Original Research

Clinical Study on Efficacy of Panchatikta Ghrita and Virechana on patients of psoriasis

(Eka kushtha)

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Abstract:
Eka Kushtha (Psoriasis) is one of Kushtha where Rakta Dushti plays an important part. As Rakta is Ashraya for Pitta, hence Virechana is treatment of choice. Before Virechana internal Snehana is essential therefore, Panchatikta Ghrita which is indicated almost in all the skin diseases was selected. The effect of Panchatikta Ghrita administered orally in gradual increasing doses as a part of Virechana was also assessed. For this purpose, after achieving proper Snehana symptoms, the effect of the Ghrita was assessed. Virechana Karma was performed after Snehana Therapy and after completion of Samarjana Karma the effect of Virechana Karma was again evaluated. The results of this study both Panchatikta Ghrita as Snehapana and Virechana was provided very mild relief to the patients of psoriasis.

Key Word: Panchatikta Ghrita, Snehana, Virechana, psoriasis, Ekakushtha

Introduction:
Psoriasis as such is not described in Ayurveda but Behera and Priyanka (2018) on the basis of description of Ekakushtha and an experiment evidence that no perspiration occurs in the psoriatic lesions established that it resembles with Ekakushtha which is included in Kshudra Kushtha. For chronic diseases Shodhana is always advised and in skin disorders Virechana is preferred for their management. For classical Virechana internal Snehana is mandatory for which generally ghee is being used at most of Ayurveda centers. However it was thought desirable that if a medicated ghee which is indicated in the underline disease then it may provide better relief. Therefore in this study Panchatikta Ghrita was selected as it is generally prescribed for skin diseases. The aim of this study was twofold i.e. to assess the effect of Snehana done with Panchatikta Ghrita as well as the effect of the Virechana performed thereafter on the patients of psoriasis.

The Aim was to study the effects of Panchatikta Ghrita administered orally in increment doses as a part of Virechana as well as of Virechana performed thereafter.

Materials and Methods:
Twenty two patients fulfilling the inclusion criteria were selected from the IPGT&RA Hospital, Jamnagar.

Criteria of Diagnosis:
The patients were diagnosed on the basis of characteristic signs and symptom of psoriasis supplemented with that of Ekakushtha. The diagnosis was confirmed by the clinical tests such as Auspitz sign, candle grease sign and Kosbner phenomenon.

Drugs and Dose:
Internal Snehana was done with Panchatikta Ghrita given in incremental doses. Its initial dose was 25 gm given once in the morning. From the next day on ward the dose was increased by 25% to 30% depending upon the response of the patients. It was continued minimum for 3 days and maximum for 7 days.

After proper Snehana and three days gap Virechana was performed by administration of Triphala Kvatha (150 to 200 ml), Eranda taila (20 to 20 ml) and Ichchabhedi Rasa (500 mg) in the doses depending on Koshtha and Agni.

Criteria of Assessment of Results:
Signs and symptoms were given appropriate scores and were assessed before and the treatment. The lesion involvement body surface area was measured by using the Lund-Brower method. Overall effect of the therapy was assessed in the following terms: 100% relief in signs and symptoms and clinical tests was taken as complete remission, more than 75% relief was taken as marked improvement, 51 to 75% as moderate improvement, 25 to 50% as mild improvement and below 25% was considered as unchanged.

Result

Effects of Snehana
In this series 7.4% patients got proper Snehana symptoms in 5 days, 25.9% in 6 days and 66.7% in 7 days of administration of Panchatikta Ghrita. After Samyak Snehana significant improvement was noticed in the symptoms of Daha (39.3%) followed by Rukshata (22.4%), Kandu (20.7%) and Scaling (12.7%). But the relief obtained in Bahalata was statistically insignificant while no improvement was observed in Mandala and Asvedanam (Table-1).
Effect of Virechana
Samsarjana Krama was followed after proper Virechana and the effect of Virechana were again assessed with respect to initial score of the symptoms.

The Virechana provided significant relief in all the symptoms (Table-2), which were maximum in Daha (67.9%) and Kandu (53.2%), moderate in Scaling (30.4%) and Rukshata (26.5%) and minimum in Asvedanam (15.9%), Mandala (10.9%) and Bahalata (6.7%).

Table-1
Effect of Panchatikta Ghrita on Chief Complaints of 22 Patients of Ekakushtha (Psoriasis)

<table>
<thead>
<tr>
<th>Signs &amp; Symptoms</th>
<th>Mean Score (BT) AT</th>
<th>% of relief (SD (±) SE (±) t P)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size of erythema</td>
<td>3.36</td>
<td>0.00 (0.0 0.00) &gt;0.05</td>
</tr>
<tr>
<td>(Mandala)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scaling</td>
<td>3.59</td>
<td>12.7 (0.5 0.11) &lt;0.001</td>
</tr>
<tr>
<td>Rukshita (dryness)</td>
<td>3.09</td>
<td>22.1 (0.47 0.10) &lt;0.001</td>
</tr>
<tr>
<td>Kandu (itching)</td>
<td>2.63</td>
<td>20.7 (0.61 0.13) &lt;0.001</td>
</tr>
<tr>
<td>Daha (burning)</td>
<td>1.27</td>
<td>39.3 (0.51 0.11) &lt;0.01</td>
</tr>
<tr>
<td>Bahalata (area involved)</td>
<td>2.73 (1.66 0.04) &gt;0.05</td>
<td></td>
</tr>
<tr>
<td>Asvedanam (No sweating)</td>
<td>2.00</td>
<td>0.00 (0.00 0.00) &gt;0.05</td>
</tr>
</tbody>
</table>

Table-2
Effect of Virechana on Chief Complaints of 10 Patients of Ekakushtha (Psoriasis)

<table>
<thead>
<tr>
<th>Signs &amp; Symptoms</th>
<th>Mean Score (BT AT)</th>
<th>% of relief (SD (±) SE (±) t P)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size of erythema</td>
<td>3.36</td>
<td>10.7 (0.49 0.10) &lt;0.01</td>
</tr>
<tr>
<td>(Mandala)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scaling</td>
<td>3.59</td>
<td>30.4 (0.48 0.10) &lt;0.001</td>
</tr>
<tr>
<td>Rukshita (dryness)</td>
<td>3.09</td>
<td>26.5 (0.39 0.08) &lt;0.001</td>
</tr>
<tr>
<td>Kandu (itching)</td>
<td>2.63</td>
<td>55.2 (0.91 0.19) &lt;0.001</td>
</tr>
<tr>
<td>Daha (burning)</td>
<td>1.27</td>
<td>67.9 (0.99 0.21) &lt;0.001</td>
</tr>
<tr>
<td>Bahalata (area involved)</td>
<td>2.73</td>
<td>6.7 (0.39 0.08) &lt;0.05</td>
</tr>
<tr>
<td>Asvedanam (absence of sweating)</td>
<td>2.00 (1.68 0.10)</td>
<td>15.9 (0.48 0.10) &lt;0.01</td>
</tr>
</tbody>
</table>

Discussion
In this study the results were assessed at two stages; first after proper Snehana done with Panchatikta Ghrita and then after Samsarjana Krama of Virechana to evaluate the effect of both of these therapies on the patents of psoriasis. Panchatikta Ghrita given in increment doses provided significant relief in Daha (39.3%), Rukshata (22.4%), Kandu (20.7%) and Scaling (12.7%) and showed no significant relief in Mandala and Asvedanam. Thus the relief ranged between 0 and 40; hence it provided very mild relief to the patients of psoriasis. Virechana done thereafter provided significant relief in all the signs and symptoms which was maximum in Daha (67.9%) and Kandu (53.2%); moderate in Scaling (30.4%) and Rukshata (26.5%) and minimum in Asvedanam (15.9%), Mandala (10.9%) and Bahalata (6.7%).

Conclusion
Panchatikta Ghrita and Virechana provided very mild relief to the patients of psoriasis.

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