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### “The Role Of Virechana - An Effective And Promising Treatment Modality W.S.R To Mukhadushika.”

**Dr. Poonam Ambole<sup>1</sup>, Dr. Swati V. Patil<sup>2</sup>**

<sup>1</sup>Ast. Professor, Dept. of Panchakarma, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra.

<sup>2</sup>Asso. Professor, Dept. of Rasashastra, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra

#### ABSTRACT

In present busy and fast life, one can't follow the rules of 'Dinacharya' and 'Ritucharya' described in 'Ayurveda'. Due to heavy industrialization and heavy traffic, one constantly comes into contact with various pollutants. The spicy and fast food eaten now a days, which have very fewer nutritional values and also having similar properties to 'Viruddhahara. These all ultimately resulted into 'Dhatudaurbalya' (i.e. lower immunity). Which causes sensitization towards allergens as well as antibodies and produces various types of allergic reactions, one of them is mukhadushika, which is very common. Virechana karma is one of the prime purificatory procedures employed in treating a constellation of diseases and conditions. It is also one of the measures of choice preferred by Vaidya because of its wide applicability and simplicity. Virechana not only helps in eliminating Doshas from the body but it also helps in promoting health. If the vitiated Doshas are more in amount and no relief is acquired by Snehana, Swedana, then only Mridu Virechana is indicated for the Dosha shodhana (Ch.chi.28/83). They have already brought to kosta by Snehana and swedana and can be easily derived out by Mridu Virechana, argwadha kashaya etc. are used for this purpose. Virechana removes the maladravyas, increases Agni, purifies srotas, Dhatus and destroys the vyadhi. (Ch.su.15/22).

**Keywords:** *Mukhadushika, Virechana, Kshudra Roga, Panchakarma,*

#### INTRODUCTION

In Ayurveda all skin diseases are grouped under a broad heading of kshudraroga, and Mukhadushika is one of the diseases among kshudraroga. According to Ayurveda eruptions look like Shalmali thorns (shalmalimalabarica) and appearing on mukha (face). Doshas involved are kapha, vata & shonita, according to some acharayas Meda. It is also known as Yuvanpidika means found in young age. In modern science, it is correlated with

acne vulgaris. Prevalence of acne is 80-90% in adolescence. These skin lesions occur when there is a change in the skin cell units known as pilo-sebaceous units that contains sebaceous glands a substance called sebum and a hair follicle. When dead skin builds up and clog these units a breakout or lesion is likely to occur.

In Ayurvedic texts the disease, Mukhadushika has not mentioned independently. It has been included in minor diseases. This group of minor diseases is known as 'Kshudra roga.' According to Sushruta, 44 diseases have been described under this group; Mukhadushika is one of the diseases between among those. The classical symptoms of Mukhadushika described in Ayurveda resembles with Acne Vulgaris. Since ages, Acne vulgaris has always been one of the most burning problems of the adolescents. The shalmali thorn like eruptions on the face of adolescent due to vitiation of Kapha, Vata, and Shonita called as Mukhadushika or Yuvanpidika.<sup>1</sup> In allopathy Acne Vulgaris is a chronic inflammatory disorder of sebaceous follicles characterised by the formation of comedones, papules and pustules, less frequently nodules or cysts. Allopathic treatment includes treatment for all forms of acne as topical retinoids and benzyl peroxide, orally antibiotics, steroids, oral isotretinoin. But these therapies give serious side effects like nephrotoxicity, hepatotoxicity and bone marrow depression after long run use. So, it is necessary to find effective and safe treatment for Acne Vulgaris. Here in Ayurveda with sanshodhan chikista we can treat such patients without any side effect. Along with promising and long-lasting result. Also, recurrence is avoided by advising proper food and lifestyle changes and unique treatment like rasayana.

Everyone wants to look his face beautiful, clean & attractive. Even a small spot on the face especially of younger ones causes worry. "Mukhadushika" is one of the culprits, which disturbs physical & psychological states of youngsters. entire pregnancy period to avoid any complications.

## OBJECTIVES

To study the effect of virechana in management of mukhadushika.

## MATERIAL AND METHODS

- iĒĒ SĒāwĒWûUhĒqĒÔkuĒĪpĒĒaĒĒ uĒĒĒĒ xĒĒĒMüqĒ, AkĒĒĒĒĒĒ ĩĒUĒĒĒĒ xĒĒĒMüqĒĒ .....|<sup>3</sup>

- The process of elimination of morbid doshas through adhobhaga is said to be Virechana.

- According to Chakrapani, the meaning of adhobhaga is Guda<sup>4</sup>. Virechana is a broad term which is applied even for Vamana karma also since there is expulsion of doshas from either route.
- ùÉUåMüÉå qÉÑZÉmÉliÉÇ aÉÑSqÉaÉâihÉÉliÉ: îxjÉiÉxrÉ SÉåwÉxrÉ ìÉ: xÉÉUhÉÇ ... |<sup>5,6</sup>
- Virechana is a procedure in which orally administered drug acts on internally situated doshas, especially on pitta & expels them out through anal route. In Virechana the doshas even from the Amashaya are taken to the Pakwashaya & they are removed through gudamarga. Even though Virechana is best line of treatment modality for pitta dosha it can act on kapha samsrusta pitta or pittasthanagat kapha. And moreover, in case of batsoyopakrama mridu shodhana indicated which refers to mridu Virechana karma. So Virechana is major line of treatment for morbid pittadosha & also it acts on morbid kapha and vata dosha. Thus, action of Virechana is seen on all tridosha.

## CASE REPORT

A 22 years female student patient came with chief complaints of appearance acne[pidika] on face since 4 yrs, associated with pigmentation, she prefers ayurvedic line of treatment for the same patient was examine at panchakarma department Y.A.C., P.G.T& R.C. Kodoli.

### Chief Complaints:

1. Mukhpradeshi Pidika since last 4 yrs.
2. twakvaivarnya – 2 yrs

### Personal history

- Occupation- student
- Addiction- Nil
- Past Surgical History: No any Surgical history.
- Present Medicinal History: No any medication taken
- Examination

Vital of the patient were in normal limits.

### Systemic examination -

RS	AEBE Clear
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CVS	S1S2 N
CNS	Conscious and oriented.
P/A	soft

**Ashtavidh parikshan -**

Nadi	pittaj
Mala	ASamyak ,constipated

Mutra	Samyak
Shabda	Prakrut
Sparsha	ushana
Jivha	sama
Druka	Prakrut
Akruti	Krish

**Dashavidha parikshan -**

Dushya	Ras, Rakta, Mansa, Meda
Desh	Sadharan
Bala	Alpa
Kala	Varsha ritu
Agni	Vishamagni
Prakruti	Vata-Pittaj
Vaya	Madhyam
Satmya	Madhyam
Satva	Alpa
Ahara	Mishra

- Rasavaha Strotasa: Tandra, Hrillas,Ruksha,Parushata
- Raktavaha Strotasa: Mukhapradeshi Pidika

- Vikrit Strotas Parikshan: Strotas Parikshan
- Annavaha Strotasa: Jivha Samata, Avipak
- Medavaha Strotas: Atisweda
- Purishvaha Strotasa: Asamyak Mala-Pravritti

#### NIDANA<sup>4</sup>-

‘Nidana’ means the causative factors of disease. ‘Nidana’ having three effects in pathogenesis of disorder in pathogenesis of disorder i.e.

- Dosha Prakopa
- Dushya Dushti and
- Sroto Vaigunya.

‘Nidana’ can be classified under following titles i.e.

- 1) Aaharaja Hetu
- 2) Viharaja Hetu
- 3) Nidanarthakara Roga
- 4) Chikitsa Mithya yoga.

#### Samprapti<sup>5</sup>

**Table 2: Samprapti Ghatak**

<i>Dosha</i>	<i>Kapha, Vata</i>
<i>Dushya</i>	<i>Dhatu - Rakta, Meda, Rasa</i>
<i>Upadhatu</i>	<i>Twaka</i>
<i>Mala</i>	<i>Sweda, Twakagatasneha</i>
<i>Srotasa</i>	<i>Rasavaha, Raktavaha, Swedavaha</i>
<i>DushtiPrakara</i>	<i>Sanga</i>
<i>Sihana</i>	<i>Twaka</i>
<i>RogaMarga</i>	<i>BahyaMarga</i>

**CHIKITSA-** ‘Chikitsa’ means complete management or therapy of any disease.

It can be divided in to three phases according to Ayurveda i.e.

- 1) Shodhana
- 2) Shamana
- 3) Pathya – Apathya

It is stated that in ‘Alpa Dosha’ the treatment is ‘Langhana and Pathya’; in ‘Madhya Dosha’ the treatment is ‘Langhana and Pachana i.e. ‘Shamana’ and in ‘Prabhoot Dosha’ the treatment is ‘Shodhana’.

In classical texts the following management is described for ‘

mukhadushika i.e.

(1) *Shodhana* :

Out of five methods of 'Shodhana' (Pachadha Shuddhi) three methods are mentioned as effective for 'mukhadushika' by different Acharyas

i.e.

- a) Vamana
- b) Virechana
- c) Rakta Mokshana

**Yoga and Meditation**-Yoga Therapy suggest Pranayama, Asana, Shatkarma, and meditation are useful to combat the mansika nidana of Mukhadushika.

3. *Pathya Apathya* :<sup>6,7</sup>

a) Pathya :-

- Jeerna Shali
- Jangala Mamsa.
- Mudga
- Kulattha
- Karkotaka
- Karavellaka
- Shigru
- Moolaka
- Potika
- Shalincha
- Vetragra
- Dadima
- Triphala
- Madhu
- Ushnodaka
- Katu, Tikta, Kashaya Rasa
- Shushka Moolaka Yusha, Kulattha Rasa
- Lava- Tittira Rasa

Yusha

Shaka

Phala



b) Apathya:

For preparation of food

[Ck. UKS. 12 –13]

- Ksheer , ekshu Vikarani
- Viruddha ahar -Matsya- Anupa- Audaka Mamsa.
- Naveena Madhya
- Chhardi Nigraha
- Poorva and Daksheena Disha Pavana
- Divasvapa
- Viruddhahara
- Atap Sevana
- Snigdha , Amla, Madhura Dravya
- Vyavaya
- Guru Annapana

### Purva Karma

- Deepana and pachana – Chitrakadi vati 2 bid -anupan – warm water-3 days
- Hingwastak churna- 5 gm with kosha jal -7 days
- Snehapana – mahatiktak ghrit up to Samyak sneha lakshane.
- Swedan chikista-Basphasweda – Dashmoola qwatha -5 days

### Pradhana Karma

- Virechana with Argwadha phalmajja 500 ml phant kashay + erand taila 50 ml -on the day of virechan karma yoga, anupana as a ushna jala .

### VIRECHANA YOGA<sup>8,9</sup>

- Argwadha phalmajja 500 ml phant kashay + erand taila 50 ml -on the day of virechan karma

### OBSERVATION PERIOD:

1. Deepana & Pachana 3-7days.
2. Snehapana- 5 days.
3. Abhyanga & Sweda - 4 days.
4. Virechana Karma for 1 day (on the last day of abhyanga and swedana)
5. Samsarjana krama 3-7 days.

Total duration of study: Maximum of 26 days.

### INTERVENTIONS:

- **Purva karma:** Deepana and pachana by Chitrakadi vati 2 bid, and Hingwastak churna- 5 gm with kosha jal -7 days
- Snehapana with mahatiktak ghrit in increasing doses.
- Swedana-Basphasweda with Dashmoola qwatha .
- **Diet**-Special diet instructed to the patient during snehapana and prior one day virechana karma and after virechana karma.
- **Pradhana karma:** virechana with Argwadha phalmajja 500 ml phant kashay + erand taila 50 ml -on the day of virechan karma.



- After 30 mins of medicine intake virechana vega started to the patient,10 virechana vegas observed
- Madhyam shuddhi observed without any complication.
- **Paschat karma:**
- samsarjana krama depending madhyam shuddhi lakshas for -5 days.
- **Result And Discussion-**

<b>SIGN</b>	<b>BEFORE TREATMENT</b>	<b>AFTER TREATMENT</b>
<b>Acne</b>	<b>15-20 In No on whole face</b>	<b>0-5 In No on whole face</b>
<b>Discolouration Of Face</b>	<b>Blackish</b>	<b>Mildly Fair</b>
<b>Mind status</b>	<b>Ati chanchal</b>	<b>Calmness</b>



### Virechana Karma<sup>10,11</sup>

- Virechana Karma is said to be capable of mitigating pitta dosha. Mridu Sanshodhan (Virechana) has been indicated for the treatment of pitta dosha..
- Virechana Karma possesses the property of purifying the vitiated dhatus. It has been advised as a treatment in all dhatu dushti janya vikaras, viz., Rasa ,Rakta, Mamsa, Meda, Majja, Shukra gata vikaras. (Ch. Su. 28) • Properly administered Virechana Karma does srotovishuddi, laghuta, improves the intellect and mental status. It increases strength of indriyas, stabilizes all the seven dhatus, thus provides strength and power to the body. (Ch. Si. 1/17; Su. Chi. 33/27; A.H. Su. 18/60).
- Snehana and swedan will cause utkleshan and dravikaran of doshas respectively.
- These vitiated doshas have to be thrown out of the body through the nearest route (Ch. Ni. 8/39).

### MECHANISM OF ACTION ACCORDING TO MODERN-<sup>12</sup>

All purgatives increase the water content of faeces by:

- a) A hydrophilic or osmotic action, retaining water and electrolytes in the intestinal lumen- increase volume of colonic content and make it easily expelled.
- b) Acting on intestinal mucosa to decrease net absorption of water and electrolyte: intestinal transit is enhanced indirectly by the fluid bulk.
- c) Increasing propulsive activity as primary action- allowing less time for absorption of salt and water as a secondary effect.

However, certain purgatives do increase motility through an action on the myenteric

plexuses. Laxatives modify the fluid dynamics of the mucosal cell and may cause fluid accumulation in gut lumen by one or more of following mechanisms:

- a) Inhibiting Na, <sup>+</sup>K<sup>+</sup>, ATPase of villous cells----impairing electrolyte and water absorption.

- b) Stimulating adenylyl cyclase in crypt cells----increasing water and electrolyte secretion.
- c) Enhancing PG synthesis in mucosa which increases secretion.
- d) Structural injury to the absorbing intestinal mucosal cells.

➤ **Mode of action of Virechana dravya According Ayurveda view point:**  
**13, 14**

- The drugs which are able to induce Virechana can induce it, on virtue of following factors Virechaka dravya possesses a Prabhava on virtue of which they are able to induce Adhogati of the dosha and mala. The basic configuration of the Virechaka dravya shows that they have dominancy of Prithvi and Jala mahabhoota. Both the above mahabhoota have a natural tendency to go downwards and thus they can assist in induction of Virechana. In Modern Medicine drugs used for laxation purpose work in many ways. One way is by increasing the bulk of the faeces. This action can be said to be occurring with help of dravya having dominancy of Prithvi mahabhoota. Some drugs cause increase in water content of the stool by osmosis, which can be compared with drugs having dominancy of Jala mahabhoota. Drugs capable of inducing Virechana possesses Ushna, Tikshna, Sukshma, Vyavayi and Vikasi properties. The ushna property may help in increasing the quantum of Agni. It can cause Vishyandana i.e. oozing of the dosha in the Koshtha from where they can be readily expelled out. Due to Tikshna property, drug is able to disintegrate the sanghata of the dosha.
- Due to Vyavayi property such a medicine is able to spread in the whole body very quickly without expecting its digestion. On virtue of its Vikasi property the drug is able to scorch various dhatu and can compel the dosha residing in it to pass out. The whole process occurs in following way Virechana drug possessing the above properties reaches the hridaya by virtue of its Virya and then following the dhamani it pervades the whole body through large and small srotasa. On virtue of its Agneya properties, it causes Vishyandana i.e. oozing of the dosha and by its tikshna guna it is able to disintegrate the accumulated dosha.
- As snehana and swedana are performed prior to Virechana, in a snigdha body the dosha moves easily without any hurdle and easily come to the Amashaya wherefrom they are evacuated by Virechana.

- In the above process the association of hridaya can be understood in two ways. Here the hridaya can be taken as centre of local nerve plexus upon which the drug may act.

## CONCLUSION

Aragwadha phal majja phant and Eranda Tail (*Ricinus communis*) acted as Adhobhaghara, Virechaka, Kruminissaraka and also did shodhana of Kapha in Aamashaya. Aragwadha is mrudu virechak and stransak in property I.e . expelling and scracting of pakwa and apkawa doshas. Mukhadushika (*Acne Vulgaris*) though it is a chronic and relapsing disease difficult to manage, proper management at proper time, ,give significant relief. In present case,the treatment has given Significant relief. In present case, the treatment was Found very effective in treating Mukhadushika. There was 70 to 80% relief in signs and symptoms After vierchana therapy it found oral medication and Nidanaparivarjana 90% relief. ‘Mukhdushika’ causes psychological stress to the individual suffering with it. Diet, stress, premenstrual flare, unhygienic conditions, hereditary, use of cosmetics etc. are the predisposing factors of

‘Acne vulgaris’. Lepa is the most cost effective and easy treatment modality, which can be adopted here in this disease condition. After virechan karma Rasayana therapy is the best choice of management to correct the Dhatu Daurbalya and avoid relapse. So, present study was carried out to evaluate the efficacy of virechana in the management of mukhadushika. Virechana provided better relief in all the signs and symptoms of mukhadushika.

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