



## Research Article

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### CLINICAL EVALUATION OF *VIRECHANA* AND *TAKRADHARA* IN PALMOPLANTAR PSORIASIS AMONG CHILDREN: A CASE REPORT

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#### ABSTRACT

**Introduction-** Palmoplantar psoriasis is an inflammatory skin disorder which is chronic in nature and affects the skin of palm of the hands and sole of feet. All types of psoriasis can have a significant depressing impact on the physical, mental, emotional and social functioning. In Ayurveda there is no direct correlation with palmoplantar-psoriasis but according to clinical features, it can be considered in Ek-kustha and in the case of Kustha Samshodhana Chikitsa (bio purification treatment) has been described. So Virechana (purgation therapy) can be considered as blessings for children. Case history: A 12 years, male child patient, presented with the complaints of dry scaly patches with deep cracks and itching on the palmer surface of the feet and palmer surface of hands since 6 months. Management & Result: After proper diagnosis patient was treated with Virechana karma (purgation therapy) followed by Takradhara. After the treatment patient's skin condition of sole and palm is better, and got the significant result in kandu (itching) and rukshata (dryness) of the patches. Conclusion: After the single case study we can say that Virechana karma (purgation therapy) along with Takradhara play a significant role in palmoplantar psoriasis for enhancing the quality of life.

**Key words:** Virechana karma, Takradhara, Palmoplantar psoriasis, Ek-kustha.

#### INTRODUCTION

Palmoplantar psoriasis is a type of psoriasis in which the lesions are present often along with psoriasis elsewhere on the body with palmer surface of feet and palmer surface of hands and less frequently in isolation. It is also produces social and functional disability. Chronic plaque type psoriasis was found to be the most common type (90%), followed by palmoplantar psoriasis<sup>1</sup>. Chronic plaque type psoriasis (93%) was also the most common clinical phenotype in the study done by kaur et al<sup>2</sup>.

In Modern medical science corticosteroids and PUVA are used to treat the palmoplantar psoriasis, but these therapies gives many side effects as like bone marrow depletion, obesity, osteoporosis, hepatotoxicity etc. Thus it is the necessitate of period to find out safe and effective management for palmoplantar Psoriasis and at this point Ayurveda plays an important role to deal this situation without any side effect and with long lasting results. In Ayurveda, due to much resemble sign and symptoms it can be correlated with Ekakustha<sup>3</sup>. It is resultant of vitiation of tridosha and twak etc dushya<sup>4</sup>. Samshodhana (bio-purification) is one of the mainline of treatment for kustha in Ayurveda text which deals mainly with elimination of the vitiated and aggravated Doshas from the body, and Virechana (purgation therapy) can be considered as better samshodhana (bio-purification) procedure for children. After samshodhana (bio-purification), shamana therapy is very effective to treat the diseases like psoriasis.

#### CASE REPORT

This 12 years old male child patient presented in panchakarma OPD of Rishikul Campus, Haridwar with the complaints of scaly patches with itching, dryness and deep cracks in the palmer surface of hands and palmer surface of feet since 6 months. Present study was carried out in accordance with ethical principles by following International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

#### H/O present illness

Patient was hale and hearty before 1 year as per his parent's opinion, and then he developed dryness and hardness of skin of palmer region of hands and palmer area of feet. Afterwards on the dryness of affected area greater than before day by day and developed deep cracks, which bleed sometime. Patient took allopathic treatment but got temporary relief and weight gain during treatment, before 6 months, patient suffered from same complaints in worse form. Now he came in Rishikul Campus, Panchakarma OPD for further management.

**Family history:** Not relevant family history.

**Past history:** No significant past history.

#### Examinations

General state of patient was fair; appetite of the patient decreased. Bowel- Regular, Bladder – Normal, Sleep – Sound, pallor & icterus – not present, lymph nodes- not enlarged, tongue – Non coated, pulse rate- 84/min.

Examination of the Rogi (patient) according to Ayurveda-

- **Prakriti:** - Pitta-Kapha.
- **Vaya:** - Balyavastha
- **Bala:** - Madhyama
- **Agni:** - - Madhyama
- **Koshta:** - Madhyama
- **Abhyavarana Shakti-** Avara
- **Jarana Shakti** - Avara
- **Nadi-** Pitta Kaphaj

## Treatment

After the appropriate examination and analysis of skin, patient has been prescribed for Virechana (medicated purgation) karma followed by Takradhara (pouring of better milk at affected area).

## Virechana Karma

As the Purvakarma (preprocedural) of virechana, Deepana(appetizer) and Pachana(digestive) done with Aajmodaadi Choorna- 2gram B.D. by Lukewarm water. After 3 days, samyaka (proper) Deepana and Pachana lakshanas (symptoms) occur so the patient was administered for Snehapana (oral administration of gharita) with Suddha(pure) Gogharita(cow's butter) with the initial dose of 20ml, than in increasing order till Samyaka Snehana Siddhi Lakshanas<sup>5</sup>(adequate oleation according to text) occur. After Snehana karma followed by Abhyanga(massage) and Swedana (sedation)for next 3 days. Thereafter, on the fourth day, Virechana (purgation therapy) was performed.

## Virechana Yoga (formulation for purgation)

20 ml Eranda Taila with 100 ml decoction of Aragawadha (*Cassia Fistula*) Phala Majja given to the patient as virechana yoga. By this Virechana Yoga Madhyama Suddhi (19 vaga) has been found. So according to Madhyama Suddhi Samserjana Karma (post procedural management) has been advised for 8 Annakala.

## Takradhara

After single complete course of Virechana Karma (purgation therapy), Takradhara (samana procedure) of affected area has been advised for 7 days ( 45 min per day).Takradhara is an additional Panchakarma procedure wherein a stream of buttermilk is poured on to the targeted body part.

## Contents and preparation of Takra Dhara

Manjistha(*Rubia cordifolia*), Sariva (*Hemidesmus indicus*), Khadira (*Acacia catechu*), Aaragwadha(*Cassia fistula*), Guduchi(*Tinospora cordifolia*), Neem(*Azadirachta indica*), Daruharidra( *Berberis aristata*) each 15 gram. Prepared kwatha (decoction) in 2 litre water and reduced to 1 litre, and mix with 1 litre buttermilk.

## Result of therapy

After the snehapana therapy (internal oleation) patient felt relief in signs and symptoms as like dryness and itching. After the completion of Virechana karma process the dryness, itching of scaly patches and deep cracks are diminished and after the course of Takradhara patient felt highly significant results in all sign and symptoms.

## DISCUSSION

### Probable mode of action of Virechana karma

Virechana karma is a Shodhana (bio-purification) method, Virechana karma precedes through Deepana and Pachana which normalise the Agni or metabolic activity and reduces the Aam Dosha(waste material of body which blocks the micro channels in the body). After proper deepana and pachana procedure Snehapana procedure performed, which lubricates the all micro and macro channels and responsible for utkleshana (aggravation) of Dosha<sup>6</sup>. Snehapana also reduces the dryness and itching by snehan guna of dravya (gharita). After that Sarvanga Abhayanga and Swedana (full body massage and sedation) clear the obstruction of Srotas (channels) and bring the vitiated Dosha from

Shakha to Kostha. And finally by the Virechana procedure expel out all metabolic waste products from the body through anal root. Aargawadha (*Cassia Fistula*) is having best Maridu Virechaka (mild purgative) property and Anapayitvaata (without complication) in nature, so it is very beneficial for Virechana in childhood<sup>7</sup>. Virechana karma does cleansing the Kostha and brings down the morbid Dosha from body.

### Probable mode of action of Takradhara

In Takradhara, medicated buttermilk poured on affected area. According to Ayurveda, all Kustha Rogas are result of vitiation of Tridosha and Twak, Rakta, Mansa, Ammbu etc Dushya. So after Samshodhana, Samana therapy does quick and better affect and plays an important role to treat the disease Kustha (palmopalnter psoriasis). According to Ayurvedic text, Takra itself is having many Guna (properties) which can be normalise the Tridosha. The drugs which are use in Takradhara Dravya formulation having many properties like- All drugs are Tikta Rasa predominant which is very beneficial for skin disease. Aaragwadha, Khadir, Neem having Kushthaghna and Kandughna property<sup>8</sup>. Manjistha and Sariva are Varnya<sup>9</sup> (complexion promoters). So, due to all these properties Takradhara normalise excessive proliferation of skin, and removes dryness and scales, and reduces itching.

## CONCLUSION

Although Palmoplantar Psoriasis (Ekakushtha) is not easy to manage, but shodhana therapy as virechana assisted with takradhara can play an important role as supportive therapy to manage the palmoplantar psoriasis. By proper diagnosis at proper time also very beneficial to treat such diseases. So we can say Panchakarma procedures like virechana karma and takradhara play an important role in the management of Psoriasis.

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