



A Role of Virechan and shaman in *Koth*- A Case report

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Abstract

Urticaria is a type I hypersensitivity reaction which is manifested because of exposure to allergens. *Sheet-pitta* is *Tridoshaja vyadhi* having predominance of *Vata dosha* and *Urdard* having predominance of *Kapha dosha*. *Koth* is due to improper emesis, obstructed food due to vitiated Kapha-pitta presenting as circular lesion, itching, redness, numerous in number. It can be correlated with Urticaria.

A 35 years old male presented with complaints of *sarvang kandu* (itching), *mandalotpatti* (wheal formation), *Raga* in both the limbs and back; on and off, *Aadhman*, *Swedadhikya*, *Sarvang Aushnyaprachiti* since two months. *Kandu*, *mandalotpatti* aggravating more during evening hours and on exposure to cold climate, diagnosed as *Koth*. Its management is successfully done by following principles of *Shodhana* and *Shamana*. Initially *Deepana* and *Pachana Chikista* has given to the patient then *Snehapana* with *Panchtiktaghrita* followed by *Virechan* was done. Thereafter *Shamana* therapy was given to the patient. The follow up was done for a month, during he has no any episode of *Koth*. The results of the treatment were encouraging and there were no side effects during the therapy.

Keywords: *Koth*, urticaria, *Virechan*.

Introduction

Koth is a *tridoshaj vikara* manifested to skin commonly in December to March. Pathogenesis of this *Sheet-pitta* is because of *hetusevana*, *vatadi dosha* got *prakopa* and in turn lead to the vitiation of *pitta-dosha* and *raktadushti* then spreading to extremities and leading to rashes¹. The same has been described in the modern symptomatology of urticaria most often has an

unknown, non-specific etiology but can be related to medications, foods and similar vascular stimulating agents. Urticaria is a vascular reaction of skin marked by transient appearance of smooth, slightly elevated papules or wheals². Urticaria is frequently caused by allergic reactions: however, there are many non-allergic causes also -For example, most cases of urticaria lasting less than six weeks (acute urticaria), are the result of an allergic trigger.

Improper emesis, obstructed food due to vitiated Kapha-Pitta, leads to Koth. Symptoms of Koth are circular lesion, itching, redness, numerous in number³. Acharya Chakrapani along with above symptoms has given an extra symptom which is momentary rise and resolving lakshanas⁴.

With special reference to Ayurvedic classics urticaria correlated with *Koth* can be treated by traditional approach so keeping in view basis principle of Ayurvedic management, a case of *Koth* treated and successfully relieved from *lakshanas*. Acharya Chakrapani has mentioned treatment of *Koth* is similar to *Kushtha*, *Amlapitta*, *Udard* and also mentioned *Mahatikta sarpipaan* and *Raktamokshan* treatment⁵.

Aim

To assess the efficacy of *Virechan* in the management of *Koth* with special reference to urticaria.

Case Report

This case report of 35 years old male patient, who had complained of *Sarvang kandu*, *Raktavarniya manadalotptti*, *Raga* in both limbs and back on and off, *Aadhman*, *Swedadhikya*, *sarvang Aushnyaprachiti* since two months. The had consulted allopathy physician but could not get complete relief, therefore, the patient approached for Ayurvedic treatment. He had neither history of DM, HTN, Asthama, any other illness nor any surgical history. Personal history revealed non vegetarian diet (fish, meat), exposure to cold (Air conditioner) climate.

Treatment schedule

Table 1-Method of drug administration

Sr No	Procedure	Duration	Medication
1	<i>Deepana</i> - <i>Pachana</i> - <i>Anulomana</i>	5days	1. <i>Arogyavardhini vati</i> - 500mg <i>Vyanodane</i> 2. <i>Sanjivani Vati</i> - 500 mg <i>Vyanodane</i> 3. <i>Gandharvharitaki choorna</i> 5 mg <i>Ratrau</i>
2	<i>Snehapana</i>	7 days	<i>Panchtiktagrita</i> started with 30 ml; on 7 th day 210 ml is given by increasing 30 ml each day which achieved <i>Samyak Snigdha lakshana</i>
3	<i>Vishranti dina</i>	1 day	<i>Sarvangya snehana swedana</i> - <i>Bhashpasweda</i> <i>Abhishyandi ahar</i> - <i>Dadhi odana</i>
4	<i>Virechan</i>		<i>Virechak dravya</i> - <i>Trivritta avaleha</i> -100gm <i>Virechanopagadravya</i> - <i>Draksha phant</i> - <i>Muhurmuhu</i>
5	<i>Sansarjan krama</i>	5 days	<i>Peyavilepadi krama</i>
6	<i>Shamana</i> <i>Chikista</i>	7 days	1. <i>Haridrakhanda</i> -5 gm <i>Vyanodane</i> 2. <i>Mahamanjishthadi kwatha</i> -20ml <i>Vyanodane</i> 3. <i>Gandhak rasayana</i> -250mg <i>Vyanodane</i>

Observations and Results

The patient was assessed for *Kandu* (itching), *varna* (discoloration), *Varati Dashtasamsthana shoth* and frequency of attacks

Grading was done as follows

A) *Kandu* (itching)

1. O- no itching
2. 1- itching only during night

3. 2- itching one to four time during the day
4. 3- itching disturbing normal daily activities

B) Varna (Discoloration)

1. 0-No discolored rashes
2. 1- pinkish discolored rashes
3. 2-light red discolored rashes
4. 3-Dark red discolored rashes

C) Varati Dashtasamsthana shoth

1. 0- No
2. 1-both hands and legs
3. 2-hands, legs and trunk region
4. 3-whole body

D) Frequency of attacks

1. 0-No
2. 1-Alternate week
3. 2-twice weekly
4. 3- every two to three days

Assessment was done in the patient as follows-

Table 2- Assessment Score-

Sr No	Parameter	Before treatment	After treatment
1	Kandu	Grade -1	Grade-0
2	Varna	Grade- 2	Grade-0
3	Varati Dashtasamsthana shoth	Grade-2	Grade-0
4	Frequency of attacks	Grade-3	Grade-0

Discussion

In this case, Pittapradhan lakshanas were comparatively higher than Kapha lakshanas. Our treatment planed acting as follows-

1. Tridoshamaka
2. Purifies rasa-rakta dhatus
3. Helps in boosting immune system as autoimmune plays an important role in pathogenesis

Initially *deepan-pachana* treatment was given for *aama pachana*⁶ then *snehapana* was done as a *poorva karma* of *Virechan*⁷. *Snehapana* work at a level of *SukshmaSrotasa* also it shifts the *doshas* from *Shakhas* to *koshtha* so that they can be easily removed from the body.

Panchatiktaghrita was a chosen for *snehapana* as all its constituents -*Nimba* (*Azadirachta Indica*), *Patola* (*Trichosunthus dioica*) *Kantakari* (*solanumsurantense*) *Guduchi* (*terminalia cordifolia*) and *Vasa* (*adhathoda vasica*) are *Tiktarasapradhan dravyas*⁸. *Tikta rasa* is *vishaghna* (antiallergic action), *Kandughn* (pacifies itching) , *Kushthaghn* (removes skin disorders) and purifies *twatcha* (skin) and *rakta* (blood). Studies have proven antiinflammatory activity of *panchatikta ghrita*, Thus it will also check inflammatory reaction on the skin due to vitiated *doshas* and *dhatu*s.

Trivritta avaleha was given as *Virechak drug*. It has specific modality in the elimination of *pitta* but also effective in *kapha* and *Rakta*. As it eliminates *Pitta*, reduces *kandu* by eliminating *Kapha*⁹.

After *Virechan karmasansarjankrama* has been given according to *madhyama shuddhi* i.e.5days for maintainance of *agni*¹⁰. *Shamana* therapy was given to subside the remaining *doshas*. Drugs selected were *haridrakhanda*, *mahamanjishthadi kwatha*, *Gandhak rasayana* which are all *Raktashodhak*, *tvakprasadak* and immuno modulators.

Conclusion

Koth or urticaria is common skin disorder which is cause due to disturbance in the equilibrium of *Vata*, *Pitta*, *Kapha* and *Rakta*. In this case study *shodhana karma* followed by *shamana* therapy has a role in manifestation of *Koth* with special reference to Urticaria.

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