

**EFFECT OF VIRECHANA KARMA IN SHITAPITTA: A CASE STUDY****Dr. Madhuri Bhaskar Kulkarni<sup>\*1</sup>, Dr. Kad Ujwala Vilas<sup>2</sup> and Dr. Valsange Anuja Baswraj<sup>3</sup>**<sup>1</sup>\*(H.O.D and Professor), Department of Dravyaguna Vigyana, SVNHT Ayurved College, Rahuri Factory.<sup>2</sup>BAMS, M.A Sanskrita, Department of Sanskrita Samhita Siddhanta. SVNHT Ayurved College, Rahuri Factory.<sup>3</sup>(Lecturer), Department of Rognidana avum Vikriti Vigyana, SVNHT Ayurved College, Rahuri Factory.**\*Corresponding Author: Dr. Madhuri Bhaskar Kulkarni**

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**ABSTRACT**

Shitapitta is the disease mainly caused due to vitiation of pitta dosha with vata anubandha. It is a common skin condition now-a-days and patients suffer from red patches and severe itching, discomfort. Virechana karma is among the panchakarmas – i.e. shodhan karmas specially beneficial for pittaja vyadhis. A case presenting with symptoms of shitapitta visited to opd is discussed in this article.

**KEYWORDS:** Shitapitta, virechana, panchakarma.**INTRODUCTION**

Shitapitta is the term formed with two words – shita and pitta. Shita is one of the guna of vata and kapha dosha

and pitta is among the tridoshaja. This disease is mentioned firstly in laghutrayis. The classical text Madhav Nidan explained this disease.

**CASE STUDY****Present History**

A female patient aged 45 years old, teacher by profession, complains of

Sr.no	Complains	Duration since
1.	Appearance of red patches all over body	6 months
2.	Swelling over eyes	6 months
3.	Severe itching and discomfort	6 months.

**Past History**

Patient was well before 6 months. Then she is having red patches on her neck, bilateral limbs, face. Patient approached to allopathy doctor and continued the treatment for about 6 months. Though, she was having the complains intermittently, the only difference was frequency of appearing patches was reduced to some extent.

Patient approached to our hospital before a month. No H/o any major medical/ surgical illness.

**General Examination**

G.C.fair

Afebrile

Pulse: 68/min.

BP- 110/70 mm Hg.

**Systemic Examination:** RS- clear, AEEBL

CVS - S1 S2 normal

CNS - conscious, well oriented.

**Personal History**

Diet: nitya amla rasa padarth sevana.

Regimen: H/o diwaswapa,

**Pathological reports**

CBC – all values within normal limits.

BSL (R) – 78mg/dl.

**Treatment**

Virechana Karma was advised to the patient.

1. Abhyantara snehapana: With Mahatiktaka Ghrita.

Day1 – 25ml

Day2 – 50ml

Day3 – 75ml

Day4 – 100ml.

Day 5,6- bahya snehana and sarvanga swedana was given.

Virechana Kalpa given: Triphala kwatha with Abhayadi Modaka

Vega: 12 to 13 vegas.

**RESULTS**

After Virechana karma, patient was advised with sansarjana krama for five days. After Virechana, the frequency of appearing patches was much reduced and size of patches also reduced.

There was significant decrease in itching.

After sansarjana krama, patient was shifted on shamana chikitsa.

**DISCUSSION**

Shitapitta is mainly due to vitiated pitta dosha with vata dosha. Virechana is the best shodhana karma for pitta dosha. The patient came with severe form of disease hence instead of pacifying the doshas, decided the shodhana karma. In the purvakarma, for snehana, Mahatiktaka Ghrita is given internally for 4 days after appearance of samyaka snehapana lakshanas, vishrama kala of 2 days was given and during two days of vishrama kala bahya snehana and sarvanga swedana was given Virechana was given with Abhayadi modaka with Triphala kwatha anupana.

Due to rechana karma of triphala and abhayadi modaka, pitta gets pacified and hence there was markedly decrease in itching and size of red patches. After the sansarjana krama, patient shifted on shamana chikitsa yogas like sutashekhara rasa, Haridra khanda. Patient was having relief in her symptoms with virechana and shamana chikitsa.

**CONCLUSION**

Virechana karma is useful in patients with shakhagata pitta. With proper Ayurvedic diagnosis, one can give better result to the patients.

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