** - Itching over both upper extremities and stomach area, blackening all over the infected area, Scaling of skin, etc. **Diagnosis:** - Patient was diagnosed as *Eka Kushta*. **Treatment:** - *Nitya Virechana* with *Shaman Chikitsa* followed by *Raktamokshana*. **Results:-** This study showed that *Ayurvedic Chikitsa* resulted into great improvement with no recurrence in last 6 months of follow up till date. **Conclusion:** - Patients with *Eka Kushta* experienced satisfactory symptom reduction due to *Nitya Mridu Virechana* and *Shaman Chikitsa* followed by *Raktamokshana* for no recurrence.

**Keywords:** *Eka Kushta, Shaman Chikitsa, Nitya Mridu Virechana, Raktamokshana.*

## INTRODUCTION

Psoriasis is a chronic, inflammatory, immune-mediated, proliferative disease. In addition to the

involvement of skin, inflammatory arthritis may develop. Prevalence of psoriasis in countries

vary from 0.09% to 11.4%. Studying the etiological variables and pathogenesis according to

*Ayurveda*, which alone can provide lasting treatments along with preventive alone, is essential considering the prevalence and severe impacts of skin disorders in today's time, with growing number in lifestyle and dietary changes.

In *Ayurveda* all skin diseases are explained under the *Kushta Roga*, which is again divided as *Mahakushta* and *Kshudrakushta*<sup>1</sup>. The clinical presentation of psoriasis is almost similar to the *Eka Kushta* explained in *Ayurvedic* texts. The psoriasis correlated with *Eka Kushta* is chronic

and reoccurring in nature. And also involves *Tridosha*, *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), and *Lasika* (lymphatic channels)<sup>2</sup>

Lack of exercise, poor hygiene, mental stress, and incompatible food material are commonly

seen as radiating elements promoting skin diseases as a result of altered lifestyles. There is no

as such permanent line of treatment in modern medicine which can completely cure psoriasis

without any adverse effects. So, there is need to develop an ayurvedic management for

psoriasis. And which is done by *Nidan Parivarjana*, *Shodhan*, *Shaman*, *Yoga* and by following

*Pathyapthya*.

- **Aim:** - The aim of this study was to determine the effectiveness of *Nitya Virechana* and

*Shaman Chikitsa* followed by *Raktamokshana* in treating *Eka Kushta*.

- **CAUSATIVE FACTORS: - 3**

1. **Aaharaj Hetu-** *Viruddha Ahar* factors.
2. **Viharaj Hetu-** Excessive sun exposure, day sleep, excessive physical exertion, etc.
3. **Samsargaj Hetu-** Communicable or infective diseases.
4. **Manasik Hetu-** Excessive worry, Antisocial activities

- **COMMON SIGNS AND SYMPTOMS: - 4**

1. *Asweda* (Reduced sweating)
2. *Mahavastu* (Extended skin lesions)

3. *Matsya Shakalopama* (Scaling of skin similar to the scales of fish)

4. *Krishna Varna* (Blackening of the part)

5. *Rukshata* (Dryness of skin)

• **SAMPRAPTI GHATAK: -5**

1. *Dosha- Vaat, Kapha*  
y

2. *Dushya- Rasa, Rakta, Mansa, Lasika*

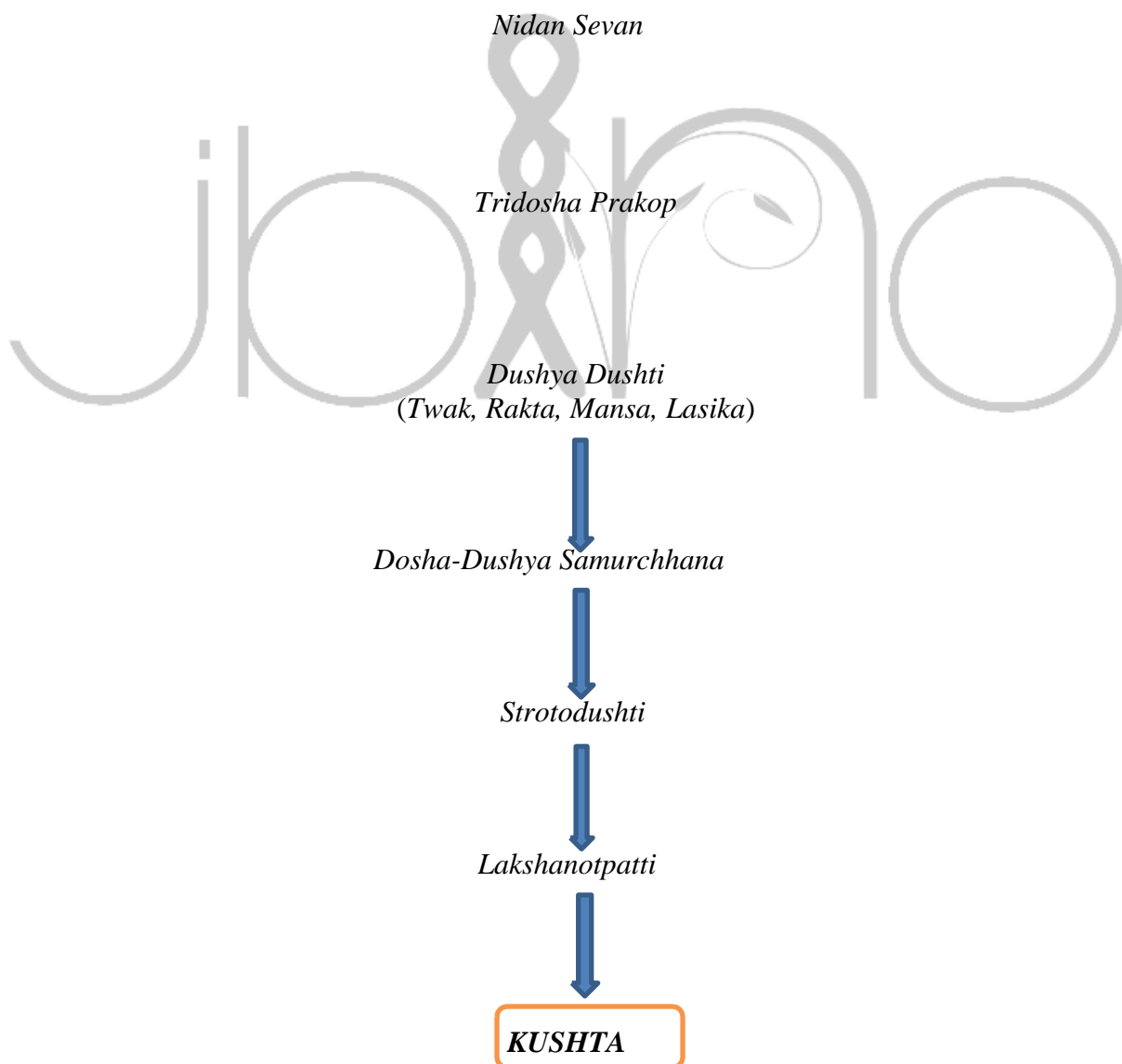
3. *Strotas- Rasavah, Raktavah, Mansavaha*

4. *Strotodushti- Sanchay, Vruddhi*

5. *Udbhav Sthan- Aamashay, Pakvasha*



**SAMPRAPTI: -6**



The *Doshas* are aggravated by *Nidanas* of *Kushta*, which also results in *Agnimandya* (indigestion) and *Dhatu Shaithilyata* (weakness of muscles). Among all *Doshas*, *Kapha* and *Vata* *Dosha* is most aggravated and results in *Shaithilyata* of *Dushya*, including obstructed *Lomakupa* (sweat glands), obstructed *Twak* (skin), *Rakta* (blood), *Mamsa* (muscles), and *Lasika* (channels of sweat glands).

The *Prakupita* (vitiated) *Doshas* enter the *Rasaraktadi Paribhamana* (systemic circulation),

mainly the *Sanchara* (movement) in the *Tiryak Sira* (vein) and lodge in the *Bahya Roga Marga* (skin), which leads to *Mandalotpatti* (development of skin disorders).<sup>7</sup>

**Materials and Methods:** - It is a single case study.

#### **Case Study:** -

A 35 years old female patient was having symptoms of *Eka Kushta* since last 20 years. She had

symptoms like- blackening of skin, scaling, itching, blackening of affected area over upper

extremities and stomach region. She took allopathic treatment initially for 8-10 years but she

had symptomatic relief only. And once she stopped medications recurrence used to happen.

So, she decided to take Ayurvedic medicines.

**Past History:** - Not any previous history of surgery, trauma or allergy.

**Hetu** – spicy and oily diet, non-vegetarian food, stale food, *Amla- Katu Rasa Sevan*, *Dadhi Sevan*, *Viruddha Ahar Sevan*, *Atyambupaan*, *Diwaswap*.

#### **Examination:** -

#### **Diagnosis criteria –**

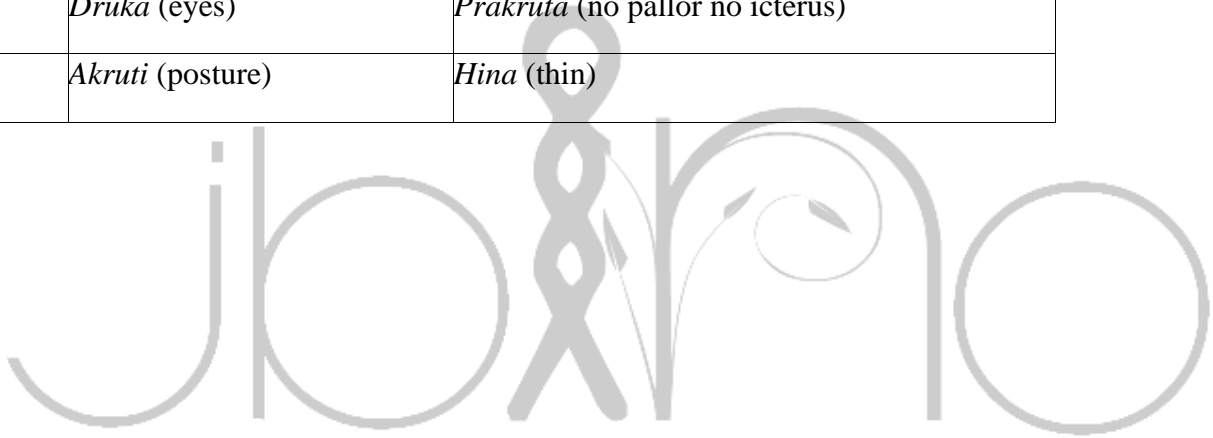
Patient was diagnosed as *Eka-Kushtha* on the basis of symptoms which are described in

*Samhita* like blackening of skin, scaling (*Matsyashakalopamam*), itching (*Kandu*), lesions

over both lower extremities and abdomen (*Mahavastu*), dryness etc.

**Ashtavidha Pariksha**

1.	<i>Nadi</i> (pulse)	78/min
2.	<i>Mala</i> (stool)	<i>Asamyak</i> ( <i>Kruteapi-Akrutsandynata</i> )
3.	<i>Mutra</i> (urine)	<i>Samyak</i> (clear)
4.	<i>Jeeva</i> (tongue)	<i>Saam</i> (coated)
5.	<i>Shabda</i> (speech)	<i>Spashta</i> (clear)
6.	<i>Sparsha</i> (skin)	<i>Rukshatwak</i>
7.	<i>Druka</i> (eyes)	<i>Prakruta</i> (no pallor no icterus)
8.	<i>Akruti</i> (posture)	<i>Hina</i> (thin)



**Dashvidh pariksha**

1.	<i>Prakriti</i>	<i>Vatakapha pradhan</i>
2.	<i>Vikriti</i>	<i>Vata-Kaphaj</i>
3.	<i>Saar</i>	<i>Asthisaar</i>
4.	<i>Samhanan</i>	<i>Madhyam</i>
5.	<i>Satmya</i>	<i>Madhyam Satmya</i>
6.	<i>Satva</i>	<i>Avar Satva</i>
7.	<i>Aaharshakti</i>	<i>Madhyam</i>
8.	<i>Vyayamshaktii</i>	<i>Avar</i>
9.	<i>Agni</i>	<i>Madhyam</i>
10.	<i>Vaya</i>	<i>Madhyamavastha</i>

**Treatment: -**

<b>Drug</b>	<b>Dose</b>	<b>Kala</b>	<b>Anupana</b>	<b>Duration</b>
1. <i>Gandhaka Rasayana Vati</i>	250 mg	<i>Vyanodaane</i>	<i>Dugdha</i>	45 days
2. <i>Mahatiktak Ghrita</i>	10ml	<i>Rasayankaal</i>	<i>Koshna jala</i>	2 months
3. <i>Aarogyavardhini Vati</i>	250mg	<i>Vyanodaane</i>	<i>Dugdha</i>	45 days
4. <i>Mahamanjishtadi Kashay</i>	15ml	<i>Vyanodaane</i>	<i>Koshna Jala</i>	3 months
5. <i>Gandharva Haritaki Vati</i>	500mg	<i>Nisha kala</i>	<i>Koshna Jala</i>	2 months
6. <i>Avipattikar Choorna</i>	3gm	<i>Nisha Kaal</i>	<i>Koshna Jala</i>	2 months
7. <i>Winsoria Oil L.A.</i>				3 months

**Rakta-Mokshana: -**

*Rakta-Mokshana* is Sanskrit term used for "letting out blood." The *Raktamokshana* method of

blood purification is quite effective. Due to *Raktamokshana* blood gets purified and recurrence of blood born skin disorders can be restricted. By this motive *Raktamokshana* is done in this patient

after proper *Snehapaan* with *Mahatiktak Ghrita* for 3 days and on 4<sup>th</sup> day 60 ml of blood letting done.

**Pathya:** - *Mudga*, wheat roti, *Puran Dhanya*, fresh food

**Apathya:** -Oily, spicy food, Green chilli, *Dadhi*, Stale food, *Viruddha Ahar*(rice with milk),

non-veg, *Diwaswap*.

**Observations and Result:**

**Assessment criteria: -**

Sr. no.	Sign and Symptom	0 Day	15 days	1 month	2 months	3 months
1.	<i>Matsyashakalopamam</i> (scaling)	3+	2+	1+	0	0
2.	<i>Mahavastu</i> (big lesions)	70-80%	50-60%	20-30%	10%	0%
3.	<i>Kandu</i> (itching)	3+	2+	1+	0	0
4.	<i>Rukshata</i> (dryness)	3+	3+	2+	1+	0
5.	<i>Swedanam</i> (absence of sweating)	3+	2+	1+	0	Normal
6.	Blackening of skin	3+	3+	2+	1+	Normal

**Before treatment: -****After 1 month: -**



**After 3 months:-**



**Discussion: -**

**1. Mode of action of Nitya Mridu Virechana: -**

Nitya Mridu Virechana was done by Gandharva Haritaki and Avipattikar Chorna.

Virechana reduces the morbid Pitta and improves in its regular functioning, promoting the

healing of skin lesions. Nitya Virechana promotes body purification and the removal of

poisonous substances.

Aswedana symptom can be seen due to obstruction of Swedavaha Strotas. The Nitya Mridu

Virechana is Srotoshodhak (channel purificatory) i.e., it opens the pores and promotes

circulation, which causes perspiration and Aswedana symptom is reduced.

Matsyashakalopamam (scaling) is due to vitiation of Tridosha and, Nitya Virechana also acts

on all Doshas and controls the scaling.

The main causes of Mahavastu (large lesions) are Dushita Kapha Dosha and Rakta Dushya.

Nitya Virechana with Pitta Kaphahara property normalises Rakta Dhatu, hence minimising

large lesions.



*Kandu* (itching), which denotes the involvement of *Kapha*, *Rasa*, and *Rakta Dushya*. *Nitya*

*Virechana* owns *Pitta Shodhaka* and *Rasa Rakta Prasadana* property which could be helpful to decrease the *Kandu*.<sup>8</sup>

*Vata Dosha* is primarily responsible for *Rukshata* (dryness). *Nitya Mridu Virechana* is helpful to reduce *Rukshta* by its *Vatanuloman* property.<sup>9</sup>

## 2. *Gandhaka Rasayana Vati*: -10

The manifestations of *Gandhaka Rasayana Vati* are *Agnideepaka*, *Pachaka*, *Kaphaghna*, *Kledaghna*, *Raktaprasadaka*, *Krimighna*, *Kushthaghna*, *Rasayana*, and *Vishaghna*.

Site of action of *Gandhaka Rasayana Vati* is mainly on *Rakta* and *Twacha*.

## 3. *Mahatiktaka Ghrita*: -11

*Mahatiktaka Ghrita* was selected as the primary medication to cure *Raktaj Vikara* and all forms

of *Kushtha*.

## 4. *Arogyavardhini Rasa*: -12

*Arogyavardhini Rasa* is helpful in *Agni-deepana*, *Pachan*, *Strotoshodhana*. The main

ingredient is *Kutaki* which is helpful in elimination of *Dushita Pitta* and *Rakta*.

## 5. *Mahamanjishthadi Kashay*: -13

In all forms of *Kushtha*, *Mahamanjishthadi Kashay* is helpful. It is *Rakta Prasadak*, *Vranropak*, *Kandughna* in nature. It acts on *Mamsa* and *Meda Dhatugata Kushta*.

## 6. *Winsoria Oil*: -14

It contains *Ananthamool*, *Manjishtha*, *Coconut oil*. In which *Ananthamool* lowers body

temperature. *Manjishtha* reduces infection and helps to improve the skin tone. While coconut

oil help in moisturizing, softening and soothing of the skin.

## Conclusion: -

This case report demonstrated the potency and effectiveness of a combination of *Ayurvedic* regimen in the treatment of *Eka Kushta*. *Nitya Virechana* and *Shamana Yoga* were used as part of the treatment for *Eka Kushta*, which helped to rid the body of vitiated *Doshas*, also opened the *Strotomukh* and brought *Samyavastha* to *Doshas*. *Raktamokshana* done lastly helped not to occur recurrence of signs and symptoms till date. *Kushtha* is *Bahudhosha* and *Dushchikitsya*

Vyadhi but here in this case study we can see that with Ayurvedic prolonged treatment can avoid recurrence of disease. "Clinically, no adverse effect was observed due to the

administration of medicine and Nitya Virechana. Hence it can be concluded that Ayurveda line

of management gives satisfactory result. It is equally beneficial for the promotion and

preservation of health by removing toxic wastes, by balancing Tridoshas, and by correcting Agni."

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