

Effect of virechana karma (therapeutic purgation) in the treatment of psoriasis: A case study

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Psoriasis is an immune-mediated disease that effects the skin. Psoriasis occurs when the immune system mistakes a normal skin cell for a pathogen and sends out faulty signals that cause over production of new skin cells. It is a non-contagious inflammatory skin disease characterized by recurring reddish patches covered with silvery scales especially on the knees, elbow, scalp and trunk. Total 1% of population is suffering from psoriasis. It effects both the sexes equally between the age group of 15-25 years. Nearly 60% of people with psoriasis reported their disease to be large problem in their life.

Based on clinical signs and symptoms psoriasis can be compared to ekakushta in Ayurveda. Ekakushta is one of the kshudra kushta (obstinate skin disease) characterized by unhydrosis, patches wide-spreaded with fishy silvery scales. Though several drugs are in practice for the treatment of psoriasis, still cure or better relief is awaited destiny on the other hand these medications are associated with severe side effects. Whereas Ayurveda emphasises treatment of disease in holistic approach particularly correcting the root cause through samshodhana (panchakarma), specifically for skin diseases like psoriasis, vamana (therapeutic emesis), virechana (therapeutic purgation) is advised. In clinical practice repeated administration of these therapies showed significant improvement.

The present case was a male subject aged 19 yrs suffering with Guttate type of psoriasis since four years. To whom classical virechana karma was administered in a methodic way. This has shown improvement, scaling, discolouration, elevated patches and itching were reduced. Now, the patient is under observation with simple oral medication. The case study with treatment in detail will be presented during the seminar.

Keywords: Psoriasis, eka kushta, and virechana karma

Biography

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